

[Down the Tessi 2024 Canoeing Training Course Guidelines]

1st Session

(1) May 26 (Sunday) \*This workshop will be held in conjunction with the staff rescue workshop.

(2) Gathering at 10:00 a.m. Capacity: 20 people, Minimum number of participants: 5 people (3:00 p.m.)

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Still water version: Upstream of Teshio River, Minamigaoka Forest Park, Wassamu Town

Participants: First-time canoeists and beginners who wish to participate in the event.

\*Please be sure to bring a change of clothes in a waterproof bag to avoid hypothermia.

Fee: 3,000 yen per person for adults, 2,000 yen per person for children (insurance will be provided by the organizer). Canoe rental fee: 5,000 yen per boat.

Personal equipment: Canoeing equipment, change of clothes, etc. The course will be held even if it rains. Please take precautions against hypothermia.

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2nd Touring

Touring ② June 23 (Sun.) (Teshio River Clean Operation)

Meet at 9:00 a.m., start at 10:00 a.m. Capacity of 20 people, minimum of 5 people.

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Teshio River, Nayoro Ohashi right bank - Suporo-no-se downstream right bank About 9 km

Meet at the riverbed on the right bank of Nayoro Ohashi.

Eligibility: (1) Experienced participants in still water can participate in the tournament if they are at a certain level by participating in the (2) Instream training session.

Beginners and those aiming to improve their skills in running water will also be accepted.

In addition to the touring experience session, 1) Ferry glide 2) In and out to Eddie 3) Avoiding obstacles.

This course is a prerequisite for those who wish to participate in SUP competitions.

\*Please be sure to bring a change of clothes in a waterproof bag as we will be practicing recovery after sinking.

The fee is 3,000 yen per adult and 2,000 yen per child (insurance will be provided by the organizer). Canoe rental fee is 5,000 yen per boat.

Personal equipment: Canoeing equipment, change of clothes, drinking water, etc. The course will be held even if it rains. Please take measures against hypothermia.

Secretariat and application

(1) Still water version: May 30, 2024 (Thu.) (2) Flowing water version: June 14, 2022 (Fri.)  
(3) Flowing water version: May 30, 2024 (Thu.) (4) Flowing water version: June 14, 2022  
(Fri.)

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Bank transfer for tuition fee: Hokuyou Bank, Bifuka Branch, Ordinary Account, Account No.  
423, Account No. 3083710

Account name: Down the Tessi

Chief Instructor] Masashi Ouchi, Haboro-cho resident, RAC board member, trainer, nurse  
Lecturer and person in charge of organizing the pre-training session] Kazusa kichikawa

Down the Tessi Executive Committee Chairperson, JCAA certified canoe instructor

Cell phone: 080-1877-4760 (weekdays after 5 p.m.) E-mail: npo.dtt@gmail.com

Organizer/ NPO Down the Tessi · Hokkaido Canadian Canoe Club