

## Taster session or Introductory sessions 2018

Please fill in a separate form for each participant

<b>Session you want to book :</b>	<b>(Date &amp; Time)</b>
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<b>Name :</b>			
<b>Address :</b>			
<b>Postcode :</b>			
<b>Date of Birth :</b>	(if under 16)		
<b>Home Tel No :</b>		<b>Mobile Tel No :</b>	
<b>Email :</b>	Please tick here if you DO NOT want club information sent by email :		

### Emergency contact details

You must provide details of people we can call in the event of an accident.

<b>First contact name :</b>			
<b>Telephone no :</b>		<b>Relationship to paddler :</b>	
<b>Second contact name :</b>			
<b>Telephone no :</b>		<b>Relationship to paddler :</b>	
<b>Doctor's name :</b>			
<b>Surgery address :</b>			
<b>Surgery telephone no :</b>			

If you would like to talk about the sessions or confirm availability, please contact the Learn-to-kayak Co-ordinator, Tony Brown, using [courses@norwichcanoecub.co.uk](mailto:courses@norwichcanoecub.co.uk)

**Please bring a separate set of clothes to paddle in. You may get these wet.**

- **Trousers** – if you have running leggings or track-suit bottoms you can wear those. Otherwise old, loose fitting trousers but no denim. You can wear shorts if the weather is really hot. A wetsuit will be too warm to paddle in. Cotton is really heavy when wet so not the best idea!
- **Top** - A shirt used for football or other sports of a similar kind is good, so is a thermal top or “base layer”, Otherwise a long sleeved top, or if the weather is really hot - a T shirt. Please be aware that even on hot days, particularly if there is a wind, it can be much cooler on the water. Bring a cagoule to wear over the top if you have one. If you do not, we can supply one.
- **Footwear**- Something that can be fixed to your feet. (ie no flip flops) Ideally wet suit boots or wet suit shoes. Otherwise plimsolls are good. Please bear in mind these will get wet. You have to wear something on your feet.
- **Waterproof sun lotion.**
- **Hat**- A sun hat if it's hot or a warm hat if it's cold.
- **Shower toiletries/towel**
- **A complete change of clothes to go home in!** ( and a plastic bag for your wet kit!)

The club supplies buoyancy aids which must be properly done up at all times, both when on the water and when waiting on the bank. We strongly advise everyone to shower after the session as a precaution against water born diseases.

Please try to arrive at the club about 15 minutes before your course starts so you can meet the instructors, and be shown where everything is before the course starts.

The aim of the sessions is to learn a new skill and to have fun!

### **Payment**

Payment must be received to book your place on course. Application form with non-payment will not be accepted. Non-attendance will not guarantee a refund or extra lessons.

Payment will only be refunded if Norwich Canoe Club cancels course. Cheques made payable to “Norwich Canoe Club” or pay by direct bank transfer to

Norwich Canoe Club

Payment Reference (please give name and say “introductory session payment”)

Bank: Lloyds Bank

Sort code : 30-96-17

AC: 04603805

Whilst participating in these introductory sessions you automatically become a member of Norwich Canoe Club. You are also invited to attend two additional club sessions normally in the two weeks after the introductory sessions to gain more experience. To continue paddling after this time you will need to join the club as a full member. Membership forms are normally filled in electronically via our website. Please contact our membership secretary for more information [membership@norwichcanoecub.co.uk](mailto:membership@norwichcanoecub.co.uk)

Norwich Canoe Club and its members cannot be held responsible for any damage/injury sustained to any person or their property whilst on club premises or undertaking a course or participating in activity whilst with the club or being a member of the club.

### **Confidential medical details**

We need to understand about any medical conditions you may have. All information is confidential and will only be used, as appropriate, during the club sessions.

**IMPORTANT** : Please inform the coach if you are carrying medication such as inhalers, insulin, etc. so that coach is aware of potential problems and can provide suitable assistance, if required. Please give any health issues that may cause concern while paddling?

### **Consent**

I consider myself or my Son/Daughter (as named on form) to be physically fit and capable of taking part in any canoeing sessions whilst with Norwich Canoe Club. The participant can swim 50m in light clothing.

In the event of my Son/Daughter being taken ill, I give consent for the group leader to act on my behalf and in my absence give permission for any such medical treatment that may be required.

I give / do not give (delete as appropriate) consent for my child to be included in any photo/video programme that the club may run for their own use i.e. club magazine/training programme/publicity

### **Signature of paddler or parent (if under 16)**

Please check out our website for more information including details of sessions, coaches, events and much more. [www.norwichcanoecub.co.uk](http://www.norwichcanoecub.co.uk)

Norwich Canoe Club is a friendly flatwater kayak racing club where canoeing is safe and fun, and we welcome anyone who wants to have a go on the water. We have members of all ages and abilities ranging from complete beginners to several GB athletes. It is an amazing club!