

## Scarness Watersports Activity Information

**Location:** Cumbria Outdoors, Scarness Bay, Bassenthwaite. CA12 4QZ (Grid Ref NY 220 304)

Other Groups may be camping at the site. If so, please respect their privacy and their space.

### Directions from Workington:

Take the A66 to the junction just before Bassenthwaite Lake signed, Castle Inn B5291. Turn left, then right, signed Castle Inn.

Travel down road towards Ouse Bridge and cross the bridge; continue to T junction at Castle Inn at A591.

Turn Right on the A591 toward Keswick, travel approx ½ - 1 mile along this road until you come to a crossroads.

Turn right, signed Scarness, Bassenthwaite Lakeside Lodges. Drive down this single track road until you get to a T junction. Turn Right, signed Scarness. After approx 100 metres turn Left through a gate signed Cumbria Outdoors. (If you reach the holiday park you've gone too far.)

Please park in the car park provided and do not drive onto the grassed area or block the drive.

### Swimming

Scouts do not need to be able to swim in order to take part in watersports but Scouts must be confident in water wearing a buoyancy aid. Activity forms must highlight if Scouts cannot swim well.

### Capsizing

For safety reasons, all Scouts will be taught what to do if they capsize before going onto the water. Although we prefer all Scouts to practice capsizing, taking part in capsize practices is optional.

### What should Scouts bring?

Clothing suitable for the weather! A drink. A towel and dry clothes to change into afterwards.

Shorts and T-shirts are ok in the height of summer but for much of the year more is needed. The main need is to keep wind off people. Footwear is needed due to the nature of the ground where we launch.

<b>Good</b>	<b>Not so good</b>	<b>Avoid / banned</b>
Polyester football shirts	Cotton t-shirts	Heavy cotton hoodies
Fleece tops – old	Cotton sweatshirts	Heavy cotton hoodies
Lightweight wind/waterproof tops	Heavy sweatshirts	Heavy cotton hoodies
Polyester running trousers / tracksuit pants	Cotton tracksuit pants	Jeans / combat pants
Water shoes / old trainers	New trainers	Boots / flip flops

\*Think about how quickly clothes dry after washing.

*Thanks to Cumbria County Scouts Activities team and 6<sup>th</sup> Workington Scout Troop for some of the above information.*