



# White Water Kayaking Camp Carmarthen, Wales.

Fri 28<sup>th</sup> – Sun 30<sup>th</sup> March

Cost £50

We will be paddling the Rivers Teifi and Gwilli which are both fairly continuous grade 2 rapids. We will be staying at the Long Barn which is a very comfortable bunk house in Llandysul. To attend this camp you must hold 3\* or 2\* and be able to roll. There are 10 places on this camp, 2 places will be reserved for older members with significant experience and an ability to assist on white water. The camp will be run by myself (Eliot Level 3 Coach) and Duncan (also a level 3 coach). We will also need 2 parents to assist with transport. Parents will only be able to paddle if they meet the requirements above, but there is easy access and viewing of the River Teifi on the Saturday.

If you would like to attend, please return the form below with a cheque for £50 made payable to Hamble Sea Scouts

#### TRAVEL ARRANGEMENTS;

Thurs 27<sup>th</sup> Load Kayaks. 7pm Mercury.

Fri 28<sup>th</sup> Meet HQ 4:45 with Kayaks and full tanks.

Sun 30<sup>th</sup> Depart Llandysul 3pm. Arrive Mercury 8pm approx.

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I \_\_\_\_\_ give permission for \_\_\_\_\_

To attend the Hamble Sea Scouts White Water Camp. I give permission for the leaders of this camp to authorise any medical treatment should the need arise and have listed on the reverse any medical conditions / allergies.

I enclose £50 full payment.

Signed \_\_\_\_\_ Parent / Guardian.

