

PHOENIX CANOE CLUB

Membership No.	PCC / J /				
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For office use only

INTRODUCTORY ONE STAR COURSE / JUNIOR SECTION MEMBERSHIP

This form should be completed on both sides, signed and returned to the course organiser with the appropriate fees before any watersports can be undertaken. Information supplied will only be used for the safe operation of the Club and will not be divulged to third parties without your prior consent. The Introductory One Star Course includes all necessary specialist equipment and coaching.

APPLICANTS DETAILS

Full Name.....	
Date of Birth.....	Gender – Male / Female
Address.....	
.....	
..... Post Code.....	
Tel (Day).....(Eve).....	
Mobile.....	
E-mail..... (Important - most of our communications are by e-mail)	
Personal Safety	
Applicant can swim 50m	YES / NO

CONSENT - PLEASE READ CAREFULLY

<p>I understand that the Club will undertake kayaking & canoeing and agree to my son / daughter taking part in these activities.</p> <p>I understand that Canoeing & 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.</p> <p>I confirm to the best of my knowledge, that my son / daughter does not suffer from any medical condition other than those listed.</p> <p>I consent to my child receiving medical treatment, which in the opinion of a qualified medical practitioner, may be necessary.</p> <p>I confirm that my son / daughter is not subject to any court order prohibiting publication of their image.</p> <p>I consent to my son / daughter travelling by any form of public transport, minibus or motor vehicle driven by a club coach or any other parent attending, to any event in which the club is participating.</p> <p>I agree to deliver / collect my child at the advertised club activity times.</p> <p>I understand that the Club or Organisers accept no responsibility for loss, damage or injury caused by or during attendance on any of the clubs organised activities except where such loss, damage or injury can be shown to result directly from the negligence of the Club or Organisers.</p> <p>In your child's interests, it is important that the organising staff should know whether he or she suffers from any illness or medical condition. Please use the space provided to state in confidence any health or other matter concerning your child or which accompanying club members should be aware. Please also indicate if your child is receiving any medication, with details and dosage, and/or specific dietary requirements.</p> <p>I accept that the Club is run by voluntary help and undertake to provide assistance for minimum 10 hours per annum as required or requested.</p>

PARENTS / GUARDIANS DETAILS

Mr.....	
Ms / Mrs.....	
Address (if different from above).....	
.....	
..... Post Code.....	
Tel (Day).....(Eve).....	
Mobile.....	
E-mail.....	

DECLARATION

<p>Upon acceptance into membership of the Phoenix Canoe Club, I understand that canoeing is undertaken at my own risk. I confirm that I do not suffer from any disability or medical condition which may render me unfit for strenuous exercise.*</p> <p>I agree to abide by the rules of the Club, Club Code of Conduct and Junior Code of Conduct.</p> <p>I agree to pay all membership fees, subscriptions and other activity payments when they are due.</p> <p>Applicants Signature.....</p> <p>Parent/Guardian Signature.....</p> <p>Date.....</p> <p>* Should a medical condition exist, this will not necessarily preclude you from membership / participation, but it must be declared. Should you be in any doubt, advice should be sought from your family doctor.</p>

MEDICAL INFORMATION

Family Doctor.....	
Address.....	
.....	
..... Post Code.....	
Telephone.....	
Please state any medical condition and/or medication	
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.....	
.....	
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PHOENIX CANOE CLUB

CANOEING INFORMATION

THE BRITISH CANOE UNION

The BCU is the governing body of the sport of canoeing and kayaking in the UK. The Phoenix Canoe Club is affiliated to the BCU and follows the Star Test awards and coaching system.

BCU ONE STAR TEST

The One Star Test is the first level of progression through the awards scheme and is a basic assessment of ability at the end of an introductory course. The course encourages safe practice, regard for the equipment and fun.

The course covers the following:

Lifting, carrying and launching the canoe
Forward and reverse paddling
Stopping
Rotate 360° on the spot
Paddle a figure-of-eight course
Return to bank and disembark

Capsize, swim ashore and empty

Move kayak sideways
Ruddering
Preventing a capsize

General safety, equipment and environment questions

YOU WILL NEED TO BRING

This form, completed and signed with course fee
T shirt or sweat shirt
Shorts or tracksuit trousers
Old trainers, sandals or wetsuit boots
Hat / suntan lotion if sunny
Towel
Dry clothes to go home in
Money for drinks / snacks

WE WILL SUPPLY

Kayak & Paddles
Buoyancy Aid
Cagoule
Wetsuit if required
Tuition by qualified BCU Coaches
Clubroom and changing facilities
Insurance cover

RETURN TO :

Please return this form completed and signed by you and your parents / guardians's together with the appropriate membership fees to the Club or send to: -

The Phoenix Canoe Club,
c/o Phil Atkinson,
56 Kenerne Drive,
Barnet,
Herts, EN5 2NN.

Telephone 020 8441 9441
E-mail aeps@btconnect.com

Cheques to be made payable to:
Phoenix Canoe Club

JUNIOR CODE OF CONDUCT

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All Junior Members of the **Phoenix Canoe Club** are asked to abide by the following rules at all times:

- Co-operate fully, respecting all requests and decisions made by the coaches, helper's officials and administrators.
- Be on time for training sessions and events or inform your coach if you are going to be late.
- Paddlers must control their tempers and avoid behaviour, which may inconvenience or upset others.
- Be considerate and respectful to other paddlers and water users - treat other paddlers, as you would want to be treated.
- Paddlers must wear suitable kit for paddling as agreed with your coach.
- Take care of all property belonging to the club or any club member - and be responsible for caring for your own equipment and clothing.
- Not to leave sessions without the permission of the coach or leader.
- Junior members are not allowed to smoke, consume alcohol or drugs of any kind whilst on club premises or representing the club at events.

MEMBERSHIP FEES

ANNUAL MEMBERSHIP 2009 / 10

Senior Club Membership	£45.00	£	N/A
Junior Club Membership	£30.00	£	N/A
Additional sibling	£20.00	£	N/A
Family Membership (2A+2C)	£120.00	£	N/A
Non-Canoeing member	£Free	£	N/A

(Adults must submit Personal Declaration Form to BCU)

All memberships include a BCU Capitation Fee, which provides minimum insurance cover.

COURSE FEES

Introductory 1 Star Course (Junior)	£45.00	£	45.00
Introductory 1 Star Course (Senior)	£65.00	£	N/A

(Award Certificate and river trip included in Course fee)

River Trips at cost advertised

2 Star Course £15 plus river trip

3 Star Course £20 / £30 plus river trips

TOTAL PAYMENT ENCLOSED £.....