

Courses Open to All in 2010

The Introductory course and Memberships sessions are open to non-paddlers and those who have little experience in canoeing.

Adult Introductory Course (18 years +) £50 includes an introductory course and, upon completion, attendance of one free Tuesday training session for the week following the course. Basic skills are introduced to promote safety whilst participants have fun and learn about the sport. The sessions include an optional assessment for the B.C.U. 1-star award. 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.

Youth Introductory one year Membership (12-17 years) £50 offers training in basic skills to ensure safety whilst members have fun and learn about the sport. It includes Club membership for one year, access to club facilities and shore based events and a training course leading to the 1-star award. The assessment is optional but members must pass the B.C.U. 1-star award before participating in on-water activities such as white water trips or recreational paddles.

Introductory Course & Youth Training Dates

Thursdays	22 Apr to 20 May	6.00pm - 8.15pm
Saturdays	24 Apr & 1 May	9.30am - 3.30pm
Sundays	9 May & 16 May	9.30am - 3.30pm
Thursdays	27 May to 24 June	6.00pm - 8.15pm
Saturdays	5 June & 12 June	9.30am - 3.30pm
Thursdays	1 July to 29 July	6.00pm - 8.15pm
Sundays	11 July & 18 July	9.30am - 3.30pm
Saturdays	4 Sep & 11 Sep	9.30am - 3.30pm

Paddlepower Membership (9 – 11 years) £50 is to encourage the younger paddler to come into the sport. 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 canoes and partake in other club activities.

Fridays 14, 21, 28 May; 4, 11, 18, 25 June; 2 July
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 £75 / 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 £150 / 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 £40 / 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

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Post Code

Telephone Number

Email Address

To receive the PPCA Monthly newsletter

BCU No (If applicable)

Data Protection: by signing this form I agree to information being held by the PPCA 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: If you do not agree to yourself or your child/children being photographed, then please let the Club Chairman know in writing. Images may be used for Club publicity, including on the Club's 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 Club's 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

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.

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

For Those New to Canoeing:

Adult Introductory Course £50

Start date of Course

**Youth Introductory Membership £50
for 12-17 Year Olds**

Start date of Membership

**Paddlepower Membership £50
for 9-11 Year Olds**

Start date of Membership

Please send form to Introductory Co-ordinator

Linda Brady

227 Old Laira Road, Plymouth. PL3 6BW

Tel: 07847 065804

Competent Paddlers:

(with 1* award or equivalent)

Adult Membership £75

Youth Membership £40

Family Membership £150

Please send form to Membership Secretary

Chris Carter

26 Deveron Close, Plympton, Plymouth.

PL7 2YF

Tel: 07806 717916

Please make cheques payable to:-

‘Port of Plymouth Canoeing Association’

Port of Plymouth Canoeing Association 2010



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 07981 489857

www.pcca-canoe-club.org.uk