

	No. sessions	Total hours
Half day (4 hrs)		
Full day (8 -10hrs)		
Residential (10-16 hrs)		
	Total hours	

Community events

	No. sessions	Total hours
Waterside series		
Beal Park boat show		
Pangbourne village fete		
Go Canoeing week		
Open Day(s)		
Other (please specify)		
	Total hours	

Organisational meetings

	No. sessions	Total hours
Seneschal		
Trips Planning		
Facilities		
Social planning		
Planning & Preparation		
Other (please specify)		
	Total hours	

Other events/working parties

(Please add specific details)

	No. sessions	Total hours
	Total hours	

Total number of hours contributed _____

I agree to abide by the rules of the Charity and to complete all induction requirements. I will hold a valid DBS, keep my qualifications up to date and hold an in date First Aid certificate, as required.

Print name

Signature

Date
