

## **PARTICIPANT COMMUNICATION CHECKLIST**

If you are unsure whether a club or a paddlesport event meets your needs you can ask these questions to an event organiser or club. They will be happy to help where they can.

### **FOR THE PARTICIPANT TO ASK A GROUP/ CLUB/ CENTRE**

1. Is there a designated parking space for me to use?

2. Can I come to view the facilities / grounds before deciding to book?

3. What are the changing and toilet facilities like if you have any?

4. Will someone be able to assist me with transfers if I require them?

5. Is it possible to have a personal training session before joining group activities or courses?

6. What level of water / swim confidence do I need to have?

7. What is the terrain like in the location we will be paddling?

8. Can I bring a carer / guardian with me?

9. Do any of your instructors use Irish Sign, Lámh, Sign Language?

10. What kind of kayak / canoe options do you have?