



## BARE FEET COASTEER

Our coasteer sessions take approximately 3 hours out of your day. Roughly 1 hour of this will be kitting up and kitting down as well as a 15 -20 minute briefing. Approximately 1.5 - 2 hours is water time depending in the size of the group.

We supply your helmet, a 5mm winter wetsuit, buoyancy aid, neoprene shorts and Rash vest. All you need to bring with you is a towel and a pair of old trainers or a pair of wetsuit boots, these are to protect your feet. You do not support the use of cheap “rockpool” shoes for Coasteering, they are very flimsy and do not give proper protection for your feet,

Find us at **Fistral Beach Surf School, Fistral Beach, Headland Rd, Newquay, TR7 1HY** (map attached). Follow the signposts to Fistral Beach on the roads into Newquay. Headland Road is the road that leads down to the beach that is where we are based. There is a car park at the beach but it gets busy so also look at the alternative car parks at Towan Head and Dane Road.

When you arrive, we ask you to fill in our participation form which lets us know about your medical history so we are aware of any issues when we are out on the route. Please wear your swimming gear under your clothes to make changing easier. We do have a room your keep your belongings under lock and key during your coasteer. Once you are changed we walk to the route, which is roughly 4-5 minutes away. On arrival at the route, we sit you down and give you a detailed 10-15 minute safety briefing before you enter the water. This covers the key aspects of coasteering techniques you will need to know for your session. Once the briefing is completed ... off we go. We explore the coast finding places to jump, swim and traverse. We also bump into an array of local seabirds and even the odd seal.

The jumps are fun; we will progress from small starter jumps of a couple of feet to much larger ones if you are happy to do so. We never push guests into jumping anything they are not 100% happy to do. I have attached our briefing form that explains some of the key techniques we will teach you on your coasteer. As I have mentioned we will brief you fully on these before we enter the water. I have attached the booking form which has all the agreed details of your session. The Bare Feet Adventure bank account details are also on there. If you could make a bank transfer for the payment then I can email a receipt to you as confirmation or you can pay by card using our online booking system via our website.

I look forward to meeting you. Any questions please give me a ring.

Kind regards

Nick Webb, Bare Feet Coasteer

@Fistral Beach Surf School, Headland Road, Newquay, Cornwall, TR7 1HY

Mob - 07990 513694

[www.barefeetcoasteer.com](http://www.barefeetcoasteer.com)