

CLEVEDON PADDLER

January, 2008

1 & 2 STAR TRAINING, JAN 2008

Saturday 12th January saw the successful end to many weeks of training for intrepid 1 Star candidates Danny Webb, Sam Wilson-Fletcher, Colin Sparrow and Clive Bishop.

The morning assessment on the Marine Lake was held in perfect weather, sunshine and a light breeze, the candidates had to demonstrate that they could perform all the strokes they had learnt. Capsize and rescue skills were left to the evening pool session although Clive was so keen he had to prove he could do it in the lake as well!

2 Star training continues with the main kayak strokes completed and some rescue training done in the pool. Chris Payne decided some real practice was needed so has already tried a capsized at sea. He also discovered that a boat full of water is very wobbly. The next step for everyone is to try out different types of canoe and learn the basics of open boat control.



THE ROLO CLUB

We would like to extend a meltingly warm welcome to the following new members :

Committee members Steve Holland and Alistair MacDonald have finally joined the Rolo Club. Both have enjoyed putting in a lot of effort helping others join the Rolo club before themselves.

Regular attendees also joining Steve and Alistair are Paul Powell and Chris Taswell.

Straight into the "master class" of hand rollers are brothers Chris and Peter Sargent

All have been learning at the pool sessions on Saturday evenings, where we have a very high success rate, so if you would like to learn to roll then book up now.

events@clevedoncanoecub.org.uk

ARTHUR KNOTT YOUTH AWARD

Here is a photo of Tom Barnes holding the "Arthur Knott Youth Award", started in memory of Arthur who established the club in 2006, which was awarded to Tom at the Club AGM. Tom is the first winner of this new award and has already set a high standard. Tom regularly attends club events, is always helpful, whatever the task. In his first year paddling has already tackled some tough water, both white water rivers and big surf, as well as finding time to hand roll.



CAPTION CORNER

Just send your entry to events@clevedoncanooclub.org.uk

Last month:



- I knew I shouldn't have had that curry last night.
- I'm awfully sorry, but I can't speak right now, please leave your message after the tone – burp!
- What, no one saw was his Dad's hand on his head!
- If I told my Dad once, I told him a thousand times, I didn't want my picture used in a stupid Caption Competition!

This month:



EVENTS AND TRIPS

The weather controls much of what we do during the Winter, but we've continued our Saturday morning sessions at the Marine Lake throughout, come what may.

We are soon to resume social meetings at Clevedon Sailing Club on a monthly basis.

There is a trip on The Bridgwater and Taunton Canal on February 10th, and the following weekend there is the Canoeexpo Show at Stoneleigh on 16/17th Feb.

There are more trips planned for the year, see Events page on the website.

Details for all these events will be emailed as soon as they are available, and posted to the website.

NEW EVENING CLASSES FOR MEN

Note: due to the complexity and level of difficulty, each course will accept a maximum of eight participants. The course covers two days and topics covered in the course include:

•Toilet rolls – do they grow on the holders

Roundtable discussions

•Difference between laundry basket & floor

Practicing with hamper (pictures and graphics)

•Learning how to find things

Starting with looking in the right place instead of turning the house upside down while shouting "It's not there!", "You've moved it!", or "We've run out!" – open forum

•Empty milk cartons; do they belong in the fridge or in the bin?

Group discussion and role play

•Real men ask for directions when lost

Real life testimonials from the one man who did

•Is it genetically impossible to sit quietly as she parallel parks?

Driving simulation

•Living with adults; basic difference between your mother and your partner

Online class and role playing

•How to be the ideal shopping companion

Relaxation exercises, meditation and breathing techniques

•Dishes and cutlery; do they levitate/fly to kitchen sink or dishwasher by themselves

Debate among panel of experts

VIEW FROM THE BANK

Recently, I've had feedback that the pool sessions are too expensive at £4 per person, so I thought I would just cover the reasoning: simply, the cost is determined by how much it costs us to hire the pool at Strode Sports Centre and by the practical numbers that can be accommodated. We have tried to structure the pool sessions around quality and safety, limiting the maximum number to 20 people per 45 minute session; that is to say 20 trainees in the first session and 20 trainers in the second.

This allows us to offer individual, tailored coaching to trainees - our success rate is high, with over 8 people learning to roll since December - and allows time for trainers to practise too. Participants can access equipment without any extra costs. In addition, each Saturday, members freely clean and transport boats to the pool and back for any one who books the session.

Some comparisons:-

1. Another local club have been making unsustainable losses, and have had to increase their charge to £4 for 30 minutes.
2. Fifteen minutes ice-skating tuition costs £7.
3. A well known burger chain will lighten you of £3.60, now, for one of their medium meals, which will take you a lot less than 45 minutes to see off.
4. Just going Swimming at Strode costs £3.25 for an adult.

Overall, we only aim to break even but that has not been happening and so, to limit the losses, we have had to reduce the number of pool sessions scheduled. This means that Pool sessions will no longer take place on February 23rd and March 8th, as previously announced.

On the positive side, we received the Grant from YANSEC in December 2007, and with it we purchased 4 new Dagger Dynamos and 2 Dagger Infra-Reds, which we have used extensively in the pool, plus all the associated paddles, buoyancy aids, spray-decks and helmets.

Finally, I would like to just say thanks to all those people who help to make pool sessions happen and give their time freely to organise and help with training, transport, cleaning or administration; Steve Holland, Mike Perrott, Gavin Price, Carol Price, Alistair MacDonald, Paul Farmer, Chris Payne, Andy Sargent, Martin Stanfield, Lu Webb and many others who pitch in and help out on the night. All of your contributions are appreciated.

Martin.

VIEW FROM THE CHAIR

January has been a very busy month with lots of planning going on the back ground.

Schools coaching - Mike has been liaising with local schools planning coaching session to start in the spring.

Trips this year - Mike has also come up with 10 trips he will lead, details of which are on the website events page. The first will be 10th Feb – Taunton and Bridgewater canal

MARLENS – Alistair, Mike and myself represent the Club on the MARLENS committee and the date has already been set for this year's festival- 12, 13th and 14th September. Please put it in your diaries and tell as many as you can to come along to raise funds for improving the lake facilities. MARLENS are also planning a fund raising biathlon event on the lake 13th July. We usually give them support on the water, so if you are interested in helping let us know.

Pool sessions – Steve and Martin have been shouldering the work cleaning and transporting kayaks to the pool and back. To give them a rest we have introduced a rota so anyone who can help please email

events@clevedoncanooclub.org.uk. We have decided to run sessions bi-weekly instead of every week. We are also considering opening it to non-members.

CSC first event – our first social event since renewing our affiliation to the Sailing Club is a pub quiz planned for the 31st Jan.

CRB checks –we are carrying out CRB (Criminal Record Bureau) checks in line with our Child Protection Policy on anyone who wants to help coach children through the club.

Bye for now,
Gavin



THE LEARNING LOOP

On a crisp winters morning me & Dad (Nigel) ventured down to Devon to paddle the elusive Dart Loop.

We met up with Lee Pooley (5* Kayak Coach & senior lecturer at South Devon College) our coach for the day at the kayak shop in Totnes. Lee gave a short talk about different types of safety equipment and general paddling equipment. This gave us a good idea of what we needed and what we already had.



The next thing we knew we were launching at Newbridge ready to start this memorable experience. Then it was go, go, go, we were off. To start with everything was a bit twitchy but we soon got the hang of things. Firstly, we were told to play about on a standing wave. Dad was close to capsizing but I was doing OK. Next we came to the 'Washing Machine'. Lee told us to follow his line but this wasn't as easy as it sounds having to battle against a very powerful flow. Thankfully we made it through but our kayaking partners for the day Steve and Tiff were not so lucky.

On we went, next came ferry gliding across the main flow – Dad's face dropped at the thought! On his first go Dad caught an edge and was flipped instantly, he attempted a roll but to no avail.

As we approached the 'Lover's Leap' rapid Tom Morris (The owner of the Totnes Kayak shop) told us to follow his line. He bounced off a rock and Dad gave it a go but got pinned against it. I could not avoid him and so ran into him, this did nothing, and he was still pinned. Lee told him to push himself backwards off of the rock but he immediately became a swimmer. I nearly capsized on the same rapid but somehow managed to sweep myself back upright before I hit anyone or anything.

Now it was time for lunch, by this time everyone was starting to feel a little tired. Pasties for lunch & an energy bar or two would have to keep us going until the end.

We set off again and had a play at the bottom of the 'Lover's Leap' rapid on the standing wave & another go at ferry gliding.

Now there was a long section of river with few obstacles. This gave us a chance to get our breath back and a chance to prepare for the next challenge, Triple Falls.

As we approached Lee told me to go ahead and shoot the falls without anyone to follow. Dad followed and we both successfully navigated the first two falls without any problems. But on the third fall I ended up capsizing but amazingly Dad made it through. He attempted a roll but didn't succeed. The Dart had claimed another swimmer. 'The water's freezing', I exclaimed.

After Triple Falls we continued paddling until we reached the last rapids before we had to egress at Holne Bridge. Dad was told to lead me and the others through here. Lots of bumping on rocks and close calls later we had arrived at Holne Bridge.

We had done it. We had successfully completed the Loop with only a few hiccups along the way.

Paddling the Loop brought home to us how powerful rivers and nature can be. Our thanks go out to Lee Pooley & Tom Morris for their tips and expertise in helping us to become more proficient & confident river running paddlers and in giving us a better understanding of what you can achieve if you give things a go!!

DAD'S LEARNING POINTS:

- Be alert
- Look where you are going (not at the bow)
- Expect the unexpected
- Be prepared to swim (those Palm drysuits really are very good)
- Expect to be upstaged

DADS LEARNING POINTS PART 2:

- After a visit to Saltford when in near flood
- Respect the river – it isn't always like the placid summer Avon
- Paddle in groups – Pawel is great for rescuing a boat
- Take the throwline with you
- If the drysuit has two zips, ensure both are closed before going for a swim!!!

By Tom Barnes, with acknowledgements to the driver.....