

6th URV KAYAKING DAY: Miravet - Benifallet

Saturday 8th OCTOBER 2022

- PROGRAMME

Two coaches will be provided.

Coach 1: from Tarragona and Reus

Coach 2: from Tortosa and Benifallet

Everyone should travel to Miravet on one of the two coaches.

- 8.00 am Coach 1 departure from Catalunya campus
- 8.30 am Coach 1 departure from Av. Marià Fortuny, Reus (by McDonald's and the car park)
- 8.30 am Coach 2 departure from Pavelló Firal, Tortosa
- 9.00 am Coach 2 departure from the roundabout exiting/entering Benifallet

- 9.30 am Arrival at Miravet Cable Ferry crossing. Kayaks are allocated, life-jackets handed out, basic techniques explained and tips given.
- 10.00 am Kayak trip starts
- 11.00 am Break for snacks at Pastisset island (20 minutes)
- 12.30 pm Arrival at Benifallet quay
- 1.30 pm Departure of return coaches (1 and 2)

Useful information:

- Showers and changing facilities are available for participants.
- If the event has to be cancelled as a result of poor weather conditions, an announcement will be made via the URV Sports social media sites.
- For queries and/or incidents on the kayaking day itself, you can call the following numbers: Laia Grau, Terres de l'Ebre

Campus Coordinator (628 509 564) and Ruth Marqués, URV
Sports Manager (686 544 541).

CONDITIONS

1. You must be able to swim.
2. Life-jackets must be worn throughout the activity.
3. The minimum age for this activity is 8 years.
 - Children between the ages of 8 and 12 can only take part if they share a double kayak with an adult*.
 - Children between the ages of 12 and 14 can go in an individual kayak as long as they are accompanied by an adult* in another kayak.
 - Minors over the age of 14 can take part without being accompanied by an adult as long as they provide the parental authorisation form for the event.

*In the event that the accompanying adults are not their parents or guardians, an authorisation form will be required, filled in by a parent or guardian authorising their participation in the event, which must be sent in advance by email or brought in person on the day itself.
4. We recommend bringing a swimsuit, flip-flops or plastic shoes, gloves, shorts, cap, short-sleeved t-shirt (if it's cold, long-sleeved t-shirt or sweatshirt), change of clothes, waterproof (in case it rains), moisturising cream (Natural Honey) or mosquito repellent, sun protection cream, water and a sandwich (if you want to have a snack on the way down).
5. We recommend bringing two rucksacks, one to keep your change of clothes in and another to take onto the kayak with your snack, water, cap, sunglasses, sun cream, etc.
6. We advise you to put your mobile devices in waterproof bags.
7. Participants must have full physical mobility in order to take part in this activity.
8. Organisers' instructions and safety measures must be followed at all times.
9. Inflatable boats or other unauthorised boats must not be used.
10. The natural environment where the event takes place must be treated with care and respect.

AUTHORISATION FORM FOR MINORS PARTICIPATING IN THE 6TH URV KAYAKING DAY
Miravet-Benifallet

(Name and surname) _____, with ID
document number _____,

father/mother/guardian of minor _____,

authorises him/her to take part in the 6th URV Kayaking Day on the Ebro River, which will take
place on

8th October 2022

SIGNATURE

_____, _____ of _____, 2022