



Established 1983. Affiliated to the British Canoe Union

### BCU Paddle Sport 2 Star application form

Our Two Star course is a ten session course based on the British Canoe Union Paddlesport Performance Awards syllabus. The course runs on a Wednesday evening; 6pm for approximately 2-2.5 hrs. This award is significantly different to the old Two Star course. It offers a chance to develop generic movement skills that can transfer to any discipline and incorporates an assessed journey. Tuition is provided by fully qualified BCU instructors.

As a basic requirement all applicants must be a member of the club and are asked to confirm their ability to swim 25 metres.

The club will provide kayak, paddle buoyancy aid and protective helmet. All students are required to bring clothing suitable for watersports – you will get wet! A wetsuit is ideal, preferably with short arms, but a couple of thin layers for the upper body covered by a lightweight windproof jacket will be ample, along with a pair of shorts/lightweight trousers. An absolute must is suitable footwear – an old pair of trainers you don't mind getting wet, "jellies", beach shoes or wetsuit boots. Finally please bring a warm change of clothes for when paddling is finished –you cool down quickly once you stop exercising. We do have basic changing facilities, but unfortunately no toilets at present.

**Course start date**.....

**Applicant name**.....**Date of birth**.....

**Address**.....**Postcode**.....

**Telephone**.....**E mail**.....

**Next of kin (name and tel. no)**.....

#### Parental consent

If you are under the age of 18 please ask your parent/guardian to sign this form

I confirm that I am the parent/legal guardian of the above named person. He/she has my consent to take part in club activities and I accept full responsibility for his/her actions while doing so. I understand that for their personal safety they will be required to follow the directions of the instructors at all times and I can confirm they can swim 25 metres.

**Name of parent/guardian**.....**Signature**.....

#### Declaration

I confirm that I can swim 25 metres and have completed the health form attached. I understand that I undertake this activity on my own responsibility and that I will follow the direction of the designated instructor at all times.

**Signature of applicant**.....**Date**.....

Please return this form, including health questionnaire attached, along with a cheque for £70 (made payable to Hayle Canoe Club) to

Paul Bashforth, Boswyn, West Tolgus, Redruth, TR15 3TP

Any persons not paying the course fee in advance will not be allowed to participate.