



HIMBLETON CE FIRST SCHOOL AND NURSERY  
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HEADTEACHER: Ms C Tew

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9<sup>th</sup> May 2019

Dear Parents

### **BELL BOATING**

We have entered the Pershore Bell Boating regatta on **Thursday 20<sup>th</sup> June**, and are lucky to have a training day in Bell Boating scheduled next **Thursday, 16<sup>th</sup> May at Fladbury**. The regatta is an annual event led by Andy Train who is well known to the school and children. He is a 5 times Olympian and World Champion canoeist and continues the work of his father, David who invented the bell boat. For those of you who do not know, 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.

The training session will be run by Andy's colleague John Gregson, a very experienced canoeist, who has worked with our school in the past too. The children will be accompanied by Mrs Ford and myself. We will be travelling to and from the venue by coach. The children need to be in school and ready to leave by 9am. They will return by 3pm.

Please read the following guidelines carefully regarding clothing, snacks/lunch as well as the safety and hygiene advice found separately on the back of this letter.

#### **Children will need to:**

- i. 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.**
- ii. bring suntan lotion and a sun-hat and a waterproof jacket.
- iii. bring spare clothes and a towel in one named bag.
- iv. bring a separate bag (to be taken on the boat) containing hand sanitizer, a substantial morning snack, lunch, drinks and waterproofs (ideally, waterproof trousers as well).

#### **Footwear**

Trainers or sturdy shoes should be worn. Children should **NOT wear wellies** - they are unsuitable near deeper water.

#### **Lunches**

If you would prefer to order a packed lunch from the school caterers, please ensure you place your order for sandwiches by **Tuesday 14<sup>th</sup> May**. Children who bring packed lunches from home should do so as usual.

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

We very much hope that your child will want to take part in this unique event. We would be grateful if you would complete the attached **permission form** and the **SCHOOL INFORMATION FORMS** return to school as soon as possible, and by **Monday 13<sup>th</sup> May** at the latest. In line with LA Guidelines, the School Visit Information Form is taken on the school trip to ensure that we have all relevant information to hand'

**Please keep this letter as it contains all the essential guidance and information.**

**Yours sincerely**  
**Mrs S Hedges**

#### 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.

