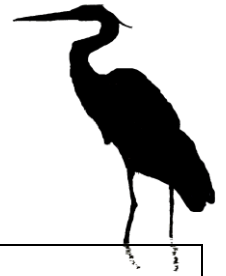




Hunston Canoe Club



ADULT/HELPER MEMBERSHIP FORM

Name:	Address:	Contact Details:	
		Phone:	
BCU membership no. if applicable		Mobile:	
		Email	
		Emergency contact no.	
Canoeing experience/interests/qualifications:			
Water confidence/Swimming ability:			
Do you have any medical condition, disability or injury of which we should be aware?			
Membership Fee: £20		Cheques payable to Hunston Canoe Club	

ADVICE NOTE

Participants need to arrive at the session changed into appropriate clothing for the weather. Please note there are no changing facilities at the canal. Any cuts should be covered and we advise washing after contact with canal water. If flu like symptoms develop after water activities then your doctor should be contacted and advised that you have been canoeing.

CLOTHING: Shorts/light trousers/tracksuits(no jeans). Fleece/warm layer and lightweight windproof cagoule.

FOOTWEAR: Wetsuit shoes/boots or beach sandals or old lightweight trainers. Please bring a spare set of clothes in a bag and a drink. Please do not bring valuables.