PADDLING

LOG BOOK



Use the following pages to record trips, competitions= events and other canoeing experiences. Whilst these records are not essential for the 1 to 3 star awards, it will help record the necessary journeys. A proper maintained log book is a requirement for the 4 and 5 star awards, and coaching awards.

To ensure your entries are correct, it is advisable that they are written immediately after the event. If you are not sure about the details about any particular river trip, then ask the person running the trip or look at one of the websites or guidebooks.

There are also pages for you to record courses you have attended and qualifications you have gained.

**PERSONAL PARTICULARS:**

NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

ADDRESS: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

POSTCODE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

TEL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CLUS, SCHOOL OR ORGANISATIONWHICH ATTACHED?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

BCU MEMBERSHIP NUMBER: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

NAME AND ADDRESS OF LOCAL COACHING ORGANISER:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**USEFUL INFORMATION**

Canoe and Kayak Handbook by BCU ISBN 0-9531956-5-1

Scouting

Assessment Checklist for Kayaking AC120919

Boat and Canoe Registration and Inspection Scheme FS120627

Scout Led Activities Index – FS120084 Scout Led Activities Index

Websites:-

[www.ukriversguidebook.com](http://www.ukriversguidebook.com)

[www.canoewales.com](http://www.canoewales.com)

[www.environment-agency.gov.uk](http://www.environment-agency.gov.uk)

[www.bcu.org.uk](http://www.bcu.org.uk)

[www.forestofdean.gov.uk](http://www.forestofdean.gov.uk)

[www.pesdapress.com](http://www.pesdapress.com)

**TRIPS**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **DATE** | **RIVER / LOCATION** | **START & FINISH POINTS** | **DISTANCE** | **GRADE AND CONDITIONS** | **CRAFT** | **NUMBER AND ROLE IN GROUP** | **ADDITIONAL NOTES** |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**TRIPS**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **DATE** | **RIVER / LOCATION** | **START & FINISH POINTS** | **DISTANCE** | **GRADE AND CONDITIONS** | **CRAFT** | **NUMBER AND ROLE IN GROUP** | **ADDITIONAL NOTES** |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**TRIPS**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **DATE** | **RIVER / LOCATION** | **START & FINISH POINTS** | **DISTANCE** | **GRADE AND CONDITIONS** | **CRAFT** | **NUMBER AND ROLE IN GROUP** | **ADDITIONAL NOTES** |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**TRIPS**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **DATE** | **RIVER / LOCATION** | **START & FINISH POINTS** | **DISTANCE** | **GRADE AND CONDITIONS** | **CRAFT** | **NUMBER AND ROLE IN GROUP** | **ADDITIONAL NOTES** |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**TRIPS**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **DATE** | **RIVER / LOCATION** | **START & FINISH POINTS** | **DISTANCE** | **GRADE AND CONDITIONS** | **CRAFT** | **NUMBER AND ROLE IN GROUP** | **ADDITIONAL NOTES** |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

**COURSES AND QUALIFICATIONS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **DATE** | **DATAILS OF COURSE / ASSESSMENT** | **LOCATION** | **COURSE PROVIDER** | **RESULT** |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

**NOTES**

