

Come & Try It: Paddlesports

Information Pack



highpeakscouting.org.uk
#SkillsForLife

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Scouts
High Peak Scouting

Overview - Squirrels and Beavers

Ready to try a new activity? Join us for our 'Come and Try it' taster sessions for some fun on the water in rafted canoes. These sessions are ideal for beginners to learn the basics of Canoeing with our instructors.



Section

Squirrels & Beavers,



Difficulty

Beginners



Max Group Size

see below



Duration

90 mins - Squirrels
2 hours - Beavers

Arrival and session info

Our sessions are:

90 minutes long for Squirrels (6pm till 7:30pm) which can be 2 x 45 min sessions and 2 hours long for Beavers (6pm till 8pm) which can be split as 2 x 1 hour sessions.

Max group size on the water, Squirrels x 6, Beaver x 18.

Please ask your participants to arrive 15 minutes early to sort kit etc.

Sessions can sometimes start slightly earlier if requested for the younger sections.

We've assumed all Squirrels are non-swimmers, see page 5.

Parents can stay and watch from the shore, if they wish to but need to bring clothes to stay dry and warm and must closely supervise any siblings and adhere to the supervision rules on page 4. In the interest of maintaining good relations and therefore ongoing use of the facilities, we would appreciate your help to ensure that parents are aware of and abide by the rules.

Parking

Parking at Buxworth is very limited! Please car share where possible.

See the map on page 7 for details about parking.

Overview - Cubs, Scouts & Explorers

Ready to try a new activity? Join us for our 'Come and Try it' taster sessions for some fun on the water in either canoes or kayaks. These sessions are ideal for beginners to learn the basics of either Canoeing or Kayaking with our instructors.



Section

Cubs, Scouts and Explorers



Difficulty

Beginners



Max Group Size

12 Canoeing
12 Raft Building
8 Kayaking



Duration

2 hours

Arrival and session info

Our sessions are 2 hours long, starting at 7.00pm, and concluding by 9:00pm.

Please ask your participants to arrive 15 minutes early to sort kit etc.

Cub sessions can be spilt in to two one hour sessions back to back and we can sometime start slightly earlier if requested for the younger sections.

We recommend 2 hour sessions for Scouts & Explorers.

Parents can stay and watch from the shore, if they wish to but need to bring clothes to stay dry and warm and must closely supervise any siblings and adhere to the supervision rules on page 4. In the interest of maintaining good relations and therefore ongoing use of the facilities, we would appreciate your help to ensure that parents are aware of and abide by the rules.

Parking

We share the use of the facility with Combs Sailing Club members and we must be considerate when parking. If you can park in the layby, that is great. If parking in the car park, please park tightly and if parents are staying for the duration, please ask them to double park with another parent who is staying for the duration if you are bringing more than 10 participants.

Supervision and Group Management

All groups on “come and try it” sessions **must be accompanied by leaders** who have a valid DBS. The High Peak Scouting session leaders will take responsibility for delivering the adventure element of the session; however, we expect the group leaders to be responsible for the pastoral care of their youth members before, during and after the sessions.

Please adhere to these rules:

- * Children arriving should meet your leaders or a representative of your group at your agreed time and walk down to the starting point together.
- * Parents and leaders must not drive down the track to the meeting point.
- * No one is allowed inside the Combs Clubhouse unless arranged with us in advance. Combs charge additional usage fee and it must be booked for your use with the sailing club. This applies even if it rains during your session and/or the evening is cold. There will be signs reminding people of this.
- * Children are to be closely supervised while on site and must not be allowed to wander around unaccompanied.
- * No one should be throwing stones in to the water.
- * No one is allowed on to the Combs pontoon/jetty without an approved buoyancy aid.

Changing facilities

We have had children arriving unprepared for paddling asking where the changing rooms are. We do not have access to changing rooms at Combs unless you have requested to have them, have agreed to pay the additional usage fee and we have had time to arrange access with the sailing club. There are toilets at Combs with cubicles where some children have been changing but we do not have exclusive use and the site is used by other non-scouting people so you need to consider safeguarding on your risk assessment. We recommend that children arrive in their paddling gear and bring a towel to use when travelling home.

Emergency Contact Info

Leaders must ensure they have the emergency contact details for all their participants.

Equipment

For safety when participating in this session, please ensure children bring with them:

- Clothing suitable for getting wet
- Lightweight windproof/waterproof top to keep off windchill if wet
- Suitable footwear (old trainers or wet shoes) with closed toes. They must not come off easily! No wellington boots!.
- Dry clothes, towel etc. for after the activity

NB: All personal safety equipment will be provided as well as the canoes & kayaks & raft building equipment. We cannot allow personal Buoyancy Aids.

NB: Most of our kayaks are junior size – if you have any larger participants (say over 5'6" and 12 stone) let us know in advance.

Food

No food or drink is provided, so you should bring any snacks & drinks you may want with you for your session.

Non-Swimmers?

The Scout Association rules (POR 9.42a) specify that - Members taking part in any water activity (those which take place on or in the water) must be able to demonstrate to a suitable person their ability to swim 50 metres in clothing and equipment appropriate to the activity (where a buoyancy aid or life jacket is worn for the activity this may be used for the demonstration) and keep afloat for five minutes. Anyone unable to meet these requirements is classified as a non-swimmer

Note: each Non-swimmer must be accompanied by a capable adult swimmer which the leaders will need to bring along to the session.

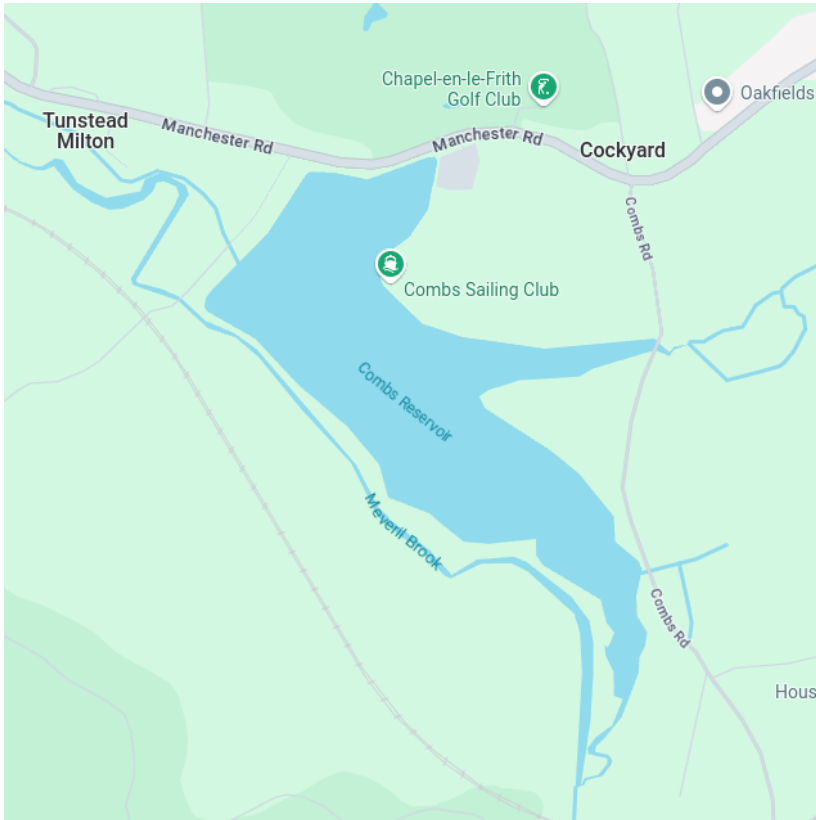
Adults supporting non-swimmers must be included in the group numbers.

Venue Location - Combs

Combs Reservoir

What3Words

///giggled.liquid.delays



There is a small car park accessible from the road between Whaley Bridge and Chapel-en-le-Frith (B5470). If the car park gate is locked, there is a layby on the opposite side of the road to the gate entrance.

Once parked, make your way down the track to the Combs Sailing Club.

Please be on time, we cannot start a session until everyone is present!

Venue Location - Buxworth

Buxworth Basin - Canal

What3Words

///mile.pranced.tripled



Parking is very limited at Buxworth so please car share where possible!

There are a number of places where cars can be parked along the track but there is no car park available. Please be mindful of other cars who might be using the track.

Once parked, make your way down the track to the meeting point marked "HERE" on the map above.

It may be possible to park in the closed pub car park however it used to be monitored by ANPR cameras therefore if you choose to park there, you have been warned and do so at your own risk.

Please be on time, we cannot start a session until everyone is present!

Badge Requirements

By participating in this session, you should have completed the following badge requirements:

Awards

Adventure Challenge Award appropriate for your section



- Take part in an adventurous activity.

Beavers, Cubs, Scouts & Explorers

Time on the Water Staged Activity Badge



- Complete a session on the water lasting around 2 to 3 hours

Nautical Skills Staged Activity Badge: Stage One



- Take part in a water activity taster session
- Correctly identify the different equipment used for the activity you chose
- Gain an understanding of the safety equipment used

Paddle Sports Staged Activity Badge: Stage One



- Identify different types of paddle craft
- Name three places you could safely go canoeing or kayaking
- Take part in a warm-up activity to prepare you for canoeing or kayaking.
- Dress properly for your chosen activity. Show you know the importance of buoyancy aids and how to put one on correctly

Take part in a taster session that covers:

- Naming equipment used and the parts of the boat.
 - Getting into and out of a boat safely.
 - Balancing a boat.
 - Manoeuvring your boat in different directions, including moving forward.

Information for Parents (Squirrels and Beavers)

- 1) Your child may get splashed but we do not aim for them to get fully wet!!!
- 2) They'll need to come ready to paddle as there are no changing facilities.
- 3) We will provide them with the equipment needed for the session.
3) To maximise our time on the water, please arrive 15 minutes before our session starts.
Our session on _____ will run from ____ to ____ - please collect at ____.
- 4) Your child will need wear warm clothes and have something that they can put on at the end to keep warm, e.g. a hat.
- 5) Your child will need to wear some sort of closed toe shoes which can get wet they must not come off easily, i.e. no crocs or flip flops. Shoelaces must be tied up.
- 6) Parking: There is very little parking at Buxworth so please car share where possible. The approximate postcode is SK23 7NE. While there is a car park at the Navigation Inn, this has signs saying parking charges apply and ANPR cameras are in use. If you park there, you are taking on the risk of a parking fine.

There are a few parking spaces along the track down towards the basin, please park carefully to maximise the spaces available.

We will have a leader near the top of the track to meet you but in case you arrive late, walk down the path to find us. Please try to arrive on time because the session can't start until everyone is present.

Squirrels parents - we take the approach of assuming all Squirrels as "non-swimmers" as defined by the Scouting rules.

Beavers parents - please note: By agreeing to attend the event, you are confirming that your child can swim 50 metres in clothing appropriate for the activity, with the assistance of buoyancy aid, and keep afloat for five minutes. If they would like to attend but cannot swim 50 metres, you must inform their leader in advance so that extra adult support can be arranged as required by the scouting rules.

All Note: We are limited to the number of participants (children and adults) on each session therefore please do not arrive expecting to paddle with your child unless we have asked for your help in advance.

Information for Parents (Cubs, Scouts and Explorers)

- 1) Your child should be prepared to get wet!!!
- 2) They'll need to come ready in swim/paddling gear as there are no changing facilities. If they have a wetsuit they'd like to wear that's fine, but at the time of year we paddle, it's not really necessary. Bring a towel to sit on for the journey home.
- 3) We will provide them with the equipment needed for the session.
- 3) To maximise our time on the water, please arrive 15 minutes before our session starts.
Our session on _____ will run from ____ to ____ - please collect at _____.
- 4) Your child will need to bring a towel, some warm clothes that they can put on at the end to keep warm, a hat and a flask of hot chocolate or other warm drink in case they get cold.
- 5) Your child will need to wear some sort of closed toe shoes which can get wet they must not come off easily, i.e. no crocs or flip flops. Shoelaces must be tied up. No wellington boots please, they are too bulky.
- 6) Parking: The entrance to Combs reservoir is almost opposite the entrance to Chapel-en-le-Frith golf course. The approximate postcode is SK23 9UH. While there is a small car park at the reservoir, the gate in to the car park is sometimes locked and/or can be locked at any time without notice. If it is locked, you should be able to park in the lay-by on the same side of the road as the golf course - We will have a leader at the gate to meet you but in case you arrive late, cross the road and walk down the path to the sailing club to find us. Please park considerately, there are other users of the venue. If you are staying for the duration, please look to double park with other parents who are also staying for the duration to leave space for other users.
- 7) Clubhouse: The Combs Sailing Club charge us an extra £35 if we want access to their clubhouse therefore you **MUST NOT** enter their clubhouse unless in emergency.

Please note: By agreeing to attend the event, you are confirming that your child can swim 50 metres in clothing appropriate for the activity, with the assistance of a suitable buoyancy aid, and keep afloat for five minutes. If they would like to attend but cannot swim 50 metres, you must inform their leader in advance so that extra adult support can be arranged as required by the scouting rules.