

Summerschool outing

Contact persons: Robin Koldewij, Jacqueline van der Lek-Rohof

Wednesday at 14:00 we leave for the summerschool outing. Detailed instructions will be given at that time. A short overview of what is to come is given here. Have fun!

Canoe

We will all go by canoe (see picture) on the calm stream 'Bornse Beek'. 3 to 4 people fit in a single canoe. You may get wet. Take this into account in choosing your outfit!



Two challenges are going to be conquered during this trip: so called 'vistrappen' (see picture). If you do not want to go down these, you can step out of the canoe and walk around them. Please inform the contact persons beforehand, to take it into account for the boat grouping.



Safety

- Life vests will be distributed beforehand. Wear at all times!
- Belongings can be stored safely in watertight vessels. Don't take too much with you.
- Row carefully, it is not a race.
- If the canoe flips:
 1. You are wet!
 2. Stay calm
 3. Check upon your canoe-mates
 4. Drag the canoe to the shore and continue safely

Travel

We will travel towards the canoe trip the old dutch way: by kick bike (see picture). If you have a medical condition or believe you cannot keep up for 5 kilometers, please contact the contact persons. A small amount of bicycles is available. It is advisable to switch legs now and then, to prevent one-sided muscle build-up.



Safety

- Dutchies do not wear helmets on bikes, so neither will you
- Biking rules apply: be careful of cars and stay on the road
- Don't bike with more than 2 people next to each other
- At turns, use hand signals