

## THINGS TO BRING for a HALF-DAY of ROLLING

**COVID** - We will be following all the covid precautions for each area that we are working in. Some of those precautions might be limited group size and wearing a mask if you are within 6 ft. You may need to wear a mask while you are standing in the water coaching your teammate. We will notify you of the precautions at the class you are attending. Please be prepared and bring a mask.

**KAYAK** - While we sometimes can provide rolling kayaks for folks to share you will most likely want to have your kayak with you as well, unless Cheri or Liz tell you to leave your kayak home.

**PADDLE** - We have some to share if you don't own a Greenland paddle but please let Cheri know that you need one; we may need to share at times.

### **SPRAY DECK or TULIQ**

**WARM CLOTHING** - Think FULL immersion! Half the experience here will be coaching your buddy or team member, so much learning happens during this process. We try to pair folks up together who are working on similar skills, so you are coaching what you need to learn; that means about half of your time will be spent standing in the water. I find that for most temperatures, a dry suit is best for this extended time standing in the water. But you can use a wetsuit or whatever protective gear that you have that is effective for you. I also find a warm hat and neck warmer go a long way to keeping you warm.

### **BOOTIES**

### **PADDLING JACKET or SOMETHING FOR WIND PROTECTION**

**HOOD FOR ROLLING** - We may bring some tuiqi to share; usually each pair of students share a tuiqi. Rarely do we have the right sizes for everyone to have their own for the whole session.

**EAR PLUGS** (optional) for folks who need them.

**MASK or GOGGLES** (optional) If they help you, it's fine with us.

Some folks get motion sickness when learning to roll, if this is you pick up some over the counter Bonine, it helps...

**DRY CLOTHES** to change into after the fun is over. Or something to quickly throw over your clothing: Fleece robes, storm cag, etc.

### **SUNSCREEN**

**DRINKS** - water or Thermos of hot beverage.

**HAT WITH BRIM** for sun.

**NEOPRENE GLOVES** if the water temp is cold.

**PLEASE BRING YOUR OWN SNACKS and/or LUNCH.**

We always spend some time on land ahead of time talking about what we are going to be doing, so you don't need to have ALL of your layers on at the start of class. We will have a quick break to gear-up. We usually spend some time on land rolling around in the grass, getting the movements into your memory bank. Some folks are fine using their drysuits or wetsuits; others prefer to wear something like wind pants for rolling on the grass.

### **If you are joining us for Full-day session that involves paddling:**

You may need to adjust your layers accordingly. Some folks capsize during strokes, some folks like to practice deep braces and some sculling which can be wetter than other strokes.

We often spend a bit of time standing in the water just to see how the paddle works (without the kayak.)