

# **All Aboard Shropshire**

## **What is All Aboard Shropshire?**

All Aboard Shropshire is a county wide incentive to get as many members as possible out on the water. When you have taken part in a water-based activity there is the option to purchase the All Aboard Shropshire badge. Launching this is 'Water Day, a book-and-go day of taster sessions.

## **Why should I take my unit on the water?**

Water activities can take girls out of their comfort zone giving them that sense of adventure which is so central to Girlguiding. Team work is often a part of water activities, be it building a raft in a small group, working to sail a Tall Ship, attempting to paddle a Canoe with a friend in a straight line or playing games whilst in Kayaks. These experiences can bond groups, setting you up to have a stronger unit for your next adventure! Furthermore, many girls who feel anxious about taking part in organised sport can find a hidden talent when out on the water, away from the confines of the school field – water sports can enable girls to discover hidden potential and boost their self confidence. Finally, Shropshire is a county full of water – rivers, canals, meres, lakes..... Adventure is always close at hand!

## **Do I have to get wet?**

No! Not all water activities involve getting in – or too near - the water. Narrow boating, Tall Ship sailing, rowing.... look around and there are plenty of activities where staying on the water and not being in it is perfectly acceptable.

## **When is Water Day happening?**

On Saturday 4<sup>th</sup> September Girlguiding Shropshire is holding "Water Day" – a book and go event for units or individuals to have a go at Water Activities.

## **What is the cost?**

Water Day prices are being offered on a per person basis as follows:

Narrowboating £5.50

Kayaking/paddleboarding £15.50

Canoeing £10.50

Sailing £12.50

This price includes a "Shropshire All Aboard" event badge. Additional badges can be purchased for £1 (for example, for leaders who choose not to participate in the activity).

### **Where does this take place?**

Water Day is happening in Shrewsbury, with Kayaking, Paddleboarding and Canoeing being offered in Frankwell, and around Ellesmere with Sailing being offered on Whitemere and Narrow boating between Lyneal and Ellesmere.

### **I would like to take part in Water Day and want to offer my unit a full day out. What else can I do around Ellesmere?**

Ellesmere is on the Shropshire Way, so you could offer girls a day of boating and walking to participate in two challenges on one day. The Mere and surrounding area offers extensive woods to explore, with the possibility of doing wide games, other activities, or simply eating ice cream and going in the playground. There is a footpath from Whitemere to the canal from where you can walk into Ellesmere easily (approx. 1.5 miles).

### **Who can take part?**

Anyone! The Girlguiding website states “For most water activities, all the participants should be able to swim 50 metres and keep afloat for five minutes in the clothes normally worn for the activity. Participants can wear a buoyancy aid or life jacket to fulfil this rule if needed.

These rules may be relaxed when:

- using public or licensed transport
- it is clearly unnecessary, for example on water that is not classified, such as very shallow boating pools.”

In addition to this, there are providers who can accommodate those with mobility needs, for example The Lyneal Trust has fully accessible narrowboats.

For Shropshire All Aboard, leaders are encouraged to either bring their own unit – making sure you are within the correct ratios – or come to have a try themselves without their girls. Please note that if adults would like to sail this will incur additional charges. If leaders do not want to participate in the activity they do not have to pay for a place and are welcome to watch from the shore, the exception to this is Narrowboating where at least one leader must be aboard the boat with girls.

### **What equipment is required?**

Usually nothing but a change of clothes and a towel – but maybe not even this (see Do I have to get wet?). Providers will have all safety equipment necessary for their activity.

### **How do I find a provider for Water Activities?**

A selection of licensed Shropshire based providers will shortly be available on the county website. If you find your own provider you can check the qualifications/licenses they need to hold by looking at the Activities pages of the Girlguiding UK website. Please note that you don't have to boat in Shropshire – in

recent years Shropshire units have been surfing in Cornwall and duck-boating in London, do have a look and see what you can find to do that isn't possible in Shropshire!

**What paperwork/administration is needed to participate in Shropshire All Aboard?**

Information and Consent form is needed to gain parental permission.

Arrange a Home Contact if it is outside of your usual meeting time.

Notify your Division Commissioner that you are doing an activity away from your meeting place/out of your meeting time.

Record your risk assessment and share it with the adults taking part.

**I've got a question – who can I ask?**

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