

Romsey District **SCOUTS** & EXPLORERS

Paddle Sports – Stage 3- Badge Course

May - June 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

This course is for Scouts and Explorer Scouts who already have BCU 1 star or Paddlepower Passport or their Scout Paddle Sport Activity Badge from the old training programme. (The badge requirements are shown on page 3 of this letter)

Sessions will be on Saturday and or Sunday afternoons and on a couple of Thursday evenings. The actual session times will depend on demand, so we cannot confirm these until we know the level of interest. Those taking part will need to attend **at least** 6 sessions to reach the standard required to complete the course, which is based on continuous assessment.

See separate letter about Paddlepower Stage 2 Course for those who are new to paddling

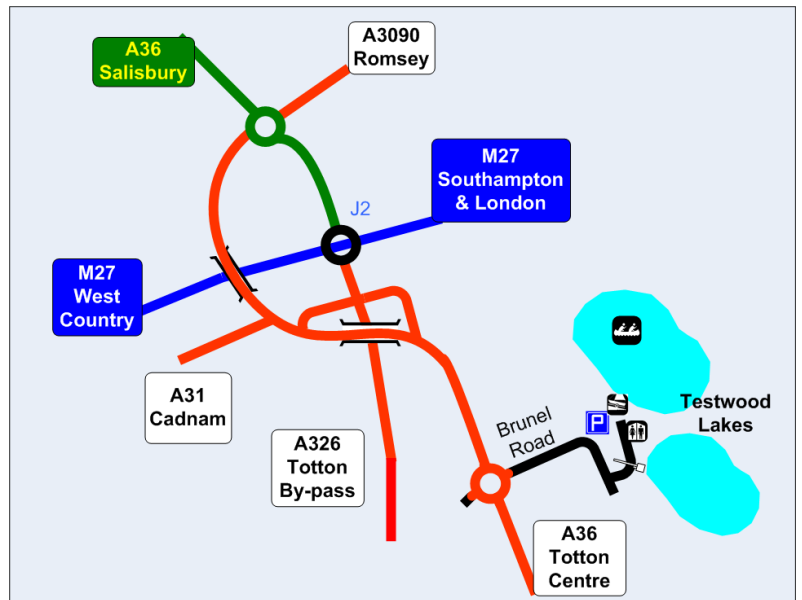
Location: All except river trip –
4thg Eling Sea Scout HQ
Testwood Lake - Grid Ref SU 351153.
Drive down the access road and look for our canoe trailer and yellow kayaks behind the Scout HQ

Course dates–

Sat/Sun afternoons may be split into 2 sessions depending on demand, and times will be advised before the first session.

Paddlesport Discover requires that you complete a river trip and this is included in the course price. There is a choice of

two dates for this trip –either on 4th or 25th July If you want to do both, you will have to pay for the 2nd trip. (The 2nd trip is likely to be either on the Basingstoke Canal or the Kennet & Avon canal)



		Date	Times
1	Course	Sat 9 May 15	13:30-15:00 or 15:30-17:00
2	Course	Sat 23 May 15	13:30-15:00 or 15:30-17:00
3	Course	Sat 30 May 15	13:30-15:00 or 15:30-17:00
4	Course	Thu 4 Jun 15	19:30-21:00
5	Course	Sun 14 Jun 15	13:30-15:00 or 15:30-17:00
6	Course	Sat 20 Jun 15	13:30-15:00 or 15:30-17:00
7	Course	Thu 25 Jun 15	19:30-21:00
8	Course	Sun 28 Jun 15	13:30-15:00 or 15:30-17:00
River Trips			
R1	Hamble	Sat 4 Jul 15	afternoon
R2	tba	Sat 25 Jul 15	all day

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

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

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Fees: £60 per person (Cheques to “15th Romsey Scout Group” please)

Application forms and payment to Peter Bourne, 8 Hulleys Way, North Baddesley, SO52 9NS **by 1st May** please. Spaces will be allocated on a first come basis.

This includes

- one river trip either on 4th or 25th July
- the old Explorer Scout Paddle Sport Badge or the new – Stage 3 - Activity Badge and
- the BCU Paddlepower Discover Certificate which you will need to send away for.

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. Definitely **no jeans** as they are very heavy when wet)
- ↪ Suitable footwear is old trainers, plimsolls which completely enclose your feet and do not fall off easily- **not boots, crocs, sandals or flip-flops.**
- ↪ A towel
- ↪ A hot drink

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 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

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.

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Badge Requirements

Paddle Sports Staged Activity Badge

Paddle Sports – stage 3

How to earn your badge

Before you attempt Stage 3, you need to have completed all the steps for Paddle Sports Stage 2. You then need to complete all the tasks outlined, using a different boat to Stage 2.



1. With help, show more than one safe method for lifting and carrying your boat.
2. Demonstrate two different ways of safely launching your boat.
3. Show you can get in and out of your boat without help.
4. Paddle forwards and backwards in a straight line, keeping good posture.
5. Show you can steer around a figure of eight course.
6. Show you can stop the boat safely when it's moving back and forth.
7. Capsize, swim to the shore and empty the boat of water.
8. Assist someone else back into their boat following a capsize.

If you have achieved the BCU's Paddle Power Discover you can automatically gain this

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BOOKING FORM

Name	Date of birth		
Group	Gender	Male []	Female []
Address			
	Post Code		
E Mail	Tel No		
Contact Tel numbers where parents / guardians can be contacted during event			
Does the participant have any previous kayaking qualifications?	Details		
Has the participant undertaken any previous canoe/kayak expeditions or river trips?	Details (approx date/location/distance)		

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

	Sat	Sat	Sat	Thu	Sun	Sat	Thu	Sun
	09-May	23-May	30-May	04-Jun	14-Jun	20-Jun	25-Jun	28-Jun
can attend								
can't attend								

I wish my son/daughter to attend the Kayaking sessions (including river trips) and certify that he/she can swim confidently 50 metres and stay afloat for 2 minutes.

I enclose fee of £60 (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 any sessions

Signed _____

Please fill in medical details overleaf and return booking form to

Peter Bourne, 8 Hulle Way, North Baddesley, SO52 9NS by 1st May at the latest.

Medical details....

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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 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 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