

Courses Open to All in 2008

The Introductory Membership and Rainbow Membership sessions are open to non-paddlers and those who have little experience in canoeing. Attendance at an Introductory Course is recommended to everyone taking up canoeing.

Introductory Membership £50 includes an introductory course and, upon completion, attendance of three other club session within the following 3 weeks. These courses are for adults and children of 12 yrs and over. Basic skills are introduced to promote safety whilst participants have fun and learn about the sport. The sessions include an optional assessment for the British Canoe Union 1-star award. Families are especially welcome.

Thursdays	24 April - 22 May	6.00pm - 8.15pm
Sundays	4 May & 11 May	9.30am - 3.30pm
Saturdays	26 April & 3 May	9.30am - 3.30pm
Saturdays	7 June & 14 June	9.30am - 3.30pm
Thursdays	12 June - 10 July	6.00pm - 8.15pm
Sundays	13 July & 20 July	9.30am - 3.30pm
Thursdays	31 July - 28 Aug	6.00pm - 8.15pm
Saturdays	6 Sep & 13 Sep	9.30am - 3.30pm

After completion of the 1 star award members are eligible to join the PPCA as 'Full Members' should they wish to continue their paddling enjoyment.

Rainbow Membership £35 is to encourage the younger paddler. We follow the Paddlepower scheme in Rainbows each summer. Sessions are open only to 9-11 year olds. Parents are expected to help at the start and end of sessions in the carrying of boats to and from the water and accessing and storing equipment. The young paddlers have structured fun and games in kayaks and partake in other club activities.

Wednesdays: 28th May till 9th July 6.00 - 8.15pm
or

Wednesdays: 23th July till 3rd Sept 6.00 - 8.15pm

Note: Sessions may be subject to cancellation due to poor weather or conflicting activities in the area.

Full Membership of the club (as listed below) requires a BCU 1* qualification by all applicants; or equivalent skills.

Adult Membership £52 / Annum is open to paddlers holding the BCU 1* award or above. This type of membership is for persons aged 18 and over, and entitles the holder to join club paddles and intermediate training, receive newsletters and apply for boat storage if available.

Family Membership £72 / Annum is available to family members 12 and over who all hold the 1* award and is to encourage paddlesport as an activity for the whole family. Up to four family members (max 2 adults & children at a single address) can join based on one family membership. This type of membership entitles the holders to join club paddles and intermediate training, receive newsletters and apply for boat storage if available.

Youth Membership £37 / Annum is available to paddlers holding the BCU 1* or above qualification and includes all the benefits of adult membership for 12 to 17 year olds.

Full Membership sessions include:

Tuesdays: 6.00pm - 8.15pm
Training sessions leading to BCU 2* and 3* awards. (Summer months)

Saturdays: 10.00am - 2.30pm
Recreational paddle or training in Plymouth Sound or surrounding areas. (see monthly newsletter for times and venue.)

Note: All times above are for 'on the water'

Sundays: 8.15am - onwards
White-water trips (winter months) levels permitting (see monthly newsletter for times and venue.)

Other sessions, including recreational paddling, surfing and pool sessions are announced in the monthly newsletter sent to all members.

Membership Application

Name	D O B	BCU Qual's
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Address

Post Code

Telephone Number

Email Address

To receive the PPCA Monthly newsletter

BCU No (If applicable)

Please complete & tick the category of membership you would like to apply for:

For Those New to Canoeing:

Introductory Membership £50

Start date of Membership

Rainbow Membership £35 for 9-11 Year Olds

Start date of Membership

Please send form to Introductory Co-ordinator

Competent Paddlers:

(with 1* award or equivalent)

Adult Membership £52

Youth Membership £37

Family Membership £72

Please send form to Membership Secretary

Data Protection: by signing this form I agree to information being held by the Port of Plymouth Canoeing Association and used for Club administration and to keep me informed of Club activities. The Club will not share your details with third parties without your permission.

Photography: I do/do not (*delete as appropriate*) consent to images of me/us participating in the Club activities being used for club publicity, including on the clubs website.

Photography of Children: I do/do not (*delete as appropriate*) consent to images of my child/children participating in Club activities being used for club publicity, including on the clubs website.

Medical: Please provide details of any medical condition that you may have, such as epilepsy, fainting, diabetes etc. Details will be held on the clubs database and any information given will be handed to the coach who is taking the session.

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Disclaimer

Canoeing and Kayaking are assumed risk water contact sports that may carry attendant risks. Participants should be aware of and understand these risks.

I agree to be bound by the rules of the Port of Plymouth Canoeing Association, and will not hold them liable for any missed sessions, personal injury, loss or damage to clothing or equipment.

Adults over 18 years of age please sign below

Name

Signed

Date

For children under 18 years of age, the following must be completed by their parent or guardian:

I agree to my son/daughter taking part in PPCA activities and will not hold them liable for any missed sessions, personal injury, loss or damage to clothing or equipment.

Name

Parent / Guardian (*delete as appropriate*)

Signed

Date

When completed please send the form with a cheque, payable to

‘Port of Plymouth Canoeing Association’, to

Membership Secretary

Introductory Co-ordinator

Katrina Evans
2 Tapson Drive
Turnchapel
Plymouth
PL9 9UA

Linda Brady
227 Old Laira Road
Plymouth
PL3 6BW

Tel: 07806 717916

Tel: 07847 065804

Canoeing is a wet sport. Bring a change of clothes with you to wear after the session, as you will get wet. Specialist water sports clothing is ideal but expensive. Wool and synthetic clothes are good because they keep you warm when they are wet. Cotton is poor at keeping you warm. Tracksuit bottoms, a thin woolly jumper, some thermal underwear and a pair of trainers/canvas shoes are fine. Many thin layers are better than one thick layer. A cagoule or nylon waterproof top is great at keeping off the wind and therefore keeping you warm.

Port of Plymouth Canoeing Association 2008



A Canoe & Kayak Club For The Whole Family

Formed in 1972



Affiliated to the British Canoe Union

For further details & advice contact;

Introductory Co-ordinator 07847 065804
Club Leader 07815 029783

www.pcca-canoe-club.org.uk