

Romsey District **SCOUTS** & **EXPLORERS**

Kayak Fun/Taster Sessions

25th April 2015

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. Copies of our risk assessment are available on request

These sessions are both for those who have not kayaked before as well as those who just want to get a bit of practice. They will include some basic paddling skill training and some games.

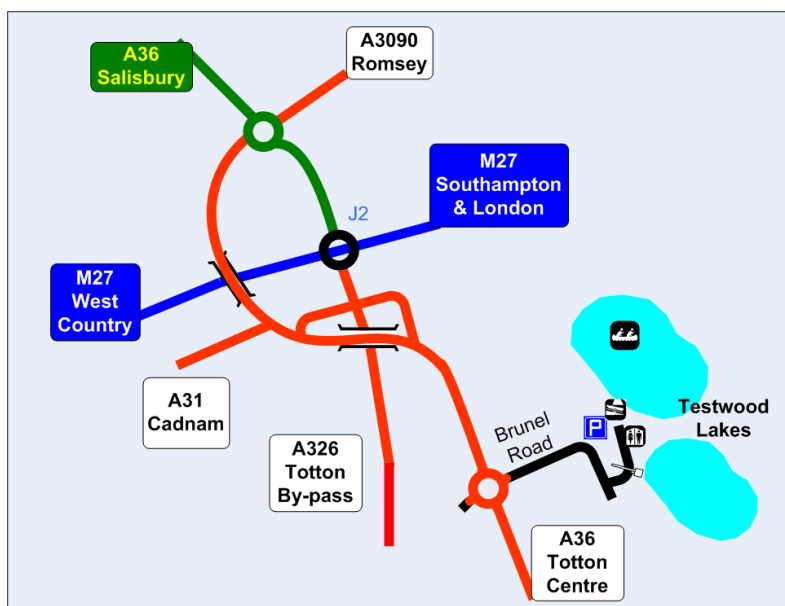
The sessions will last about 1½ hours – at **13:30 -15:00hrs** and **15:30 – 17:00 hrs**. Please arrive in good time to be ready to start at these times

They are open to Scouts and Explorer Scouts. All participants must be able to swim 50m in light clothing and stay afloat for 2 minutes.

Location:

4th Eling Sea Scout HQ
Testwood Lake
Grid Ref SU351153.

Drive down the access road and look for our canoe trailer behind the Scout HQ just beyond the car park



Application forms and payment to Peter Bourne, 8 Hulle Way, North Baddesley, SO52 9NS by 10th April please
Fee: £7.50 per person (Cheques to “15th Romsey Scout Group“ please)

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, light jumper, 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 which completely enclose your feet and do not fall off easily- **not boots, crocs, sandals or flip-flops.** Definitely **no jeans**)
- ☞ A towel
- ☞ A hot drink

Romsey District **SCOUTS*** & **EXPLORERS***
Kayak Fun/Taster Sessions
25th April 2015

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.
Copies of our risk assessment are available on request

HEALTH and HYGIENE

Although the water quality is generally good, there is always a small possibility of bacteria contaminating water and banks. Consequently there is a 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 flu 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

Behaviour: All participants will be expected to behave appropriately both during instruction periods and in the changing/shower areas where they will be largely unsupervised. In particular, you will be expected to follow instructions from the canoe instructors. When told to stay by the edge of the lake, please do so, so instructors can concentrate on those undertaking specific manoeuvres.

We are using 4th Eling Sea Scouts facilities for training, so please treat the premises with respect and help us to keep the changing rooms tidy.

~ o ~ O ~ o ~

Other canoeing opportunities this year:

9 th May – 28 th June	Paddle Sport Badges Stages 1&2 (covered in single course or Stage 3)
4 th Jul	River Trips of River Hamble Botley to Swanwick ^{#1} Botley to Warsash ^{#2}
25 th Jul	River/Canal Trip – Details to be confirmed ^{#1}
18 th Sep-20 th Sep	Canoe Camp at Biblins on River Wye ^{#1} Including a chance to go on rapids at Symmons Yat

Notes

- #1 For those who have already gained Paddlepower Passport or BCU 1 star or are about to complete the Stage 2 Paddle Sports course
- #2 For those who have already gained Paddlepower Discover or BCU 2 star or are about to complete the Stage 3 Paddle Sports course

Romsey District **SCOUTS** & **EXPLORERS**
Kayak Fun/Taster Sessions
25th April 2015

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. Copies of our risk assessment are available on request

Booking and medical forms ...

BOOKING FORM

Name		Date of birth	
Address			
Scout Group/Unit		Post Code	
E Mail		Tel No	
Contact Tel No where parent/guardian can be contacted during the event			
Does the participant have any kayaking qualifications ?		Details	
Preferred session		13:30 – 15:00 15:30 – 17:00	

If you are applying for a place on the Paddle Sport Stage 1/2 Course, but wish to see how you get on, at this Fun/Taster Day before committing to the course, please tick here

[]

We will allocate you a place on the course, but you can withdraw with a full refund if you do not wish to continue after the fun day (Please send separate cheques for the Fun/Taster Day and Course, so we can destroy or return the one for the course if you drop out)

Parental consent

I wish my son/daughter to attend the Kayaking session and certify that he/she can swim confidently 50 metres and stay afloat for 2 minutes.

I enclose fee of £7.50 (Cheques payable to “15th Romsey Scout Group” please)

I confirm that I have parental responsibility for the above named Scout/Explorer Scout He/she is in good health and I consider him/her 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 he/she is unable to attend the session(s)

Signed _____

Please return booking form to

Peter Bourne, 8 Hulle Way, North Baddesley, SO52 9NS by 10th April at the latest

Medical info...

*Peter Bourne Leader in Charge
 Tel So'ton (023) 8073 2038*

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

Romsey District **SCOUTS** & **EXPLORERS**
Kayak Fun/Taster Sessions
25th April 2015

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.
Copies of our risk assessment are available on request

MEDICAL DETAILS

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 shore-based staff so it is easily accessible if needed

Details of any other medical conditions or disabilities of which we need to be aware

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

Does the participant suffer from any 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 information