**Foundation Safety and Rescue Course for Scout Leaders**

**Course date: 27th September 2014**

**Venue: Devil’s Bridge, Kirkby Lonsdale**

**Time: 9am – 5pm**

**Course provider: Richard Simpson (BCU course provider)**

**Certification:** This training course is a nationally recognised course operated by the British Canoe Union. BCU will issue certificates, on completion of this course, for participants holding a BCU 2\* award. Participants not holding a BCU 2\* award will receive a nationally recognised bank-based FRST certificate. This is a training course only, there is no examination.

**Relevance:** This course is relevant to any Scout Leader running or supervising any boat-based activity, including canoeing, kayaking, rafting, sailing, or rowing etc. More details at <http://www.water-safety.co.uk/fsrt/>

**Equipment:** Participants are likely to be in the water for much of the duration of this 8 hour course. You must be able to swim 50m. It is imperative that all participants arrive equipped with wetsuits and other clothing suitable for emersion in water for long periods (modern thermals or fleece tops and external wind proof layer), suitable footwear (old trainers), plenty of high energy food and a warm flask. Buoyancy aids and helmets can be loaned for the day on request.

**Cost:** The cost is £30/hd, plus an additional certification fee payable to BCU. (currently £7 for members/£10 for non-members). Training fee is payable on booking to “Water Safety Training” or request BACs details.

**Parking:** Free parking is available on both sides of Devil’s Bridge, and there is a burger bar for hot food and drinks.

**Application Form for Foundation Safety and Rescue Training, West Lancs Scouts**

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Venue: Devil’s Bridge, Kirkby Lonsdale  
Time: 9am – 5pm  
Course provider: Richard Simpson (BCU course provider)**

Application Date …………………………………..

Full Name ……………………………………………………………………

e-mail contact ……………………………………………………………………

Address ……………………………………………………………………

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Post code ………………………………….

Contact phone number …………………………………………………………….

Scout group ………………………………….

**Health Declaration**

I am fit and healthy to participate in an activity involving prolonged emersion in cold water.

Signed …………………………………………………………………..

Other relevant health information

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Age if under 18 …………………………..

**I enclose check for £30 payable to “Water Safety Training”.** There are 12 places available, places will be allocated on a first come- first serve basis.  
return this form to: Stuart Lockton, 12 Helmside Rd, Oxenholme, Kendal, LA9 7ET