<u>Humber Canoeing Association Coaching Weekend – Information Sheet</u>

003/feb.10

This form applies to members of HCA Affiliated clubs for 24 & 25 April 2010.

(All others at double fee Plus Proof of BCU membership - BCU day membership is available)

The Humber Canoe Association invites applications for places from Members of its affiliated clubs on the following courses. The training weekend will be based around: Sleningford Mill Camping and Caravan Park, North Stainley, Ripon, Nth Yorkshire HG4 3HQ 01765 635201 (Sheet 99 Grid Ref 428040).

EXTRA SPECIAL NOTE: **All paddlers** should ensure they book directly with the campsite if they wish to stay over night on this campsite, regardless of whether or not an electric hook up is required. Please be aware the campsite requires all those planning to stay on the site to book prior to the event, single night stays are permitted but this event only and only if pre-booked. Please remember to state you are part of the HCA event when booking.

Courses	Pre-requisites & Guidelines for Selection of Courses	Venue	Fee
	(Paddlers must not pose an unusual burden upon the group's resources, particularly on any river trip)		
BCU Two Star	BCU One Star.	Tanfield	£20
	Logged qualifying journeying experience.	/ Ripon	
BCU Three Star	BCU Two Star		
WW Kayak-Training		Tanfield	£20
BCU Three Star	BCU Two Star - Aged 16 and over		
WW Kayak Testing	Logged qualifying journeying & Suitable WW experience	Tanfield	£20
BCU Three Star	BCU Two Star – Aged 16 and over		
Open Canoe	Logged qualifying journeying experience	Tanfield	£20
HCA WhiteWater One	BCU 2 star and 2 outdoor trips of at least 2 hours		
Foundation Boat Skills		Tanfield	£20
HCA WhiteWater Two	BCU 2 star and HCA WW 1 (new)		
Foundation Safety Skills	Or BCU 2 Star with HCA WW 2 (old) or higher	Tanfield	£20
HCA WhiteWater Three	BCU (new) 3 star – Aged 16 and over		
Intermediate Boat Skills	Or HCA WW2 (old) and at least 2 ww trips since	Tanfield	£25
BCU 3 Star Experience	The aim of the course is to provide additional		
/ Trip under leadership	experience on the grade 2 water under the	Tanfield	£25
WW Kayak	leadership of suitable qualified leader/coach		
501.46. 5	Pre-reg's:- BCU 2 star & 2 WW trips or HCA WW 2		
BCU 4 Star Experience	The aim of the course is to provide additional		
/ Trip under leadership	experience on Moderate water under the leadership	TBC	£25
WW Kayak	of a senior leader /coach		
	Pre-req's:- BCU(new) 3 star or HCA WW3		

Notes:

- Kayaking And Canoeing are 'Assumed Risk Water Contact Sports' that may carry attendant risks.
 Participants should be aware of & accept these risks, & be responsible their own actions and involvement
- Training & Assessments for 2 Star will take place over the weekend. Candidates for BCU 2 Star, please remember to state which boat you will be bringing with you (Kayak / Canoe / Both).
- 3 Star WW Kayak Training is available, this course will look to cover the whole syllabus for this test; some moving water experience may be an advantage. 3 Star WW Kayak Testing will be carried out on the Saturday, with additional moving water skills been coached on the Sunday (<u>Sunday re-testing</u> is not possible)

Notes (continued):

- 3 Star Open Canoe Training & Assessment is planned to take place over the weekend (subject to available staffing)
- The moving watercourses will be based on River Ure at the campsite; the flat-water courses will be based on the canal at Ripon.
- Subject to the water conditions HCA WW 3 & BCU 4 Star Experience may be at another appropriate venue.
- Courses are expected to start at around 09.30hrs on each day. Booking-in will be available possible from 08.30hrs on the Saturday morning.
- Please note the river trip from Hack Fall/ Mickley is available for the Saturday only, in line with the access agreement.
- All coach student ratios are in line with BCU guidelines or better.
- Paddlers may be aware in Autumn 2007, BCU changed their Star tests & therefore the HCA white
 water awards were also amended, these NEW star tests are downloadable from BCU website & HCA
 NEW awards are available from your club or via the YORCIE website.

Anyone wishing to assist with coaching/leading should put their name forward.

Application Procedure	Please send a completed and signed application form (countersigned by a club coach), a <u>stamped self-addressed envelope</u> and a cheque for the full course fee made payable to: HCA . Forms to arrive with the course administrator <u>before</u> Friday (Good Friday) 2 nd April 2010. Applications received after the closing date may not be processed		
What is included	The course fees stated above cover tuition fees only		
What is not included	Equipment and/or boat hire, certificates, badges, BCU fees, campsite fees, any artificial white-water course fees, food, transportation and travel etc. HCA does not provide any form of evening entertainment for persons attending the weekend. Please refer to your own club for details of any such arrangements.		
Camping & Parking Fees	Fee must be paid to the campsite owner, or their appointed agent on arrival - Please remember to book with the site prior to the event		
Course Administrator	Hayley Salt, 28a Bulwick Avenue, Grimsby DN33 3BH T:0771 807 1028		

All application forms must be countersigned by a Level 2 coach from the own club Incomplete forms will not be accepted and will be returned.

Application from for HCA Training weekend

003/Feb10

All application forms must be countersigned by a Level 2 coach or above from their own club

Incomplete forms will not be accepted

Block Letters Please

Name					
	Club: (Plo	ease complete, as appropriate)			
Address	,	, , , , , ,			
(including post code)					
L-IIIaii	Please note: your booking confirmation will come from humbercanoe@hotmail.com				
Age					
Telephone					
Medical Questions	Please state if you knowingly suffer from asthma, epilepsy, diabetes, problems with hearing or sight, or anything that your instructor should know about, including pre-				
For your own safety this section must be completed.	5 5,	that your instructor should know all es, pre-disposition to the cold. If n o	, 5,		
Please ring your	BCU 2Star Will you bring a Kayak Or Canoe Or Both				
chosen course & craft	BCU 3Star Kayak – Training	BCU 3Star Kayak Assessment	BCU 3Star OpenCanoe		
Clair	HCA WW1	HCA WW2	HCA WW3		
	HCA 3 Star Trip/ experience	HCA 4 Star Trip/ experience			
Signature of applicant	(or parent/guardian if u	nder 18yrs)			
Signature of Club Coach to confirm candidate is a satisfactory standard to attend this course					
	Name of Coach	BCU No BCU Co	oaching Qual.s		
To be completed in all cases Whether or not a candidate is able to produce documented evidence to satisfy all prerequisites.					

We ask that ALL PARTICIPANTS supply alternative contact details:

Name Address	
Postcode	
Home Tel No	Mobile
Relationship to participant:	

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Please return this form completed, with a cheque made payable to HCA for the appropriate fee to arrive <u>before</u> Friday 2nd April 2010 to:

Hayley Salt 28a Bulwick Avenue, Grimsby DN33 3BH T:0771 807 1028

Check List: Completed Form (Countersigned By Club Coach),

SAE (for the return of course information to you) & Cheque:-payable to **HCA**All application forms must be countersigned by a Level 2 coach or above; incomplete forms will not be accepted