



## Forth Region Watersports Training & Assessment – Information

Welcome to the information for 2025 Watersports Training Courses – this includes Canoe, Kayak, 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](http://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.

**Bookings need to be made no later than 2 weeks before the course is due to start. 2 weeks prior to the start we will review the number of applicants, and if there is low demand courses could be cancelled (and payments returned). Some courses have minimum numbers required in order to run.**

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 other than lack of demand, 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](mailto:paddlesports@frscouts.org.uk)

Questions regarding bookings can be addressed to Bill MacPherson:

- [MAPS@frscouts.org.uk](mailto: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 3<sup>rd</sup> May - Training
- Saturday 10<sup>th</sup> May - Training
- Saturday 17<sup>th</sup> May - Training
- Saturday 24<sup>th</sup> May - Training
- Saturday 7<sup>th</sup> 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 5<sup>th</sup> 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 3<sup>rd</sup> May - Training
- Saturday 10<sup>th</sup> May - Training
- Saturday 17<sup>th</sup> May - Training
- Saturday 24<sup>th</sup> May - Training
- Saturday 7<sup>th</sup> 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 5<sup>th</sup> 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.

## B2 Canoe Training and Assessment

**WHEN:** Saturday 22<sup>nd</sup> and Sunday 23<sup>rd</sup> March (10am-4pm NB: this is not a residential course):

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

**COST:** £50 (for the whole course including assessment)

**DESCRIPTION:** This course is suitable for those with paddling experience and, ideally, an existing B1 permit. The B2 permit will develop your skills and allow you to take groups out in larger areas and more technical conditions.

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 and Assessment

**WHEN:**

- Sunday 25<sup>th</sup> May (10am-4pm) - Training
- Sunday 8<sup>th</sup> June (10am-4pm) - Assessment

**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.

The assessment will then involve you running a session for a group of young people. The assessment can also 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.

## B2 Bell Boating Training and Assessment

**WHEN:**

- Sunday 25<sup>th</sup> May (10am-4pm) - Training
- Sunday 8<sup>th</sup> June (10am-4pm) - Assessment

**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.

The assessment will then involve you running a session for a group of young people. The assessment can also 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.