

## **Humber Canoeing Association Coaching Weekend – Information Sheet**

001/jun.10

**This form applies to members of HCA Affiliated clubs for 23-24 October 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.

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

### **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 ).

**Notes (continued):**

- 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 (**Sunday re-testing is not possible**)
- 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 whole subject to and 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.**

|                                   |  |
|-----------------------------------|--|
| <b>Application Procedure</b>      | Please send a completed and signed application form (countersigned by a club coach), a <b><u>stamped self-addressed envelope</u></b> and a cheque for the full course fee made payable to: <b>HCA</b> .<br>Forms to arrive with the course administrator <b><u>before Friday 1<sup>st</sup> Oct 2010</u></b> . Applications received after the closing date may not be processed |
| <b>What is included</b>           | <b>The course fees stated above cover tuition fees only</b>  |
| <b>What is not included</b>       | Equipment and/or boat hire, certificates, badges, BCU fees, campsite fees, any artificial white-water course fees, food, transportation and travel etc.<br><br>HCA does <b>not</b> provide any form of evening entertainment for persons attending the weekend. Please refer to your own club for details of any such arrangements.  |
| <b>Camping &amp; Parking Fees</b> | 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   |
| <b>Course Administrator</b>       | <b>Hayley Salt, 28a Bulwick Avenue, Grimsby DN33 3BH T:0771 807 1028</b>   |

**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.**

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# Application from for HCA Training weekend

001/jun10

**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   | <b>Club:</b> (Please complete, as appropriate)   |  |                     |
| Address<br>(including post code)   |  |  |                     |
| E-mail   | Please note: your booking confirmation will come from <b>humbercanoe@hotmail.com</b>   |  |                     |
| Age  |  |  |                     |
| Telephone  |  |  |                     |
| Medical Questions<br><br>For your own safety this section must be completed. | 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-existing conditions/ old injuries, pre-disposition to the cold. <b>If none then write NONE</b> |  |                     |
| Please ring your chosen course & craft                                       | BCU 2Star  | Will you bring a <b>Kayak</b> <u>Or</u> <b>Canoe</b> <u>Or</u> <b>Both</b> |                     |
|  | BCU 3Star Kayak – Training   | BCU 3Star Kayak Assessment   | BCU 3Star OpenCanoe |
|  | HCA WW1  | HCA WW2  | HCA WW3             |
|  | HCA 3 Star Trip/ experience  | HCA 3 Star Open Trip/exp   | HCA 4 Star Trip/exp |

**Signature of applicant (or parent/guardian if under 18yrs)**

**Signature of Club Coach** to confirm candidate is a satisfactory standard to attend this course

\_\_\_\_\_ **Name of Coach** \_\_\_\_\_ **BCU No** \_\_\_\_\_ **BCU Coaching 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 before Friday 1<sup>st</sup> October 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