



**1st Cookham Scout Group
Robert Scott Cub Evenings at Longridge**

Dear Parents

We have booked Longridge Boating centre for the 7th June and 14th June. We plan to do some kayaking and climbing during the evenings. If Cubs would like to try both activities please bring suitable clothing for them on the 7th June when we will allocate activity groups for both weeks. Please note that Cubs should only select kayaking if they are able to swim 50 metres in light clothes and float upright for 5 minutes.

Clothing Afloat

It is important to keep warm afloat – bring a change of clothing T-shirts and shorts are not suitable garments for water activities unless the weather and the water are particularly warm.

Warm trousers (not jeans) and a number of thin layers on top, rather than thick, heavy jumpers will provide more flexibility (fleece garments are ideal) and a light weight anorak on top to keep off the wind and passing showers. Don't forget a hat and sun cream if it is hot.

Soft shoes e.g. plimsolls or boating shoes are to be worn at all times when boating. These will get wet and should be in addition to other shoes.

Buoyancy aids are provided by the centre and must be worn at all times when afloat.

Clothing for Climbing

Loose comfortable clothing and trainers or gym shoes, not sandals.

There may be a few spaces available for adults. Can you please tick the boxes and give the date preferred if you would like to join in. Adults must complete a "Criminal Record Bureau Check" if they have not done so for SCOUTS. Please call Keith Jenkins as soon as possible if you would like to attend the kayaking and/or climbing on 01628 819218 or email keith@jenks.me.uk

Please return the bottom part of this form to Cubs by Wednesday 31st May. **Cubs will not be able to participate in activities without this permission slip completed and returned.**

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Cubs

Name _____ would like to participate in kayaking

Name _____ would like to participate in climbing

Adults

Name _____ would like to participate in kayaking on _____

Name _____ would like to participate in climbing on _____

I hereby give permission for my child named above to attend the cub evenings at Longridge on 7th June and 14th June 2006 and confirm that all cubs and adults named above participating in water sports are able to swim 50 metres in light clothes and float upright for 5 minutes.

Signed _____ by parent or guardian

Print Name _____ Date _____