PADDLING

LOG BOOK

Use the following pages to record trips, competitions= events and other canoeing experiences. Whilst these records are not essential for the 1 to 3 star awards, it will help record the necessary journeys. A proper maintained log book is a requirement for the 4 and 5 star awards, and coaching awards.

To ensure your entries are correct, it is advisable that they are written immediately after the event. If you are not sure about the details about any particular river trip, then ask the person running the trip or look at one of the websites or guidebooks.

There are also pages for you to record courses you have attended and qualifications you have gained.

PERSONAL PARTICULARS:

NAME: _____

ADDRESS: _____

_____

POSTCODE: _____

TEL: _____

CLUS, SCHOOL OR ORGANISATIONWHICH ATTACHED?

_____

BCU MEMBERSHIP NUMBER: _____

NAME AND ADDRESS OF LOCAL COACHING ORGANISER:

_____

_____

_____

USEFUL INFORMATION

Canoe and Kayak Handbook by BCU ISBN 0-9531956-5-1

Scouting

Assessment Checklist for Kayaking AC120919

Boat and Canoe Registration and Inspection Scheme FS120627

Scout Led Activities Index – FS120084 Scout Led Activities Index

Websites:-

www.ukriversguidebook.com

www.canoewales.com

www.environment-agency.gov.uk

www.bcu.org.uk

www.forestofdean.gov.uk

www.pesdapress.com

TRIPS

DATE	RIVER / LOCATION	START & FINISH POINTS	DISTANCE	GRADE AND CONDITIONS	CRAFT	NUMBER AND ROLE IN GROUP	ADDITIONAL NOTES

TRIPS

DATE	RIVER / LOCATION	START & FINISH POINTS	DISTANCE	GRADE AND CONDITIONS	CRAFT	NUMBER AND ROLE IN GROUP	ADDITIONAL NOTES

TRIPS

DATE	RIVER / LOCATION	START & FINISH POINTS	DISTANCE	GRADE AND CONDITIONS	CRAFT	NUMBER AND ROLE IN GROUP	ADDITIONAL NOTES

TRIPS

DATE	RIVER / LOCATION	START & FINISH POINTS	DISTANCE	GRADE AND CONDITIONS	CRAFT	NUMBER AND ROLE IN GROUP	ADDITIONAL NOTES

TRIPS

DATE	RIVER / LOCATION	START & FINISH POINTS	DISTANCE	GRADE AND CONDITIONS	CRAFT	NUMBER AND ROLE IN GROUP	ADDITIONAL NOTES

COURSES AND QUALIFICATIONS

DATE	DATAILS OF COURSE / ASSESSMENT	LOCATION	COURSE PROVIDER	RESULT

NOTES