



Personal Performance Open Canoe Award

Course No: 3541(C) 29 & 30 October 2020

This is a combined training and assessment course with time to develop the wide range of skills required to efficiently paddle a canoe in a variety of environments including open water and simple moving water.

The course will provide relevant training to allow paddlers to progress and pass their personal performance open canoe award if they are at the required standard.

The course will cover solo and tandem skills with all aspects of the syllabus covered with plenty of coaching.

The British Canoeing open canoe award indicates that the paddler is of intermediate ability and is competent to be a led member of a group on open water up to wind conditions Beaufort Force 3 and on grade one moving water.

It is recommended that candidates hold the Paddle explore award or the two star award. However if they don't then they should have a reasonable amount of competency at paddling canoes solo and tandem to get the most out of this course. Candidates should have undertaken at least two four hour journeys.

Full details of the syllabus, assessment and training notes can be found on the British Canoeing website.

www.britishcanoeing.org.uk-coaching & leadership

Course content

- Personal paddle skills
- Rescue skills
- Safety, Leadership and group skills

The actual programme will be designed on arrival to take into account special preferences of course members and the suitability of weather conditions. Expect plenty of time in Canoes including undertaking a journey.



www.britishcanoeing.org.uk





What to bring

- Personal paddling equipment
- Footwear to cope with bank and boat
- Swimming costume/trunks
- Warm clothes for off the water
- Warm hat, gloves, neck gaiter/buff, sun hat
- Towel
- Waterproof jacket and trousers
- Buoyancy aid
- Helmet
- Drinks bottle
- Flask
- Lunch bag/box
- Personal first aid kit
- Sunscreen
- Midge repellent
- Notebook and pen
- BC logbook/paperwork/ Membership if a member
- Safety and rescue kit (you would normally carry)



Course Times

9.00am – 5.00pm each day

Course Fee

**£142.00 + British Canoeing fee - £10.00 members
£20.00 non-members**

Please bring cash for the British Canoeing fee

Methods of payment

- Cash: please call in the centre to pay in person.
- Cheque: please make cheques payable to Derbyshire County Council.
- Debit/Credit Card: please telephone the centre or call in to pay in person.
- Invoice: please notify the centre of the name and address who the invoice is to be made out to.





How to book

Completed application forms should be returned, as soon as possible, together with the course fee to:

White Hall Centre
Long Hill
Buxton
Derbyshire
SK17 6SX

Telephone: 01298 23260

Fax: 01298 25945

email: white.hall@derbyshire.gov.uk

Website: www.whitehallcentre.com



White Hall's location

White Hall Centre is 3 miles north of Buxton on the A5004.

Landranger map sheet 1191:50,000

Grid ref: 032 763



Health and Fitness

Please inform the Centre of any medical condition or medication that we should be aware of. Canoeing courses are physically and mentally demanding. If you are uncertain of your fitness please discuss this with us.

Leptospirosis (Weil's disease) is a rare but endemic waterborne disease in Great Britain and there is therefore a small risk of infection from contact with water. Should you develop flu or fever like symptoms, we advise consulting your GP and informing them that you have had contact with inland lake and stream water.

Insurance

Please note that the course fee does not include insurance against cancellation, personal injury, loss or damage, which is not caused by negligence on the part of Derbyshire County Council or its employees, agents or subcontractors. This should be arranged by you.





Emergency contact

Please ensure that at the start of the course the Centre has up to date contact details. In case of emergency, contact with course members may be made through the office 01298 23260.

Cancellation

The Centre reserves the right to cancel any course, which is under subscribed. In the unlikely event of this occurring alternative arrangements will be offered or fees refunded.

Please note that in the event of you having to cancel your place on this course the following criteria will apply:

- Within one month of the course date – full payment will still be payable.
- Over one month of the course date – 25% will be payable.





PERSONAL PERFORMANCE OPEN CANOE AWARD APPLICATION FORM

Course No: _____ From: _____ To: _____

Surname: _____ First Name(s): _____ Sex: M/F

D.O.B. _____ Home Address: _____

Post Code: _____ Daytime Telephone Number: _____

Mobile Number: _____

email address: _____

British Canoeing Membership Number (If you have one): _____

Details of any medical condition, allergy, illness/ medication we should be aware of: _____

Name and address of family doctor: _____

Telephone Number: _____

To be signed by all applicants:

I have read and agree to abide to the Conditions of Booking as detailed overleaf.

Signed: _____ Date: _____

Please return this form together with your fee to:

White Hall Centre
Long Hill
BUXTON
Derbyshire
SK17 6SX

Telephone: 01298 23260
Fax: 01298 25945
email: white.hall@derbyshire.gov.uk



www.britishcanoeing.org.uk



Conditions of Booking

1. I understand the nature of the course and agree to abide by all safety regulations.
2. I understand that in the event of accident, loss or damage, the County Council will be responsible for its own liability including neglect attributable to its employees in the course of their duty.
3. I understand that the course fee **does not** include insurance against cancellation, personal injury, loss or damage to equipment whilst on the course.
4. I understand that in the event of having to cancel my place on this course the following criteria will apply:
 - Within 1 month of the course date - full payment will still be payable
 - Over 1 month of the course date - 25% will be payable.
5. I consent that the personal data on this consent form will be kept by White Hall Centre for insurance purposes in line with the General Data Protection Regulations, White Hall's Privacy Policy, Retention Schedule and the Limitations Act (1980) for 7 years. In the event of a 'serious accident' for 25 years from the birth date of the individual.

Would you like to receive White Hall's e-newsletter? If you do then please click on the link at the bottom of our web site at whitehallcentre.com.

Alternatively, please enter your email address below. You can unsubscribe at any time by clicking on the link at the bottom of our newsletters or on the link on our website, where you can also read our terms and conditions.

email address for receiving the White Hall e-newsletter:

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