

**Peterhead Canoe Club in association with**

**DANCES WITH WAVES** 



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**Beginners course 2006 consent forms**

# Peterhead Canoe Club Beginners Course - 2006

## Parent Consent Form

The beginner course sessions involving young people are run under the guidance of coaches qualified to the British Canoe Union level 3. When participating in trips or events in the course of normal club activities, parents/carers should be aware of the nature, location and duration of these activities.

Please complete the following, sign and return to:

Richard Daniel, 53 Crossfolds Crescent, Peterhead, AB42 1RE.

by: 1st June

This form should be signed and returned to the Club before any activities or trips take place including fee of £20 made payable to Peterhead Canoe Club.

Name of Child ..... Date of Birth .....

Parent/ Guardian .....

Address: .....

.....Postcode .....

Tel (day): ..... Tel (evening): .....

Mobile: ..... E-mail: .....

Family Doctor ..... Doctor's Tel No .....

Does your child suffer from any medical conditions/allergies that the club/ coach should be aware of (including any current medication) .....

.....

.....

Please provide details of medication that must be administered:

.....

.....

.....

Emergency contact details: (If different from above)

Name: ..... Telephone no: .....

Relationship to child: .....

## CONSENT (please read carefully)

- a) I agree to my son/ daughter taking part in the activities of the club.
- b) I confirm to the best of my knowledge that my son/ daughter does not suffer from any medical condition other than those listed above.
- c) I consent to my son/ daughter travelling by any form of public transport, minibus or motor vehicle driven by a club coach or any other parent attending, to any event in which the club is participating.
- d) I agree to be at the pick-up/drop-off point at the agreed time, or arrange alternative transport
- e) I understand that the Club or Organisers accept no responsibility for loss, damage or injury caused by or during attendance on any of the clubs organised activities except where such loss, damage or injury can be shown to result directly from negligence of the Club or the Organisers.
- f) I consent to my child receiving medical treatment which, in the opinion of a qualified medical practitioner, may be necessary.
- g) I confirm that my son/daughter is not subject to any court order prohibiting publication of their image.

Signed ..... (Parent/ Guardian) Date: .....

# Peterhead Canoe Club Beginners Course - 2006

## Introduction to kayaking – a beginner's course

This course is designed to give you a fun and safe introduction to kayaking. We will go through the basics strokes, advise you on clothing and safety equipment and teach you basic rescue techniques. You will do plenty of paddling and by the time we have completed 16 hour course you will have a good foundation to progress in the sport.

Initially we will concentrate on developing good paddling technique and water confidence, using the local marina, river and indoor pool. In particular we will look at:

Safety principles of the sport of kayaking

Basic kayaking strokes

Rescue techniques

Moving water techniques

Journeying on sea, rivers, and white water

We will provide all the specialist equipment required - this includes cagoules, buoyancy aids, kayaks and paddles. A limited amount of wet-suits are available. However, if you already have your own, then do bring it. We advise you not to rush out and buy kit for the course, but use it as a chance to find out what would best suit your needs.

The following list is a suggestion of what you should bring.

Tracksuit, t-shirt, waterproof jacket, waterproof trousers, towel, hat, dry clothes for afterwards, gloves, swimming costume/ trunks, old training shoes, food, hot drink, small amount of cash, personal toiletries and medication

## Course Programme

Date:	Course:	Location:	Notes:
1st June	Water confidence	Peterhead Swimming Pool	7pm - 9pm
8th June	Basic strokes	Peterhead Marina	6:30pm to 9pm
15th June	Basic strokes	Peterhead Marina	6:30pm to 9pm
22nd June	Rolling techniques	Peterhead Swimming Pool	7pm - 9pm
29th June	Rescue	Peterhead Marina	6:30pm to 9pm
1st July	Moving water techniques	River Ugie - Peterhead	Meet at the Marina 9am - Return noon
6th July	Recap	Peterhead Marina	6:30pm to 9pm
9th July	River Journey	River Dee - Aberdeenshire	Meet at the Marina 9am - Return 4pm

Maximum instructor to paddler ratio of 1: 4

Club rules state that participants must be aged 12 or over.

# Peterhead Canoe Club Beginners Course - 2006

## Adult Booking Form

The beginner course sessions involving young people are run under the guidance of coaches qualified to the British Canoe Union level 3. When participating in trips or events in the course of normal club activities, parents/carers should be aware of the nature, location and duration of these activities.

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by: 1st June

This form should be signed and returned to the Club before any activities or trips take place including fee of £20 made payable to Peterhead Canoe Club.

Name of Child ..... Date of Birth .....

Parent/ Guardian .....

Address: .....

.....Postcode .....

Tel (day): ..... Tel (evening): .....

Mobile: ..... E-mail: .....

Family Doctor ..... Doctor's Tel No .....

Do you suffer from any medical conditions/allergies that the club/ coach should be aware of (including any current medication)

.....

.....

Please provide details of medication that must be administered:

.....

.....

Emergency contact details: (If different from above)

Name: ..... Telephone no: .....

Relationship to child: .....

## CONSENT (please read carefully)

- a) I wish to take part in the Beginners training course run by Peterhead Canoe Club.
- b) I affirm that I am 16 years of age or older.
- c) I affirm that I can swim 50 metres wearing canoeing clothes in the pool.
- d) I agree to be at the pick-up/drop-off point at the agreed time, or arrange alternative transport
- e) Whilst every care will be taken to ensure the safety of all participants, kayaking is a risk sport and the organisers cannot be held liable for injury etc, and accidents out with their control. Individual Personal Insurance cover is advised.
- f) I consent to any emergency medical treatment being carried out as deemed necessary.
- g) I agree to be bound by the constitution and policies of the Peterhead Canoe Club. Additional reference can be found on the Club website [www.peterheadcanoecub.co.uk](http://www.peterheadcanoecub.co.uk)

Signed ..... Date: .....

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