

Water Activity Day

Information Pack



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

Version 1.1



Scouts
Nottinghamshire

Overview

It's time to zip up the buoyancy aid and get on the water! This is an exciting day for Scouts or Explorers with the opportunity to sample a variety of different water activities, including kayaking, open canoes and sailing, plus a land based activity (either Climbing or Archery).

These weekends are suitable for Scouts or Explorers. Activity sessions run from 10.00 am – 12.30 and 1.30 – 4pm. A briefing will take place at 9.45am.



Section

Scouts or
Explorers



Difficulty

Beginners



Max Group Size

50 Participants



Duration

7 hours

Arrival

Our water activity days are approximately 7 hours long, starting at 9:45am, and concluding by 4:30pm. 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 water activity days 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
- Wetsuit if available, but not essential
- Suitable footwear (old trainers or wet shoes, no flip flops or corks)
- Dry clothes, towel etc. for after the activity
- Closed Toe Footwear for Land Based activities (ie. Trainers or walking boots, **Not** corks, flip flops or sandals)
- Long sleeved clothing for Land Based activities
- Any long hair will need to be tied back at certain points of the day, so please bring hair bobbles.

NB: All safety personal safety equipment will be provided as well as the boats.

Food

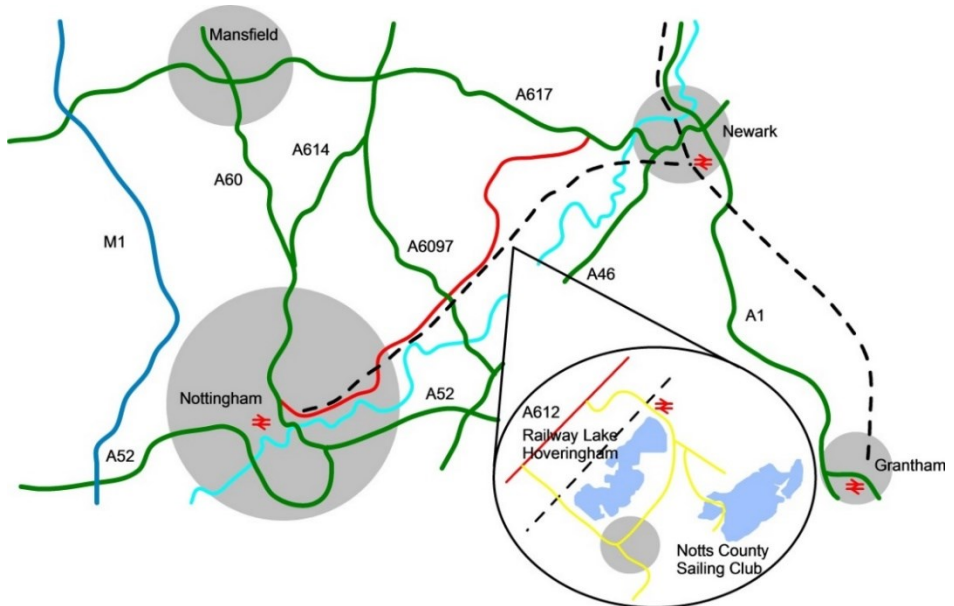
No food or drink is provided, so you should bring a packed lunch along with any snacks & drinks you may want with you for your day.

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 (x4)

Scouts & Explorers

Time on the Water Staged Activity Badge



- Complete a session on the water lasting around 2 to 3 hours (x2)

Sailing Staged Activity Badge: Stage One

- Take part in a warm up activity to prepare you for a sailing activity.
- Dress properly for a sailing activity, showing you know the importance of buoyancy aids and how to put one on correctly



- Take part in a taster session that covers:
 - Being able to name equipment used and parts of the boat.
 - Getting into and out of a boat safely.
 - Balancing a boat.
 - Manoeuvring your boat in different directions, including moving forward.

Paddle Sports Staged Activity Badge: Stage Two



- Lift, carry and launch a boat.
- Paddle forward in a straight line
- Show you can steer around a course
- Show you can stop the boat safely
- Show you can exit the boat onto the shore safely
- Capsize, swim to the shore, and empty the boat of water