

Baysports



Hodson Bay Boat Training and Watersports Centre

Hodson Bay, Athlone, Co. Roscommon. Tel/Fax: 090 6494801 or email info@baysports.ie Website: www.baysports.ie

Suggested Baysports Hodson Bay Hotel Corporate Watersports Activity Programme

This programme will be based on 60 participants enjoying a range of **three*** watersport activities on a competitive or recreational basis conducted over a three hour period.

Excluding changing and shower times each activity will last 45 minutes and will include an introduction, basic training and participation element.

Time	Group A	Group B	Group C	Instructors Required
10.00am	Arrive and change into Wetsuits	Arrive and change into Wetsuits	Arrive and change into Wetsuits	N/A
10.15am	Introduction and Safety Briefing	Introduction and Safety Briefing	Introduction and Safety Briefing	All
10.25am	Divide into three sub-groups	Divide into three sub-groups	Divide into three sub-groups	All
10.30am	Introduction & basic skills of kayaking followed by expedition and/or race and challenges	Introduction & basics skills including land simulation of dinghy sailing followed by on water skills segment. This will be followed by expedition and/or race and challenges	Introduction & basic skills of traditional currach and boat rowing followed by expedition and/or race and challenges	8

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11.15am	Introduction & basic skills of traditional currach and boat rowing followed by expedition and/or race and challenges	Introduction & basic skills of kayaking followed by expedition and/or race and challenges	Introduction & basics skills including land simulation of dinghy sailing followed by on water skills segment. This will be followed by expedition and/or race and challenges	8
12.00am	Introduction & basics skills including land simulation of dinghy sailing followed by on water skills segment. This will be followed by expedition and/or race and challenges	Introduction & basic skills of traditional currach and boat rowing followed by expedition and/or race and challenges	Introduction & basic skills of kayaking followed by expedition and/or race and challenges	8
12.45pm	Shower & Change	Shower & Change	Shower & Change	N/A
13.00pm	Depart Baysports	Depart Baysports	Depart Baysports	N/A

* Other activity options include Windsurfing, Raft Building and Pedal Boating

These Corporate Challenges can be tailored to suit any Company's needs.