

Frome Branch Training Day - General Arrangements

Applications

Submit applications no later than the last date shown on the form, accompanied by the £10 course fee (cheques where applicable made payable to Mrs J Cornwell) or paid on the day to the course leader. The courses are free to those 16 and below.

Late applications will be accepted if places remain available.

Applications will not be acknowledged but applicants can expect joining instructions 1-2 weeks before the training day.

Schedule

Generally for most courses the programme is as below:

0945 'Meet and Greet' including tea and coffee at Morning Tower, followed by

10.00 – 1200 am Tutorials and ringing

12.00 – 2.00 pm Lunch, ringing chat + travel to afternoon tower (as required)

2.00 – 4.00 pm Tutorials and ringing in afternoon tower

Any other changes of times will be given in the joining instructions.

General

Each student must provide an **emergency name and contact**, contactable **throughout the day**; the contact **must not** be someone who is also on the same course.

Travelling distance will be kept to a minimum and shared transport requests met where possible. Joining instructions will detail the name of your tutor and other students in your Group to allow for shared transport arrangements where possible

Parental consent

Guidelines on Child Protection are detailed in the Association's Annual Report, a copy of which is available from every Tower Captain. Parents and guardians should familiarise themselves with these before signing the parental consent for their child's attendance. The parent/ guardian of a **minor** is responsible for the safe delivery of their charge to the morning tower and collection from the afternoon tower at the end of training. Safe transport between the morning and afternoon tower will be under the supervision of the Course Tutor. Additionally, the Branch Education Officer will arrange for a nominated Group Member to act 'in loco parentis' for minors during the day. If these conditions cannot be met, the minor will be unable to attend the training day. In signing their consent, parents/guardians are assumed to understand this and accept any liability in regard to it. If in doubt, please contact the Branch Education Officer

Jenny Cornwell, The Old Tenniscourt Farmhouse, Wells Road, Hallatrow, Nr Bristol, B&NES, BS39 6EJ,

Tel: 01761 453641 Mob: 07713 158472 (Note: we do not have a signal at home for phone calls but you may send us text messages.)

Email: Jenny Cornwell <FromeBranch.EducationOfficer@bath-wells.org>

Frome Branch Training Day - Courses and 'Experience Criteria'

Basic Handling/Bell Control: first lesson and upwards. Includes raising and lowering on a single bell. This course is arranged according to need – *This course is not in the programme: Just ask, and it can be swapped for one of the Handling Workshop leading to Rounds.*

Handling Workshop leading to Rounds:

- Does your bell drop on you; it goes out of control?
- Does your rope fly around?
- Are you always being told to hold up?
- Are you always being told to keep your hands together?
- Do you have difficulty with making coils when lowering?
- Do you have difficulty lengthening or shortening your rope?
- Do you have trouble in a strange tower?
- Do your bells have a short draft; you find you can't control a bell with a long draft.
- Can you balance your bell at handstroke and backstroke

Would you like to know 'why' to all these questions?

Raising and Lowering in Peal: you **must** have good bell control **and** be able to raise and lower a single bell competently at your own speed. You will practice raising and lowering in peal and be given tips for keeping in the right place.

Rounds, Call Changes and more.....: you **must** be able to handle/ control a bell safely and ring rounds. The course will introduce you to Call Changes, dodging, place making and more.

Plain Hunt for Beginners: you **must** be able to control your bell safely in rounds and call changes **and** be able to ring the treble bell to call changes in your own tower. The course will introduce you to plain hunting generally. *This course is not in the programme but can be added if requested – Just ask.*

Moving on from Plain Hunting: you **must** be able to plain hunt on five bells. You may have started to ring the treble to plain methods. This course aims to improve your "Rope Sight" and place counting. You will learn to lead with the tenor "turned in". The course will introduce you to plain hunting on the Treble to touches of Grandsire and Plain Bob and may introduce you to ringing an inside bell to plain courses of Bastow Minimus and Doubles or Cloisters Doubles.

Bob Doubles: you **must** be able to ring the treble bell to touches of Bob Doubles or ring the plain course competently, preferably on different bells.

Grandsire Doubles: you **must** be able to ring the treble bell to touches of either Bob Doubles or Grandsire or ring the plain course competently, preferably on different bells.

Stedman Doubles: you **must** be able to ring touches of Bob Doubles or Grandsire Doubles or ring the plain course competently, preferably on different bells.

Plain Bob Minor: you **must** be able to ring the treble to touches of Bob Minor competently; and maybe have rung touches of Bob Doubles.

Grandsire Triples: you **must** be able to ring touches of Grandsire Doubles competently unless you come from an eight or ten bell tower where you do not ring doubles/minor, in which case you must be able to ring the treble to touches of Grandsire Triples.

Stedman Triples: you **must** be able to ring touches of Stedman Doubles competently unless you come from an eight or ten bell tower where you do not ring doubles/minor.

Treble to Treble Bob methods: You must be able to plain hunt to touches of Plain Bob or Grandsire, etc.. *This course is not in the programme but can be added if requested – Just ask.*

Cambridge Minor and Cambridge Major: You must be able to treble bob to a method such as Kent, Oxford or Cambridge itself. You should have rung either Kent or Oxford. *These courses are not in the programme but can be added if requested – Just ask.*

Important Note: it is counter-productive, both to yourself and the Tutor Group as a whole, to join a course for which you are unsuited through lack of relevant experience. **Apply rigorous and realistic ability criteria in assessing the 'Experience Criteria' requirement above.**

Very Important Note: before joining a 'Methods' Group **carry out some essential pre-course study** work: know the 'Blue' line **thoroughly** (i.e. order of work, including Bobs and Singles). Your confidence level, and progress on the day, will benefit greatly from this.