

**Appendix 3 to Wansbeck Paddle Sports Club Coaching Regulations 1 of 2**  
**CLUB DAY TRIP CHECKLIST**

Trip date (dd/mm/year)		Venue	
Expected duration		Grade of Water	
Wind/Weather limits		Distance	
Date last paddled by Coach in Charge		Source of recent information	

	Name	Qualification
Coach in Charge		
Assistant		
Assistant		
Assistant		
Assistant		

Juniors to be included	YES/ NO	Parental Consent Forms required (blank in Appendix 5)	YES/ NOT APPLICABLE
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Minimum Proficiency required	
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Maximum coach/trainee ratio		Maximum number of trainees	
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Get on point		Get out point	
Emergency get outs			

## CLUB DAY TRIP CHECKLIST 2 of 2

Portages anticipated?	
Access permission / issues	

Required by trainees			
Clothes		Food	

Group kit checklist - see also Appendix 4

	number		number
Spare clothes		Hot drink & emergency food	
Whistle		Mobile phone	
Knives		Throw lines	
Slings & carabiners		Tow Lines (Sea)	
Splits		Head torch	
First aid kits		Boat repair kit	
Group shelter		Plastic bivi bag	
Map and/or chart		Hand held compass	
GPS		VHF Radios	

Group contact name	Number
Summary of other matters detailed on additional sheets.	

Signed \_\_\_\_\_ Coach In Charge  
Date: \_\_\_\_\_

Coaching Officer