



Romsey District Scouts

Run by 15th Romsey Scout Group

Adult* Canoe/Kayak Courses

June & July 2011

Canoeing and kayaking are “assumed risk water contact sports” that may carry attendant risks. Participants should be aware of and accept these risks, and be responsible for their own actions and involvement

A number of adults have asked about further canoe training to enable them to gain BCU 2 star standard. We plan to run some sessions for adults tacked on to the end of other canoeing activities we are running this year. To help with the cost of running the sessions we need to make a small charge , but will do this on a per session basis, to reflect the differing standards of those taking part.

* *Adults include members of Network, SSAGO, Leaders and Supporters. As river trips and some sessions may be held alongside youth sessions, we must ask that all adults taking part produce evidence of current Scout CRB clearance with a Group, District or County*

The syllabus for BCU 1 and 2 start are available if required

Location: All except river trip - Eastleigh Lakeside North Lake - Grid Ref 445176.
 A map can be emailed to you on request
 Details of river trips will be given to those taking part - they will be local rivers

Course dates–

Sun day sessions will be split into 2 sessions. Evening sessions will be limited to covering two courses only depending on demand.

1	Courses	Sun	12-Jun	Lakeside	13:30-15:00 or15:15-16:45
2	Courses	Mon	20-Jun	Lakeside	19:30-21:00
3	Courses	Fri	24-Jun	Lakeside	19:30-21:00
4	Courses	Sun	26-Jun	Lakeside	13:30-15:00 or15:15-16:45
5	Courses	Mon	27-Jun	Lakeside	19:30-21:00
6	Courses	Sun	03-Jul	Lakeside	13:30-15:00 or15:15-16:45
7	Courses	Mon	04-Jul	Lakeside	19:30-21:00
8R	River Trip	Fri	08-Jul	Itchen	18:30-21:00
9	Courses	Sun	10-Jul	Lakeside	13:30-15:00 or15:15-16:45
10R	River Trip	Sat	23-Jul	Beaulieu	11:00- ?

Fees: for all courses **£2 per person, per session**, payable on the day
 (any Cheques to “15th Romsey Scout Group” please)



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Equipment

All canoes, buoyancy aids etc. will be provided by the Organisers

Participants may be asked to help load the canoes after the sessions. Please help if asked

You will need to bring the following

- ☞ A complete change of warm dry clothing. (including underwear). YOU WILL GET WET.
- ☞ For on the water - shorts or light trousers, tee-shirt, cagoule and footwear. (It can be very cold on the water even in the summer/autumn, so you are likely to need a cagoule. Suitable footwear is old trainers, plimsolls - not boots, sandals or flip-flops or shoes that can fall off. Definitely no jeans)
- ☞ A towel
- ☞ A hot drink

HEALTH and HYGIENE

Generally the water quality at Lakeside is very good and results of water quality tests are displayed. However as is common on most of Britain's lakes, there is always a small possibility of bacteria contaminating water and banks. Consequently there is an extremely minimal risk of suffering stomach upsets, illness or contracting Weil's disease as a result of participating in water activities. Scouts who have minor cuts or abrasions must have them covered with a waterproof dressing prior to the activity. Scouts are advised to shower or bath as soon as possible on returning home and should not eat any food without washing their hands first

Should anyone become ill within 1-2 weeks of taking part in canoeing , especially with cold or influenza symptoms - fever, chills, muscular aches and pains, loss of appetite, nausea when lying down (Weils disease) - they should see a doctor immediately and inform the doctor they have been participating in water activities on the lake

BOOKING FORM

Peter Bourne
Tel So'ton (023) 8073 2038

8 Hulle Way, North Baddesley, SO52 9NS
e mail: - peterbourne@tinyonline.co.uk



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Name	CRB No		
Group/Unit	Gender	Male	Female
Role in Scouting			
Address			
	Post Code		
E Mail	Tel No		
Name of Next of kin & Tel no where they can be contacted during event			
Does the participant have any kayaking qualifications	Details		

Please indicate any dates when you know you are unable to attend

	Sun	Mon	Fri	Sun	Mon	Sun	Mon	Fri	Sun
	12-Jun	20-Jun	24-Jun	26-Jun	27-Jun	03-Jul	04-Jul	08-Jul	10-Jul
Can attend									
Can't attend									

I am in good health and capable of taking part in the activity and programme as detailed in your letter. I have completed the medical details below

I will notify you if I am unable to attend any sessions

Signed _____

Do you require a map? []

Please fill in medical details overleaf and return with the booking form to

Peter Bourne, 8 Hulle Way, North Baddesley, SO52 9NS by 24th May at the latest.

MEDICAL DETAILS

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Name of participant _____

Does the participant suffer from Asthma attacks Yes [] No []

Does the participant use an inhaler Yes [] No []

Please leave inhalers and medication that might be required during the event with the course shore-based staff so it is easily accessible if needed

Details of any other medical conditions that we need to be aware of

Details of any other medication which may be required during the event

Does the participant suffer from any other known allergies Yes [] No []

Details,

Do you give consent for mild pain killers to be given to the participant during the event if required

Yes [] No []

Any further details,