

## PPCA Introductory Courses 2012

The Port of Plymouth Canoeing Association (PPCA) aims to be a club where everyone is treated equally and respectfully, regardless of age, gender, ethnicity, religion and ability and aims to provide a safe and welcoming environment for our diverse range of members.

The ethos that unites us is simply this: to help each other create the kind of environment where we can promote paddlesport in a community of like-minded people, to develop our skills on the water, to promote best practice, to provide an enriching and enlightening experience for our members and most of all — enjoy all that kayaking and canoeing can offer a life lived to the full.

Dates	Course No.	Dates	Course No.	Dates	Course No.
April 14 .....	1	June 16 .....	10	August 18 .....	19
April 21 .....	2	June 23 .....	11	August 25 .....	20
April 28 .....	3	June 30 .....	12	September 1 .....	21
May 5 .....	4	July 7 .....	13	September 8 .....	22
May 12 .....	5	July 14 .....	14	September 15 .....	23
May 19 .....	6	July 21 .....	15	September 22 .....	24
May 26 .....	7	July 28 .....	16	September 29 .....	25
June 2 .....	8	August 4 .....	17		
June 9 .....	9	August 11 .....	18		



Other dates may be arranged including weekdays and Sundays subject to availability and at the discretion of club coaches — please contact the Course Co-ordinator/Club Leader if you want to discuss any other options required.

**Cost per course: Adults (18+) or Youth (12-17 yrs): £50**  
 Our one-day courses cost only £50 and provide six hours of training and assessment to British Canoe Union 1\* level.

ADULTS (18+) AND YOUTH (12-17): The cost includes a one-day introductory course, from 9am to 4pm on a Saturday on the dates above, and upon completion, the PPCA is offering two free club training sessions on consecutive Tuesday evenings following on from the course. The session includes an optional assessment for the British Canoe Union (BCU) 1-star award. After completion of the 1-star award, participants are invited to join the PPCA as full members — the cost of the course includes a great discount for reduced membership. Full membership of the club requires a BCU 1\* qualification by all applicants.

*NOTE: Sessions may be subject to cancellation due to poor weather, conflicting activities in the area or other events outside of the control of the PPCA.*

## PORT OF PLYMOUTH CANOEING ASSOCIATION

# INTRODUCTORY COURSES

## IN KAYAKING AND CANOEING

APRIL — SEPTEMBER 2012



*Training and assessment to British Canoe Union 1-star level — the recognised paddlesport qualification in the UK and beyond.*

**ONLY  
£50!**

### TAKE THE PLUNGE ON THE EDGE OF THE CITY

Exploring the Westcountry coast in a sea kayak, an adrenaline rush down a whitewater river, taking a kayak out surfing the waves or just a gentle paddle in an open canoe in one of the region's many estuaries.

If any of these sound like your idea of heaven, then right here is a good place to start.

*These courses are suitable for beginners and those with little paddling experience. Our one-day course will give you a solid introduction to kayaking and canoeing — giving you a good grounding in the basic skills, an understanding of paddlesport and offers an excellent first step towards becoming a competent paddler.*

**ONE-DAY COURSES EVERY SATURDAY 9AM — 4PM**

## PPCA at the Mount Batten Centre

70, Lawrence Road, Mount Batten, Plymstock, PLYMOUTH, PL9 9SJ

For Further details & advice contact:

Introductory Co-ordinator:

07847065804

Club Leader:

07828652775



[www.pcca-canoe-club.org.uk](http://www.pcca-canoe-club.org.uk)



Affiliated to the British Canoe Union

# Introductory Course Application 2012

Please return this form to the Introductory Course Co-ordinator at the address provided.

Name BLOCK CAPITALS PLEASE	Date of Birth	Course Number
Address:		
Post code:		
Telephone number:		
Email address:		
<b>The Mount Batten Centre's car park is available for a daily charge of £5.00 and includes use of the centre's changing facilities.</b>		
<b>FEE FOR ADULT (18+) OR YOUTH (12-17) ONE-DAY COURSE: £50 per person. PLEASE MAKE CHEQUES PAYABLE TO: PPCA</b>		

## Medical:

Please provide details of any medical condition that you may have such as epilepsy, fainting, diabetes, etc. Details will be kept on the club database and any information given will be shared with the coach who is taking the session.

.....

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

**Photography:** If you do not agree to yourself or your child being photographed, then please let the Club Chairman know in writing. Images may be used for Club publicity, including the Club's website.

## 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 Port of Plymouth Canoeing Association (PPCA) and will not hold the PPCA or its coaches or any club members liable for any missed sessions, personal injury, loss or damage to clothing or equipment.

Adults over 18 years old 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/child in my legal care taking part in the activities of the Port of Plymouth Canoeing Association (PPCA) and will not hold the PPCA or its coaches or any club members liable for any missed sessions, personal injury, loss or damage to clothing or equipment.

Name of child: .....

Name of Parent/Guardian: .....

Signed (Parent/Guardian): ..... Date: .....

## **Please send form + cheque (payable to PPCA) to:**

*Introductory Co-ordinator, Linda Brady,  
227, Old Laira Road, PLYMOUTH PL3 6BW. (TEL: 07847 065804).*

**CLOTHING:** *Canoeing is a wet sport. Bring a change of clothes to wear after the session as you will get wet. Specialist watersports clothing is ideal but expensive. Wool and synthetic clothes are good because they keep you warm. Tracksuit bottoms, a thin woolly jumper, some thermal underwear and a pair of trainers and canvas shoes are fine. Many thin layers are better than one thick layer. Please wear a cagoule or nylon waterproof top to keep off the wind and keep you warm.*

**PARKING:** *The Mount Batten Centre's car parks are available for a daily charge of £5.00 which includes use of the centre's changing facilities (not included in cost of course).*

*Visitors should register their vehicle at reception. Other parking is available outside the centre — on-street parking and in local authority car parks.*