



ANGEL COMMUNITY CANAL BOAT TRUST



ALL YOU NEED TO KNOW – YOUR RESIDENTIAL TRIP ON ANGEL II

Welcome to Angel II of Islington

We are delighted that you're joining us on board Angel II of Islington (Angel Boat) for your residential trip.

We're sure you and your group will have a wonderful experience. To help you get the most out of this unique experience we've put together this 'All You Need to Know' guide to help you plan your trip, to let you know what to expect and what we expect from you.



In our guide, this icon signposts critical information that we'd like you to take particular note of.

Let the skipper know if your group has any special requirements or needs well in advance of your trip. Please also discuss with the skipper what you and your group want to get out of the trip so we can work out how best to help you to do so.

Have a great trip!

Angel Community Canal Boat Trust



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1. About Angel Boat



The Angel Boat is a charity (Angel Community Canal Boat Trust or ACCT). We operate a purpose-built skippered community canal boat – Angel II of Islington – for use by local residents and community groups of all ages at a cost they can afford. We are funded by grants, donations and contributions towards hire charges.

Based at Angel, Islington, London since 1976, our 12-berth community narrowboat each year provides some 2000 young people and other disadvantaged and isolated local community groups with residential and day trips under the supervision of our experienced skipper.

Angel II is 72-feet (21 metres) long and weighs about 20 tons, twice as long and three times as heavy as a double decker bus. She has a top speed of about 4 mph and can be safely steered by most young people under supervision.



2. Preparing for your Trip

Our experienced skipper is only responsible for the boat and your safety, and will ensure that you are briefed on all that you need to know for a safe trip. Therefore:

We require each group to have two adult leaders to supervise children and young people both on and off the boat.

Supervising and motivating a group of children or young people on a boat trip can be hard work if you are not prepared.

Travelling by canal is leisurely. The top speed is 4 mph which is no more than a walking pace. Locks take up to 15 minutes to pass through. It may be necessary to wait for other boats at locks or tunnels. Planning well in advance where you want to get to, or what your needs are, is therefore essential.

This Guide will help you prepare for your trip and contains advice and ideas for a great trip.

2.1 Health and Safety

Risk Assessments

All user group leaders must carry out their own risk assessments in advance of the hire. Our risk assessments and written control measures are available on our website. You must tell the skipper of any risk areas particular to your group before boarding the boat.

Records

Any accident or injury affecting user groups and leaders must be reported in our accident book which is maintained on the boat by the skipper.

Insurance

You must have appropriate insurance in place for your trip. Details of our insurance are

available on our website.



See *Appendix A: Safety First* for much more important information about safety issues.

2.2 Visit Angel Boat

We strongly advise that leaders visit Angel Boat in advance of your trip. In the summer this may mean arranging to visit some weeks in advance as the boat may not be in London near to the date of your trip.

A visit and discussion with the skipper is the best way to understand what the trip will involve, the facilities the boat will provide and how to plan for your young people's trip.

2.3 Consider the 'Ground Rules' for Your Group

You will know your group and you are responsible for their behavior as well as for helping them to enjoy themselves. We recommend that before the trip you establish the ground rules for the group and identify sanctions should there be any inappropriate behavior, bearing in mind that separating young people on the boat may not be easy and that sending them home may not be practical and is always a last resort. Our skipper is happy to assist you in this.

2.4 Route and Activity Planning

We can adapt the trip to suit your needs and to best meet your youngsters' needs. It is important **before your trip** to discuss with our skipper what type of trip you'd like. For example:

- A more relaxed trip might include: a short cruise to a local park for games and a picnic
- A more active trip might include: a longer cruise, helping to operate the locks with plenty of time to steer the boat under the guidance of our skipper and including off-boat activities such as kayaking and ice skating



Information on residential trip routes with route options and activities for each is provided in Appendix B: Route Options. This includes the location of supermarkets, leisure facilities (e.g. swimming pools, cinemas, fire pits for barbecues) to help you plan with the skipper what you want out of the trip.

We also include essential emergency information such as the nearest hospitals.



See *Appendix B: Route Options for Weekend Residential Trips* for an outline of residential routes and activities.

2.5 Payment

Please ensure any outstanding payments to secure your trip on Angel Board have been made in accordance with guidelines on your invoice.

2.6 What to Bring

We are very tight for space on-board Angel Boat, so packing light is essential. Please encourage your group members to bring only what they really need



Here are **the essentials** we recommend everyone brings. You may want to provide this as a checklist for your group:

Item	✓
1. A soft bag (as small as possible) for your clothes and belongings. These can be squashed into the limited space available. Please do not bring a rigid bag or suitcase – there's no space to store them!	
2. Sleeping bag	
3. Towel	
4. Hand towels for the toilets	
5. Pillow case - this can be used as a make-shift pillow wrapped round clothing to save space rather than using a pillow	
6. Pillow if really needed (see reference to 'pillow case', above). They take up space!	
7. Any required medicines and parental consent forms, and where appropriate storage facilities for the medicines, such as a lockable box	
8. Essential toiletries only, e.g., toothbrush, toothpaste, soap, antiperspirants/deodorant, shampoo, etc. You may want to bring lip balm - lips are more likely to get sore/dry in the outdoors Consider bringing roll-on antiperspirant/deodorant rather than spray (in the confined space of the boat sprays could trigger an attack for people susceptible to asthma)	
9. Sun screen. Even in colder weather, the impact of the sun's rays off the water can be surprisingly powerful	
10. Mobile 'phone charger (using normal 13-amp socket). Note: we do not provide wi-fi	
11. Suitable clothing – see 2.7 - What to Wear	
12. Torch – for dark evenings on the tow path and night games. A head	

Item	✓
torch is particularly useful in winter months, so you have hands free for locks or ropes	
13. Refuse sacks – pedal bin size for the under-sink bin plus large blacks ones	
14. Shopping bags. There are supermarkets along the tow path where you can food shop during your trip	
15. Washing up gloves if anyone has an allergy to washing up liquid or you prefer to use them	

Please do not bring:

- Equipment requiring mains electricity, such as hair dryers. There isn't sufficient power for such devices (although there is power to charge mobile devices)
- Valuables

2.7 What to Wear

The golden rule is to dress for the forecasted weather – but be prepared for cool evenings, rain and mud any time of year!

It always feels cooler on the water than it does on land. Even on a warm day but there may well be a cold breeze.



Here's what we recommend your group bring to wear:

- Trainers or other sensible non-slip shoes with grips. No heels!
- Comfortable clothes, e.g., jeans, track suit bottoms, shorts (depending on time of year). Quick drying clothes are ideal in case of rain
- T-shirts /tops. (In colder weather it's best to wear layers)
- Fleece/hoody
- Raincoat/anorak
- Warm socks for evening
- Night wear - pyjamas are ideal for both genders
- Swim wear – if you're planning to go to a swimming pool or go canoeing or boating
- Sunglasses
- Cap or hat (to shield you from sun)
- Woolly hat, scarf and gloves during cooler weather

2.8 Essentials You'll Find On-board

Here are the things you don't need to bring with you as we're well-equipped:

- First Aid kit (but we recommend you bring your own to be sure of contents)
- Toilet rolls
- Liquid soap (in toilets)
- Crockery, mugs and glasses
- Cutlery
- Cooking utensils
- Pans and baking trays
- Pyrex dish
- Condiments – salt, pepper, some herbs and spices
- Washing up liquid
- Washing up cloths
- Tea towels
- Cling film
- Kitchen roll
- Kitchen foil
- Cooking oil, ketchups, margarine/butter
- Various games and books (see **Appendix E – Games and Equipment**)



If you're in danger of running out of any essentials, please let our skipper know.

2.9 What to Bring for Your First Day/Evening

Apart from your personal effects and a sleeping bag, you will need to bring with you:

- Food supplies for your group for the first day unless your pickup point is near a supermarket (ask the skipper)
- Although we have a selection of sports equipment and board games, you may want to bring your favorite ones and perhaps a DVD or two for a film night

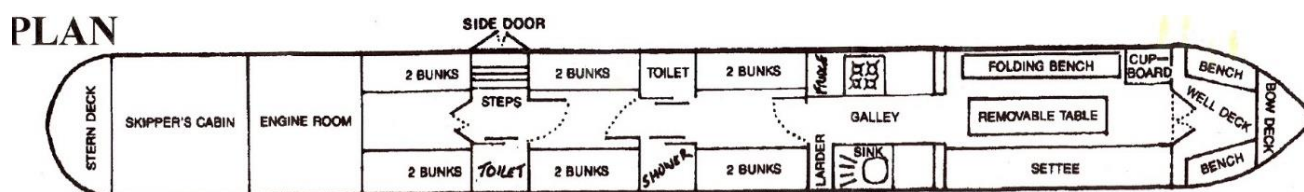
Uniformed groups, e.g. Scouts, Guide will have their own forms to bring.



See **Appendix C: Menu Planning and Cooking** for some ideas about easy catering ideas.

2.10 Accommodation and Facilities On-board Angel Boat

Here is the lay-out of Angel Boat:



Angel II's accommodation comprises:

- An outside deck – seating a maximum of 8-12 people, depending on ages / size of passengers
- Saloon/sitting area inside
- Galley/kitchen
- 3 x four- berth cabins for sleeping in 'bunk bed' style
- Two toilets
- One shower

The skipper has his own cabin at the rear of the boat which does not connect with the rest of the boat.



We describe this accommodation in greater detail in **Appendix C: Accommodation and Domestic Services.**

3. When you Arrive

Our skipper has overall responsibility for Angel Boat and will ensure that you are briefed on all that you need to know for a safe trip. However, as group leader, you're responsible for the safety and behaviour of members of your group.



Please see **Appendix A: Safety First** for information on health and safety

The first time they board young people are always very excited, so we suggest group leaders support them to board. Do not try to board **and** carry luggage at the same time as there is a risk of becoming unbalanced and losing your footing (and potentially the luggage into the water!). Follow the skipper's advice and form a human chain to pass luggage to someone already on the boat.

As soon as you come on board, we ask you to:

- **Listen to the safety briefing** from the skipper – and ensure your group members do so too. You and your group should ask questions if you're unclear or uncertain about anything. The briefing will usually be followed by a safety exercise, an enjoyable activity and a great confidence booster for all.
- **Familiarise yourself with the boat** – where the exits are, where the fire extinguishers and fire blanket are, how the cooker works, how the toilets work etc.
- **Stow away** what you have brought on board for the trip – clothes, food etc.
- Make sure the passageways are kept clear at all times
- Make sure that **life jackets / buoyancy aids** are worn whenever outside the boat cabin when the boat is underway. This includes group leaders as well as youngsters.

Please be particularly careful when:

- Getting on and off the boat – do not even try to get on or off unless the boat is stationary or the skipper tells you it is safe to do so
- The boat is in a lock
- Working locks

4. Whilst on Board

4.1 Buoyancy Aids

We provide buoyancy aids for everyone on the boat, youngsters and adults alike. Please wear one yourself and you must ensure your group members wear one at all times whenever outside the boat cabin when the boat is moving.

Our skipper can help you fit a buoyancy aid if you have never used one before. We suggest that each person leaves their buoyancy aid when not in use on their berth bed once it's been fitted, so you don't have to keep readjusting it.



4.2 Joining in Canal and Boat Activity



Depending on the ages and capabilities of your group members, almost anyone can have a go at steering the boat and operating the locks, subject to the skipper's discretion. Just ask!

The skipper will give a briefing on safe lock operation but thereafter it is your responsibility to supervise your group.

If some members of the group are operating locks, they must be accompanied by a group leader or adult. Those young people remaining on board should also have an adult supervising. When helping with locks we suggest you divide your group into smaller teams so they can take it in turns.

4.3 Structuring the Day



It's important for the young people to know roughly what is happening in the morning, what's happening in the afternoon and what the evening activity might be, so that they can see the shape of the day.

We recommend that you and your group discuss the day's itinerary with the skipper on the previous evening, to establish:

- Roughly how long will be spent on the move (it is not possible to be precise – canal travel isn't like that!)
- How many locks need to be worked up or down
- Where the shops are
- What off-boat activities you might do (swimming, cinema etc.)



This will vary from day to day and according to the nature of the canal. The section of canal may be heavily locked or have no locks at all, it may pass through a town or be very rural

Meal times and menus should also be planned ahead so that the group know what to expect. It is definitely better - for the group as a whole and for you as leader - if meals are taken at the table rather than everyone helping themselves on an ad hoc basis and eating all over the boat, at the lock-side, on the towpath etc.

4.4 Wet Weather



When it is wet, space is more restricted as everyone will be in the cabin. Outdoor activities will be restricted, so it is essential to have a plan as to how to occupy your group.

Activities could include board games, cards, some sort of project to make something (tapestry, weaving, model making) or watching a DVD (on a lap top).

If the boat is on the move, the locks are still there, whatever the weather - so there needs to be a team on 'standby' who are prepared to get out and get wet!



Please see Appendix D: Games and Equipment for a list of activities we have on board.

4.5 'Rules of the Road'

- Be considerate to others. Angel has been travelling these routes for 20 years and has earned a great deal of respect from locals and fellow boaters
- Don't upset local shopkeepers or we won't be allowed in again!
- Don't make a lot of noise where there are other boats
- Never climb onto a moored boat – it may be someone's home
- Respect the wildlife on the canal and the local environment

Please note:

Our skipper has overall responsibility for the safety of the boat and all her passengers. If at any time if he considers it necessary to do so, such as unforeseen difficulties with the boat or the waterway, extreme weather conditions, or the behaviour of anyone on the boat, the skipper is entitled to terminate the trip and require all passengers to leave.

4.6 Food Shopping and Cooking

There are supermarkets adjacent to the tow path whatever route you plan with the skipper, so there will be opportunities to stop to pick up food and other supplies, although the next one may be several hours away at 'boat speed'.

You can turn a food shopping trip into a team event and use it as an opportunity to get your group to plan menus and budgeting.

If you are running low on any essential supplies on the boat, such as washing up liquid, toilet paper etc. please let the skipper know as soon as possible. As he will be driving the boat during the day he will not know if stocks are low and sometimes he has some hidden stock.

Please bring sufficient food supplies for your first meal on board as we may not have the opportunity to shop before then, unless there is a shop near to your pickup point (check in advance with the skipper if in doubt).



We provide some ideas on the types of meals that are quick and easy to prepare in our galley kitchen in Appendix D: Menu Planning and Cooking for ideas on what to cook. Please share your meal ideas with us at the end of your trip so we can add them to our suggestions.

4.7 Refuse Disposal

There are various waterside refuse disposal points along your route, some with recycling facilities. Encourage everyone to produce as little rubbish as possible. Nevertheless, as a group you are likely to generate a lot of rubbish so make good use of these points.

Ask the skipper where they are or refer to the Canal River Trust website for details. <https://canalrivertrust.org.uk/>



4.8 Health and Well-being

If anyone in your group is feeling unwell, for example, suffering from diarrhoea or is vomiting, please let the skipper know immediately so that he/she can take any necessary steps to protect the well-being of other members of the group.

5 Leaving Angel Boat

5.1 Leaving Things 'Ship Shape'

At the end of your trip, please leave Angel Boat in the 'ship shape' condition you found her in. The skipper and crew are not responsible for clearing up after you and cleaning the boat. We do not use professional cleaners and often have another group starting their trip very soon after you leave – we need Angel Boat to be nice and clean when they arrive.



With this in mind, please:

- **Take away everything** you brought with you
- **Check through the boat** for your group's belongings – in cupboards, under mattresses, in the fridge, everywhere! We recommend you do this once your group have disembarked as it's easier to spot things
- Ensure all the crockery etc. is **washed up and put away** where it belongs
- **Remove all of your rubbish** from the kitchen bins and toilets
- **Leave the boat clean and tidy** for the next group
- **Make sure we know about any breakages or lost items** so this can be put right for the next group

5.2 Complete our 'User Satisfaction Survey'

We really value your feedback, whatever it is, so please complete our User Satisfaction Survey. The skipper will give you this to complete before you leave us. If any of your young people would like to share their thoughts, they too are encouraged to provide their comments (you can always ask for some more forms). Sometimes the terms of our grants require further information from leaders which you will be asked to provide.

We encourage you to use this opportunity to tell us what has worked particularly well for your group and what could be improved. We're interested in making sure you (and all our passengers) get the most out of the trip and that you come again!

5.3 Contribute to our Bunting



We love it when groups leave their mark by contributing to our bunting. We'd encourage your group to use their artistic skills to decorate a piece of our bunting summing up something about your group and their experience on Angel Boat.

Our skipper will provide the bunting and pens. Your group just need to supply their creativity!

6. Resource Packs and Useful Apps

There are lots of free downloadable resource packs suitable for youngsters available on the Internet. Do have a look when planning your trip.

Visit the Canal and River Trust's site. <https://canalrivertrust.org.uk/explorers/resources>

Their resources include:

- Life on the Waterways
- All About Rivers Fact File
- Waterways Today
- Exploring Family History Fact File
- Discover Wildlife Poster



There are also some useful free Apps to help get the most out of your trip:

Met Office Weather app: to plan your activities, you'll want to keep an eye on the weather

Open Canal Map: Open Canal Map UK is available free for android and I-phones. It is linked to Google Maps so it tracks your journey so you know where you are, what towns and villages are nearby, as well as letting you know where locks are and providing useful information. It also provides What3Words designations (see below)

What3Words: a smartphone app which gives every 3x3 square metre of the globe a unique three-word code. For example, 10 Downing Street is slurs.this.shark and Wembley Stadium is villa.first.mount. More accurate than a post code, emergency services can use it to locate your precise location (and you can use it for off boat activities such as treasure hunts and wide games)

Geocaching app: geocaching is a real-world, outdoor treasure hunting game using GPS-enabled devices. Participants navigate to a specific set of GPS coordinates and then attempt to find the geocache (container) hidden at that location. This will depend if there is a geocache near

Bird Calls: enables you to identify birds by 'listening' to bird songs and calls and assessing these against their database to come up with a match

Woodland Trust British Tree Identification: helps you identify trees based on their leaves, needles, flowers, fruit, twigs and bark

For useful information about facilities on the canal you may also want to visit the Canal & River Trust's website: <https://canalrivertrust.org.uk/>

Appendix A: Safety First



A trip on a slow-moving canal boat is very safe as long as you and your group follow a few sensible rules and use your common sense!

We start every trip with a safety briefing from our experienced skipper who is in charge at all times.

If the skipper tells you to do something, please listen. It's for your own safety and he knows what he is talking about, having taken many groups on trips before.

As a group leader, you're responsible at all times for the safety of the members of your group.

The Canal and River Trust have engaging water safety information (and games) sheets for children which are available to download.

Visit <https://canalrivertrust.org.uk/explorers/games/waterside-safety-challenge>

Below are some basic safety rules.

Avoid slips and trips:

- Watch out on the towpath for mooring ropes, bollards, holes and other hazards
- Walk - don't run: surfaces can be wet and slippery, especially around locks
- Use the grab rails at the front of the boat when getting on or off. If standing on the gunwale - side of the boat – hold the grab rails along the boat.
- Wear non-slip shoes
- Don't try to jump from the boat onto the bank. Wait until it is close enough to step safely ashore

Don't get crushed:

- A moving boat has the force to crush you – keep your body out of the way of any boats or canal walls and the like
- Never fend off the boat with your arms, legs or a boat pole – let the fender (or the boat) take the impact
- Never dangle your hands over the side or your head out of the side hatch (doors)
- You must keep off the roof when the boat is moving (low bridges or branches could knock you off the boat or worse)

Don't swim:

- Swimming in the canal is strictly prohibited by the Canal and River Trust. Sadly, some people illegally dump objects in the canal. Submerged objects are

potential hazards

- There can be dangerous currents especially near locks
- The water can be very cold, even in summer, which can cause fatalities
- Water quality in the canal may be poor. There is even a small risk of contracting leptospirosis (Weil's disease). The skipper can give you more information about this. It is essential to wash hands before preparing food and before meals.
- You should also be aware of the potential risk of Lyme disease from tick bites on exposed skin if in grassy or wooded areas. Again, the skipper can give you more information about this

Other essentials:

- Everyone is required to wear a life jacket/buoyancy aid if outside the boat cabin when the boat is moving
- Don't all stand together on the same side of the boat as it will tip and unbalance the boat
- The skipper will warn you if he sees a potential risk, such as a low hanging branch that could catch people at the front of the deck – you must heed any warnings. Keep a good look out yourselves when the boat is moving
- Passengers and user groups are not permitted to enter the engine room or to be on the boat forward of the front cockpit

What to do if you fall in the canal:

- Best of all, don't! The boat and lock sides will get slippery when wet, so be careful about your footing, and walk don't run
- The water often isn't as deep as you think. Try to stand up as the water may be shallow enough to wade to the bank (the boat is under 2 feet / 600mm deep)
- If you fall in, try not to panic. If you can, swim away from the boat and shout for attention. Someone will throw you a rope or lifebuoy. Hold onto it and do what the skipper tells you
- If one of your group falls in, don't jump in to rescue them. Notify the skipper immediately. Throw a rope or lifebuoy to the person
- Lifejackets/buoyancy aids are provided for everyone

Locks:

Locks can be dangerous and must be treated with respect.

A lock contains 60,000 gallons of water – your bath holds 10 gallons, yet they take the same time to empty! Think of the suction on that plug hole! And the boat weighs the same as three buses. So here are some key tips:

- Walk round locks. Take your time. If you are helping with the lock, you'll be given a chance to get off the boat before it goes into the lock and you can get on again when it comes out of the lock. So be careful at locks, whether you are on the lock side, winding paddles or staying on board
- If walking across a lock gate, hold onto the hand rail at all times



- Never throw a windlass (lock key) to anyone. They are heavy and could cause injury. They are also a piece of essential equipment – so please look after it well as you will have to pay for it if it falls in the canal!
- Take care raising and lowering the paddles and make sure you understand how the safety catches work
- Never leave a windlass on the spindle, particularly when the paddle is raised

On the boat:

- Smoking is not permitted at any time anywhere on the boat. Fire spreads very quickly on a boat and can be devastating
- A boat is a very small space for a lot of people and it really is important for your own safety and comfort to keep the inside clean and tidy at all times
- Keep gangways clear of objects, luggage etc.
- Make sure your group members are scrupulous about hand washing especially when preparing food. Canal water can spread disease as can other items and surfaces you come into contact when boating.

Appendix B: Route Options for Weekend Residential Trips

Below are some route options with details of shops, facilities and activities. Please discuss your preferences and needs with our skipper in advance of your trip so we can tailor it.

Please note:

- All timings are estimates based on a cruising speed of 3 mph and 15 minutes per lock. Sometimes locks may take longer depending on traffic.
- There is time to stop at any of the parks on route for games etc.
- There are canal guides and maps on board. We recommend the free downloadable app called 'open canal map' so you can follow your progress




Please note: Activities listed in red with this booking icon should preferably be booked in advance


Emergency Services

Homerton University and Mile End (including emergency dental department) hospitals are the closest to our routes.


All access points along the canal are marked on the 'open canal map' app. The 'what 3 words' app is used by emergency services for your precise location (see **6. Resource Packs and Useful Apps**).

Option 1

Description	Timing
Meet at City Road, unpack, safety briefing and lock instruction	30 mins
Pass through City Road Lock (No 5) and moor overnight at Graham Street Gardens, green play area and playground (Secure mooring - park gates are locked dusk till dawn) Shops: Co-Op, City Road (5 minutes away); Tesco Metro, Islington Green (12 minutes away), large Sainsburys (15 minutes away)	30 mins
Pass through Sturt's and Acton's locks (No's 6 & 7) Shops: Upscale street market and mini supermarket	60 mins
On towards Victoria Park (200 acres): boating lake, café, Chinese peace pagoda Facilities: Toilets, water point and refuse disposal	60 mins
Pass through Old Ford and Mile End locks, (No's 8 & 9) Mile End Park (79 acres) - climbing wall  Local Cinema.	40 mins

Description	Timing
 Ragged School Museum. (1st Sunday each month) Facilities: Water point	
Through Johnsons and Salmons Lane locks (No's 10 & 11) Then on to Commercial Road lock (No 12) and the entrance to Limehouse basin for overnight mooring Good views over River Thames. Beach (15 minutes, walk accessible at low tide)	30 mins
Then choice of retracing your route or the following:	
Cruise up Limehouse Cut to Old Ford (Lea) Lock (No 19, Electric)	60 mins
Follow the River Lea to junction of Hertford Union Canal	30 mins
Through three locks to re-join the Regents Canal by Victoria Park	60 mins

Option 2

Description	Timing
Meet at City Road, unpack, safety briefing and lock instruction	30 mins
Pass through City Road Lock (No 5) Pass through Sturt's and Acton's locks (No's 6 & 7). Shops: Upscale street market and mini supermarket	60 mins
On towards Victoria Park (200 acres): boating lake, café, Chinese peace pagoda Facilities: Toilets, water point and refuse disposal	60 mins
Pass through Old Ford Lock (No 8) and turn onto the Hertford Union Canal and pass through three locks Shops: Local shop by lock no. 2	90 mins
Join the River Lea by Olympic Park (568 acres) and carry on to Lea Bridge.  Lea Valley Ice Centre Shops: Local shop (2 minutes way); large Aldi (20 minutes' walk or bus ride)	80 mins
Head back down the River Lea to Old Ford (Lea) lock, (electric) and down the Limehouse cut for overnight mooring Facilities: Water point, refuse disposal Shops: Tesco and Lidl (12 minutes' walk)	90 mins

Description	Timing
Pontoon mooring available unless required for boaters with disabilities, security cameras and patrols.	
Cruise back to City Road lock following Regent's Canal Possible return trip through Islington Tunnel before departure if time permits	220 mins

Appendix C: Accommodation and Domestic Services

1. Outside Deck

We have an open space with seating at the front of the boat.

This seats 8 adults comfortably and more young people. You may want to organise your group so they take it in turns to sit in this area.

In poor weather we have a canopy to protect you from the rain.



2. Interior Saloon

The saloon is a communal space which seats all 12 passengers comfortably along both sides of the boat. The cabin is heated in cold weather.

Here you will find:

- A fold-down table where guest can eat their meals (alternatively on their knees) and play games
- Book case containing books, games and so on (see *Appendix E: Games and Equipment* for the games and books we have)
- Under the seating in the cabin you will find extra storage space which can be used for dried food or tins. There is also an arts drawer containing paints and paper



3. Galley Kitchen

In our galley kitchen we have a:

- Gas cooker with four burners, grill and oven. This is run on Calor Gas, so it's not as powerful as normal domestic cookers. It may take longer to cook things, especially in the oven so allow extra time!
- Fridge
- Sink with hot water



The kitchen is fully equipped with crockery (including plates, mugs and glasses), cutlery, cooking utensils, pans, baking sheets and two kettles for the stove. There is also a non-electrical toaster for use on the gas burners. There is a pantry to store non-perishable food items.

Many groups enjoy a barbeque ashore. On some routes, there will be fire-pits where this can be done, weather permitting. If this is of interest, please ask our skipper for details.

See **Appendix C: Menu Planning and Cooking** for ideas on what to cook.

4. Sleeping Arrangements



There is a total of 12 berths (beds) in bunk bed fashion, laid out in three cabins each with four berths. Each cabin has a door to separate it from the next. This means Angel Boat is suitable for mixed gender groups.

The rear cabin affords more privacy so the group leaders may want to use this one.

We find, however, that many group leaders prefer to sleep in the main cabin near the front doors just in case youngsters go sleep walking during the night. The seating does make a very comfortable bed.

5 Heating and Hot Water

There is hot air heating on the boat for colder weather. However, you still need to ensure your group bring appropriate warm weather clothing rather than just relying on the heating.

And of course, we have hot water for washing up, personal washing and showers.

Please conserve water. Angel Boat carries only a limited amount of water in tanks so there may not be enough for all 12 people to have a shower every morning. Unless essential you may want to encourage the group to do without a shower for a couple of days or else split them between morning and evening showers, and a rota may prevent disputes!

Of course, if someone falls in the canal, a hot shower is important to warm up quickly and to minimise the risk of picking up any nasties from the water,

6. Toilet and Shower Operation

Toilets

There are two toilets on the boat which flush into holding tanks. The flush is operated by a foot pedal. Again, please **conserve water** and do not expect to flush as on the land! Always make sure the flush stops before leaving the compartment.

Please do not throw anything into the toilets other than the soft tissue provided, as this will block them. A bin is provided for other sanitary items.

There are also toilets along the canal. These are roomier than those on the boat and afford more privacy. Please ask the skipper to flag where these are along your chosen route.



Shower



We have one shower on board. You may need to organise a shower rota (see above). The shower compartment can be enlarged for passengers requiring personal assistance by combining it with the toilet cubicle, although this will temporarily block access through the boat.

Appendix D: Menu Planning and Cooking



Please note: **Food hygiene** is the responsibility of user groups who are expected to use practices such as taught on a basic food hygiene certificate course. Waste must be disposed of regularly. Deep fat frying is forbidden.

Preparing food and cooking in a narrow boat galley kitchen can be tricky and needs some organising but with a bit of ingenuity and creativity you can prepare meals that will please everyone. Here are some menu ideas that you can easily make on board.

Breakfast

- Porridge – quick and nutritious. Enhance it by topping with honey, syrup, bananas, raisins etc.
- Tinned baked beans, spaghetti etc.
- Eggy bread
- Bacon and sausages, cooked in a pan on the gas stove or on a baking sheet in the oven
- Cereals
- Croissants and other pastries, e.g. pain au chocolat (which can be warmed in the oven)
- Toast made on our special device on the gas hob. Four slices can be toasted at a time. Lovely with Marmite, peanut butter, jam etc.

Lunch

- Soup: shop-bought cartons or tins of soup are useful warmers for colder weather
- Part-cooked baguettes. These can be cooked in the oven for 10 minutes. Warm baguettes go nicely with soup. Garlic bread is always popular – youngsters can make it with the baguettes. Just fill with crushed garlic and butter, wrap in foil and bake in the oven
- Jacket potatoes. These can be cooked in the oven providing you allow enough time. Ring the changes with assorted fillings, e.g. tinned tuna, baked beans, cheese, chili
- Pizza. Thin crust cooks more quickly. You will only be able to cook two pizzas at a time due to the size of the oven. And of course, you can have vegetarian and non-vegetarian options

- Hot dogs. These can be quickly and easily warmed in a saucepan. Useful on the last day of your trip to minimize time and washing up as they can be served in kitchen roll, rather than using plates
- Burgers in buns. These can be cooked in the oven
- Salads, dips etc.

Dinner

- BBQs in warmer weather. Buy disposable BBQs and cook in permitted areas along the canal or in designated fire pits:
 - Aside from meat, try vegetable kebabs, toasted marshmallows, toasted Starburst sweets
 - Pitta pockets. Fill pitta bread with passata sauce and pizza-type toppings, wrap in foil, place on the BBQ. These warm nicely and quickly!
- Curries, e.g. chicken korma, masala, chick pea etc. Buy curry sauces in jars from the supermarket during the trip. These can be easily cooked in a large casserole dish in the oven
- Rice. 'Boil in the bag' rice is much easier, both for portion control and for ease and speed of cooking
- Sweet and Sour chicken
- Pasta / spaghetti bolognese – use a bought sauce or make your own, meat-based or vegetarian
- Lasagne which you can cook in large tin foil trays to minimize washing up
- Garlic bread (see above) / Naan Bread

See **Appendix D: Activity Ideas Around Meals** for some dessert suggestions.

Appendix E: Activity Ideas Around Meals



Giving young people the opportunity to plan, prepare and cook meals onboard not only gives them more life skills but it can help fill time while journeying on the boat.

Here are some food ideas you can get the youngsters to make with supervision:

Savoury

Garlic bread: Make with part-baked baguettes. See *Appendix C: Menu Planning and Cooking*

Mozzarella toasts: Cut a baguette in half lengthways. Spread on pesto and the top with mozzarella or other cheese and toast under the grill until the cheese is nice and gooey

Easy pasta sauce: put a little oil in a pan. Add thinly sliced garlic and a few torn basil leaves. Fry gently until pale golden. Add a can of tinned tomatoes and lots more torn basil. Cook for 8 minutes or so and serve with pasta. Other variations include adding tinned tuna.

Sweet / Dessert

Apple pies: Buy pre-made pastry. This could be a dessert with custard. We don't have baking tins on board so you may want to bring the disposable paper cake cases

Apple Crumble: Another easy dessert with custard

Muffin Pizzas: Your youngsters can make their own pizza with various toppings. Buy breakfast muffins and add the topping. This only takes 10-15 minutes to warm through in the oven.

Ready-made meringues and 'squirty' cream: Just add fruits of your choice. Your youngster can choose their own toppings and make when you're ready to eat dessert

Fruit Flans: Buy ready-made flan cases and assorted tins of fruit. The group can make and decorate their own flans in small groups of four (depending on the size of the flan cases). You can even make this into a competition with a prize for the best decorated flan.

Fruit Salad: This is easy enough for youngster to make. This could be done in smaller groups to accommodate different tastes.

Angel Delight: This comes in different flavours and is simple to make

Jelly and ice-Cream: Making jelly can be complicated with limited space and fridge... but not impossible! Consider making individual jellies in plastic cups (so they can be thrown away after). The ice cream sits on top of the jelly

Appendix F: Games and Equipment



Here are the games and equipment we have on board:

- DVD player/screen you can plug your laptop into (note: we do **not** have wi-fi and not all of the canal system has good mobile phone cover)
- Bluetooth speaker
- Library of about 30 books, including youth fiction, nature guides, binoculars for bird spotting and canal-related information. Check with the skipper to ensure what you want or need is available for your group
- Playing cards, puzzle cards, Boggle, cribbage, mini charades, 'Who am I?', Monopoly, Shut the Box and a selection of table games suitable for the whole group
- Assorted arts and crafts materials
- Balls: footballs, rugby/American football, cricket/baseball/rounders, tennis/badminton/volleyball, and volleyball net.
- Boules (mini and full size)
- Stunt kite
- Fishing rods (4)
- Large hammock (takes up to four young people)
- Pop up tent (sleeps 2 or makes a great den for more)

Under the seating in the saloon there is an arts drawer containing paints and paper

During the day in good weather there are plenty of opportunities for great activities to do. In case of bad weather and also in the evening, you may want to have a range of fun activities and games up your sleeve. For example:

Card games: Rummy, Spoons, 21, UNO

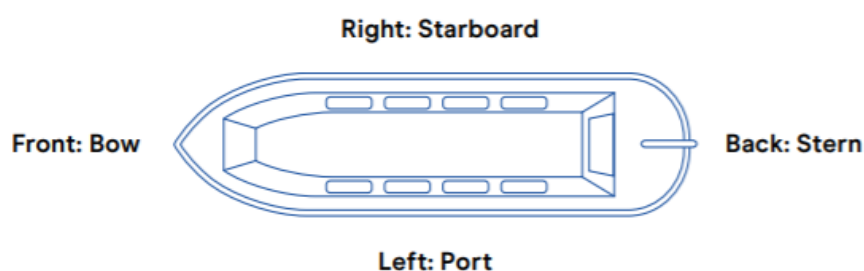
A-Z of girls' names or boys' names: Using boat names the youngsters have seen

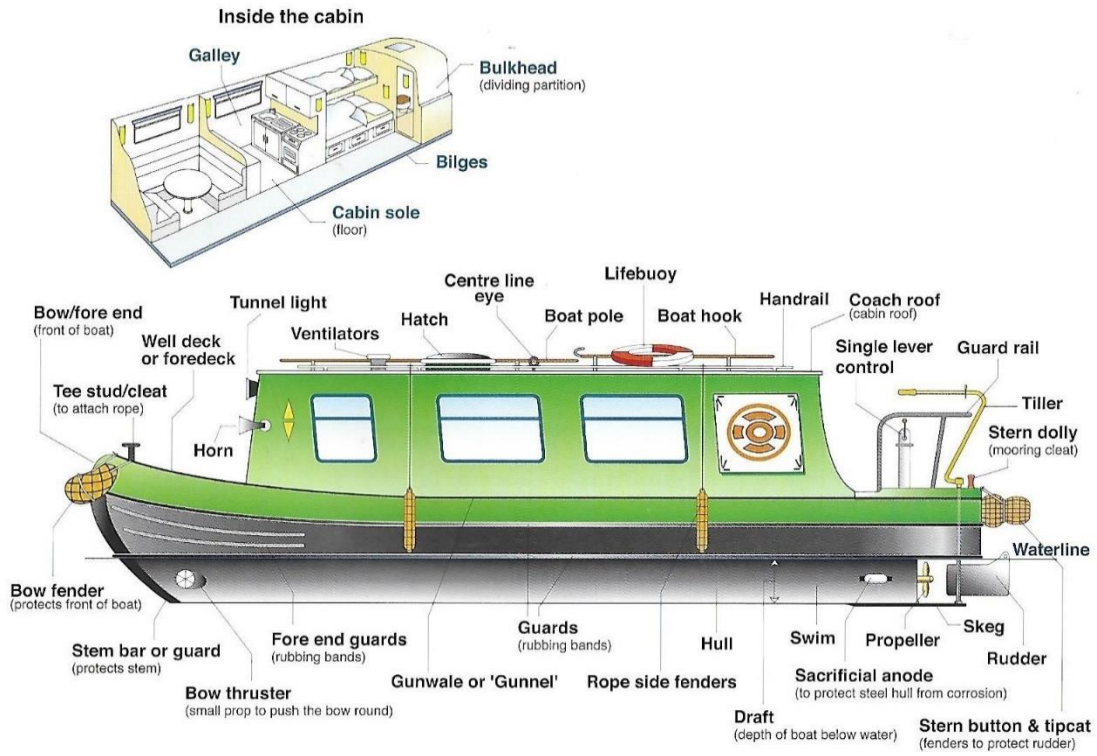
I Spy Spotter Sheets: Nature; Birds; Canal Boat Features; Locks; Canals

Appendix G: Boating Terms

Here are some basic boating terms to help your group learn more about their experience on Angel II.

Term	Meaning
Aft	At or towards the back of the boat
Berth	Bed or bunk
Bow	Front of the boat
Bulkheads	Upright panels (or 'walls') separating a boat into compartments.
Deck	Outside space on the boat where you can sit
Fender	A bumper used to absorb the kinetic energy of a boat berthing against a mooring, lock wall or another boat. They prevent damage to boats and berthing structures
Galley	Kitchen
Gongoozler	A bystander who enjoys watching the activities of boats, locks and boaters as they pass by
Port	The side of the boat that is on your left when you are looking forwards
Roses and castles	Traditional and highly stylised manner of decorating a narrowboat's cabin exterior and interior, doors, deck equipment etc., along with simple geometric shapes and playing card suit symbols, Close up the roses seem almost diagrammatic and each should comprise of no more than four colours. The castle is the main element of what is called the 'landscape'
Starboard	When looking forward, the right-hand side of the boat. (Derived from steerboard, being that side of ancient sailing ships on which the steering paddle was situated)
Stern	The back of the boat
Tiller	The long handle at the back of the boat used to steer / control the direction that the boat moves in
Windlass	L-shaped handle for operating lock paddles





Source: Inland Waterways Handbook (Second Edition, 2010). Andrew Newman