

ACTIVITY BOOKING / PARENT PERMISSION FORM (u18's)

I wish to / I give permission for (Name).....to take part in the following activity: -

Trip Destination: **Grand Union Canal / River Thames / Nene Whitewater Course / River Wye / Surf**

Minimum Level of Ability: **1 Star / 2 Star / 3 Star**

Activity Date(s):to

Meet at Phoenix Canoe Club at:.....am / pm

Return to Phoenix Canoe Club by:.....am / pm


The trip is: **Non-residential trip (Kit List A) / Residential trip (Kit List A & B)**

I enclose the activity payment of £.....which includes use of club equipment, transport, coaching, (and catering if advertised as part of a residential course).

I / we confirm that the information contained on the Personal Information Form is correct. If there have been any changes, please notify us on the reverse of this form.

Signed.....Course Entrant Date.....

Signed.....Parent / Guardian (for under 18's)



Activities to be undertaken on the trip will vary according to levels of ability, coaching staff, river conditions, weather and purpose of trip, but may include:

Grand Union Canal (Fisheries) – (Day trip) A journey of around 5 km, moving water techniques, general training, river safety, whitewater techniques.

River Thames – (Day trip) A journey of around 5 km, moving water techniques, general training, river safety, whitewater techniques.

Nene Whitewater Course – (Day trip) Moving water techniques, river safety, whitewater techniques.

River Wye – (Residential trip) A journey of around 10 km, moving water techniques, general training, river safety, whitewater techniques. Non-kayaking activities.

Surf Course – (Residential trip) Coast based, introductory course, covering surf etiquette, safety and signals, kayak surfing skills and techniques. Indoor pool training in kayak rolling techniques. Non-kayaking activities.

KIT LIST A – DAY TRIP

You will need: (Please circle any of the first five items you need to be provided by the Club).

- Kayak & Paddle - Type.....
- Buoyancy Aid
- Cagoule / Spraydeck
- Helmet
- Wetsuit
- Personal river safety equipment
- Light activity clothing in layers and footwear
- Towel and bin liner for wet kit
- Packed Lunch in waterproof box / bag
- Hot Drink in unbreakable flask / Cold Drink
- Complete change of clothes for travel

KIT LIST B – RESIDENTIAL TRIP

- Items on Kit List A sufficient for duration of trip
- Tent (shared) Tick if you need a tent provided
- Folding Camp Chair (optional)
- Sleeping bag, karrimat, torch & batteries
- 2 plates, mug, knife, fork, spoon, 2 tea towels
- Clothes / trainers or shoes for duration of trip
- Coat and waterproof jacket
- Wash Kit, hand & bath towel and sun protection
- Bath / Beach Towels & Swimming Costume
- Money for meals
- General spending money
- Medical requirements and clear instructions

This form and payment to be returned to the Trip Organiser at least 7 days before the trip:

Phil Atkinson, 56 Kenerne Drive, Barnet, Herts, EN5 2NN. Tel. 020 8441 1196 / 0794 1166750 / aeps@btconnect.com

PLEASE RETAIN A COPY OF THIS FORM FOR YOUR INFORMATION.
PLACES ARE LIMITED - YOU WILL BE NOTIFIED IF YOUR APPLICATION IS ACCEPTED