

## North West Paddling Weekend 2009

The North West Paddling weekend is back. On the weekend of the 20<sup>th</sup> and 21<sup>st</sup> June 2009 we are returning to the Anderton Centre in Chorley for a weekend of paddlesports and coaching fun.

Sessions are being run throughout the weekend by experienced local coaches, with opportunities to try a new form of paddlesports, get better at a specific discipline, attain BCU awards and share and develop your skills.

There will be a chance to try new boats with Demo boats from Brookbank and Pyranha. A chance to sell your old kit at our bring and buy sale!

Accommodation is available on the Saturday night for those that want to enjoy the social on the Saturday night. There will be a BBQ, bar and slide shows to entertain us through the evening. With Fiona Whitehead coming to share slides and stories of her recent sea kayak expedition to the Falklands.

We only have kit available for the specialised sessions, eg Open Canoeing and Sea Kayaking.

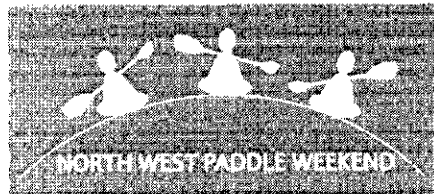
### Cost for the event:-

- BCU Affiliated Club members                      £30 for the day or £50 for the weekend
- Non-BCU Affiliated Club members              £50 for the day or £100 for the weekend

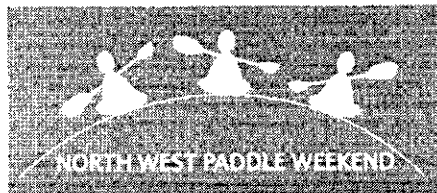
There may be extra certification fees, these are mentioned in the information below  
The Level 1 and the Level 2 has an extra cost due to them being 4 day courses.

### Courses through the weekend

<b>UKCC Level 1 Coach Award</b>	<b>6<sup>th</sup> 7<sup>th</sup> &amp; 20<sup>th</sup> 21<sup>st</sup> June 2009</b>
A chance to enter the coaching scheme as either a boat or bank based coach. This 4 day course encompasses all the skills to start your journey on the coaching ladder. For the first weekend there is no accommodation available, for the second weekend it is based at the N West Paddling Weekend and accommodation is available.	
<b>Pre Requisites:</b> Check out <a href="http://www.canoe-england.org.uk/coaching/coach-course-registration/">http://www.canoe-england.org.uk/coaching/coach-course-registration/</a>	<b>Cost:</b> £ 200 or £100 if supported by club. Registration is extra to this course cost.
<b>UKCC Level 2 Training Course</b>	<b>6<sup>th</sup> 7<sup>th</sup> &amp; 20<sup>th</sup> 21<sup>st</sup> June 2009</b>
A chance to develop your coaching as either a boat or bank based coach. This 4 day course encompasses all the skills to continue your journey on the coaching ladder. For the first weekend there is no accommodation available, for the second weekend it is based at the N West Paddling Weekend and accommodation is available.	
<b>Pre Requisites:</b> Check out <a href="http://www.canoe-england.org.uk/coaching/coach-course-registration/">http://www.canoe-england.org.uk/coaching/coach-course-registration/</a>	<b>Cost:</b> £ 200 or £100 if supported by club. Registration is extra to this course cost.
<b>UKCC Level 2 Coach Assessment</b>	<b>20<sup>th</sup> &amp; 21<sup>st</sup> June. Assessment on the Sunday</b>
A chance to be assessed for the UKCC level 2 coach award. All pre requisites need to be completed before the assessment weekend. Assessment portfolios will need to be completed by the 7 <sup>th</sup> June.	
<b>Pre Requisites:</b> You should be aware of all pre req's from your training course.	<b>Cost:</b> Weekend cost.



<b>UKCC Level 1 Transfer</b>	<b>6<sup>th</sup>, 20<sup>th</sup> &amp; 21<sup>st</sup> June</b>	<b>All Day</b>
For those current L1 & L2 coaches that want to transfer to UKCC Level 1 award. On the afternoon of the 6 <sup>th</sup> June the transfer process starts, then the Saturday of the weekend there will be chances to get any extra support you need for the transfer on the Sunday		
<b>Pre Requisites:</b> <a href="http://www.canoe-england.org.uk/coaching/coach-course-registration/">http://www.canoe-england.org.uk/coaching/coach-course-registration/</a>	<b>Cost: Registration fees Weekend cost</b>	
<b>FSRT Providers Training</b>	<b>Sat 20<sup>th</sup> June</b>	<b>All Day</b>
A chance to become a FSRT provider if you have not been a CST provider in the past.		
<b>Pre Requisites:</b> Registration with head office	<b>Cost:</b>	
<b>CST Conversion. Kayakers to Canoes</b>	<b>Sun 21<sup>st</sup> June</b>	<b>Morning</b>
A chance for CST examiners to get some extra training and ideas to become a FSRT provider in their non preferred discipline.		
<b>Pre Requisites:</b> Registration with head office CST examiner for kayak + 3* Canoe	<b>Cost:</b>	
<b>CST Conversion. Canoeists to Kayaks</b>	<b>Sun 21<sup>st</sup> June</b>	<b>Afternoon</b>
A chance for CST examiners to get some extra training and ideas to become a FSRT provider in their non preferred discipline.		
<b>Pre Requisites:</b> Registration with head office CST examiner for Canoes + 3* Kayak	<b>Cost:</b>	
<b>First Aid</b>	<b>Sat 20<sup>th</sup> June</b>	<b>All Day</b>
A standard 8hr First Aid course that is accepted for coaching qualifications		
<b>Pre Requisites:</b>	<b>Cost: Certification fees</b>	
<b>2* Assessment</b>	<b>Sat 20<sup>th</sup> or Sun 21<sup>st</sup> June</b>	<b>All Day</b>
A chance to get polished towards and assessed for the multi boat 2* award on either day.		
<b>Pre Requisites:</b>	<b>Cost: Certification fees</b>	
<b>FSRT course</b>	<b>Sat 20<sup>th</sup> or Sun 21<sup>st</sup> June</b>	<b>All Day</b>
A chance to do the Foundation Safety and Rescue Training course		
<b>Pre Requisites:</b>	<b>Cost: Certification fees</b>	
<b>3* Canoe Skills Training</b>	<b>Sat 20<sup>th</sup> June</b>	<b>All Day</b>
Training towards 3* canoe		
<b>Pre Requisites:</b> New 2* or old 2* Canoe. Own personal kit	<b>Cost:</b>	
<b>3* Canoe Skills Assessment</b>	<b>Sun 21st June</b>	<b>All Day</b>
Assessment of 3* canoe		
<b>Pre Requisites:</b> New 2* or old 2* Canoe. Own personal kit	<b>Cost: Certification fees</b>	



<b>3* Kayak Skills Training, Inland</b>	<b>Sat 20<sup>th</sup> June</b>	<b>All Day</b>
Training towards 3* kayak.		
<b>Pre Requisites:</b> New 2* or old 2* kayak. Transport to Burrs, own personal kit	<b>Cost:</b>	

<b>3* Kayak Skills Assessment, Inland</b>	<b>Sun 21<sup>st</sup> June</b>	<b>All Day</b>
3* Inland kayak assessment.		
<b>Pre Requisites:</b> New 2* or old 2* kayak. Transport to Burrs, own personal kit	<b>Cost: Certification fees</b>	

<b>Games Workshop</b>	<b>Sat 20<sup>th</sup> June</b>	<b>Afternoon</b>
A chance to get together with a group of coaches and share, develop, test, experiment with a range of new games and activities to spice up your sessions		
<b>Pre Requisites:</b> A passion for having FUN!	<b>Cost:</b>	

<b>Coaching and Assessing 2*</b>	<b>Sat 20<sup>th</sup> or Sun 21<sup>st</sup> June</b>	<b>20<sup>th</sup> Morning, 21<sup>st</sup> Afternoon</b>
A chance to look at the coaching and assessing of the multi discipline award. A chance to look at the level and standards requires for the assessment.		
<b>Pre Requisites:</b> L2 Coach	<b>Cost:</b>	

<b>Disability Awareness</b>	<b>Sat 20<sup>th</sup> June</b>	<b>Afternoon</b>
A chance to look at the issues and questions around paddling with people with disabilities. How to deal with some of the particular challenges with working with paddlers with disabilities.		
<b>Pre Requisites:</b> An interest in paddling with people with disabilities	<b>Cost:</b>	

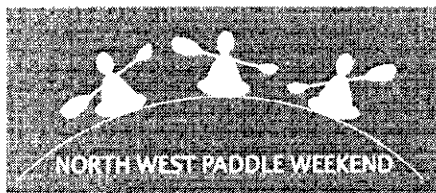
<b>ScUK Safeguarding Young People Course</b>	<b>Sat 20<sup>th</sup> June</b>	<b>Morning</b>
A half day workshop on child protection. This course is run by a paddler aware of the potential issues and situations about child protection and paddlesports.		
<b>Pre Requisites:</b>	<b>Cost: Certification fees</b>	

<b>ScUK Time to Listen Course</b>	<b>Sat 20<sup>th</sup> June</b>	<b>Afternoon</b>
A half day workshop aimed at Club Welfare officers. This is the pre requisite course for all club welfare officers.		
<b>Pre Requisites:</b> ScUk Safeguarding Young People	<b>Cost: Certification fees</b>	

<b>Coaching Young Paddlers</b>	<b>Sun 21st June</b>	<b>Morning</b>
A Foundation module that looks at the issues and skills for working with young paddlers. It looks at the LTPD model and the issues young people face in relation to participating in paddlesports		
<b>Pre Requisites:</b>	<b>Cost: Certification fees</b>	

<b>Mentoring Paddlesports coaches</b>	<b>Sun 21<sup>st</sup> June</b>	<b>Afternoon</b>
A Foundation module that should up skill your ability to mentor other coaches in your paddling world.		
<b>Pre Requisites:</b>	<b>Cost: Certification fees</b>	

<b>Introduction to Sea Kayaking</b>	<b>Sat 20<sup>th</sup> or Sun 21<sup>st</sup> June</b>	<b>Morning only each day</b>
A chance to try and learn the important skills needed to get you hooked on sea kayaking		
<b>Pre Requisites:</b> Happy to be in a kayak!	<b>Cost:</b>	



<b>Introduction to Open Canoeing</b>	<b>Sat 20<sup>th</sup> or Sun 21<sup>st</sup> June</b>	<b>Afternoon only each day</b>
A chance to try and learn the important skills needed to get you hooked on Open Canoeing		
<b>Pre Requisites:</b> Happy to be on your knees!	<b>Cost:</b>	

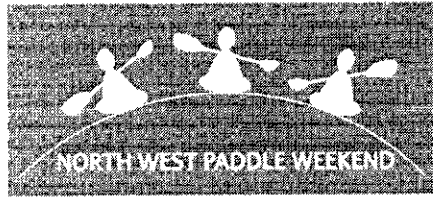
<b>Traditional Skills in Open Canoes</b>	<b>Sun 21<sup>st</sup> June</b>	<b>Afternoon</b>
Poling, Lining, Sailing and other open canoe skills that don't require a paddle		
<b>Pre Requisites:</b>	<b>Cost:</b>	

<b>Extended trips, top tips and hints</b>	<b>Sun 21<sup>st</sup> June</b>	<b>Morning</b>
A chance to look at some great ideas to make expeditioning a whole lot easier. Whatever your craft.		
<b>Pre Requisites:</b>	<b>Cost:</b>	

Please note all Under 19 yr olds need to be accompanied by guardians on all sessions! Any under 19's without this will be asked to leave there session by the coach.

Overview of what sessions are running when

<b>Saturday</b>		<b>Sunday</b>	
<b>Morning</b>	<b>Afternoon</b>	<b>Morning</b>	<b>Afternoon</b>
UKCC Level 1 Coach Course			
UKCC Level 2 Tr Coach Course			
UKCC Level 2 Assessment			
UKCC Level 1 Transfer			
FSRT Providers Training		CST-FSRT, kayak to canoe	CST-FSRT, canoe to kayak
First Aid Course		FSRT	
2* Assessment		2* Assessment	
FSRT Course		Intro to Sea Kayaking	Intro to Open Canoeing
3* Open Canoe Training		3* Open Canoe Ass	
3* Inland Kayak Training		3* Inland Kayak Ass	
Coaching & Assessing 2*	Games Workshop	Expedition skills	Traditional canoe skills
ScUK Safeguarding Young People	ScUK Time to Listen	Coaching Young Paddlers	Mentoring in paddlesports
Intro to Sea Kayaking	Intro to Open Canoeing		
	Working with people with Disabilities		



## North West Paddling Weekend 2009

**Booking Form:** North West Paddling Weekend 20<sup>th</sup> & 21<sup>st</sup> June, 2009

Name: ..... BCU No: .....

Address: .....

..... Postcode: .....

Telephone: ..... Mobile: .....

Email: (BE CLEAR!) .....

Please specify any particular dietary needs: .....

Please **circle** accordingly:

I would like to attend on the: **Sat / Sun / Both** and I want Accommodation on Saturday night: **Yes No**

I would like to attend the following course(s):

(The Level 1 & 2 Tr starts on the 6<sup>th</sup> 7<sup>th</sup> of June. You must attend all 4 days. The L1 Transfer starts on the 6<sup>th</sup> June afternoon)

	Morning	Afternoon
Saturday		
Sunday		

(The sessions are on a 1<sup>st</sup> come 1<sup>st</sup> booked basis, we aim to give you your choice, we will contact you if you do not get your chosen sessions)

Cost: BCU Affiliated Club members      £30 per day or £50 for the weekend  
 Non BCU Affiliated club members      £50 per day or £100 for the weekend

Please find enclosed a cheque for £\_\_\_\_\_ made payable to the BCU North West.

Your Signature: ..... Date: .....

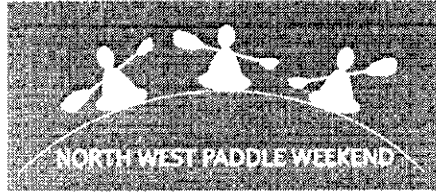
**You must have the below signed by a member of your club committee to get the Club members price.**

### Club Membership Statement

In my role on the committee of ..... canoe club I am happy to state that ..... is an active member of our canoe club. They are currently an active volunteer within the club and to the best of my knowledge will remain so for the coming year.

Signed: ..... Role within Club:..... Date:.....

(Committee member)



Personal Information Form

(Mrs/Mr/Ms/Dr) ..... First Name ..... Surname .....

Emergency Contact Person

(Mrs/Mr/Ms/Dr) ..... First Name .....Surname.....

Telephone No. .... Mobile .....Relation.....

Address.....

..... Post Code.....

Name of your Doctor ..... Address of practice.....

.....

Do you suffer from any medical conditions, allergies or significant disabilities requiring treatment?

Yes / No

If the answer is 'yes' please give details of these conditions and of any medication you take:

.....  
.....

Can you swim 50 metres? Yes / No (please delete as necessary)

**IMPORTANT!**

- I consent to any medical treatment, including anaesthetic, which may be necessary as part of the medical treatment whilst attending the North West Paddling Weekend.
- I understand that bookings are accepted on the understanding that Anderton Centre safety regulations are observed.
- I accept that the coaching staff during the weekend will take all reasonable care to ensure students' safety and well being, they cannot necessarily be held responsible for loss, damage or injury suffered during, or as a result of the activities.
- I accept that the coaching staff or the organising committee of NWPW are not under any liability whatsoever in the respect of loss or damage to personal property, however caused, whilst attending the course.
- No refunds can be given with less than 2 weeks before the event.
- Under 19yr olds need to be accompanied during the weekend by a parent or legal guardian, this includes on sessions.

**Participation Statement:** One of the attractions of outdoor activities is their adventure nature. The accident rate in such activities is thankfully low, but from time to time serious and fatal accidents do occur. It is therefore important that participants and legal guardians of these participants in these activities are aware of, and accept, the elements of risk and the need to take responsibility for their own actions.

Accommodation includes Dinner, Bed and Breakfast on Saturday only.

Please make sure you send Booking form, Personal Information form plus cheque to:

N West Paddling Weekend, C/o Gill Davies, 14 Prestbury Road, Macclesfield, SK10 1AU.

Signed ..... Date.....

Signed ..... Date.....

Parent or Guardian (if under 19 years old)