

# TALES FROM THE RIVERBANK



NOVEMBER/DECEMBER 2008

## *It's a Dog's Life*



I've been attending canoe club activities for over a year now and recently decided it was high time I took to the water myself. Granted, the first few times I met fellow members I disgraced myself dreadfully by trying to bite them and to my eternal shame I did mean it at the time. In my defence I blame the atrocious weather at the Rhosneigr camp - that tent was flapping very loudly and I had to take care of any potential threats to my well being. I am really sorry for sinking my teeth into

someone's welly, and that was before the tent collapsed overnight and we packed up and went home.

Anyway, that is all in the past now and we are far more civilised since we joined the caravan set, which is definitely more my style. I am now far more comfortable and confident in club members' company and have been getting a bit fed up being left at home. A quick search on 'eBay' and use of the family credit card and my purchase of the 'Up Buoy'

buoyancy aid was complete. A couple of days later the usually threatening postman delivered my package. I have to say that I look rather fetching in my new apparel although slightly disappointed that the 'small' size I had ordered fitted me so well – I did so want to be a 'medium' and stop a certain person ridiculing the size of my legs! There is even a small pocket for carrying biscuits or other delicious treats.

I now needed to see some action, so we all drove up to a caravan site near Penrith for a canoeing weekend. Our first stop was Ullswater, which was 10 minutes away. We got kitted up and I supervised whilst the others carried the club Canadian canoe down to the shore. Without much ado I hopped in, settling myself in the middle of the boat so that I could keep an eye on both paddlers and ensure we didn't hit any rocks or other obstacles. There was a strong breeze blowing up the lake as we set off towards Glenridding and it took me a little while to get used to the movement of the water. After a spell of standing on the bow in my best Kate Winslet/Titanic pose (I am much better looking) and with the wind blowing through my hair I felt much better and we turned the boat to head back to the beach for a welcome 'comfort break'.



We then paddled in the opposite direction to see how much water was coming down Aira Beck. The waves picked up and I really started to enjoy myself and spent my time looking over the side trying to spot fish or ducks when I wasn't needed for navigational advice. It was however very degrading to hear

families on the shore point and chuckle as we paddled gracefully past. Another comfort break and it was time to head back. As usual the wind died down just as we got back to our launch spot and I was humiliated by being dunked in the water and made to swim to shore amid howls of laughter from people who should know better! I can't help it if my survival instinct kicked in too soon and I found myself paddling in mid air before being lowered in to the water. Very embarrassing - I'm a novice at this remember - and I could carry the emotional scars for the rest of my life.



After a good night's sleep and a morning constitutional when I found a red squirrel, we were off to meet other club members at Kettlewell car park on Derwent Water. They were most complimentary about my canoeing gear and were impressed by my prowess in a boat. We paddled around the south end of the lake over to the western shore where another comfort break was needed. This was good timing as a passing walker alerted us to a campfire, which was burning unattended in the oak woodlands. We managed to put it out without too much difficulty and just hoped that nobody reappeared with the intention of cooking their breakfast on what was now just a smoking pile of ash. We headed north up the lake to a beach which was deemed to be the usual 'Ribble' spot for lunch, and unwilling to break with tradition we hopped out to eat our sandwiches in the sunshine. In contrast to yesterday, there was not a breath of wind on the lake which was busy with other canoeists and the ferry was doing a roaring trade.



Despite my best efforts, I have to admit that our canoe was slower than the others were in their kayaks. A plan was devised so the kayaks carried on north to circumnavigate the lake whilst we headed back towards the car park to then paddle north up the eastern side

until we all met up again. Time passed quickly while I had a little doze on the way across (it's very tiring participating in sporting activities) and we were soon back with the others.

A bit of boat swapping followed enabling me to have a go in Iain's Rocker but I found the paddles a little hard to grip, while others tried out our Canadian and each others sea boats. It was soon time to all go our separate ways – us back to our campsite to plan the following days walking and our friends back to Preston.

Although I'm not sure if I'll be at Halton this year my first attempts at paddling were very enjoyable and I hope to see you all on the water soon.

***Zack Risely***

PS off for a bath now – I have new bottle of 'Woof'n'Go' shampoo to make me nice to be near.

## ***Chairman's Chat***

Halton's here again and it's nearly Christmas (expected insertion from Ed here about lateness of certain copy). What more is there to be said?

Well go on then, I'll just mention the AGM which is coming up in February and is at the Hand & Dagger this time. We're not exactly sure of the date just yet, because just as we'd organised it, some clot also organised a wild Welsh wet week-end trip for the same date. Now what were the chances of that happening then? By the time this mag goes to press (expected sarcastic insertion from Ed here about lateness of certain copy) the exact date will be known (hopefully). Setting up the Committee lists for the AGM, it came as something of a shock to realise how many resignations we've had this year. Was it something I said? We've lost Nicky Marsh, Mark and Grant Dillon, Adam Fielder, Mark

Loftus, Allan Hacking and two more are standing down at the AGM – Martin Stockdale and Iain Robinson. It's a good job some of us follow the Mugabe principal and refuse to go no matter what chaos and confusion we cause. Thanks must go to all those Committee Members who have resigned during the year. We will miss their valuable contributions at future committee meetings but hope to enjoy their support on the water, in the pool and at the bar throughout the future.

I must mention separately, the contribution made over the past many years by Martin Stockdale as Editor of this noble organ. He is handing over the job from the AGM and we are very lucky to have Norman and Pat Green to take over. Whilst I have every confidence in Norman and Pat, they will be hard pushed to maintain the high standards set by Martin.

The job of Editor is not made any easier by items like Chairman's Chat and the Calendar (Oh dear, I've not started this month's yet) being handed in late every single issue without fail. Sorry, the dog ate my first attempt.

Have you booked in for Dumbongo yet? That's our pool fun night of games and mayhem for adults but juniors can join in if they must (but not to win it like they did last year!) I believe there may be a Women Only Team as well this year. So dust off your masks, head-dresses and grass skirts and book in with Allan Hacking.

The Official Christmas Do at The New Drop, Ribchester is on Saturday 13 December and by the deadline had 26 members booked in. Adam & Marks Unofficial Christmas Do at the Hand & Dagger is on Monday 15 December and you can still book on with Adam Fielder. I'm going to both – just hope I've recovered from the first in time for the second.

Happy Christmas and a Merry New Year to all our Members.

***Terry Maddock***

# ***Safety First part 4:***

## ***Equipment***

### **First Aid Kit**

Consider carrying 2 first aid kits, one in the boat, the other in your BA pocket.

The one in the boat should contain latex gloves, sterile dressings, absorbent dressings, tissues, waterproof tape, sticky tape, plasters, safety pins, triangle bandage, knife or scissors, waterproof paper and pencil. It should be easily accessed, and waterproof, if it is for group use be aware that most of the contents have 'use by' dates and some people have issues with allergies to plasters and latex. Consider carrying dextrose glucose tablets. Protect yourself and others with latex gloves, plastic gloves (from the garage forecourt) and barrier mask, have a method of safe storage/disposal of any used dressings.

In your BA carry a wad of tissue, roll of insulation tape, pair of latex gloves, pair of plastic gloves (from the garage forecourt) and barrier mask, all in two zip lock bags. This takes up very little room, can be thrown away if it gets wet and will be enough to patch up most incidents on the water until you get to shore.

Latex gloves come in a variety of sizes, try and get the largest possible and put extra talc inside. Trying to get gloves on cold wet hands is a nightmare... try it!

### **Knife**

Everyone paddling on white water should have a knife, easily accessible and able to be operated by either hand when cold and wet. The blade must not have a point, must be lockable when open, if you attach it to a lanyard this must be releasable under pressure. A curved, serrated, blade cuts most ropes and material well.

Be sure to check the opening mechanism works well on a regular basis, especially after submersion in seawater. If it needs lubricating only use olive/cooking oil as this will not damage any other materials it contacts.

Most locking knives are designed for right-handed people, try before you buy. Diving dagger style knives were once popular but be aware of issues surrounding the carrying of knives in public places and the law.



## **Karabiners, Prusik Loops and Slings**

Karabiners are mainly designed for climbing and as such the gate doesn't open wide enough to go over a paddle shaft or wide grab loop. Kayaking karabiners are designed with very wide gate and it's worth having at least one in your collection. If you are buying new karabiners get the ones that have a very smooth gate latch as they won't snag on the open threads of throwline ropes. Have at least one screwgate/locking karabiner as these are more secure in certain situations. Be sure to check the opening mechanism works well on a regular basis, especially after submersion in seawater. If it needs lubricating only use olive/cooking oil as this will not damage any other materials it contacts.

Prusik loops are 1metre long, 6mm-7mm diameter ropes tied in a loop using an overhand knot leaving 100mm tails. These can be wound around a rope to grip it tight when pulled in one direction and released when pulled in the opposite. They can be very useful in recovering boats in conjunction with throwlines and simple pulley systems. Websites and climbing literature will give further details, other knots to check out at the same time are, clove hitch, Italian hitch, overhand knot, figure 8 knot and bowline.

A sling is a loop of rope or webbing, knotted or stitched. It can be used as a short throwline for reaching rescues, a towline, a belay, lifting or securing boats, a Prusik loop (modern, narrow, climbing slings). Alternatively you can carry a 2metre length of 7mm-8mm rope or 25mm webbing and knot as needed. Useful slings sizes are 1.2metres or 2.4metres (this relates to the distance from end to end). As with the throwline, store uncoiled and dry in the dark.

## **Whistle**

Great value for money, but buy a good one such as a Fox. Attach it to a point on your

BA that is close to your face, on a single strand lanyard so that it just reaches your mouth. The lanyard should release if you're swimming and it gets snagged. Never have the whistle on a loop around the neck or in a zipped pocket. It is for emergency use so must be accessible at all times.

## **Boat**

Modern boats have many safety features built in, if you make any modifications be sure they do not produce any entrapment issues. Other improvements you can make are:

Attach 0.5metre-0.75metre, 25mm webbing 'tails' to the grab loops to assist rescues, rescuing, manual handling.

Attach a spray deck release strap to cockpit combing.

Change one or both mechanical backrest ratchet with a sailing cleat and length of cord (see Robson boats outfitting), this will allow instant quick release and adjustment of backrest, for quick exit/entry.

Always check footplate attachment nuts before paddling, many work loose on the roof rack. Regularly check tightness of all remaining fittings.

If you don't like sitting in a pool of water carefully drill several drain holes in the lowest points of the seat.

Remove and increase the chamfer on all edges of front and central buoyancy, to aid exit/entry. Re shape using a bread knife, sand smooth and seal with the heat from electric heat gun.

***Tony Morgan***

# ***The White Water Worriers:***



## ***Welsh bruises and morals***

After a summer largely centred around Teesside white water course, along came the Tryweryn Pyranha Fest in mid September. This was the first outing for the newly formed White Water Worriers, a band of intrepid paddlers of untold skill, suave appearance and devilish good looks, yep this was Burger Boy, River God and yours truly. Suitably attired in our new 'Worrier' hoodies we descended upon the unsuspecting Pyranha tent to prize a couple of sponges from their grasp before bigging ourselves up and setting off for the top of the course where BB and I were to meet up with Tom Parker coaching to enrol on a Real Life Rescues course whilst River God was to pose and play his way down the river amongst the mere mortals.

BB and I soon met up with our 'Real Life Rescues course' Level 5 coach Dave Rosseter, much to our surprise and benefit the course was massively under subscribed and

left us with a 3:1 ratio of student to coach – the third person being a guy called Gerry who had the oldest kit I'd ever seen (I suspect it was even pre-Norman of the North era).

The three of us set off down river to the Chapel Falls where we were going to go through some real life rescue scenarios before coming back up river to cover some boat based rescue techniques. On the walk down we were amazed to hear that Dave not only ran his own coaching company – Standing Waves, but also owned Stirling & Nevis Canoes and was a director of the BCU & SCA and chaired the UK coaching management committee and assessed L5 coaches, wow, and boy was he impressed with us as you can imagine.

On arrival at Chapel Falls we discussed the water and the bank side terrain before Dave told us how he was going to work his way

into the river just below the stopper, catch the current and as he was swept down we would shout to attract his attention before practising bank based rescues with lines and if we missed him he would be able to reach the lower down eddy anyway.

Oh No, this is where it all went wrong and our Real Life Rescue Course became a real life rescue. Dave misjudged the tow back of the stopper and was drawn into the stopper beneath the falls despite his attempts to swim away from it. Into the stopper he went and under the water his head went as he valiantly tried to get to first one edge then the centre tongue of water all to no avail. At this point the three of us knew it had gone wrong (as you would) and Dave would struggle to get out so his attention was drawn and BB got him first shot with a throwline and with Dave hanging on two of us hauled him out and to safety. An extremely shocked coach was staggering onto the bank looking crestfallen and bewildered with a huge moggy hanging from his nose as we saw his waist belt with throwline drift off down river along with £150 worth of karabiners, pulleys, lines and other paraphernalia.

The gear was lost but Dave was saved and we didn't have the heart to tell him about the moggy so it stayed there for the next 3 hours drying until it was just a small crust. The moral of the story must be that you should always pay the utmost respect to the rivers and in any situation be sure that the group you are with can rescue you, I suppose another moral to this tale could be always wipe your nose after an immersion or for the next three hours no one can look you in the eye- don't you love nose clips. Let me tell you about Gerry's gear and imagine the disaster that could have occurred if the others in the group were similarly equipped. Straight after the rescue we did some work with throwlines rigging up various pulleys and practising knots, when Gerry got his throwline out it looked like he had whipped it himself from hemp, it had an enormous hose pipe sleeved hand loop on the end the thrower holds and was so knotted and coiled it would have been useless. As we all surveyed it Gerry admitted

to having never used it in anger –despite owning it since 1918- and only really used it to hang washing on.

After the course Gerry asked if we fancied paddling down to Bala with him and his buddies, what do you think the moral could be, I suspect it goes like - only paddle with people you can rely on and have some knowledge of, we didn't paddle with him.. Anyway back to the course, it was great and we practised all sorts of useful techniques, but all from the bank as it was likely that Dave didn't fancy the wet stuff anymore, and I can't blame him, he was obviously suffering from a bruised ego and was clearly shocked by what nearly occurred. As the session came to a close it was evident the moggy was there for the day and that we had learnt loads and really enjoyed the course which was a welcome refresher for BB and I.

Back at the top car park a forlorn River God showed the weekend's second bruising, not an ego this time but a very Bamberesque like damaged digit (as in Mark Bamber esq - the Preston based self harmer). It turns out that this little pinkie had got trapped between rocks as RG was making an eddy and looked to be broken, still that was not going to stop him- there were girls to impress and an expectant public.

After a spot of lunch the plan was for a top to bottom run of the Tryweryn from the 'chipper' down to Bala, with the Worriers in the exalted company of Glynn and Mags Brayfield, John Turner, Gavin Layton and several other top paddlers. BB and I were a little concerned that with coming straight from a land based rescue course we weren't up to speed with moving water, however we all set off nicely with everyone looking comfortable sliding down the bank near the chipper apart from RG who upon entering the water broke a fitting on his newly completed Pyranha Burn canoe. After a quick boat change he was back with us we were all comfortably making eddies on the 'graveyard' section before moving onto the 'ski slope'. This river is about as testing as anything BB and I have ever paddled and we were glad of

the excellent guidance we were receiving from the group. Then disaster struck as I went under Miss Davis Bridge (the stone one a couple of hundred yards above the café). I got caught out and went over in some very tricky water and after three missed rolls swam out only to get a right bouncing. This spot is my nemesis as it is where I last swam on the Tryweryn and got a real beating. Same again this time and as I dragged myself from the water Glynn asked are you hurt, I replied that my bum was sore and as I bent over a lump on it the size of half a tennis ball was clearly visible on my left cheek through my drysuit. Oh pain, and me on the wrong side of the river to get off. I had to get back into the boat but every time I tried my bum went into spasm, but after several attempts I managed it and eventually after a very tricky crossing reached the other bank and was able to get off the river, day over for me. Laid out in the sunshine on the grass near the Pyranha tent with Glyn rubbing my bum may be Mags idea of fun but it wasn't mine, but after several ice packs, rubbings and stretchings the pain was close to bearable and I should say at this point that Glyn is a physiotherapist and I really appreciated his help. Later that day we bumped into Dave Rosseter again and I was relieved to see the moggy had gone.

Back at the B&B the bruise on my bum was beginning to show and when surveyed later on at the disco and slide show had grown to such proportions as to be the biggest draw of the night (what! doesn't everyone show their bum at discos? They do in Blackpool). It was a great night and fun atmosphere with good food that BB and I got second helpings of after laying our charms on the unsuspecting venue owner's daughter.

As another glorious day dawned I awoke to find River God upside down in his bed with his feet on the pillow, this after me waking up in the night only to find him laid with his head across my feet, he really does sleep around in the true meaning of the phrase, that lad can do 360s in his sleep. That morning when we sat having breakfast I realised how uncomfortable dining chairs are as it felt like I was sat with a snooker ball in my back

pocket, I was clearly going to struggle paddling, so much to the chagrin of River God, BB and I sent him off to play whilst we re-built some confidence on the top stretch of the course before attempting any serious paddling and after a couple of hours we were both ready to rock and roll - or just rock as the case may be. The same group as the day before joined us and again guided us down the rapids. The run down the ski-slope was brilliant with a worried BB checking with our guides that the almost impossible to catch mini eddy half way down the slope wouldn't hold him if he accidentally hit it, after the assurances he then paddled straight into it, spun 180 degrees, and went down the rest of the section backwards proving the rule that you should look where you want to go and not at the hazard. Eventually we arrived safely at Miss Davis Bridge where I wanted to get off as I felt I'd done enough confidence building to call it a day and didn't want to risk another swim. However with careful line explanation and a bit of morale boosting talk I decided to run the section. We set off follow my leader style and made the eddy above the bridge. From there I saw it all go wrong for BB as he got the line wrong and crashed down the centre of the river before losing it and capsizing, luckily his roll held and he was safely in the eddy well down the river and waiting for us to catch up with him. My turn, and off I went ferrying across before angling nicely down the drop and plopping as easily as you like into the eddy below the bridge. I couldn't believe it, after two attempts and two really nasty swims I had done it easily. From there we all paddled down past the cafe to the NRA bridge and got out just in time for River God and Flapjack to join the playboating competition.

So there it is, a great weekend in Wales with one bruised ego, one bruised finger and one bruised bum (but still cute - ask anyone), and the final moral of the story is: Not only the sheep in Wales get a sore bum. Thanks to Pyranha for a great event and John, Glyn and Mags for looking after us.

***Bruce Darse, the White Water Worriers' crappiest paddler***



# Training

In 2008 we adopted a new routine of coaching newcomers and improvers in the club, we worked with the BCU Paddlepower program. The majority of the coaching took place at our normal social gatherings on a Tuesday night at the Hand & Dagger public house on the Lancaster canal.



After carrying out a review of the year's results and coach workload, we have decided to make some changes next year. Therefore in 2009, the sessions will still be on Tuesday evenings at the Hand & Dagger but will be limited in number, we are also going to return to the BCU star award scheme. Paddlepower may also be available to younger members.

**1 & 2 star coaching** will take the form of a 10 week course in early summer, this should allow more continuity with the groups. Dates for 2009 can be found below.

**3 Star coaching;** We are planning to introduce the white water 3 star syllabus during regular club trips over the winter months, for further details speak to Nicky Marsh at the Hand & Dagger on a Tuesday night or post a message on the club forum, It is anticipated to have a 3 star assessment day at the end of February 2009.

The 08/09 winter courses are £20 for junior members and £30 for adult members, plus any additional pool fees and BCU assessment fees.

Beginners are welcome at any of the paddle skill pool sessions held each month (booking is essential), and also coaches can be available each week at the Hand & Dagger during the summer for informal outdoor sessions.



**Paddle skills Pool Sessions;** these sessions take place each month (currently on the 2nd Friday) at Fulwood swimming pool. Coaches attend these sessions to assist any club members who feel any aspect of their paddling requires a bit of attention. Pre-booking is needed for these sessions to prevent overcrowding. Contact me or post a message on the club forum. Normal pool fees apply to these sessions.

## 2009 dates for 1 & 2 star courses

Pool sessions; Fridays 17th April, 8th May & 12th June.

Outdoor sessions at Hand & Dagger; Tuesdays from 21st April to 16th June with a break at spring bank (this is 8 weeks).

Outdoor session, probably in the lakes; Training/trip Sat 6th June,

Assessment Sat 27th June. Again probably in the lakes.

Contact me at the Hand & Dagger on a Tuesday night or post a message on the club forum, for more details. Prices for 2009 have not been fixed yet.

**Allan Hacking**

# ***AGM 2008***

Notice is hereby given that the Ribble Canoe Club AGM will be held on Thursday 26th February 2009 at 7:30 for 8:00pm at The Hand & Dagger, Treales Road, Salwick.

This meeting is open to every Club member and is your opportunity to raise any issues you may have about the Club, its organisation and the way you want the Club to be run in future. Items of discussion for inclusion on the Agenda and proposals for new committee members are therefore invited and should be notified in writing to the Hon. Secretary, Paul Binks no later than 31st December 2008.

Current Committee members are:

Chairman	Terry Maddock
Secretary	Paul Binks (General) <sup>+</sup> Brian Woodhouse (Membership) <sup>*</sup>
Treasurer	Kath Risely <sup>*</sup>
Competition Secretary	Vacant
Quartermaster	Albert Risely <sup>+</sup>
Child Welfare Officer	Alison Nelson
General Committee	Tom Byrne <sup>*</sup> John Kington <sup>*</sup> Ed Lefley <sup>+</sup> Peter Nelson (Junior Representative) <sup>+</sup> Steve Swarbrick <sup>*</sup> Rachel Desmond-Drew <sup>+</sup>

Those marked \* are due to retire by rotation (every 2 years) and being eligible offer themselves for re-election. Those marked + have been co-opted onto the committee during the year and now stand for election by the general meeting.

Proposals for the role of Competition Secretary, as well as any other proposals for committee members are most welcome and should be notified to the Secretary as described above. Agreement will then be sought at the AGM.

The following Committee Members resigned during the year:

Mark Dillon  
Grant Dillon  
Adam Fielder  
Allan Hacking  
Mark Loftus  
Nicky Marsh

The following Committee Members are standing down at this AGM:

Peter Jones  
Iain Robinson  
Martin Stockdale

The full Agenda for the AGM will be posted in the January edition of the newsletter.

***Paul Binks, Hon secretary***

# *Introduction to Moving Water*

*Hot Heads, Hot pies and Hot...  
Burrs, October '08*

They call it an introduction to moving water, rather than white water, because frankly the River Irwell tends to be more Cappuccino coloured rather than being nice and white and frothy. But nevertheless it's a great river and a great place to learn what moving water's about; to finally understand why we practice edging on the canal. Many, many, many thanks to Allan for organizing it and many thanks to Allan and all the others who helped coach us. I really feel that we all came on loads. At the beginning we were all wobbling, at the end we were still wobbling but this time with confidence and with an ability to keep upright.

For those of you who've not been to Burrs the stretch used starts with the weir; though you can start below the weir. It looks very impressive and daunting and you feel that no way would you be able to come down it, especially when you see people scoot down and submerge their entire boats before bobbing up again. After I was told the water at the bottom is actually only a couple of feet deep I didn't feel quite so put off. So, what the heck, lets give it a go. Hanging around on the still water above the weir seems surreal, the calm before the storm. A few encouraging

words from Allan on what to do and not do in the 1.25 seconds it takes you to come down the weir and then he's off over the edge. Peter Nelson could obviously see that I was nervous and came across to give me a few tips; "Keep your eyes, mouth and ears shut and you'll be alright". Good advice I thought. As I went over the edge time seemed to slow. My boat was going slightly to the left so I touched the water slightly with the paddle on the right. This made a more dramatic effect than I thought, as I was now heading at 45 degrees down the slope. Panic set in.

Thankfully a quick shufty on the seat and I was heading down straight again. I was about half a boats length away from the bottom when Peter's words came to mind. 'Ok', I thought, 'Eyes shut, mouth shut ... how am I actually going to shut my nose!' Too late I hit the bottom and a jet of water went further up my nose than I'd thought possible; it quite brought a tear to my eye I can tell you!

There are loads of sections of the river than are just perfect for learning how to turn in and turn out, surf, or ferry glide across. Not sure if I like the phrase 'Ferry glide' though, it sounds so calm and serene, almost effortless.

With all the effort of essentially trying to paddle upstream like a determined salmon I felt like I'd done 10 rounds with Ricky Hatton and I could hardly walk on the Sunday. It does get easier though. With it being October and being cautious I decided to put quite a few layers on, as had most people. I'd even bought one of those insulating hat things that look ridiculous. We didn't really need them though it was very mild. It's quite an energetic business this canoeing you know; a lot of energy gets expended. At one point we all stopped for a breather... I mean let another group go past. We'd been working so hard and we were so well insulated you could see the steam rising from our heads. We looked like a herd of thoroughbred stallions out exercising on a winter's morn... possibly.



It's amazing how time goes when you're out enjoying yourself. Even though the stretch of river is less than 1km it took about 2 hours to come down. At the end of it you're really ready for some warm food. Not knowing what the food situation is a Burrs (there is a café that doesn't look at you funny when you're sit there in a dripping wet suit) we headed back towards home. Stopping at the nearest pie shop at about 1:45 our choice of pies was limited but boy did they taste good. The day after though one of our party (and it wasn't me) started to look a tad pale and didn't even fancy his bacon butty (that's when you know something's up, or about to come up!). He then spent most of the next couple of days either reading the words 'Armitage Shanks' or just lying there groaning. But we weren't put off and came back for the next two weeks. There's quite a bit of wild life at Burrs, as well as the water borne stomach bugs; we saw a kingfisher, grey wagtail, dipper and a mink.

For those you who've tried the canal and get up to 2Star/Discovery standard, take advantage of any future offers of being tutored at Burrs, I'm sure you'll love it.

***Paul Binks***

## ***Calling all Coaches, Committee and Helpers***

The Club is hoping to host a Child Protection Course which can be attended by up to 25 members.

The course will be FREE to club members who wish to attend, priority for places will go to coaches and the course will count as a BCU Coach Update Course.

The BCU recommends that all coaches and volunteers who are dealing with children attend such a course and encourages coaches to update this training every 3 years.

The Club will be paying for this training and it will require more than 10 members to attend to make it worthwhile.

Final arrangements will be made when we have established how much interest there is for this course.

If you are interested please let me know by using the thread on the Club Forum or contacting me.

Thanks,

***Alison Nelson***



# ***The White Water Worriers:***



## ***Trying Different Things***

This has been a summer of trying different things for the White Water Worriers. It all started with me getting a playboat back in May. You may remember from a previous article that I found it quite a wobbly thing to paddle but after several outings I had got used to it and had even used it on the Washburn.

I paddled it exclusively for the next couple of months getting quite comfortable with it until in August River God and I set out to paddle the Tryweryn whilst on a family holiday at Bala. I thought that due to the tricky nature of the Tryweryn I would be better off paddling the Juice due to its greater volume and river running capabilities.

What a nightmare I had in store. Our first trip was a short evening session above the chipper and as soon as I got on the river I got sucked into the 'playful' stopper, flipped, got

bounced upside down on the rough water below and swam out. This did my confidence absolutely no good at all so I decided to go back to basics and practice my ferry gliding and breaking in and out. Hells Bells I was rubbish, I couldn't believe how badly I was paddling, I was catching edges, catching the back of the boat, generally showing poor technique all round.

Very despondently I carried on and planned another trip a couple of days later to Llangollen. The same happened again at Llangollen with me now not only catching edges and going over but also not being able to roll up, very very demoralising let me tell you. In disgust I blamed the boat and went looking at creek boats in the Paddleworks shop. I was quite taken with a few and almost bought one until I allowed myself time to think about what was happening, logically the

boat was the same so the problem was with me, I had suffered from a de-skilling. This I put down to the playboat being a) less volume – so I had been bullying it around when it caught an edge, b) round edged – so I hadn't needed to keep as good an edge, c) shorter so less of it to catch. Whereas the Juice was bigger, had sharp edges, had longer scooping edges at the front and back, and was generally a lot harder to paddle.

I was determined at this point not to take the easy way out and just buy a boat that would cover up my inadequacies and so went back to Llangollen on the next couple of days and practiced until I was happy again and the swim rate had been reduced from five on the first day to zero on the last. Success, I was really pleased and decided to lay up the playboat for the time being as winter was approaching and I needed to get back to the skill level I was last year.

After a month of exclusively paddling the Juice, the Worriers went to Teesside and on the first day I paddled the G-Force for the first time in a month and felt very at home in it and really comfortable, then for the second day paddled the Juice and felt just as happy, a good result and I was able to swap between the boats with no problems. I'm still thinking of buying a Pyranha Burn or similar type of volume boat but for what I feel are the right reasons and not to cover for my paddling shortcomings.

Whilst holidaying at Bala, BB and his family came over to join us for a day and have a go at Rafting. Fully kitted out in figure enhancing wetsuits we all received full coaching and practical tuition before getting onto the river. What a riot it was, fantastic fun and well worth the money. The time spent on the river flew past with us all taking turns to sit in different parts of the raft and paddle. Paddling a raft is an eye opener to a kayaker and I was amazed to see how such a lump could still ferry glide and make eddies when the paddler efforts are coordinated and controlled. The best part of the session was when we made the eddy at Miss Davis bridge and with the front paddlers sat low we were

sucked into the stopper until they were submerged, the power of the water is staggering and really makes you realise how testing it is for kayakers.



River God got a great deal on a Pyranha Burn and decided as he's now Canoe nuts to convert it into a canoe so he can run rivers with the best of us (me & BB). The conversion took him several nights and ended up as a really neat job that looks very professional. After a couple of easy test paddles and successful escape practices he was ready for bigger water and took it to Tryweryn only to have a ratchet break. I have to say the breakage was due to a manufacturer fault and not his conversion, so his next trip out was to Teesside, when he paddled it on the second day of our weekend. He looked good in it and coped very well with running the course and even playing on the features and so looks ready for the bigger rivers that will come now the rivers are open again.

Burger Boy has bought a playboat – yes I know you can't imagine one that big- but he's found a Fluid Flirt and so he wants to take his play paddling to the next level. The problem with the Flirt is that it's notoriously hard to roll and so very sensibly he set a target of one hundred rolls before he ventured onto 'proper' water. Despite several swims in the pool and having to adapt his roll he was up to the mark and so the Teesside visit was to be the next test. After a good warm up and some practice paddling he ran the course top to bottom several times coping very well. As his confidence grew he started to play in the features and after a few goes was doing 360s

on Happy Eater as well as forward and back surfing. The only problem seemed to be the rolling and after several near swims being aborted by pushing up off the bottom BB tried a few more practice rolls at the bottom of the course with mixed results. It's back to the pool for the Flirt and more work on rolling practice but overall a great result for BB as he has again stretched himself and shown how well he can adapt to a very different boat and cope in some seriously frothy water.

Darren had joined us on the Teesside trip and he too tried something different in the shape of the club's Jackson playboat, much different to his normal paddling vessel. He also coped very well and pushed himself to the point where he was getting to grips with surfing and showing some very good bracing skills to prevent from capsizing, he even rolled up several times.

***Stig***

# ***Club Trips***

## ***A Note of Clarification***

The club membership has ballooned in recent times, but unfortunately the number of coaches and trip organisers has not increased in proportion. Recreational trips in the calendar tend to be arranged by experienced paddlers but not necessarily coaches. It's also true that on some recreational trips, particularly the flat water trips, coaches don't attend. It's fair to say that some organisers are feeling a little under pressure and concerned with respect to any liability and risk, should something go wrong.

The club advertises two types of trip in the calendar, Recreational and Development. Recreational Trips are also arranged on an ad-hoc basis either at club social meetings, by telephone/e-mail or on the club's web site.

## **Recreational Trips**

Recreational trips are organised by Club Members either outside the calendar or through the calendar. Their aim is to provide paddlers of a suitable standard with an enjoyable and satisfying trip. All paddlers taking part bear an individual responsibility for satisfying themselves that they are competent and equipped to take on the challenge that is part and parcel of day to day recreational paddling, whether on Flat Water, Sea, White Water, Surf or any other paddling environment.

On Recreational Trips all participants are individually responsible for their own actions and decisions.

The questions an individual needs to ask themselves include:-

1. Have I paddled much this year (type of water, distance, who with, that kind of thing)?
2. What qualifications have I got (not a pre-requisite but a useful guide, 1star-novice, 2 star-improver, 3star-intermediate, 4-star-competent)?
3. How confident am I that I will be able to complete this trip without endangering myself and others?

If in any doubt at all, these questions and any others should be discussed with the trip organiser/contact.

If you are the trip organiser, don't compromise. If you have any doubts concerning an individual's ability, either seek support from one of the club coaches or politely but firmly refuse to allow them on the trip. If you are a prospective participant please be honest when explaining what you are capable of and accept the decision of the organiser. And remember that what could appear to be a suitable trip for you in advance of the trip, may, for many reasons, be deemed unsuitable on arrival at the site of the trip or even during the trip. Such reasons can include

the weather, the water level, the number of coaches/experienced paddlers partaking, news of obstacles on the water or access difficulties from land owners or other water users or any other problem which may arise.

## Development Trips

Development trips will be supported by a qualified coach, who will take leadership of the trip. The coach may be supported by other competent paddlers and/or other coaches dependent upon numbers and venue.

The aim of Development trips is to promote/give opportunity for development of an individual's skills. This will involve trips on a variety of water types and at different venues. The opportunity to be pushed will be there but the development is at the individual's own pace.

Please remember that this is a recreational canoe club made up of volunteers who paddle and teach because they enjoy it. Not all trips can cater for all levels. By differentiating Recreational Trips from Development Trips we are setting clear criteria for a safer learning environment whilst recognising the need for people just to get out there and have fun.

## Ribble CC Coaching Policy

After a lengthy discussion at a recent coach forum meeting it was felt that it was impractical to set absolute criteria that could be used to ascertain the ability of an individual to undertake a specific trip. The question of rolling ability was raised but again it was not deemed practical to insist a person could roll before they were allowed on certain trips.

It was also agreed that the nature of white water paddling makes it impossible to predict exactly what level a river will be, until you arrive at the river and assess the situation. On flat water, especially lakes, the wind can make an otherwise gentle paddle into a struggle for survival against wind and waves.

It was agreed that the methods currently employed by the club are sound and practical.

These are;

- The trip leader or contact person should determine by prior knowledge (when possible) an individual's ability, and use this to assess the suitability of the trip being undertaken, and must be allowed to veto any individual's inclusion on a trip at any point of the trip.
- The leader or contact person should use the river leader cards to record contact details of those people in his / her group and should give a briefing before getting on the water to make everyone aware of the nature and risks of the planned trip.
- All people taking part in a trip should also ensure that their kit is fit for purpose.

As a rough guide the 3 levels of trip already identified by the coach forum are intended to be suitable for the following abilities:

**1st moving water experience;** Aimed at 2 star standard paddlers as an introduction to moving water.

Possible venues to include Burrs, Halton, Brathay pool, Devils Bridge (Kirkby Lonsdale) or similar sites.

**Novice moving water trip;** Aimed at 2 Star standard paddlers with some experience of moving water as the next step onto more committing trips.

Possible venues would include all the above & Rothay, Wenning, Calder, Ribble, Kent from Kendal to Scroggs Weir only, or similar.

**Intermediate white water trip;** These trips are more serious in nature and are aimed at 3 star standard paddlers, and the ability to roll is preferable.

Possible venues to include Leven, Crake, Keswick Greta.

In all cases river conditions on the day must be taken into account when undertaking a trip. A normally benign section of river at summer levels can change significantly in winter flood conditions.



# Ribble CC Library

To borrow a book or video, contact Janet Robinson or see her at the Hand & Dagger. Donations of books or videos are always welcome.

## **Technique:**

BCU Handbook

The Practical Guide to Kayaking

Canoeing & Kayaking

William Nealy's "Kayak"

Bombproof Roll and Beyond!

Eskimo Rolling for Survival

White Water Safety & Rescue

Weir Wisdom Rapids

Canoe & Kayak Games

The Playboater's Handbook

Complete Book of Sea Kayaking

Sea Kayak Navigation

Path of the Paddle

Canoeing

Open Canoe Technique

Rowing it Alone

The Handbook of Survival at Sea

BCU Coaching Handbook

Sea Safety: The Complete Guide

White Water Kayaking

*Olli Gru*

The Art Of Freestyle

## **Guidebooks:**

English White Water

Scottish White Water

White Water Lake District

An Atlas of the English Lakes

Canal Companion: Cheshire Ring

Anglesey Sea Paddling

Welsh Sea Kayaking

 Canoe Touring 100 Paddles in England

## **General:**

The Rough Guide to Weather

The Liquid Locomotive

Many Rivers to Run

Norwegian rivers

Canoe Focus

Working out of Doors with Young People

## **Expeditions:**

Travels with a Kayak

*Whit Descher*

On Celtic Tides

*Chris Duff*

Blazing Paddles

*Brian Wilson*

Dancing with Waves

*Brian Wilson*

Paddling to Jerusalem

*David Aaronovitch*

The Last River

*Todd Balf*

Paddle to the Arctic

*Don Starkey*

Canoeing across Canada

*Gary & Joanie McGuffin*

The Canoe Boys

*Sir Alastair Dunnnett*

Odyssey among the Inuit

*Jonathan Waterman*

Barbed Wire & Babushkas

*Paul Grogan*

## **Videos:**

Liffey Descent

Deliverance (18)

Extreme Sports Canoeing

A Taste of White Water

Wicked Water 2

Drill Time

Destination Nowhere

Path of the Paddle: Doubles Whitewater

## **DVDs:**

Tony Morgan in the Grand Canyon

LVM Lunch Video Magazine

Ribble Newsletters (CD)

Without a Paddle (13)

Whitewater Kayaking

The Cockleshell Heroes (U)

Mags Brayfield in Nepal

 Tatshenshini/Alsek 2007

 Mountain River Movie

*By Michael Allender*

Jackson Kayak Promo

It's Different Every Time

*Norman Green*

Fort William 2005/06 Trip

My Tartan Adventure (VCD)

Ribble Canoe Club, Scotland 2007

Locks and Quays

Featuring Ribble Canoe Club

The Politics Show

Featuring Ribble Canoe Club

Open Canoeing

*Reg Blomfield*

EJ's Rolling and Bracing

# ***Pool sessions***

The following lists the pool sessions booked at Fulwood Leisure Centre, the contact for the courses and the Supervisor and Committee member on duty.

Date	Session	Contact	Supervisor	Committee
28 Nov	Open	N/A	Mark Dillon	Brian Woodhouse
5 Dec	Dumbongo	Allan Hacking	Dave Nelson	Peter Jones
12 Dec	Skills surgery	Allan Hacking	Grant Dillon	John Kington
19 Dec	Open	N/A	Albert Risely	Alison Nelson
26 Dec	No Session			
2 Jan	No Session			
9 Jan	Skills surgery	Allan Hacking	Albert Risely	Kath Risely
16 Jan	Open	N/A	David Nelson	Alison Nelson
23 Jan	Rolling	Bob Smith	Mark Loftus	Brian Woodhouse
30 Jan	Rolling	Bob Smith	Adam Fielder	John Kington
6 Feb	Rolling	Bob Smith	Mark Buttle	Peter Jones
13 Feb	Skills surgery	Allan Hacking	Grahame Coles	Paul Binks
20 Feb	Open	N/A	Mark Dillon	Terry Maddock
27 Feb	Taster Slalom	Mick Huddleston	David Nelson	Alison Nelson
6 Mar	Open	N/A	Albert Risely	Kath Risely
13 Mar	Skills surgery	Allan Hacking	Mark Buttle	Peter Jones
20 Mar	Open	N/A	Mark Loftus	Brian Woodhouse
27 Mar	Sea/Touring Safety	Allan Hacking	Adam Fielder	John Kington
3 April	Open	N/A	Mark Dillon	Terry Maddock

## **Please note new prices for pool sessions:**

Rolling Course £20 plus club membership. Freestyle £5. All other sessions £4.

Please book in advance for the Paddlepower sessions and Rolling Course by phoning the named contact.

## ***Editor's bit***

### **Disclaimer**

Please note that the opinions expressed in this and every other Ribble CC newsletter are those of the author of the article. They do not necessarily reflect the opinions of the newsletter editor or the committee, or the policies of Ribble Canoe Club.

### **Dates and deadlines**

The next committee meeting will be on January 7<sup>th</sup> at 7:00pm at the Hand & Dagger. The next newsletter will be published on January 21<sup>st</sup>. All submissions to me by Saturday November 17<sup>th</sup> at the latest please.

***Martin Stockdale***



# CALENDAR

NOTE: Last minute trips are often arranged on the forum on the website ([www.ribblecanoeclub.co.uk](http://www.ribblecanoeclub.co.uk)), at the Hand & Dagger on Wednesdays or at Fulwood on Fridays. If you have any dates for the calendar please contact **Terry Maddock**

Ribble CC development trips are in **bold**.  
Ribble CC recreational events (assumed risk) are in **bold italic**.  
Other Ribble CC events are in *italic*.  
Events in normal type are external events listed for information only.

## River information:

Burrs 0161 764 9649

[www.burrs.org.uk](http://www.burrs.org.uk)

Canolfan Tryweryn 01678 520826

[www.welsh-canoeing.org.uk](http://www.welsh-canoeing.org.uk)

Tees Barrage 01642 678000

[www.4seasons.co.uk](http://www.4seasons.co.uk)

Washburn/Wharfe 0845 833 8654

<http://www.yorcie.org.uk/>

## Trips / Events

### December

7 White Water  
R Leven  
Newby Bridge to Backbarrow

7 **Beginners' Trip**  
**Rothay/Brathay/W'mere**  
**Waterhead, Ambleside**  
**Terry Maddock**

13 *Christmas Party*  
*This is an "Assumed Risk"*  
*Event!*  
*Debbie Dowe*

14 White Water  
R Leven  
Newby Bridge to Backbarrow

28 **Dam Release**  
**R. Washburn**  
**t'other side o' Blubberhouses**  
**See Forum on Website**

### January

4 White Water  
R Leven  
Newby Bridge to Backbarrow

4 **Beginners' Trip**  
**R Lune**  
**Halton, Lancaster**  
**Terry Maddock**

11 *White Water*  
*R Greta (Keswick)*  
*Threlkeld Bridge to Keswick*  
*John Kington*

18 *White Water*  
*R Wharfe*  
*Linton Falls to Barden Bridge*  
*See Forum on Website*

25 White Water  
R Leven  
Newby Bridge to Backbarrow

### February

1 White Water  
R Leven  
Newby Bridge to Backbarrow

1 **Beginners' Trip**  
**R Wenning**  
**High Bentham, W Yorks**  
**Terry Maddock**

8 White Water  
R Leven  
Newby Bridge to Backbarrow

8 *White Water*  
*R Crake*  
*Brown Howe to Greenodd*  
*See Forum on Website*

22 White Water  
R Leven  
Newby Bridge to Backbarrow  
John Kington

26 *AGM*  
*Hand & Dagger*

### March

1 White Water  
R Leven  
Newby Bridge to Backbarrow

14 **Last Day of Access**  
**R Lune**  
**Halton, Lancaster**  
**See Forum on Website**

14/15 White Water Symposium  
Llangollen (wild, wet & woolly)

22 White Water  
R Leven  
Newby Bridge to Backbarrow

Trips may be changed or cancelled at short notice. Always get in touch with the trip organiser the day before to check!  
If you don't, and you have a wasted trip, don't blame us.