

# Come & Try It: Paddlesports

## Information Pack



[adventure.notts-scouts.org.uk](http://adventure.notts-scouts.org.uk)  
[#SkillsForLife](https://twitter.com/SkillsForLife)

Version 1.0

  
**Scouts**  
Nottinghamshire

## Overview

Ready to try a new activity? Join us for our 'Come and Try it' taster sessions for some fun on the water in either canoes or kayaks. These sessions are ideal for beginners to learn the basics of either Canoeing or Kayaking with our instructors.



### Section

Scouts & Explorers



### Difficulty

Beginners



### Max Group Size

15 Participants



### Duration

2 hours

## Arrival

Our sessions are 2 hours long, starting at 6.30pm, and concluding by 8:30pm. Please arrive 15 minutes early to sort kit etc.

Changing rooms, showers & toilets are in the main building, however, are only to be used in an emergency, all participants must arrive changed and expect to go home changed even if wet. Parents cannot stay and watch from the centre, if you wish to stay you will need to park and watch from the lake shore outside of the centre area, there is a pleasant walk around the lake which takes just over an hour.

## Supervision

All groups on "come and try it" sessions must be accompanied by leaders who have a valid DBS. The Nottinghamshire Scouts Adventure leaders will take responsibility for delivering the adventure element of the session; however, we expect the group leaders to be responsible for the pastoral care of their youth members before, during and after the sessions.

## Consent

All participants must complete and hand in a consent form before activities commence. The health and consent form can be downloaded from our website: <https://adventure.notts-scouts.org.uk>

## Equipment

For safety when participating in this session, please ensure you bring with you:

- Clothing suitable for getting wet
- Waterproof top
- Suitable footwear (old trainers or wet shoes)
- Dry clothes, towel etc. for after the activity

**NB:** All safety personal safety equipment will be provided as well as the canoes & kayaks.

## Food

No food or drink is provided, so you should bring any snacks & drinks you may want with you for your session.

# Venue Location

Hoveringham Activity Centre  
Nottinghamshire Scouts Adventure  
Thurgarton Lane  
Hoveringham  
NG14 7HL

**What3Words**

[///tens.refer.clubs](https://www.what3words.com////tens.refer.clubs)



There is easy access from the A46 via Lowdham. Please use the A612 (Southwell Road) and follow the sign marked 'Industrial Area' at the junction with Station Road. We are trying to minimise the effect of vehicle journeys to and from this location on the local communities by not travelling through the villages of Thurgarton and Hoveringham.

Road access to the centre is on the right after the level crossing at Thurgarton Railway Station.

# Badge Requirements

By participating in this session, you should have completed the following badge requirements:

## Scouts

### Adventure Challenge Award



- Take part in an adventurous activity.

## Scouts & Explorers

### Time on the Water Staged Activity Badge



- Complete a session on the water lasting around 2 to 3 hours

### Nautical Skills Staged Activity Badge: Stage One



- Take part in a water activity taster session
- Correctly identify the different equipment used for the activity you chose
- Gain an understanding of the safety equipment used

## Paddle Sports Staged Activity Badge: Stage One



- Identify different types of paddle craft
- Name three places you could safely go canoeing or kayaking
- Take part in a warm-up activity to prepare you for canoeing or kayaking.
- Dress properly for your chosen activity. Show you know the importance of buoyancy aids and how to put one on correctly

Take part in a taster session that covers:

- Naming equipment used and the parts of the boat.
  - Getting into and out of a boat safely.
  - Balancing a boat.
  - Manoeuvring your boat in different directions, including moving forward.