

Ribble Canoe Club

(Affiliated to British Canoeing)

Information for New and Potential New Members



Ribble Canoe Club was established in the 1970's and is one of the largest clubs in the Northwest of England. Within the club you will find people who are interested in the various aspects of the sport.

This guide is intended to tell you about Ribble Canoe Club -when and where we meet, our trips and our training courses, and how to find out what you need to know.

The Club is a welcoming and friendly place and we endeavour to ensure everyone feels involved and encouraged both in a boat and in social activities. Everyone, irrespective of their age, gender, ethnicity, or ability are welcome in the club's activities.

We welcome both members who have never paddled previously who have paddled previously and are looking for likeminded people to paddle with.

1. Coaching

The Club runs a range of year around coaching and development courses, but a programme of focused coaching is organized in the spring/ summer each year. This involves an 8 – 10 week programme on a Tuesday, normally starting at 6.30pm. The club charge a fee for this programme which leads to a personal proficiency awards, normally the 1, 2 and 3 Star awards.

Paddlers are reminded that all the coaches give of their time and experience free of charge to the club. Please respect this and the effort involved to put these courses on, and ensure you let the coach or the club know if you are unable to attend the session.

2. Canoe / Kayak Kit

This is a big issue and new members must not feel they need to rush out and spend vast amounts of money on kit which often will not be what best suits in the medium to longer term. There is a vast array of 'stuff' out there to choose from, but as a beginner to the sport you need only concern yourself with some key cheap and basic personal items. Boats, paddles, helmets, buoyancy aids and spray decks can be borrowed on trips and coaching session from club stores.

Key tips.

- Layers of clothes are better than one thick layer when seeking to keep warm.
- Avoid cotton – try and use man-made fibres (nylon) or good thin wool layers or fleece layers
- Water proof outer clothing. A cheap (old) set of water proofs, top and bottoms are good.
- You must have secure footwear – old trainers (but no long laces) or cheap wetsuit boots or closed toe sandals.
- We recommend members new to the sport do not buy any equipment i.e. boats, paddles, buoyancy aids etc. until they have paddled with us for a while. This ensures you buy equipment for the paddling you are likely to do and do not finish up with a lot of unsuitable, expensive and unusable kit.

3. Booking Equipment

The club holds a good stock of equipment which is used to support coaching sessions and trips the club run. Boats, paddles, helmets, buoyancy aids and spray decks can all be borrowed by members. The club have a range of boats and new members are encouraged to try a range of craft during their development to ensure they have both well-developed skills in several boats and to ensure they understand the different dynamics the shape and size each boat has when paddled. To book a boat contact the club Quarter Master quartermaster@ribblecanoecub.org.uk

Map & Facilities of site: All details of the facilities can be found on the maps section of the club's website.

The Hand & Dagger Pub Treales Rd, Salwick Tel : 01772 690 306. Preston, Lancashire PR4 0SA. OS ref SD 463 331

We meet on Tuesday evenings at the Hand & Dagger during the summer months where there is an opportunity to paddle on the canal and/or enrol on one of the club courses.

The club have a container at the rear of the pub and people will meet here to collect boats and begin coaching sessions. We do not have any changing facilities or showers. We do use the pub toilets but not to get changed in. The pub also provides good meeting space and food and of course good drink.

We ask that members park on the road opposite the pub so we do not fill the car park and discourage customers from using the pub. Our relationship with Martin, the Landlord, is very important to us and it is essential that we do not disturb the running of his pub.

The other main site you need to use will be the **Fulwood Leisure Centre**, Black Bull Lane, Preston, Preston PR2 9YA Tel: 01772 716 085.

Consent Form. The Club operates a system which means every young person under 18 needs to have a consent form completed for every trip or course. To get one of these please see the club website and ensure you complete this before you attend a trip. No form no trip!!

4. Child Protection

Ribble Canoe Club take the welfare and safety of children very seriously and have a number of measures in place to ensure that children and young people participating in club activities are not put at unnecessary risks. The club has an appointed welfare officer who is responsible for ensuring that all coaches are up to date with both DBS checks and child protection training. In addition, the officer is the first port of call for young people or/ and adults with safeguarding concerns.

5. Safety

Paddlers must understand that there will always be some risk to participating. However, the structure of the sport and the extensive training and assessment of coaches and leaders and the vast experience within the club make for the safest place to learn the sport and to ensure you develop in a controlled, managed and safe environment. The club understands its duty of care to its members and has rigorous systems in place to address any issues. If you have safety concerns, please raise it with a coach or member of the committee.

6. Membership

If you wish to join the club, please download and print the membership form from the club website ribblecanoecub.org.uk and then fill it in. Please read the club policies (available on the club website) and sign that you have read them and bring the form, cheque or cash and give it to a committee member on Tuesday or Friday evening. Alternatively, you can post it to the address at the bottom of the form

The club require you to become a member if you are to attend a course

- Adult Membership is £25 for New members also pay a £5 new membership fee
- Other family members living under the same roof pay £5. The £5 new membership fee also applies
- Junior Membership is £10 This applies to members under 18 who do not live in the same household as an adult member. New members also pay the £5 new membership fee.

- Affiliated Membership for members of an outside organisation e.g. scout groups £50 for 12 months

Annual Membership runs from 1st January to 31 Dec December. Fees are decided at the AGM If a member joins after 1st November then their membership last for the following year as well as the 2 months of the current year. Once membership has been confirmed full access to the Forum and all club activities will be available. The Forum is used as the information hub for trip and event coordination.

7. Insurance

Ribble Canoe Club is affiliated to British Canoeing (the governing body for the sport) and with this the club is covered by insurance. In addition, all coaches in the club are required to be fully registered with British Canoeing and this provides individual insurance for each coach and those involved in their coaching session. On organised trips (usually listed on the club website "Forum" under "Coaching & Training") members will be covered by the Club's "Public Liability" (third party) insurance.

If you are intending to paddle on other occasions we recommend that you either:

- Take out "Public Liability" Insurance for canoeing.

or

- Join British Canoeing membership includes "Public Liability" insurance.

Note (Extract from British Canoeing Website) – *"The British Canoeing insurance scheme covers affiliated clubs and members, coaches, officials, volunteers and paid employees who have a claim made against them for any wrongful act or omission which causes injury, property damage or financial loss to someone else."*

8. Contact Details

Club Chair: chairman@ribblecanoeclub.org.uk

Membership Secretary: membership@ribblecanoeclub.org.uk

Paddle courses organizer: coaching@ribblecanoeclub.org.uk

Quartermaster contact: quartermaster@ribblecanoeclub.org.uk

How to contact other members

In addition to the committee there are a lot of club members who make a valuable contribution to the club, including coaches and trip organisers.

On the forum under Coaching & Training you will find a post entitled 'RCC Contact List'. This is your 'crib sheet' of who does what. Whatever you want to know, whoever you want to get in touch with, look at this page and you will find who to contact.

You can also send a message to any member who is registered on the forum using the forums "PM" facility

Course specific information

POOL SESSIONS

These are most Friday evenings between September and June. A calendar of activities is published on the forum. Numbers in the pool are limited, and when running coaching sessions, the sessions are usually fully booked, therefore if you know in advance that you cannot make it to a session you have booked please let the organizer know as someone else may be able to take your place.

Coached pool sessions are held at Fulwood leisure centre in Preston, usually on the 2nd Friday in each month: check the club forum for any changes. We meet outside the boat store at 8.45pm, this is situated at the bottom of the car park and down the side of the building, near to a flight of steps. The session finishes at 10.15.

The aim of the pool sessions is to introduce beginners to the boats and the capsizing drill, and to learn paddle strokes that may involve capsizing and rescue techniques, in a warm and clean friendly environment.

What to bring

- Normal swimwear and a tee shirt for in the pool, & water shoes or 'gym type plimsolls' are ideal for in the boat, preferably without laces.
- £1 coin, for the lockers (refunded when you open the locker)
- Towel, to get changed afterwards
- £5 pool fees, payable by all for the Friday sessions. Pay the club lifeguard on poolside.

Please note that **immediately** after the session we put the boats back in the store room **before we get changed**, this involves going outside so some footwear that can get wet is essential to be taken poolside. Most people also take an old t shirt or rash vest into the pool to wear whilst paddling. Children must be accompanied at all times while in the storage area.

Boats Paddles etc.

The boats etc. stored at the pool are available to anyone, but those with their own equipment may benefit from practicing in their own kit. **Please be sure your gear is washed and free of unwanted inhabitants before entering the pool.**

OUTDOOR SESSIONS

Most outdoor coaching will take place on the Lancaster canal at the Hand & Dagger pub. The sessions are on Tuesday nights; we meet in the car park at 6.30pm aiming to be on the water for 7.00. We will be finished by 9.00 and we then retreat into the bar. It is advisable to check your emails or the club website forum for any last-minute changes.

What to Bring

- Wetsuits are ideal if you do get wet, but please note it is not intended to capsize in the canal, any planned wet work will be done elsewhere.
- Comfortable old clothes are a good idea; they are likely to get dirty. Polyester tracksuit bottoms (Ron hill type) are fine and fleece base layers or jumpers.
- A cheap cagoule (the mac in a sac type things are great), and water shoes or gym type plimsolls will suffice.
- If possible avoid footwear with laces, and avoid cotton t shirts, sweatshirts etc. cotton soaks up water and becomes very heavy and cold when wet. **NO JEANS.**
- For after paddling, bring a towel and a full change of clothes, even when you don't capsize, you still get wet...
- A waterproof container is also useful to put your car keys in whilst on the water.
- A torch will be useful early in the season as it is likely to be dark when we get off the water.

We ask that everyone shows respect for one another and are considerate of the differences we all bring to our great sport of canoeing. Finally, if someone has done something for you in the club whether coaching, planning, leading, organizing or any of the other many tasks undertaken to help the club run, please show your appreciation and say thanks.

We hope this information sheet helps you with any queries you may have. If you require any further information, please send an email to chairman@ribbblecanoecub.org.uk

Library

The club holds a stock of canoeing related books, DVDs and videos that can be borrowed by contacting the librarian with a list of the items you want to borrow. The current Librarian is Amanda Spavin. She can be contacted by sending her a text: you can find her number on the contact page on the forum or by sending her a message via the club forum. Her name on the forum is Spav. These books/DVDs will then be brought to the H&D for you to collect at a mutually agreed club night.