

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.

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

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 Friday 1st Oct 2010</u> . 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.

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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	Club: (Please complete, as appropriate)		
Address (including post code)			
E-mail	Please note: your booking confirmation will come from humbercanoe@hotmail.com		
Age			
Telephone			
Medical Questions 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. If none then write NONE		
Please ring your chosen course & craft	BCU 2Star	Will you bring a Kayak <u>Or</u> Canoe <u>Or</u> Both	
	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 1st 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