

# 100mile canoe test

**56th Annual Canoe Test**  
**25th - 29th May 2018**

**River Severn**



Finish at Monmouth 2009

## Team Information



Organised by PaddlePlus Canoe Club  
with support from National Association of Boys & Girls Clubs  
Young Leicestershire, Young Bristol and British Canoeing

# Welcome

Thank you for expressing an interest in taking part in a most challenging and exhilarating event: the 100 mile canoe test. The following pages give you the information you need to help make a decision to enter, if you require further clarification on any points please do not hesitate to get in touch.

The 100 mile canoe test is a personal challenge, not a race. Participants call on their skill, determination and stamina to achieve the 100 mile target over four days of paddling. The achievement brings a sense of personal fulfilment that will remain with the individual for life.

The event is an extended opportunity to undertake quality youth work with a group of young people who will be pushing themselves to achieve. It is not easy and requires effort which in turn leads to the reward of completion and satisfaction. As Group Leaders and Canoe Team Leaders your skills as youth workers are at the fore.

The event framework makes the paddling a safe platform for your interaction with your team. This year, the invitation has been extended to include canoe clubs and other organised groups.

PaddlePlus has a long association with the Canoe Test and are confident that they can provide a strong, safe framework within which the event will be staged. The Club have experience of delivering this event and other paddling events. PaddlePlus is a British Canoeing Club Mark Top Club and has strong links with the governing body and the volunteer network of coaches and paddlers. Many offers of support and gratitude that the event will go ahead.

From previous years, we are conscious that teams could arrive better prepared. We will continue to encourage the use of Social Media to engage with young people as they prepare and train for the event. To do this, the registration process has changed and we ask all groups wishing to be involved to send a deposit by the end of February to book a team place. This will enable us to connect you to the media pages and support your preparation.

Any affiliated youth groups that would like assistance or advice with their preparation and paddling skills can be offered links to local canoe clubs and coaches to help them get the best out of the experience. This includes training in qualifications, local contacts and developing skills at all levels.

Advance registration

Get linked in to  
**Training Talk**

**facebook**



# Event Details

<b>Where:</b>	River Severn Welshpool to Worcester Base camp at Bridgnorth Rugby Club
<b>When:</b>	Participants should arrive at the campsite between 4pm and 8pm on Friday 25th May. The test will finish on Tuesday 29th May with a presentation ceremony at the Worcester Race Course. This will be concluded by 2pm.
<b>Cost:</b>	Canoeists: £45.00. Support personnel and leaders (2 x land and 2 x water): FREE Additional adults £45.00 This does not include your own transport and food costs.
<b>Who it is for:</b>	This event is for groups of young people and leaders who are members of a club affiliated to Scouting, Ambition, UK Youth or British Canoeing. They must be able to control their canoe/kayak and have taken part in day long paddles and be confident in water. The recommended minimum age is 14 yrs, however, it is at the discretion of the canoe leader as to the ability of younger members to participate in the test.

**"Before this event, I had never tried canoeing and although I have found it difficult and hard work, the experience has been well worth it, I am now looking forward to the next canoeing event"**

Dale Carroll – Phoenix Youth Club



**How it works:** Each day the canoeists leave the base camp and head off to the river to paddle a specified stretch of water. Groups are checked on and off the water and their progress is monitored and supported by both water and land marshals. While on the water all groups stay together with their canoe leaders who are responsible for their safety and control. A briefing meeting for all group leaders is held each evening at approximately 10pm.

**What is need:** All groups attending the event must have leaders and personnel to support the canoeists, and the camping equipment, canoe equipment and transport required to be self sufficient throughout the event. Contacts with clubs that could help can be arranged.

**Itinerary:**

- 1st Day Welshpool to Montford Bridge
- 2nd Day Montford Bridge to Ironbridge Rowing Club
- 3rd Day Ironbridge Rowing Club to Stourport Boat Club
- 4th Day Stourport Boat Club to Worcester Race Course

# How to get involved

We would like every club/member organisation to complete and return the top section of the booking form (pre registration) as **soon as possible** with a £70 deposit. The complete booking form, with the balance of the entry fees must then be received by 10th May 2018.

The pre registration will ensure that your group are included in the pre event support through FaceBook and can share their preparation for the big weekend.

Use one form per group, and photocopy if necessary.

## Pre registration form (send now)

Name of club/team .....

Address for correspondence .....

.....  
Email address .....

Name of group leader .....

Telephone number (day/evening) ..... (Mobile).....

Send above information with £70 deposit (made payable to PaddlePlus) as soon as possible. BACS Sort: 40-28-04 Account No: 41260502

Chq/BACS ?

## Additional information for completion of booking (send by 10th May)

Name of canoe leader: .....

Number of paddlers ..... @£45.00 £.....

Adults (2 land + 2 Water FREE) ..... @£45.00 £.....

- I agree to abide by the rules of the event and I have in place:
- signed consent form for each person under 18 years old
- an emergency contact for each person attending the event (including adults)
- signed photographic consent form

Signed .....

Position .....

Please send completed forms and payments to:  
PaddlePlus, c/o Andy Oughton, 11 Foston Road, Countesthorpe, Leicester LE8 5QP

# Group leader information

- Every group participating in the canoe test must be self sufficient and have a nominated group leader to be the main point of contact for event staff. The canoe test is run by a team of volunteers responsible for the overall coordination of a well organised and safe event for the groups to participate in. Each group leader is responsible for their group's own operation and welfare.
- Each group leader must:
  - be responsible for the safety and welfare for the members of the group
  - ensure that the group behaves responsibly at all times
  - attend or send representation to the evening briefing meetings
  - ensure that the group acts responsibly and legally in relation to the consumption of alcohol and other substances
  - hold on site consent forms for every member of the group containing:
    - consent of parent/carer to undertake activity (u18's)
    - personal and emergency contact information
    - relevant health information
    - consent to the taking of photographs
  - provide first aid cover for their group
  - provide all members of their group with relevant information from this information pack
  - ensure that their young people are supervised at all times, particularly during the evenings on base camp
  - ensure that their back up teams, canoe leaders and base camp staff are all fully aware of the conditions laid down in this information pack, and work within them and have a DBS check completed for your organisation
  - make all participants and leaders aware of the 'event charter', included in this pack, taking responsibility for the group's actions and consequences of their actions both on and off the water



Cllr Harris said:

**"It is a great event. It involves the young people doing something they would normally do.**

**"It teaches them determination and team spirit. It is not just them learning canoeing skills, it is about them learning to live and work with other people."**

# Canoe leader information

- Each group must have a canoe leader responsible for their group, including **safety and behavior**, while on the water.
- The canoe leader must be over 18 and be **suitably experienced** at leading groups on rivers. Ideally, they will hold one of the following; British Canoeing River Leader or a Coaching Award. The canoe leader will have good rescue techniques on both still and moving water and be confident of their own ability to deal with emergencies that can arise.
- The canoe leader needs to satisfy themselves that all participants have undertaken **appropriate and adequate training** that must include experience of moving water prior to the event and have the potential to complete 100 miles. A downloadable log book has been produced to encourage group members to record their prior experience and the training undertaken leading up to the event. Social Media will be available for groups to encourage
- The canoe leader must have **appropriate ratios** of experienced adult support to youth paddlers. Minimum levels: up to 8 youth = 1 canoe leader; between 8 and 12 youth = 2 canoe leaders; groups must not consist of more than 14 canoeists. Organisations with over 12 participants may split their team in to two groups.
- Canoe leaders must **follow the instructions** given by land and water marshals and ensure that group numbers are given clearly at each checkpoint
- The canoe leader should carry the stated **safety equipment**, including a first aid kit and ensure that all their participants have the appropriate equipment, clothing, food and drinks
- The leader should **continually check** visually and verbally the physical and mental condition of their participants, paying particular attention to the dangers of hypothermia in cold, windy conditions and heat stroke or sunburn in hot weather
- The canoe leader, in consultation with the back up team, should arrange predetermined **meeting points** to support the participants with food, drinks and encouragement.
- The canoe leader must comply with any safety instructions given by the water safety team and ensure that the whole group adheres to them: canoe leaders must be an **example of safe practice** to the members of their group
- All groups must show respect for the environment and other river users by complying with the **Canoeists Code**
  - canoeists should give way to other craft
  - if approaching anglers, pass where directed, in single file
  - avoid damaging river banks
  - take rubbish with you
  - avoid making loud noises
  - be courteous and considerate at all times
  - keep well clear of wild fowl

More information on good practice on rivers

[www.gocanoeing.org.uk/go/index.cfm/hints-tips/good-practice/](http://www.gocanoeing.org.uk/go/index.cfm/hints-tips/good-practice/)

ensure that their group has read and understood the event charter

## Canoeist equipment

canoe or kayak with bow and stern buoyancy and loops or toggles  
paddle (spares within group)

\*Buoyancy aid \*\*Canoe Helmet

spray deck (optional)

appropriate clothing and footwear (essential)

towel and dry clothes (to be left in the back up vehicle)

windproof cagoule / waterproof jacket

waterproof container for food (carrying extra rations, sweets, etc)

flask and plastic bottle

baseball cap/hat AND sun block/sun cream, plasters (electrical tape).

**All craft and equipment will be checked by a water safety team before being allowed on the water**

## Additional canoe leader equipment

(in addition to that for participants)

First aid kit, Flask and hot drink

Throw line/safety rope, Tow line

Spare paddle

Mobile phone

\*Buoyancy aid

All buoyancy aids must comply with European Safety Standards and have the appropriate kite mark. Any buoyancy aid not bearing a safety mark should be tested, or preferably disposed of, prior the event. They must be worn, correctly fitted, while on the river.

\*\*Canoe helmets

All participants must have a canoe helmet. The wearing of helmets will be left to the discretion of group canoe leaders except on occasions when the Water safety marshals reserve the right to insist that helmets are worn.

## Help with water safety team

PaddlePlus have started putting together a team but would like to hear from any 'Test veterans' that would like to volunteer their time. The only cost would be to get yourself to the base camp. Food and fees are covered. Please get in touch with Andy (andy@soarpaddler.co.uk). We look forward to welcoming back some of our favourite water marshals.