

Senior School Headmaster: Mr J.Bushrod B.Sc. Hons. PGCE  
Junior School Headmistress: Mrs. J.Jenner B.Ed Hons. B.A.  
Deputy Head: Mr J.Jenner Jnr. B.Ed. Hons. Adv. Dip. (I.T.) M.I.S.T.C

## MCS Canoe Club

Dear Parents,

Following on from our successful Winter Canoe Swimming pool sessions, I am planning to offer the following courses this summer term.

### Kayaking sessions

**Where:** Exeter Canal @ Swing Bridges, Exeter Canal Basin.

(possibly other locations depending on ability of group).

**When:** Monday afternoons 4:00pm to 6:00pm (back at school fro 6:30 ish)

**Age:** 8ys +

**Places:** 6 + Cadet Leaders

**Kayaking ability:** None

**Swimming ability:** Confident in water

**Dates:** 11<sup>th</sup> & 18<sup>th</sup> May + 1<sup>st</sup> & 15<sup>th</sup> June

**Cost:** £10

### Day Canoe or Kayak Trip

**Where:** River Dart.

Dartmouth to Bow Bridge, Bow Creak

Paddling up river with the tide, stopping on route for a campfire & lunch

Only suitable for older, confident paddlers.

It's quite a long trip 10k

High Tide Salcombe: 3:40pm

**When:** Friday 19<sup>th</sup> June

**Age:** 10ys +

**Places:** 6 + Cadet Leaders

**Kayaking ability:** Confident & good paddling ability, it's quite a long trip

You can paddle it in Canoe or Kayak.

**Swimming ability:** Confident in water

**Cost:** £5

Pupils may work towards & be assessed in the BCU (British Canoe Union) Start Awards & Paddle Power Awards if they wish.

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----- Return by Mon. 20<sup>th</sup> April Please -----

I would like my son/daughter to take part in the Kayak Session with MCS Canoe club.

I enclose a cheque for £10 (4 kayak sessions)  
£5 Day Canoe/Kayak trip

I am aware that there are risks associated with water sports.

Name of Child: ..... Parent's signature: .....

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The coaching structure in basic form is:

- Cadet Leader
- Level 1 Coach (Assists a L2 coach or above)
- Level 2 Coach (School/Club instructor level)
- Level 3 Coach (Senior instructor)
- Level 4 Coach (Advanced instructor)
- Level 5 Coach (Highest level)

The 3 documents below & this one are available on the school web site:

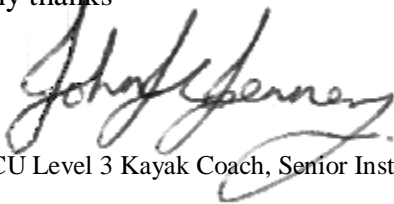
[www.MagdalenCourtSchool.co.uk](http://www.MagdalenCourtSchool.co.uk)

follow the *Information*, *Letters* & then *Canoe Club* links.

- Students who are 12yrs old + may start on the Cadet Leader Award, see separate letter.
- Kit Lists available:
  - Beginners
  - Intermediates

Water sports have an inherent risk. You should only undertake these activities if you & your guardians are personally prepared to accept these risks & recognise that you will be exposed to potentially life-threatening situations.

Many thanks



BCU Level 3 Kayak Coach, Senior Instructor

*Expect to get wet,  
Often you won't,  
But you always fall in, when you forget to bring some warm clothes.*