# Godalming District Scout Canoe Club Taster Sessions

## The sessions

Thank you for your interest in attending a canoe club taster session. Taster sessions include all equipment needed (boat, paddle and buoyancy aid) and are led by qualified coaches compliant with both Scout Association and Paddle UK regulations.

During the session instructions are given and games played to encourage confidence on the water. You can take part in both kayak and canoe. You will get wet! We do ask for a leader to be present during the evening, being on the water is not compulsory but encouraged. We also ask that leaders and parents help with collecting and putting away kit at the end of the evening.

## Timings

Taster sessions will run from 18.15 to 20.00 hrs.

## Group Size

There are maximum group size limits which are 15 for Scouts and older, 12 for Cubs.

## Payment

To confirm your booked session, full payment needs to be made (within two weeks on booking please), using the bank details below. There are fixed costs for the taster sessions dependent on the number of participants, these are:

- £85 for 12 participants
- £95 for 15 participants

Godalming Scout Canoe Club
Sort Code: 30-92-70
Account no: 01318807

Please use the reference as Taster and then date of your chosen session e.g. TASTER120726

## Confirming Details

To confirm your taster session booking, please review and send the below details to the GDSCC booking secretary (gdscc.bookings@gmail.com).

| | |
|---|---|
| Group name (and section) | |
| Group contact name | |
| Group contact number | |
| Group contact email | |
| Number on the water (young people) | |
| Number on the water (adults) | |
| Date of session | |
| Please confirm all paddlers can swim 50m | |
| Details of special requirements (eg participants with special needs requiring extra support.) | |

## Risk Assessment

We have attached the GDSCC risk assessment alongside this information. Please do look through the risk assessment and to allow us to complete it and make any required alterations please do let us know of any special requirements you may have within your group as soon as possible.

Any questions, please do ask and we look forward to seeing you on the water,

Calum
GDSCC Booking Secretary

Scouts
Godalming District
Scout Canoe Club

gdscc.bookings@gmail.com

# Joining Instructions

**Where:**
Godalming District Scout Canoe Club
Natalia Way
Godalming
GU7 1DR

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**Timings**
Taster sessions will run from 18.15 to 20.00 hrs.

**What to wear:**
Clothes to get wet in (you will get wet):

- Wet suit if you have one, otherwise light weight sports clothes that don't hold the water. Synthetic fabrics are better than cotton. If it's cold, wear a couple of layers.
- Windproof top- a cagoule is ideal, the hood should be removed or folded away.
- Swim shoes or old trainers/plimsolls. Crocs and flip flops fall off so are not suitable on the water but are great for when you get changed to go home.

Changing rooms/toilet are available on site.

**What to bring:**

- If you need to wear glasses on the water, bring a strap which attaches to the earpieces to stop them falling off.
- If you take regular medication/inhaler please remember to bring it with you and let your coach know. Also let them know if you've forgotten it. They can carry it in a dry bag so it is available for your use if necessary.
- Bring a towel and full change of clothing (including underwear and shoes) for going home in.
- Bring a hot drink and snack, paddling uses energy and is hungry work.

**When you've finished:**

- Wash hands before eating.
- Weil's disease – there is a very small risk of contracting Weil's disease (and other illnesses) from being in the river. It is important to make sure you wash/shower after being in the river before eating. Guidance can be found at nhs.uk/conditions/leptospirosis/
- If you do happen to get ill after a session, please do let us know so we can record this.