

# Frome Branch Training Days – General Arrangements

**Big Note re. COVID:** Although life has returned to normality, COVID is still very prevalent. If restrictions are reimposed, we may have to cancel some of these courses at short notice or restrict the numbers of those attending, depending on the COVID restrictions or regulations in force at the time.

All applicants are expected to be fully vaccinated, to have carried out a recent lateral flow test and to bring a face covering and wear it if requested to do so. Hand sanitiser will be provided. The courses will be run in towers where there is good ventilation in the ringing rooms.

## Applications

Submit applications no later than the last date shown on the poster. A fee of £10 is to be paid to the course leader on the day. The courses are half price to those of 16 and under.

Late applications will be accepted if places remain available.

Applications will not be acknowledged but applicants can expect joining instructions within a few days before the training day.

Schedule.

Generally, the proposed time timetable for each day for most courses is as below:

### All Day

09. 45 am	'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

### Half Day

09. 15 am	'Meet and Greet' including tea and coffee, followed by
09. 30– 12.15 am	Tutorials and ringing
or	
01. 30 pm	'Meet and Greet' including tea and coffee, followed by
01. 45 – 4.30 pm	Tutorials and ringing

There is usually a comfort and tea break halfway through each half day session. Any other changes of times will be given in the joining instructions.

## General

An **emergency name and contact details** must be provided for all minors under 18 and preferably for all other students; the emergency contact must be able to be reached **throughout the day**; the contact **is not to be** another ringer who is also on the same course. **All personal details, including email addresses, are not passed onto anyone else except course tutors and helpers.**

Travelling distance will be kept to a minimum and shared transport requests met where possible. Assuming you have given permission for your details to be shared, joining instructions will detail the name of your tutor and other students in your Group to allow for shared transport arrangements to be made 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. Further details can be found on the Association's website, <http://bath-wells.org/safeguarding.php>. 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 regarding it. If in doubt, please contact the Branch Education Officer. The group tutor will DBS cleared

## Applications to be sent to:

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 always have a signal at home for mobile phone calls, but you may send me text messages.)

Email: [Jenny.Cornwell](mailto:Jenny.Cornwell@bath-wells.org) [FromeBranch.EducationOfficer@bath-wells.org](mailto:FromeBranch.EducationOfficer@bath-wells.org)

Other Training

**Frome Branch:** Watch out for miscellaneous practices during the year.

Organised by: [Julian Back](mailto:Julian.Back@bath-wells.org) [FromeBranch.Secretary@bath-wells.org](mailto:FromeBranch.Secretary@bath-wells.org).

Other Branch Courses: [Announce@bath-wells.org](mailto:Announce@bath-wells.org). Also look on Facebook for Frome, Bath, Cary and Dunster Branches, who all have Facebook Groups and will post their courses on them.

**EGMET:** EGMET are running between one and two course each year.

Go to their website: <https://www.treblesgoing.org.uk> to find out mor

# Frome Branch Training Days – 2023 - 24 – Courses and ‘Experience’

## Criteria

Handling Workshop for new learners or for improving handling and more:

- 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?
- Do you bang the stay when setting your bell?
- Do you get left behind when the treble ringer says "Look to, Treble's going, She's gone"?
- Are you struggling to learn to handle a bell and would like a more intensive session?

Would you like to know 'why' or 'how' to all or some of these questions? Give us some idea what your problems are so we know what help you would like.

Do you teach using the **ART** scheme. Are you an experienced teacher and would like to pick up some useful tips. Are you willing to help with this course.

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 have started to ring rounds. The course will introduce you to Call Changes, dodging, place making and more.

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 "Ropesight" and place counting. There will be work with a computer programme to help with ropesight. 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 on an inside bell 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 or minor, in which case you must be able to ring the treble to touches or have rung the 2<sup>nd</sup> or 3<sup>rd</sup> to a Bob course 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 or minor.

Rope Splicing: Look after your ropes, want to save money and make them last longer and learn how to splice them. Learn about different materials ropes are made from and which is best for each purpose.

Listening and Rhythm Course: the new section based on **Rhythm** has proved to be very popular. Listening and Rhythm are essential partners!! You can't have one without the other. Encourage your whole band to come as a group. This isn't just for Learners but for Experienced ringers too!

**Note:** Details and application forms, etc., for this workshop will be sent out soon.

Variety including St Clements, Little Bob, Double Oxford, Kent and Cambridge Minor: you **must** be able to ring touches of Bob Minor competently and maybe started to ring the treble to simple **Treble Bob Minor** methods.

**Important Note:** it is counter-productive, both to yourself and the Tutor Group, 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 **please 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. Study how the method is constructed; what happens when a call is made, which place bell you become and how the coursing order changes.

**Other Possible Courses:** The following courses have not been included in the programme but can be provided or substituted instead of one of the above courses. *If you or your learners would like one of these – just ask.*

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

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Treble to Treble Bob methods: You must be able to plain hunt to touches of Plain Bob or Grandsire, etc. It may be possible to join the Variety Minor course listed above for *Treble Bobbing* practice; this will depend on the experience of the other participants.

Cambridge Major: You must be able to **treble bob** to a method such as Kent, Oxford or Cambridge itself. You should be able to ring on an inside bell to either Little Bob, Kent or Oxford and/or to touches of Cambridge Minor.