



Editorial

Welcome all to the first Newsletter of 2009

In this edition we have a special treat in the form of an inspired Limerick about the Intro to White Water Course that a few members have been braving in the recent cold weather.

The rest of the content is some kind of ramblings about websites, coaching, surf etiquette, wonky paddles and to round it all off another news story that made me smile ☺

I am still aiming to get a balanced of: Sea, White Water, Canal Cruises, Flat water touring, Surf or any other trips/articles/events so please let's have them.

Please submit any articles etc., by the 20th April 2009 for inclusion in the next issue.
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Ian Reinge

Intro to White Water course

A Limerick by Gina Dalton and Ross Livings

7 of us started, but now only 6 remain,
With excellent training, from Sparky in the main,
The first day brought rapids, with a couple of swims,
Some making eddies and not being pinned.

The weather was icy the first day so bold,
So a warm up was needed to get rid of the cold,
We threw rescue lines, to each other that day,
Before we dove into the rapids to play.

Splashing down rapids at Symmonds Yat,
Practising techniques called this and that,
Ferry gliding across the flows we tried,
Into the eddies on the other side.

Day two was warmer affair from the start,

But the river was in flowing as fast as a cart,
Instead a river trip was the order of the day,
With new strokes to learn along the way!

Confidence growing as on the day wore,
But spinning occurred on the hanging draw,
In and out of eddies we went,
Hoping the river would relent.
Two seals launched down the steep slide,
But some didn't fancy the icy ride,
Five went down the rapids so high,
But the walk back made you think, why?

As time wore on, better we got,
Though tiredness will beat you no matter what,
Muscles are aching and feet have gone numb,
So off to the pub for a warm cup of rum !

So a big thanks to Sparky and to Rich too,
For creating a fab course for us to do,
Roll on week 3 with more practice and fun,
Next time let's hope for a laugh in the sun.



So, how is the home build Sea kayak going?.....

Well, at the moment it resembles the world's largest jigsaw puzzle and nothing like a kayak; having progressed no further than marking out and cutting the parts which is frustrating as it should be semi constructed by now! Unfortunately I have been at the mercy of the constant marvel that is the British weather! My workspace has no heating so without a relatively stable temperature the epoxy won't set correctly and the boat would definitely be falling apart in the lake. Hopefully the weather will settle a little more now...but what do I read ad I write this....More snow and plummeting temperatures...aaaarrgh!!!

So what does a would be kayak builder do when they can't get on with building their kayak? Well, I suppose work is always one possibility, but..... "I know I'll carve a Traditional West Greenland Paddle"



£1.98 for a piece of pine studding, a few hours carving, planing and sanding, a lick of paint and some stickers from the surf shop to give a modern slant to the look, and hey presto.....



For those who are at this exact moment are thinking "how on earth do you paddle with that" and more popularly...What???, Why??? Your task is to Google 'Greenland Paddles' and report back to me why this style of paddle might be an advantage for 'Touring'.

Ian

Website, Email and The Forum

Recently we ported the website to a new Server. Hopefully nobody noticed the changeover, as it happened very quickly. Unfortunately, we lost our existing Forum in the changeover for technical reasons, (but not for want of trying; we had a backup but it didn't work!)

Anyway, if you used the Forum before, or have never used it, please go and register with the new one, and take part.

We're also hoping to update the website soon with a new look and more features and information.

Hopefully, in time, it will mean fewer events@ emails clogging up your Inbox!

The website is still located at www.clevedoncanoecub.org.uk and the forum can be found at www.clevedoncanoecub.org.uk/forum

Martin

*****ADVERT*****

"This is an invitation to an **Open Evening** at **Performance Kayaks**, for Clevedon Canoe Club members, on **Friday 20th March 2009**.

The standard **SUPER** discount scheme will not be in effect, but a slightly **Better** one will be available on all quantities of spending!

Don't forget to ask for price matching if we are not better than the rest!

The shop will stay open until 9pm and there will be Coffee, Tea and Biscuits!"

View from the Bank

It's been a while since I last wrote a "View", so I thought it was time I got back into it, and let you all know what's been going on.

If you remember, we received a grant of £10,000 back in April 2008 from the National Lottery Awards For All Fund.

At the time of writing only around £600 now remains unallocated. So where has it all gone?

Well, the fully-expensed fact-finding trip by the whole Committee, to see how a Canoe Club was run in the Seychelles, went down very nicely, thanks. We couldn't actually find any Canoe Clubs in the Seychelles, but we had a grand fortnight looking!

Seriously, though, you may remember that quite a large chunk of it went almost immediately on 12 new training kayaks and various accessories (£4260). This was followed by a new rack in the boatshed (£200) and more recently a rack at Strode swimming pool to accommodate the 12 training kayaks during the winter season pool sessions (£230).

Back at the end of last summer, six people trained to become UKCC/BCU Level 1 Coaches, also taking the new Foundation Rescue and Safety Test. In 2009, so far we have paid for some of our "old" BCU Level 1 coaches to upgrade to the new UKCC/BCU Level 1 Coach status, along with their FSRT courses.

We are about to embark on some more FSRT courses and train another six UKCC/BCU Level 1 coaches.

On top of that, two of our existing Level 1 coaches are about to take their Level 2 training.

And last, but not least, Mike Perrott has been able to take his Level 3 Sea Kayak and Surf Kayak Coaching qualifications.

In financial terms, a day's FSRT course for 6 people costs around £200. A four day Level 1 coaching course costs around £200 per head, and a Level 2 course around £300. None of this would have been possible had it not been for the Awards For All grant. In total our training costs in the last 12 months will be in excess of £4500, and will result in the training and support of 16 coaches at various levels.

I am hoping that, in 2010, we are able to repeat some of what we have achieved so far, perhaps with more FSRT courses, more Level 1 training and perhaps even taking some of this year's Level 1 coaches and pushing them through their Level 2. With any luck, Awards For All will come up trumps for us again.

Obviously, that amount of money would have made some interest while we have had it. Initially, it did quite well and has made about £65 overall, but the gradual decrease in the capital coupled with the massive reduction in general interest rates means that the monthly interest is now down to a few pence.

One other piece of news to report is that we have finally managed to insure all of our equipment. After a little bit of negotiation, the broker offered us an immediate 15% No Claims Discount, which was too good to turn down!

Martin

Surf Etiquette

Ian Reinge



Following on from my post on the forum: A quick intro (*the 3 main points*) to Surf etiquette, or how to avoid an accident or worse, an insurance claim or law suite with the person who you just injured.

Many members who surf regularly will know all this stuff, some of the folk keen to go surfing or new to it may find it handy to know. Further info is available on the BCU surf section although you will find it's mainly what I have put here but in more detail and a few extra things to note.

The sea is a crowded place where the surf meets the shore. I Surf kayaks and boards so have a perspective from both sides of the fence. However this article does not concern my personal views it's all stuff you will find on the BCU site that the BCU hope you know about (*in the same way they hope you know about river codes of conduct*) before you head out to the surf beaches as you are representing the sport. The first thing to appreciate is that relations between Surfers and kayakers are very strained. Why?.....numerous incidents involving undisciplined surf kayakers (*there is a surf code for all surf craft*). Kayaks on a wave unless piloted by the most skilled paddler tend to get a bit out of control, especially once they turn side on, which they inevitably will at some point. They are big and they are heavy and they do damage when they hit somebody.

Inexperienced surf kayakers should definitely keep well clear of others including fellow kayakers, and in general Kayaks do not need the perfect waves that a surf board does as we can paddle quicker than a board to catch a wave and ride smaller waves with ease. So as kayakers we are wise to try to choose a spot off to the side, away from the immediate vicinity of boarders.

Should you find yourself however with Surfers or even other Kayakers, there is a surf code for **all** surf craft. These are official rules recognised pretty much the world over and ensure courtesy and safety. If you injure somebody or damage their equipment though ignoring these rules your BCU 3rd party cover will almost certainly be all but useless.

Surf code Basics (for the lot see the BCU site)

- The person nearest to the breaking section of the wave has right of way and the right to that wave. Everybody else's job is to get off the wave.
- **'Dropping in'**: Often several people will go for the same wave knowing that others may fail to get on, its part of the game and this can get confusing. However this is how it works: If you catch the wave and notice another surfer is already established on the wave and heading in your direction you are about to 'drop in'...on them. Get off the wave quickly, do not drop in! Obviously a collision is almost inevitable if you do drop in, but this is also the worst crime you can commit in the surf and dropping in on strangers is downright dangerous to your own health too as it usually results in verbal, and occasionally, physical abuse. The person who is first on the wave normally tends to be (*although not always*) nearest to the breaking section so the previous rule

applies within the 'dropping in' rule even if you got on to the wave slightly before them. Confused?.... Use your common sense and judgement.

- Do not paddle out in front of people, make sure your path through the waves is clear or paddle out to one side of everyone else. A friend of mine lost three and a half front teeth surf kayaking when a surf board he paddled in front of struck him straight in the face as the surfer jumped off to try and avoid hitting him. (I have also been hit face on by an oncoming kayak but hey I paddled in front of it so my fault 😊, still hurt big time though)

That's the code world over. Check the BCU site, be aware, be safe, gain respect for our sport, get out and enjoy 😊

Ian

Real Choccy Easter Egg Hunt

Gina and Ian are planning to organise an Easter egg hunt (*if folk are interested*), with real Choccy eggs on Easter Monday. It will be foot based and around the seafront and Marine Lake area and finishing up in the pub. We need to know if people are interested in this so we can arrange it or cancel it in good time.

We would suggest teams of 3- 4 with an entry cost of £1 per person to cover the eggs.

We can only go ahead if enough people are interested as we need to plan locations clues, but and hide eggs. Please e-mail Ian at stretchernews@yahoo.com (*yeah sounds weird I know but it will stop my personal inbox getting clogged*) or please reply to the thread on the Forum if you have joined up.

We need teams confirmed by **23rd March** if it is to be worth organising.

Thanks



And finally

A news story that made me smile:

A naked man was arrested on suspicion of burglary on Wednesday after getting stuck in the chimney of the Tesco store he was allegedly trying to steal from, police said.

Greater Manchester Police said officers were alerted to the Tesco Express store in the Pemberton area of Wigan at 5:30 a.m. after receiving a report of "concern for a man."

When police arrived at the scene, they found a man trapped in the chimney breast. The 22-year-old was freed by firefighters and, after it was discovered he was naked, officers took him to hospital. He was later discharged and is now in police custody.

"It is believed some of his clothes came off as a result of him struggling to get out of the chimney," police said in a statement.

That's all folks

See you on the H2o