

Kingston Kayak

Summer School Outdoor Pool 2013

(Running from 29th July to 30th August 2013)

Kingston Kayak Club is once again holding summer canoe introduction fun sessions for 7 to 16 year olds at Albert Avenue Lido, Hull. These sessions are suitable for absolute beginners and improvers. The only condition is that all participants must be able to swim a minimum of 50 metres (two lengths of an average swimming pool)

All equipment is included in the price. You only need to bring the following items with you (suitable for weather on the day)

Swimsuit/trunks: T-shirt/shorts/or leggings: (to wear over swimsuit)
Fleece or jumper: (If cold)

Water proof top or Cagoule: (to keep wind off if it is cold or wet)

Old sandshoes/plimsolls/wet suit shoes: (not trainers as they are too bulky for boats)

Towels : Sun cream and sun hat: (for hot sunny days)

You WILL get wet so you will need a change of dry clothing to go home

Sessions last for 1 hour 30 mins Monday to Thursday inclusive, and cost £4.50 per person per session

To Book a place please telephone Meg Rudkin

Tel No: 01482 351 891 Mobile 07535 947 019

Entry form and **cheque made payable to Kingston Kayak Club**

Please send to

Meg Rudkin

11 Park Walk, Hull HU4 7QA

Or email on

megan@rudkin3.karoo.co.uk



Booking Form



Name

Age

Address

Postcode

Telephone No Mobile No

Any medical conditions eg allergies, asthma, epilepsy, diabetes, skin conditions (eczema), recurring headaches, vision, hearing, physical disability, learning disability, extreme sensitivity to cold

Note—none of these conditions will prevent your child from being able to canoe (but we do need to know)

Please indicate choice of dates and sessions

Dates w/c 29th July 5th August 12th August 19th August 26th August

Times 9.30am to 11.00am 11.30am to 1.00pm

Date and time required

Please book the above named child (ren) for the canoe dates indicated, for which I enclose the fee of £4.50 per person per session. (Cheque made payable to Kingston Kayak Club)

I Certify that he/she/they can swim a minimum of 50 metres unaided.

We intend taking group photographs which may be used by the sponsor. Please indicate if this meets with your approval. Please circle YES/NO

Signed Date

Parent/Guardian

PLEASE NOTE ANY CHILD NOT PADDLING IS THE RESPONSIBILITY OF THE PARENTS /CARERS

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"Canoeing and kayaking are "Assumed Risk" - Water contact sports that may carry attendant risks. Participants should be aware of and accept these risks and be responsible for their own action and involvement" (British Canoe Union Statement)

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