



Friday, 19<sup>th</sup> September 2014

**Re: Bell-boating activity, Tuesday, 23<sup>rd</sup> September 2014**

Dear Parents,

Thank you all for your excellent response in support of this year's bell-boating adventure which will be taking place on the river at Bidford, next Tuesday, 23<sup>rd</sup> September.

For comfort and practicality, children will dress out of uniform for the day. It is best to wear old clothes - joggers, t-shirts, sweat-tops, old trainers/shoes (but NOT wellies). Children may bring waterproof tops and trousers. In addition, a hat/cap is essential, as are gloves, spare clothes and a towel. Should the weather be very sunny, a good application of water-proof sun-tan lotion is advisable.

The organizer, Andy Train, has provided specific health and safety advice regarding river-based activities, which you will find on the reverse of this letter. We don't expect anybody to be in the water, but as part of our risk assessment, it is important that we make you aware of this information.

The children will be spending the whole school day by the river, expending lots of energy and so plenty of snacks, drinks, (non-fizzy) and a packed lunch will be required, please.

As previously stated, children will need to be dropped at the river by 9 am on Tuesday and collected again by 3 pm that afternoon. Drop-off and pick-up will be at the car park, by the bridge, in Bidford-on-Avon, on the opposite side to the village (as you leave the village and cross over the bridge, the car park is on the right). I will be there from 8:45, so you are welcome to drop your child from this time, should you need to.

If you have any queries or concerns, please come and see me.

Yours sincerely,

Mrs Gray

## 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.