

The Soar Tour May 2022

Camping at Broadway's Meadow LE12 8XJ
Arrive Friday evening 27th May



Itinerary

Saturday 28th May - Aylestone to Belgrave (LOPC) 4.9 miles, 4 locks, 1 portage, 2 weirs

Sunday 29th May - Belgrave to Barrow (the camp site) 10.9 miles, 5 locks, 2 weirs

Monday 30th May - Barrow to Trent Lock 14 miles, 3 locks, 1 portage, 1 weir

Overnight camping on Monday is available if required.

A written itinerary with distances and features is attached.

More information www.soartour.org.uk

This is a different type of paddle to the 100m on the Wye or Severn in that it is a canalised river (Navigation), there are a number of locks or weirs that will need to be portaged or passed through on each day of the paddle. The landscape changes from urban industrial towns to rural open flood plans.

Marshals will be on hand to assist and direct at locks and weirs. There is a 500m long portage on day one so sets of wheels for canoes are useful.

Camping and catering will be in your team groups. There will be portaloos on site. The event will be run in a similar way to the 100m Canoe Test although the paddling days will be shorter.

**Please confirm attendance by 18th May
numbers do not need to be exact.
Booking form is at the end of this information.**

Event Details

- Where:** River Soar Aylestone to Trent Lock
Base camp at Broadway's Meadow, Barrow upon Soar
- When:** Participants should arrive at the campsite between 4pm and 8pm on Friday 27th May. The paddle will finish on Monday 30th May with a presentation at Trent Lock. Teams can choose to camp on Monday evening and return home on Tuesday
- Cost:** Canoeists: £30.00.
Support personnel and leaders (2 x land and 2 x water): FREE
Additional adults £30.00
This does not include your own transport and food costs.

Who it is for: This event is for groups of young people and leaders who are members of a club affiliated to National Association of Boys & Girls Clubs, Scouting, 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 group's canoe leader as to the ability of younger members to participate.

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 needed: 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.

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

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/
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.

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 **by the 18th May**. The complete booking form, with the entry fees must then be received by 25th May 2022.

The pre registration will give an indication of numbers for the event to help with planning.

Pre registration form (send now)

Name of club/team

Address for correspondence

Email address

Name of group leader

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

Please email the above information to andy@soarpaddler.co.uk as soon as possible but by the 18th May at the latest.

Additional information for completion of booking (send by 25th May)

Name of canoe leader:

Number of paddlers @£30.00 £.....

Adults (2 land + 2 Water FREE) @£30.00 £.....

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
Starling Bank: Andrew Oughton, Sort Code: 60-83-71, Account: 60038273

