

Canoe Camping – Paddle and Pitch

Requirements

Guidance for trips run by/for Senior Section members (age range 14-25 years old)

One participant must have The Senior Section Permit Modules 1-8 or [Going Away With Licence](#) Modules 1-6 plus 8, or be being assessed for them

All participants must have a minimum of British Canoeing 2* / Paddlepower Discover and suitable experience of journeys on the water classification

To canoe, girls must be able to (wearing a buoyancy aid):

- swim 50 metres
- keep afloat for five minutes in the clothes normally worn for canoeing

Have First Aid knowledge including hypo/hyperthermia eg. First Response

Ideally have completed a Foundation Safety and Rescue Training course

Be accompanied by a **British Canoeing (UKCC) Level 2 coach**

Have and carry current Girlguiding boat licence, British Canoeing membership, or water licence as appropriate for the area paddled <https://www.britishcanoeing.org.uk/about-canoeing/river-licences-access/>

Preparation Before

Parental permission must be gained for all under 18s using the Information and Consent for Event/Activity form

All participants to have a Health Information forms (not applicable if all participants are 16+, attending a 16+ event)

Arrange an emergency Home Contact

Notify a responsible adult of your intended journey and contact them on arrival. This person could be the Home Contact.

Complete a Residential Event Notification form to be signed by Local Commissioner and sent to local Guide and TSS Residential Adviser as well as Water Adviser for the area

Have prior knowledge of route / map

Locate your nearest hospital(s) / facilities / campsites

Routes and campsites can be sourced from [British Canoeing website](#) / internet searches

Aimed at those with some experience of paddling; going for Holiday Afloat/SS Permit/QG/D of E



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Complete a thorough Risk Assessment to involve all aspects of the trip from start to finish. Be able to adapt to a Dynamic Risk Assessment

Be aware of any access issues and ensure you have gained permission to use the land/waterway – key agencies and landowners include: Environment Agency, British Canoeing; English Waterways; Canals & Rivers Trust

Have knowledge of the Girlguiding insurance cover for this activity and take a copy of the [Notification of Accident or Incident Form](#) with you

Check and adhere to Adventurous Activity rules and regulations for canoeing and residential events <https://www.girlguiding.org.uk/what-we-do/our-programme-and-activities/activity-finder/>



Know and practise how to load the boat and carry the equipment safely and securely

Carry a first aid kit and know what to do in an emergency

Carry a safety kit (list below)

Have adequate supplies of refreshments and spare clothing

Ensure all kit is in good working order and fit for purpose

Ensure ratios are correct according to Girlguiding and British Canoeing

During:

Wear suitable clothing/kit and have spares – as well as a paddle

Store equipment /food in waterproof containers/drybag during the journey – these could be strapped in safely

Decide on the day, with the instructor, whether conditions are safe for the activity.

To consider:

Are you pitching at a static camp or is this a mobile expedition and carrying all stuff with you?

Are car drivers permitted to carry participants in their vehicle?

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If cooking on a Trangia or similar, think about how to safely store your fuel (take extra and keep it away from food etc. in case of spills)



Consider overall weight of tent and kit:

- Split between the participants to distribute the weight
- Use lightweight /small trek tents where possible such as the Vango Banshee or DofE approved tents
- Carrying fresh water will add weight – essential as river water is not suitable for drinking /cooking

Research Riverbank ownership –

<https://www.gov.uk/government/publications/riverside-ownership-rights-and-responsibilities> eg. Rivers Trusts, Councils, National Parks Authority etc.

Safety Kit (list by no means exhaustive)

Shelter
Foil blanket
First aid kit
Whistle
Phone with charge (preferably have a battery charger)
Knife
Throwline
Towline
Emergency money
Refreshments
Spare clothes
Gaffa tape
Emergency phone numbers: Leader, home contact, hospital, doctor eg.



Photo Credit: Keith Axbey, 28th Wimbledon Guides and Senior Section