

# CCK KIDS PROGRAM



Where kids love to paddle and play!

Program: \_\_\_\_\_ Program Date(s): \_\_\_\_\_

Welcome to the Collinsville Canoe & Kayak Kid's **Whitewater** Program! We can't wait to see you down at the waterfront. We have lots of fun activities and great adventures in store. Here are a few tips for you and your parents to make your experience even more enjoyable.

1. Completed medical forms and waiver(s) **MUST** be received by Collinsville Canoe and Kayak **prior** to the first day of class (either in person or by mail.)
2. Please plan on arriving at least 15 minutes prior to the program start time. This gives you time to put away your personal items, change into your paddling clothes and be ready to get on the water!
3. Eat proper meals and get a good night's sleep. We are going to be working hard and you will need lots of energy, both mental and physical throughout the day.
4. Bring a nutritious snack (in a baggie with your name on it) and a bottle of water or other beverage with you each day. It is important that you drink lots of fluids and keep your body fueled!
5. Classes will be held rain or shine– we have lots of things to keep you busy if the weather is not cooperating.
6. Daily activities include lots of time in the water- We highly recommended wearing a snug fitting polypro or lightweight neoprene top over your bathing suit.
7. Bring a towel and sweatshirt or polar fleece every day. The water can be cold throughout the season and we don't want you to get a chill.
8. Closed-toe foot protection (neoprene booties preferred)-no sandals, crocs, Waldies or strapped shoes. We will be in and out of the water, walking on rocks and along riverbeds – you will need something protecting your feet.
9. Apply and wear sunscreen each day.

## Quick Checklist:

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| <input type="checkbox"/> Snacks in waterproof bag                  | <input type="checkbox"/> Warm shirt over bathing suit for swimming                 |
| <input type="checkbox"/> Water bottle w/ child's name              | <input type="checkbox"/> Gear bag or backpack w/ child's name                      |
| <input type="checkbox"/> Towel and change of clothes               | <input type="checkbox"/> Sunscreen   |
| <input type="checkbox"/> Neoprene Booties                          | <input type="checkbox"/> Eyeglass or sunglass lanyard (avail. For purchase @ CCK.) |
| <input type="checkbox"/> Nose plugs (available for purchase @ CCK) |  |

Thank you and see you then!

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860-693-6977 • www.cckstore.com