



Forth Region Watersports Training & Assessment – Information

Welcome to the information for 2024 Watersports Training Courses – this includes Canoe, Kayak, SUP, Bell Boating and Raft Building.

Course details:

Please see the following pages for details of all Watersports courses currently on offer.

How to sign up:

To sign up to a course you **must complete the course joining form** for the relevant event on www.frscouts.org.uk website. Please enter your email address carefully – as you will be sent confirmation that a place is reserved for you, and payment details. **The place is only secured once payment is received**, we kindly request prompt payment otherwise we may need to cancel the reservation to allow others to book.

Where payment is required, please note that this is not refundable in the event of the participant subsequently being unable to attend a booked session unless we are able to fill the space prior to the course taking place.

If a course has to be cancelled for any reason, we aim to offer alternative dates. If these are not suitable then payments would be returned.

Contacts:

Questions specific to these courses can be addressed to Mark Wright:

- paddlesports@frscouts.org.uk

Questions regarding bookings can be addressed to Bill MacPherson:

- MAPS@frscouts.org.uk

B1 Kayaking Training and Assessment

WHEN: Participants must be able to make **ALL** of the following dates (all are 10am-4pm):

- Saturday 20th April - Training
- Sunday 28th April - Training
- Saturday 4th May - Training
- Sunday 12th May - Training
- Saturday 1st June - Assessment

WHERE: Invertrossachs Scout Campsite - [General Site Information](#)

COST: £100 (for the whole course including assessment)

DESCRIPTION: This course is suitable for those with some paddling experience looking to gain their B1 permit. Over 4 training sessions you will be taught the necessary paddling skills, as well as looking at group management on the water, and sharing ideas for activities and games. The 5th session is the assessment where your personal skills will be checked and you will be observed running a session for a group of Young People.

For more information about the permit please visit the Scouts page on Kayaking where you can view the Assessment Checklist: [Kayaking | Scouts](#)

WHAT TO BRING: For each session you will need to bring your own lunch. Tea and coffee will be provided throughout the day. You will need to bring a change of clothes for the water (including footwear) and a towel. You may bring a wetsuit if you like, but it is not essential. Whilst we will only practice rescue techniques for a small part of the course we cannot guarantee you won't fall in/be splashed etc.

If you have your own boat/paddle/kit then please feel free to bring them along, but we have all necessary equipment for the course.

B1 Canoeing Training and Assessment

WHEN: Participants must be able to make ALL of the following dates (all are 10am-4pm):

- Saturday 20th April - Training
- Sunday 28th April - Training
- Saturday 4th May - Training
- Sunday 12th May - Training
- Saturday 1st June - Assessment

WHERE: Invertrossachs Scout Campsite; [General Site Information](#)

COST: £100 (for the whole course including assessment)

DESCRIPTION: This course is suitable for those with some paddling experience looking to gain their B1 permit. Over 4 training sessions you will be taught the necessary paddling skills, as well as looking at group management on the water, and sharing ideas for activities and games. The 5th session is the assessment where your personal skills will be checked and you will be observed running a session for a group of Young People.

For more information about the permit please visit the Scouts page on Canoeing where you can view the Assessment Checklist: [Canoeing | Scouts](#)

WHAT TO BRING: For each session you will need to bring your own lunch. Tea and coffee will be provided throughout the day. You will need to bring a change of clothes for the water (including footwear) and a towel. You may bring a wetsuit if you like, but it is not essential. Whilst we will only practice rescue techniques for a small part of the course we cannot guarantee you won't fall in/be splashed etc.

If you have your own boat/paddle/kit then please feel free to bring them along, but we have all necessary equipment for the course.

B1 Raft Building (Traditional) Training

WHEN: Saturday 11th May (10am-4pm)

WHERE: Invertrossachs Scout Campsite; [General Site Information](#)

COST: £30

DESCRIPTION: This course is suitable for those looking to gain their B1 permit. Some knowledge of knots and lashings is useful, but not essential. The training day will take you through the process of supporting a team through building a raft and then cover all safety aspects in terms of launching and supervising on the water.

Assessments will then be planned at a later date and can be done on a one-to-one basis with a group from your own section or other opportunities for assessment can be discussed.

For more information about the permit please visit the Scouts page on Rafting (Traditional) where you can view the Assessment Checklist: [Rafting \(traditional\) | Scouts](#)

WHAT TO BRING: You will need to bring your own lunch. Tea and coffee will be provided throughout the day. You will need to bring a change of clothes for the water (including footwear) and a towel. You may bring a wetsuit if you like, but it is not essential. Whilst we will only practice rescue techniques for a small part of the course we cannot guarantee you won't fall in/be splashed etc.

If you have your own personal kit (Buoyancy Aid etc.) then please feel free to bring them along, but we have all necessary equipment for the course.

B1 Stand Up Paddleboarding Training

WHEN: Saturday 11th May (10am-4pm)

WHERE: Invertrossachs Scout Campsite; [General Site Information](#)

COST: £30

DESCRIPTION: This course is suitable for those looking to gain their B1 permit and who have some experience of using a SUP. The training day will take you through the personal paddling skills required as well as group management on the water, and sharing ideas for activities and games.

Please note that we do not currently have any SUP Assessors in the Region however there are plans in place to achieve this and an assessment opportunity will be offered as soon as we are able to.

For more information about the permit please visit the Scouts page on Stand Up Paddleboarding where you can view the Assessment Checklist: [Stand Up Paddleboarding | Scouts](#)

WHAT TO BRING: You will need to bring your own lunch. Tea and coffee will be provided throughout the day. You will need to bring a change of clothes for the water (including footwear) and a towel. You may bring a wetsuit if you like, but it is not essential. Whilst we will only practice rescue techniques for a small part of the course we cannot guarantee you won't fall in/be splashed etc.

If you have your own paddleboard/paddle/kit then please feel free to bring them along, but we have all necessary equipment for the course.

B2 Bell Boating Training

WHEN: Saturday 11th May (10am-4pm)

WHERE: Invertrossachs Scout Campsite; [General Site Information](#)

COST: £30

DESCRIPTION: This course is suitable for those looking to gain their B2 Permit. No bell boating experience is required, however some water experience would be beneficial. The training day will take you through the process of taking a group out on the water in a bell boat and cover all paddling and safety aspects.

Assessments will then be planned at a later date and can be done on a one-to-one basis with a group from your own section or other opportunities for assessment can be discussed.

For more information about the permit please visit the Scouts page on Rafting (Traditional) where you can view the Assessment Checklist: [Bell Boating | Scouts](#)

WHAT TO BRING: You will need to bring your own lunch. Tea and coffee will be provided throughout the day. You will need to bring a change of clothes for the water (including footwear) and a towel. You may bring a wetsuit if you like, but it is not essential. Whilst there is no plan for anyone to be in the water, we cannot guarantee you won't fall in/be splashed etc.

If you have your own personal kit (Buoyancy Aid etc.) then please feel free to bring them along, but we have all necessary equipment for the course.