



ASSOCIACIÓ KEEP CALM BARCELONA

KEEP CALM WATERSPORTS

Member Guide

MEMBER GUIDE

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WHAT IT IS, AND WHO IT'S FOR

Keep Calm Watersports is our home for ad-hoc, water-based experiences: stand-up paddleboarding to start, with kayaking, sailing, snorkelling, and swimming joining in as members propose them. There's no fixed schedule and no fixed activity. Events happen whenever an organiser has arranged access to a venue or a good rate, and the group finds out together.

It's part of the wider Keep Calm community for English speakers in Barcelona, a not-for-profit, volunteer-run group built on inclusivity, reliability, and collaboration. All abilities are welcome, and no experience with any of these activities is needed to join in.

Keep Calm is an 18+ community. This group, and every event it runs, is for adults only.

HOW A SESSION WORKS

Because Watersports is ad-hoc rather than weekly, "how it works" varies a bit by activity, but the shape has been consistent so far:

- An organiser secures a venue, instructor, or group rate and posts the details in the WhatsApp group
- Spots are usually limited, since most watersports venues cap group size, so a sign-up moves fast once it's posted. Both paddleboarding sessions run so far sold out within a day
- Where a spot is paid for in advance to secure a real booking, payment is what actually confirms your place, not just putting your name down
- On the day, you'll get a safety briefing from the venue or instructor before getting in or on the water, and any safety equipment they ask you to wear (like a life vest) is provided
- Beyond the headline events, members also organise smaller outings of their own, like a kayak day trip, a sailing afternoon, sunrise paddleboarding, or a snorkelling trip along the coast. These get proposed and announced in the main group first, then logistics move to a small temporary group for that outing

HOW TO JOIN

Join the WhatsApp group here: <https://keepcalm.fit/whatsapp/water-sports>

Once you're in, watch for the next event announcement rather than a fixed calendar. When something is planned, the post will cover the venue, cost, how to claim a spot, and what to bring. Spots tend to go quickly, so if you want in, sign up as soon as you see it.

SAFETY AND INCLUSIVITY

- All abilities are welcome. Every event so far has been a guided, beginner-friendly experience with no prior experience required
- These are physical activities on open water, so a reasonable level of swimming confidence is generally expected. If you're not a confident swimmer, tell the organiser before the event. Most venues can still accommodate you safely with the right equipment, but they need to know in advance
- Wear any safety equipment the venue provides, such as a life vest, if you're asked to
- The organiser and venue make the call on whether conditions (wind, currents, weather) are safe to go ahead, and safety always comes first over the schedule
- You're taking part in a physical activity at your own risk. Organisers arrange access to a venue or activity, but everyone is responsible for their own safety, fitness, and decisions once out on the water
- Bring water, sunscreen, and something to cover up with before and after. Barcelona sun and the glare off the water are stronger than they look, even at sunset

Full safety and liability details: <https://keepcalm.fit/policies>

RULES AND ETIQUETTE

- Only sign up if you genuinely plan to attend. If you can't make it, tell the organiser as early as possible so your spot can go to someone else
- If a spot was booked and paid for on your behalf, you may still owe your share if you cancel late
- Follow the venue or instructor's briefing and instructions throughout
- Stay within the group and the area you're shown, don't go off alone
- Treat boards, paddles, and any borrowed equipment with care. Good relationships with venues are what keep these events possible
- Be patient and encouraging with first-timers, and help the organiser keep an eye on the group

The full group rules cover this in more detail, alongside Keep Calm's community-wide policies on conduct, cancellations, and data: <https://keepcalm.fit/policies>

FAQ

Do I need experience? No. Every event so far has been guided and beginner-friendly, and all abilities are welcome.

Do I need to be a strong swimmer? A reasonable level of swimming confidence is generally expected, but let the organiser know if you're not a confident swimmer. Most venues can still accommodate you safely.

How do I know when the next event is happening? Watch the WhatsApp group. Watersports doesn't run to a fixed schedule, so announcements are the only reliable source for what's next.

What if I can't get a spot? Ask to go on the waiting list. Both events so far have had drop-outs before the day, and organisers work through the waiting list to fill any spots that open up.

Can anyone organise an event? Yes. There's no fixed organiser or fixed activity, anyone in the group can propose and run something, from a headline event to a small member-led outing.

Is this only for stand-up paddleboarding? No. Paddleboarding is how the group started, but kayaking, sailing, snorkelling, and swimming have all come up as member-led outings, and more activities are welcome if there's interest.

LINKS

- Join the group: <https://keepcalm.fit/whatsapp/water-sports>
- Policies (safety, data, conduct, 18+): <https://keepcalm.fit/policies>
- Instagram: <https://www.instagram.com/keepcalmbarcelona/>
- Facebook: <https://www.facebook.com/keepcalmbarcelona>

See you on the water!