



Slalom



Freestyle



Blades Plus



**TANDRIDGE CANOE AND KAYAK CLUB**  
**Canoeing/Kayaking and the Duke of Edinburgh's Award**  
[www.tandridgecanoe.co.uk](http://www.tandridgecanoe.co.uk)

**Opportunities for D of E participation at TCKC**

**PHYSICAL SECTION**

**TYKS, Slalom & Freestyle:**

- See our website for more details [www.tandridgecanoe.co.uk](http://www.tandridgecanoe.co.uk)

**Canoe Polo:**

- Meets on Sunday evenings at Tandridge Leisure Pool, 6 – 8pm
- Get a team of 5 people together and come along on Sundays
- You do not need to know how to canoe before you join
- The Development League meets fortnightly
- The Premier League meets fortnightly on alternate Sundays to the Development League
- You can follow this activity for 3 months or 6 months – remember that our season runs September to December and January to Easter

**SKILLS SECTION**

- There is a skills programme for “Umpiring and Refereeing”
- We can train you to be a Canoe Polo referee and you could help us out weekly or fortnightly at our games
- Our season is mid-September to mid-April, so covers the six months you have to follow your skill
- There may be opportunities to referee regional youth competitions

**SERVICE SECTION**

- **Lifesaving**  
if you are already training for a Lifesaving Qualification, you also need to give some practical service for your D of E Award. Tandridge Canoe Polo League needs poolside volunteers to assist with lifesaving duties at Tandridge Leisure Pool on Sunday evenings from 6 - 8pm. You can choose to help weekly or fortnightly
- **BCU Cadet Leader Award**  
if you can already canoe/kayak, you we can help you train to become a junior coach

**For more details, call Youth Development Officer, Christine Norris on  
01883 715902**