

Reading Knights Canoe Club (Reading University Canoe Club)

Why Join?

Joining the Canoe Club gives you the opportunity to take part in a fun and exhilarating outdoor sport. We paddle many rivers throughout England, Wales and (sometimes) Scotland, giving you a fantastic chance to travel and see different parts of the country. At the beginning of the year we provide beginners with the chance to familiarise themselves with paddling and develop the relevant skills, while more experienced paddlers will have the opportunity to further develop their existing skills.

When and where do we meet?

We meet every Wednesday and Saturday afternoon at 2 and 1pm at Wokingham Waterside Centre. In the autumn and spring terms we also have sessions at the Bulmershe swimming pool on Thursday evenings 9-10pm.

What equipment do I need?

The club has a selection of boats, and can provide paddles, helmet, spray deck and a buoyancy aid. If you have your own wetsuit it will come in handy, if not some bring clothes you don't mind getting wet. Avoid cotton, because wet cotton does not provide warmth - synthetic materials are better. Also bring a towel and some spare clothes for afterwards.

Where do we paddle?

We often paddle on the river Thames, which is a good place to practise basic moving water skills. We aim to go on three trips a term to give ample opportunity to practice skills on white water. The Fresher's Trip usually heads to Wales where the Usk and the Wye are favourite venues, but depending on water levels there are plenty of alternatives such as the Tywi. We also head down to the river Dart in December and this year are planning a day trip to the Nene.

Do we enter competitions?

We are currently trying to enter more competitions. Some of the competitions we're looking at entering are, marathon, canoe polo, slalom and kayaking. Last year we entered BUCS polo and won the award for best newcomers. The previous year we won the spirit of NSR award at the National Student Rodeo. The club encourages members to enter competitions as it both helps improve paddling skills and can be great fun.

Code of Conduct

To ensure the smooth running of the club and the safety and wellbeing of all its members, each member is required to read and accept the following points before they can partake in any club activities.

As a club member you are expected to:

- ❖ Treat all members of the club with an equal level of respect.
- ❖ Treat club kit with the same care that you would apply to personal possessions.
- ❖ Share responsibility for getting tasks done.
- ❖ Look out for other paddlers, particularly those who are less capable or competent than you.
- ❖ Behave in an appropriate fashion when representing the club.
- ❖ Not jeopardise the safety of others.
- ❖ Complete and sign a membership form and keep the club up to date with any changes of information.
- ❖ Pay attention to advice and follow instructions given by the club member designated to lead any club activity.
- ❖ Inform trip and group leaders of any medical conditions before going on a trip.
- ❖ Make sure any medication is carried on your person or given to a leader on trips.

On trips it will be your responsibility to:

- ❖ Ensure that you have appropriate kit.
- ❖ Ensure that you have an adequate change of clothing.
- ❖ Ensure that you have some form of sustenance

The committee, on behalf of the club will endeavour to:

- ❖ Ensure all members are treated with respect.
- ❖ Provide adequate briefing for club activities.
- ❖ Prevent any member who has not understood and accepted (by way of signature) the inherent risk involved from taking part in any club activities.
- ❖ Prevent any member from taking part in a club activity if they are felt to be jeopardising the health, safety, or enjoyment of the activity for others.
- ❖ Prevent any member from taking part in a club activity if it is felt that they have not reached the appropriate standard of competency required for that activity.
- ❖ Organise adequate transport to and from club activities.
- ❖ Ensure there is always a first aider present at club activities.
- ❖ Ensure that all members have access to adequate safety equipment.
- ❖ Do all that is reasonable to ensure the safety and wellbeing of all members.

Personal Information

All information about you will be held in strictest confidence in accordance with the Data Protection Act by the committee and will be destroyed at the end of the membership period. If there is anything you wish to discuss before you fill out these details, please contact a member of the committee.

Your Details

<i>Full Name:</i>	<i>Student Number:</i>
<i>Email:</i>	<i>Mobile:</i>

Emergency Contact number one

<i>Full Name:</i>	<i>Relation:</i>
<i>Phone Number:</i>	

Emergency Contact number two

<i>Full Name:</i>	<i>Relation:</i>
<i>Phone Number:</i>	

Health Disclosure

To help us fulfil our duty of care, it is important for us to know of any personal or medical issues that might be relevant to any club activity, particularly any condition or disability which may render you unfit for strenuous exercise (please note that the existence of such a disability or condition may not necessarily preclude you from membership and participation, but it must be declared). If in doubt advice should be sought from your GP.

Asthma Diabetes Epilepsy

<i>Allergies:</i>

<i>Other:</i>

Special Requirements

To help us provide for you on trips, please give us details of any special requirements (such as dietary) or arrangements we may need to make or assist you in making. Please note this section is not mandatory, but will make things easier for those organising trips.

Vegetarian Vegan Coeliac

Other:

Declaration

Please take time to read the following important points before signing and dating in the box at the bottom of the page.

- ❖ I understand that kayaking and canoeing are activities that carry attendant risks. I am aware of and shall accept those risks. I wish to participate in these activities voluntarily and shall be responsible for my own actions and involvement.
- ❖ I understand that neither the club nor any individual group leaders can be held responsible for actions undertaken against the clear instructions of the group leader. If I continue with any activity against such instructions I understand I am doing so at my own risk.
- ❖ I understand that neither the club nor the university will accept responsibility for *any* actions undertaken by any member whilst intoxicated.
- ❖ I confirm that the health information provided on page three is full and correct, and that I do not suffer from any further disability or medical condition which may render me unfit from strenuous exercise.
- ❖ I agree for my personal information to be stored for use by committee members and anyone else they deem necessary.
- ❖ I have read and understood the Code of Conduct on page two and agree to abide by its rules.

I have read and understood these points

<i>Signature:</i>	<i>Date:</i>
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