

## **BEWL WATER Canoeing Course - Joining Instructions**

The weekend courses starts on Friday evening 20.30 and finishes on Sunday at approx 17.00. Please arrive between 18.00 and 19.30 and book in **before** pitching tents and setting up your campsite.

In wet weather you **may not** be permitted to drive onto the grass.

If attending just on Saturday please arrive by 08.45 to book in and the day finishes at 20.30.

### **Approximate weekend timetable, or Saturday times if just attending one day:-**

- |            |                |                                  |
|------------|----------------|----------------------------------|
| • Friday   | 20.30 to 20.45 | General Introduction briefing    |
|            | 20.45 to 21.30 | Canoe/Kayak Theory               |
| • Saturday | 09.00 to 13.00 | On the water                     |
|            | 14.00 to 17.00 | On the water                     |
|            | 19.30 to 20.30 | Canoe/Kayak Theory               |
| • Sunday   | 09.00 to 12.00 | On the water                     |
|            | 13.00 to 15.00 | On the water                     |
|            | 15.00 to 17.00 | Clearing site, debriefs & awards |

### **General gear to bring:-**

- Own tents, sleeping bag & mat, camping and cooking gear for weekend courses
- Plastic bag for your wet gear
- Towel(s) and wash kit
- Warm dry clothes for the end of the day
- Food for day/weekend

### **What to bring / wear on the water – There are 4 paddling sessions - YOU WILL GET WET:-**

- Cagoule & Overtrousers) – *to protect from wind and spray (not the rain)*
  - Trainers (Wet Suit Boots are better)
  - Track Suit
  - T-Shirts x 4
  - Shorts x 4
  - Fleeeces x 4
  - Wet Suit - if owned, not essential
  - Hat (sun protection)
  - Sunscreen (waterproof)
- ❖ If you wear glasses - bring a cord/string/strap to secure them
- ❖ **NO bare feet, flip flops, boots, jeans, rings, earrings, necklaces, jewellery etc**

### **Sunday Lunch - if good weather, you will need a Packed Lunch to take out on the water.**

All Canoeing/Kayaking equipment is provided for you. If you bring your own it must meet the scout regulations and it is your responsibility. Boats must be fitted with air bags and all personal paddling gear. Craft will be inspected to confirm it is safe.

If you are over 6 feet tall, *and/or* weigh more than 13 stone, *and/or* have size 9+ feet let us know **before** the weekend, otherwise we will not have a boat that fits you!

### **Paddling, Training & Assessment:-**

You will paddle both Kayaks & Open Canoes, across a mixture of sessions.

Absolute beginners usually gain a BCU 1 Star award during a weekend or over 2 Saturdays. To achieve BCU 2 Star and above requires further experience/time on the water. Paddling across several days or weekends under our coaches' guidance will help you gain the necessary skills. For BCU 2 star and above – you will need to show previous awards and journey log.

For BCU 1 & 2 Star Passes – a “Pass Slip” is given to Candidates to send off to the BCU. For BCU 3 Star & FSRT – candidates should bring a cheque (made payable to “British Canoe Union”) and the Coach will send to the BCU.