



Big effort

Big reward

Big kayaking!



Dear Parent,

Our *Big Kayaking* activity is by invite only. Youngsters earn the opportunity because they make efforts to display positive attitude, conduct, and maturity. This could be on a single night, or a series of nights. They are chosen by leaders.

We're off to Oughtibridge!

We're going to Sheffield Canoe Club's base. As well as being fun, kayaking is a great physical activity.

The youngsters wear buoyancy aids and the river is no more than 5m wide. In some sections of the river, children can stand easily. Please let us know if your son/daughter **can not** swim at least 10m.

There's no consent form to fill in for this. Just send the money on the first night. The activity is on a Wednesday, and extra to the usual section meeting that week. The Canoe Club fee is £5.50 per week, but we are using a donation to reduce this cost.

Kayaking Evening Sessions

When:	See email message text
Where:	River Don @ Oughtibridge
Drop off:	6.15pm
Collect:	8.00pm
Cost:	Scouts = £10 for four weeks Cubs = £5 for two weeks

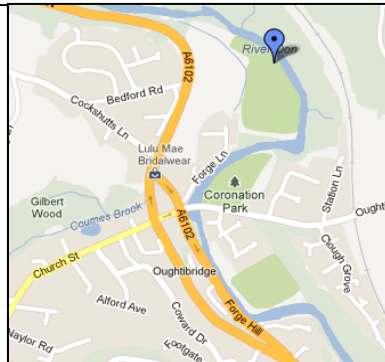
Kit

- Clothes you don't mind getting wet.
- Top half: lots of thin layers are better than thick clothing (which can be heavy if wet)
- Bottom half: Pumps & tracksuit bottoms are good. Avoid jeans, avoid boots (boots are too clunky and big, making it hard to get out of the boat in an emergency)
- Towel & change of **warm** clothes (this very important, just in case)
- Waterproof jacket (depending on weather)

Please take into account the weather forecast when preparing.

Location

The Club is at the end of a track reached from Forge Lane in Oughtibridge: With the one-way system in Oughtibridge you should approach Forge Lane from Orchard St; shortly after entering Forge Lane (new housing), turn left. This road/drive turns into a **long** track, follow this to where it opens out into a football field - you'll find us there.



Questions?

Email: activities@150th.org.uk.

With the 2028 Olympics only a few years away, who knows where this sporting adventure may end!

(Extra info overleaf)

Extra Health Information for Parents

Leptospirosis

This is a rare illness, it affects about 40 people in the UK per year. Many of these 40 people catch it abroad or work with livestock. When it's severe, it's also known as Weil's Disease.

It comes from animals. The River Don at Oughtibridge is pretty clean. However, as animals use the river too, there's a very small risk of infection.

NHS advice is that it is so rare that it shouldn't stop anyone enjoying river activities.

The NHS also say that any cuts should be covered by a waterproof plaster. They also advise showering afterwards.

So, if your child has the following symptoms in the three weeks after kayaking, you must contact your GP:

- a high temperature (fever) that is usually between 38C and 40C (100.4-104-F)
- chills
- sudden headaches
- nausea and vomiting
- loss of appetite
- muscle pain, particularly affecting the muscles in the calves and lower back
- conjunctivitis (irritation and redness of the eyes)
- cough
- a short-lived rash

Like the NHS say, we won't let this small risk stop us enjoying the river. But we will make parents aware *just in case*.

Extra Info: Badges

Q. Will my son/daughter earn any badges from this?

A. Probably yes but maybe No. It depends how old they are and if they've been before.

Water sessions count towards the *Time on the Water* staged badges.

These badges are earned after 1, 2, 5, 10, 15, 20, 35 and 50 sessions on the water.

For Cubs, each session should last 1-2 hours. For Scouts and Explorers, 2-3 hours is needed on the water to count as a single session.

We've plenty of different youngsters coming throughout the summer and autumn months. Some are coming for the first time, but others are returning for a second or even third or fourth time.

There's also a paddle sports staged badge. Some groups of scouts might do enough to earn this.

So, this gets really, really complicated!

To be honest, it means we focus on leading fun sessions, getting timely info out to parents, answering parental queries, making adjustments if kids need it and promptly sorting money.

We do sort out badges, just not until the end of the season when it's all quietened down (e.g. November). If a child has moved up a section by then, don't worry – we'll track them down.