

HANBURY C. E. FIRST SCHOOL

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25th April 2023

Dear Parents / Carers,

I am writing to inform you that on Thursday 4th May Year 4 will be Bell Boating at Fladbury Paddle Club where they will receive training and practical Bell-Boating experience.

This trip will be led by a qualified instructor and children will wear fitted life jackets whilst on or near the water. If you are unfamiliar with bell boats, they are very stable twin-hulled craft, with up to 12 people in a crew, who are seated and propel the boat with single paddle blades. They are a very safe way to learn about boating with the focus being on working as a team.

The children will need -

- To wear clothing suitable for the weather. Plenty of thin layers work well (t-shirts, sweat-top, fleece, joggers or tracksuit) to allow for changes in temperature throughout the day. Jeans are not suitable.
- Footwear: Trainers or sturdy shoes should be worn. Children **should NOT wear wellies** - they are unsuitable near deeper water.
- A change of clothes including socks, underwear and shoes and a towel in one bag.
- Bring a separate bag (to be taken on the boat) containing a substantial morning snack, lunch, drinks and waterproofs (ideally waterproof trousers as well.)
- Sun hat and sun cream depending on the weather forecast.

The children will be Bell boating for the whole day, travelling there and back by coach, returning to school for a **4pm collection**. A packed lunch will need to be provided. Please cancel any meals ordered on ParentPay no later than the 27th April or you will still be charged.

Should you have any questions about this trip, please do not hesitate to contact the school office. Please see health and safety details overleaf regarding Weil's disease. Could I ask that permission for the day is given via ParentPay by the 2nd May.

Yours sincerely,

Aaron McDonagh
Head Teacher



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.

