

## Boofs and Drops skills course.

This 2-day course is designed to improve your technical and tactical river skills as well as psychological understanding. We throw in lots of coaching on that perfect boof stroke, looking at speed, timing, posture, balance and nailing the landing along with other river running strategies and skills to cope with steeper rivers. We will use video analysis and observation to see your progression and at the end of the day you can be rest assured you will be going home with a whole new set of tools to add to your development.

Must be happy on grade 3-3+ A WW roll an advantage but not essential.



### Cost

2 day Course £175.00

3 day course £250.00

Date TBA.

Venues, TBA

Kit Needed. Good river running boat/paddle, helmet, PFD and solid water footwear along with appropriate clothing to the conditions. Pack lunch and hot/drink.

**BOOKING FORM**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_ POSTCODE \_\_\_\_\_

TELEPHONE DAY \_\_\_\_\_ EVENING \_\_\_\_\_

EMAIL \_\_\_\_\_

AGE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ OCCUPATION \_\_\_\_\_

ANY MEDICAL CONDITIONS, ALLERGIES OR SIGNIFICANT DISABILITIES

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

Full Course fee is £175.00 or £250 for the 3 day course

**1 am paying the deposit of £75**

Please pay via bank transfer to Account Name A Holt, Sort code 772228, Account 63248968

Paypal [andrewholt99@yahoo.co.uk](mailto:andrewholt99@yahoo.co.uk) (Please add 10% if paying this way for the charges)

Please read the terms and conditions of booking before signing

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

Parent or guardian signature if under 18 \_\_\_\_\_

**TERMS AND CONDITIONS** please read this section carefully before filling in your booking form

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Escape to Adventure is a trading name of Andrew Holt.

All courses require a minimum of 3 people to run. Places can only be secured by submitting a completed booking form together with your deposit. We will confirm the course as soon as minimum numbers are met. The full balance is due no less than 4 weeks prior to the course start date.

#### Cancellations by the client

All cancellations must be in writing. Once the course is confirmed your deposit is non-refundable. After the course is confirmed we will book accommodation, our own transportation and any additional guides needed for your course. If you cancel after the course is confirmed, we will invoice you for a proportion of the course fee to cover costs we have already incurred. If you cancel 4 weeks or less before the start of the course the full course fee will be payable. We are happy for you to transfer your place on the course to another paddler, provided he/she meets the minimum pre-requisites and pays any outstanding balance due.

#### Cancellations by Escape to Adventure

We are fully committed to ensure that your course/activities will actually run, however Escape to Adventure will notify the client if we believe that the course has to be cancelled due to dangerous/unsuitable conditions or other situations beyond our control. Escape to Adventure may cancel the course where numbers fail to reach a workable level. We will give no less than 4 weeks' notice of this. In any situation where the course has to be cancelled by Escape to Adventure we will offer the client a full refund of the course fee paid by the client or an alternative course and date. Safety & Insurance

Escape to Adventure only employ fully trained and qualified instructors to undertake the activities we do and we will do our up most to limit the risk of injury during an activity. However, participation in adventurous sports entails some risk, water sports and adventurous activities are hazardous by nature and participants in such activities must accept that there is some element of risk or injury. Under 18s must be accompanied by a parent or guardian over the age of 18. A reasonable level of physical fitness is needed. Escape to Adventure will not be responsible for loss or damage to clients' own equipment or injury caused by the clients' own equipment being defective. Advice will be given on the suitability of personal equipment before any activities take place.

Pre-requisite paddler experience is put in place for the safety and enjoyment of everyone on the trip. Whilst we do our best to accommodate clients' wishes, our instructors will tailor the itinerary to suit the skills and abilities of the group. Where an individual does not meet the advertised pre-requisite standard we may not allow him/her to paddle some rivers or sections of rivers. Anyone deliberately or recklessly failing to follow our reasonable instructions on the river, or whose behaviour is affecting the safety or enjoyment of the group, may be required to leave the trip.

We emphasize that the course fee only covers arrangement of accommodation, guiding/coaching. All clients must put their own personal insurance in place to cover days lost due to illness or injury, delayed arrival, lost luggage or equipment etc. Clients must ensure their personal insurance includes comprehensive medical cover for the activities to be undertaken.