



ARROWBOARDING PARASCENDING PONY RIDING  
USSHOTBALL QUADBIKING CRAFT BUILDING ROWING SAILING  
CULLING SHOOTING SINGLE PITCH CLIMBING SKIING SNORKELLING SNOWBOARDING  
STREETSPORTS SUBAQUA SURFING SWIMMING WATERSKIING WHITEWATER RAFTING WIND  
SURFING ZORBING ABSEILING AERIAL RUNWAY ARCHERY BALLOONING BANDS BOULDERING



## Water activities weekend

24<sup>th</sup> – 25<sup>th</sup> September 2011

Based at Scarness, Bassenthwaite. GR NY 221 304

Come and join the County Activities Team for a weekend of Sailing or Canoeing/Kayaking.

Come for the whole weekend or just one day!

### Cost:

- Activities £10 per day
- Camping – £5 Saturday night

### Equipment:

- Bring your own food, camping equipment (if camping), outdoor clothing including full waterproofs, water bottle.
- For Canoeing / Kayaking – bring a compass, map OL4, map case.
- **All equipment – Boats / buoyancy aids etc is provided** but bring your own gear if you have it, bring trainers and clothing suitable to get wet in.

### Who Should Come?

- If you are a complete beginner in these activities then this weekend is for you.
- If you are experienced and want to develop your skills in these activities, then this weekend is for you.

### Leaders:

Nights away supervision cannot be provided by the Activities Team in this instance, so Leaders need to organize this please.

### Further Information:

Numbers are limited by the number of instructors and the number of boats available so book early. We can only cope with a maximum of 8 for each activity\*.

For more information contact Alastair Yates - \*canoeing/kayaking – 01946 813144  
or David Fletcher \*sailing – 01900 822661, for general enquiries contact Phil Hopley  
activities@cumbriascouts.org.uk 07516312388

To book a place complete and return the attached form, we will get back to you to organize payment.

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**CUMBRIA ACTIVITIES TEAM**

## Explorer Water activities weekend 24<sup>th</sup> – 25<sup>th</sup> September 2011

<b>Name</b>			
<b>Address</b>			
<b>Email (please print)</b>		<b>Phone</b>	
<b>D.o.B (under 18's)</b>			
<b>Emergency Contact</b>		<b>Phone</b>	

Please indicate which activities you would like to take part in and give your experience on the back of the form. This is just to help us put you in the correct group.

Sailing  or Canoeing/Kayaking  (if you only wish to do one of these please let us know)

It may be possible, depending on numbers and the weather, to try out both sailing and canoeing/kayaking but we probably won't be able to organize this till the weekend itself.

Please indicate which days for the activity

Saturday  and/or Sunday

Please indicate if you are camping Saturday night

We will contact you back re payment as soon as possible.

Send completed form to "Explorer Water Activities Weekend, 12 The Crescent, Cleator Moor, Cumbria, CA25 5QL"

For under 18's Parent/Guardian must complete this section

*I have noted the arrangements above and agree to the named young person taking part.*

<b>Doctor's name and contact details</b>	<b>Details of any medications currently being taken</b>
<b>Details of any disabilities, conditions, allergies, special needs or cultural needs that might affect this activity:</b>	<b>Details of any infectious diseases he/she has been in contact with in the last three weeks:</b>

*If it becomes necessary for the above named young person to receive medical treatment and I cannot be contacted to authorise this, I hereby give my general consent to any necessary medical treatment and authorise the Leader in charge to sign any document required by the hospital authorities. (Delete statement if consent not given)*

<b>Signed:</b>	<b>Date:</b>	
<b>Relationship to young person:</b>		

# Explorer Water activities weekend 24th – 25th September 2011

Name

Address

Email (please print) Phone

D.o.B (under 18's)

Emergency Contact Phone

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