

**Coaches In Charge**  
 Dave Barker and  
 Ian Couchman  
 20 Broadview  
 Cheriton  
 Folkestone  
 Kent  
 CT20 3ES  
 Dave@what4.org.uk  
 07889 524954  
 www.seapointcentre.com



*ALA & BCU and KCC  
 Education Approved.  
 Affiliated to Kent Youth  
 Registered charity*

## Seapoint Canoe Centre Booking Form

|   |          |       |   |
|---|----------|-------|---|
| Group/Organisation                            |          |       |   |
| Leader/Coordinators Name                      |          |       |   |
| Contact Address                               |          |       |   |
| Contact Numbers                               | Landline |       | Mobile  |
| Email Address                                 |          |       |   |
| Session Date/s                                |          |       |   |
| Session Time/s                                |          |       |   |
| Number in Group                               | Under 18 |       | 18+   |
| Cost  | Under 18 | £     | <b>Cheques Payable to<br/>Seapoint Canoe Centre</b> |
|   | 18+      | £     |   |
|   | Total    | £     |   |
| Signed  |          | Print | Date  |
|   |          |       |   |
| Booking Confirmed (for Seapoint Official Use) |          |       |   |
| Signed:                                       |          | Date: |   |
|   |          |       |   |

Below is a list of clothing that would be appropriate for members of your group to bring with them for the kayaking/canoeing session:

Swimming Trunks/Costume

Cagoule Wind proof top - **very important**

Wetsuit (**not essential**) or Suitable clothes to wear on the water - Tracksuit bottoms (**Not Jeans**) or Shorts in warmer weather, Sweatshirt, T-shirt, Socks). If wearing a wetsuit, on colder days an extra layer, thermal or T-shirt for underneath it will help keep you warmer.

Wetsuit boots/shoes (**not essential**) or Trainers (Laces to be tied properly) (**Not Wellington Boots or Hike Boots**)

Strap for glasses if worn.

Sunscreen/lotion – factor 15 or above.

Towel

Dry Clothes to change into afterwards in a suitable bag to be left at centre. (There is a possibility you will get wet)

**Drink (Warm on colder days, cold on hotter occasions, approx. 1ltr, not cans).**

Plastic Bag/Black bag to put wet gear in

