



**Paddle Sports**  
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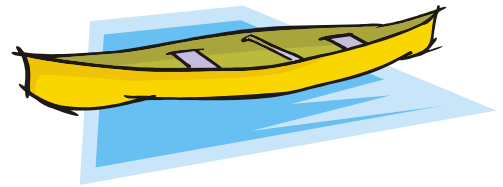
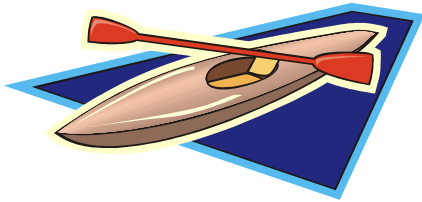


## **TUESDAY EVENING LAKE SESSIONS**

at

# **Upton Warren**

**Aztec Adventure, Worcester Rd, Bromsgrove B61 7ER**



## **Kayaking & Canoeing**



**Tuesday Evenings from April to July**

**Places are limited - booking early is essential**

**Enquiries & Bookings:**

**Mark Burford [07976 889 765](tel:07976889765) / [markburford96@gmail.com](mailto:markburford96@gmail.com)**



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## **TUESDAY EVENING LAKE SESSIONS**

**at Aztec Adventure - Upton Warren Worcester Rd, Bromsgrove B61 7ER**

**Self Led Activity** If you wish to use the lake with your own instructors and equipment. The lake is class B1 water therefore a permit is required to lead the activity. You are responsible for ensuring that you comply with Scout / Guide regulations.

### **Paddle Sports Badge.**

**Stage 1:** BCU Start – To complete requires 1 taster session

**Stage 2:** BCU Paddlepower Passport – To complete requires at least 4 sessions plus a journey on a river, canal or large lake.

**Stage 3:** BCU Paddlepower Discover – To complete requires at least 12 sessions plus a journey on a river, canal or large lake.

### **Time on the Water Badge.**

**Bookings:** Places may be reserved for a limited period, but can only be secured by returning the booking form with payment.

**Any Alterations:** Please advise us of any changes to numbers as soon as possible. We may be able to fill any unwanted places.

**Leaders:** An Adult must be designated to supervise their groups whilst they are not participating in the activity. i.e. on arrival, getting changed, getting off the water, prior to leaving.

**Equipment Required by ALL Participants:** Windproof top (Cagoule), Clothes to get wet in (inc footwear – no boots or wellies), dry clothes, towel, warm drink.

### **Other Activate Paddlesport Events**

**Cub Water Day, May 19.** Half day mixed paddles ports, based at Upton Warren

**Water Weekend, June 22-24,** aimed at Scouts / Explorers / Guides. Paddle Sports badge stage 2 & 3 or Powerboating. The weekend is based at Upton Warren and is fully catered.

**Leader Permit Training.** Please contact Mark Burford if you are interested in obtaining a Canoe or Kayaking Leadership or Personal Permit.

**Other Activate Events** can be found on the Activate website [www.activateteam.org.uk](http://www.activateteam.org.uk) or visit our Facebook page.

### **Enquires**

Please contact Mark Burford on **0797 688 9765** or [markburford96@gmail.com](mailto:markburford96@gmail.com)



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Please share with parents

## Venue

Facilities; There are on site changing and shower facilities. Please ensure these are left clean after use.

## Tues Evening Programme

6:45	Sort out groups and equipment
7:00	Session Starts
8:00	Get off water
8:15	Return Equipment to Storage & get changed

## Swimming Requirement

Anybody who is not a competent swimmer (50m in light clothing) must inform the coach at the beginning of each session.

## Clothing / Equipment

- Change of dry clothing and a large towel
- **Windproof top** i.e. cagoule (required even in warm weather)
- Clothing to get wet in, a wetsuit is optional, but not essential. **No Jeans**
- Warm fleece
- Footwear must be worn i.e. wet shoes, old trainers or pumps. **No Wellies or Boots**
- Waterproof sun cream / sun hat
- If required, an Inhaler in a sealed bag identified. Please inform instructor prior to the start of the session.
- If glasses are worn, you need to prevent losing them with a tie.

## Weil's Disease.

Prior to each session make sure any cuts are covered with a waterproof plaster.

If you feel ill after the session or have any of the following symptoms, call your doctor promptly. The most common early symptoms are high temperature, an influenza-type illness and muscle pains. Let your doctor know that you have been canoeing and may be at risk of Weil's Disease.

It is important that everybody;

- washes their hands prior to eating or drinking
- has a shower following the activity



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## TUESDAY EVENING LAKE SESSIONS - 2018

### BOOKING FORM

Group		Section	
Telephone No		Email	
Leader Name		Signature	

**Bookings**

Please indicate number of places required on your preferred dates

	Apr	May				June				July		
Costs per person, per session	24	1	8	15	22	5	12	19	26	3	10	17
Self-Led Own Equipment, £5												
Self-Led Canoe Hire, £8												
Self-Led Kayak Hire, £8												
Instructor Led Badge Stage 1, £10												
Instructor Led Badge Stage 2, £10												

**Notes:**      Activate Instructor Group Size: Max 8 per group, and total 24 per week.  
 Available boats for Water Activities Badge / Hire = 16 Kayaks and 6 Canoes  
 Buoyancy Aids and Helmets must be worn on the lake at all times.  
 Places can only be booked with a completed form and payment in full. Places will be allocated on a first come first served basis.

**Payment Enclosed £ .....**      **(Cheques payable to “Activate Team”)**

Please send bookings to Mark Burford, 12 Abberley Avenue, Stourport, DY13 0NZ

**Self-Led Activity – Permit Holders:**

Permit Holder Name: .....      Membership Number: .....

Permit Held (Circle):    Canoe                  B1      B2      Other (State) .....

Kayak                  B1      B2      Other (State) .....

Restrictions: .....