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# CRADLEY CE PRIMARY SCHOOL

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Headteacher: Mrs Donna Jones BA (Hons)

26<sup>th</sup> June 2023

Dear Parents/Guardians,

On Monday 3<sup>rd</sup> July 2023, Years 5 and 6 will be going bell-boating on The River Avon from Fladbury Paddle Club. The bell-boat is a twin-hulled, stable craft with up to 12 people in a crew, who are seated and propel the boat with single-bladed paddles. All the crew will be wearing buoyancy aids. The focus is on working as a team.

We will leave school at 9.00am and have a paddle in the morning returning to the bank for lunch and toilet stops. In the afternoon, we will have a shorter session and return to school for 2.30pm.

Children should wear clothing suitable for the weather. Plenty of layers work well (t-shirt, sweat-top, fleece, joggers or tracksuit) to allow for changes in temperature throughout the day. Jeans are not suitable. Trainers or sturdy shoes should be worn. Children should not wear wellies - they are unsuitable near deeper water. Please bring sun cream and a sun hat if the weather is good.

Please bring spare, dry clothes, a towel and a packed lunch from home (cancel hot dinners if applicable) in one bag, also bring a separate bag (to be taken on the boat) containing a substantial morning snack, a drink and waterproofs or sunhat depending on the weather (ideally, waterproof trousers as well).

We need a £5.00 contribution for each child. We will need to cover costs in order for the trip to run. If the cost of the trip is prohibitive, then please contact me at school to discuss alternative funding.

Please also take note of the precautions contained in the information overleaf.

Please give consent and make payment on School Money.

We are looking for a few parent volunteers for this trip. Please let me know ASAP if you can help by messaging FAO Miss Guy on Tapestry.

Yours sincerely,

Miss Guy

## SAFETY AND HYGIENE ADVICE

Paddle-sport on placid water is an enjoyable and safe activity provided buoyancy aids are worn and people are aware of water hygiene. There is now a general awareness of Weil's Disease which is a rare illness to which water users may be exposed. The most common symptoms are: a high temperature; influenza-like illness, joint and muscle pains, particularly in the calf muscles.

Anyone falling ill with the symptoms after fishing, sailing, paddle or other water sports, particularly within the three weeks following the activity, **MUST** see a doctor and advise him or her of the activity taken part in.

To prevent infection: Cover scratches and cuts with water-proof plasters **AND** wash or shower after water-based activities, particularly before eating.

