

Reading Canoe Club
The Warren
Caversham
Reading
RG4 7TH



Junior Girls Training Day Reading Canoe Club



For juniors girls ranked in B & C

Focus on crew boats (K2 and K4) therefore if you have a K2 available to you please bring it along!

Provisional Timetable

10:30 - Arrive

11:00 - Brief for K2 session and boat set up

11:30 - Start K2 session

12:30 - Lunch & Talk

13:30 - K4 session brief and boat set up

14:00 - Start K4 session

15:30 - Depart

Cost - £4.50 (Includes Lunch)

Please return the attached form to –

Reading Canoe Club, The Warren, Reading, RG4 7TH

Or

dan.colyer@canoe-england.org.uk

PARENTAL CONSENT FORM

Important - This form should be completed by the parent or guardian if a participant or club member is under the age of 18.

Name of Participant Address of Participant Postcode	Telephone inc STD Participants Date of Birth
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Contact of Next of Kin Name Address Postcode	Next of Kin Telephone No (inc. STD) Home Work Mobile
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Contact for Doctor Name Address Postcode	Doctor Telephone Number (inc. STD) Date of last tetanus injection
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Please give details of any medical conditions, disabilities e.g. diabetes, epilepsy etc. or allergies to medication, plasters etc.

Please give details of any current medical treatment including medication

Please give details of any special dietary requirements

STATEMENT

I CONSENT TO PARTICIPATING AT THE
ACTIVITY PROPOSED AT READING CANOE CLUB

I have ensured that my child understands the information for his/her safety and for the safety of the group that any rules and instructions given by staff are obeyed.

I undertake to inform the coach/instructor in charge of any changes in the fitness of the participant prior to the date of activity.

I am in agreement that those in charge may give permission for the participant to receive medical treatment in an emergency.

SignedParent / guardian Date//