



OARCA Coastal Rowing

# National Come Try Coastal Rowing

Sunday, June 8<sup>th</sup> From: 9am to 12pm

Yes, it is free!

## Tulista Park Boat Ramp, Sidney

### What is this?

This is a **FREE** event open to anyone aged 12\* to active 80s. No previous experience needed. Just a desire to learn and have fun. We have set aside 30-minute time slots to make sure everyone gets a chance to try. To get a spot, sign up on the Rowing Canada site. You can still come even if you didn't sign up and we'll do our best to get you into a boat.

### What to expect

Find out about the wonderful sport of coastal rowing in a safe and welcoming environment. We will show you the basics and take you out on the water with some experienced rowers. There will also be time to ask questions and learn more about our club's plans. All safety gear will be provided.



Link to the sign-up page.

### What to Bring (or not bring)

If you want to row, please bring:

- Snug-fitting workout attire - no baggy shorts or skirts because fabric gets caught in the rolling seats.
- Your feet will get wet getting into the boat from the beach. Wear neoprene footwear or old sandals / runners you don't mind getting wet. Have dry socks/shoes for after.
- Optional: Water bottle, hat & sunglasses that stay on.

This is a water sport and phones/cameras in the boat can get wet or fall in the ocean. We don't have secure storage for purses/packs, and there is no room in the boat for them. Ideally have a friend along to look after your belongings.

\*If you are under 19, you must be accompanied by a responsible adult who stays onsite.

Canada

