

## BEWL WATER Canoeing Course - Joining Instructions

The weekend course starts Friday evening, please arrive between 18.00 and 19.30pm, book in **before** pitching tents / setting up your campsite. In wet weather you **may not** be permitted to drive onto the grass. Friday evening briefing at 20.30pm. Course finishes Sunday approx 17.00pm. If attending Saturday only, please arrive between 8.00 and 8.30am to check in and change.

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

- |                   |                       |                                      |
|-------------------|-----------------------|--------------------------------------|
| • <b>Friday</b>   | <b>20:30 to 20:45</b> | <b>General introduction briefing</b> |
|                   | 20:45 to 21:00        | General briefing Canoe & Kayak       |
| • <b>Saturday</b> | <b>08.00 to 08.30</b> | <b>Arrive and check in</b>           |
|                   | 09:00                 | Flag break, Course starts            |
|                   | 09.15 to 13.00        | Canoe/Kayak on the water             |
|                   | 14.00 to 17.00        | Canoe/Kayak on the water             |
| • <b>Sunday</b>   | <b>09:00</b>          | <b>Flag break, Course starts</b>     |
|                   | 09.15 to 12.00        | Canoe/Kayak on the water             |
|                   | 13.00 to 15.00        | Canoe/Kayak on the water             |
|                   | 15.00 to 17.00        | Clearing site, debriefs & awards     |

### General gear you need to bring:-

- Tent, sleeping bag, torch, food, cooking and camping gear for the weekend
- 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:-

- Gagoule – *wind protection (not heavy raincoat)*
- Trainers or Wet Suit Boots
- Track Suit
- T-Shirts x4
- Wet Suit - if owned, not essential
- Cap or Hat (sun protection)
- Sunscreen (waterproof)
- ❖ If you wear glasses - cord/strap to secure them
- ❖ **NO bare feet, flip flops, crocs, boots, jeans, rings, earrings, necklaces, jewellery etc**

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

**Canoeing/Kayaking equipment** (including paddle, bouyancy aid etc) is provided for you. If you bring your own craft, paddle, bouyancy aid etc, craft and equipment will be inspected to confirm it is safe and meets Scout regulations (if not acceptable, you won't be able to use it).

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 Kayak and Open Canoe across a mixture of sessions.

British Canoeing (BC) Awards - Beginners usually gain the BC Start and Discover Awards during a weekend. BC Foundation Safety & Rescue Training (FSRT) is gained in a day. BC Explore Award and the BC Touring/Canoe Awards require further experience/time and coaching on the water. Paddling across a few days under our coaches' guidance will help you gain the necessary skills and experience.

### British Canoeing Certificate Fees (BC Price list Oct-21) – successful candidates, BC Certificate costs:-

BC Certificate	Payment Method	BC Member	Non-Member
• Start Award	No Charge	Free	Free
• Discover Award	BC will charge you online	£6	£6
• Explore Award	You need to pay your Coach	£6	£8
• Touring / Open Canoe	You need to pay your Coach	£5	£10
• FSRT	You need to pay your Coach	£5	£10