

# Cumbria Canoeists

## Skills Development Day

Sunday March 4<sup>th</sup> 09.30 a.m.

### Cumbria Outdoors Hawse End Centre

The following coaches will be delivering workshops:

#### White Water Kayak

Greg Bartlett	Intermediate	Grade 2-3	Max 6
Mike Sunderland	Intermediate		Max 6
Alistair Wilson	Advanced	Grade 3-4	Max 6
Gavin Smallbone	Advanced		Max 6
Sean Mc Grath	Freestyle		Max 8

#### Open Canoe

Barry Howell & Alan Aldred	Poling & Snubbing	Grange	Max 10 Boats
Gareth Field	Upstream Skills		Max 6 Boats
Matt Ellis	River Journey Solo	Grade 2-3	Max 6 Boats
Jim Wilson	River Journey Tandem	Grade 2-3	Max 6 Boats
Nigel Timmins	Improvised Sailing	Derwentwater	Max 8 Boats

Please send a Cheque for £10 made payable to Cumbria Canoeists to:

Gavin Smallbone

Cumbria Outdoors Hawse End Centre Portinscale Keswick CA12 5UE

017687 72816

Please identify a first and second choice workshop!

Participants must have a Cumbrian address and be a member of the BCU or a recognised BCU affiliated club.

Parking is limited at Hawse End and we would be grateful if people would share transport where possible and park thoughtfully! It would really help if cars were left on the Hawse and people made their way to the centre on foot!

Please read the statement below and sign if you agree to the terms of participation.

Canoeing and kayaking are potentially hazardous activities involving an inherent level of danger. The workshop leaders are exceptionally experienced and competent paddlers and every attempt will be made to identify hazards and manage risk to an acceptable level. However, the organisers and leaders are undertaking their responsibilities on the understanding that participants recognise and accept the risks involved.

Signed \_\_\_\_\_