

Paignton Canoe Club Member

Firstly, many congratulations to both Nick and Richard on passing their Level 1 instructors qualifications, their paddling has gone from strength to strength this year.

Many people have made some really great strides in their white water paddling: from those new to the sport taking their first tentative strokes on the river to the older hands pushing the envelope a bit more. This winter season has been great for paddling rivers for all levels and at all levels. Whether its paddling on rivers that are new to them or in conditions far higher and more challenging than they have before or developing their coaching skills. It's also been great to see people keen to organise paddles and trips of their own. And it seems everyone has some interesting paddling stories to tell!

But more important than anything else there has been no major bad events this winter in the paddling community as a whole: which is good especially with the rivers being as high and as dangerous as they have been.

Many thanks to everyone who has organised, helped and enjoyed all the fantastic trips and events we have had so far. Now bring on Summer.

Thanks to everyone who has contributed to this month's Newsletter. Please feel free to contribute to the next one.

Jeremy (vice chairman and editor)

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## From The Chairman

April is here & that means the last month in the pool! It also means that we will need to plan the summer trips.

We will have courses running at the Harbour on Tuesday nights in May so paddles for club members will start from Goodrington. Although we will post some ideas on May trips, feel free to come up with some alternatives if you wish, light evenings

mean surf trips are possible for the experienced & our beginners if conditions are forthcoming. Have a think & please post your ideas for trips on the forum. It's on the forum that we will post the Tuesday night trips before the end of April & email in the May newsletter.

One question I have been asked is about lights: if a trip suggests lights it is so we can be seen in an area of busy traffic. A small waterproof torch or chemical light stick will do. Just enough to show your position to other vessels should it be required (but please do not use lights that flash on and off as people mistake this for a distress signal-ed). The trips with caves where it suggests bringing lights are probably so you can see more when inside them. These caves are quite light once your eyes are accustomed to being in the dark, so it depends more on your natural curiosity as to whether you want to bring one.

On the sea, helmets are also your choice, base your decision on your knowledge, skills & balance but remember you wouldn't think of going down the river without one. Caves are still rocky & with swell can be unpredictable.

Plans are still developing with the North Devon Surfing weekend in May & a Padstow, Cornwall sea trip in June; camping at Dennis Farm on the weekend of Fri 13th, Sat 14<sup>th</sup>, Sun 15<sup>th</sup>.

I've always been reluctant to organise trips on the wilder North coast but we do have all of Cornwall to explore if conditions are unfavourable. The long trip would be to launch close to low water from below Trevose Head & go around the headland at slacker water, exploring all the coast & arriving back at the campsite late afternoon. Estuary trips are possible but low water is around lunchtime. There's always paddling down to Daymer Bay (Landing fee as private) or surfing at Polzeath if conditions allow? Bring bikes if you fancy as it's right on the Camel trail. For the North Devon surfing, I'd like to miss the Easter & Spring Bank holiday weekends. Well done to Nick and Richard on passing their level 1 coaching award.

Please post on the forum.

Cheers Rob C

## **Latest News and Recent Events**

### **AS Watersports Kit for Clubs Vouchers**

(by Jo)

As Watersports are starting the kit for clubs again, a club voucher for every £10 spent. If you buy from AS Watersports please ask them for the vouchers if they're not offered. Pass the voucher on to Jo or a committee member and we can use them to get free club kit.

Thank you.

Jo

## **Running Triple Falls at Big Levels**

(by Sam)

Momentary Thoughts in an eddy at Triple Falls:

WOAH the levels are high today; this is the highest I've ever paddled the river (1.20 and rising, and my heart is pounding in my chest!)

Did I make it down the first drop? It was a bit bouncy... And was that the second drop? Yes!

But I'm in this eddy river right between 2 and 3, and... I think I'm stuck. There's a huge wave washing up onto the rock in front of me... How did I end up here? Should have looked left to make it across the waves, and take the line river left. But I must have looked right and now I'm in this eddy. Should I walk out? Hmm I've had a few swims here... If I get out now I'll never ever make it down Triple Falls again... I have to paddle it.

Right. Do it.

(Checked with the paddler with throw line in hand: paddle up to the top of the eddy, paddle hard across the eddy line and look left, keep paddling, power on down the third drop and into the eddy river right.)

Ok I can do this. Deep breaths, one two three GO...

I'm out of the eddy in the flow... That's the big wave keep paddling come on!!! Oh no-wow-bouncing under-pop the deck-ouch-swim-gasp a breath-there's a rope-missed it-grab again-bubbles water in my face-over my head-turn over TURN OVER-face the sky-grab the boat-there's the bank-can I stand up? Shaking, bruised butt, laughing, adrenaline pulsing through my veins... what a rush!!

Thank-yous all over the riverbank for the rescue, a long walk to find my boat, and back on the water.

And the moral of the story?

No matter how surprised you are when you make it across the eddy, don't stop paddling!

Sam

## **Paddling Skills**

### **Rolling and being Comfortable Underwater**

Going over is a par for the course on white water! If you want to develop as a white-water paddler you need to accept the fact that you are going to capsize. With Sea kayaking, capsizing is far less common but having a reliable roll when it does happen is even more important, because you will probably be miles out to sea or under some cliff when it happens.

So if you haven't already, you need to learn to roll. Once you have a strong roll your confidence will improve massively and so will your paddling. I am not going to talk specific rolling technique here as it's a whole other subject but I highly recommend learning and regularly practicing all the rolls, on both sides. If you paddle a lot you will use them all!

Here is a little advice about rolling that is not often given. Take your time rolling! Watch a beginner go over, they rush the roll, get it wrong and go back over. An experienced paddler takes his time to get into the correct setup position and roles first time (I am talking about river-running, playboating is a different kettle of fish). To be able to do this, you need to get comfortable with holding your breath and being upside down in the water, which only comes with practice. The way I got to this was using the side of the pool: capsize slightly more than arms reach away from the pool edge, and just sit there upside down for a few seconds and relax. It's not a bad place to be at all! Practice your roll and if you don't make it swim yourself (whilst still upside down in the boat) to the pool's edge and then right yourself.

Once you are comfortable being upside down in the pool taking your time to set up and rolling successfully first time, then you need to do this outside! Again this is exactly the same as doing it in the pool, it's just colder! Practice and practice again.

## **Open Boat and Two Star Awards**

(By Tim D)

Every now and again the subject of coaching canoe (open boat) comes up and it has again recently on Facebook. Often this is linked to 2 Star awards discussions, which require kayak and canoe skills.

Most paddlers enjoy their sport and get better by experience and peer support and advice. Most hold no formal qualifications. This can lead to bad habits forming, but is rarely an issue. The BCU do have a formal awards structure that provides a measure of performance, which is held as a high value by some and as irrelevant by others. Certainly there are many great paddlers with no certificates, and a few poor paddlers with many.

So what is the value in certificates?

There does need to be some form of certification to provide a yard stick of competence. <http://www.canoe-england.org.uk/tests-i-awards/personal-performance-awards/>

In order to go for 3 Star in any discipline you do not need 2 star awards, but you do need to be of a standard. Club courses are designed to achieve that. in order to be 'guinea pigs' for other people's assessment, an excellent way of gaining some free training, the same applies. No certificate necessary but need to have a competency level. If you are not sure ask around.

Where certificates are required is for coaching qualifications. In order to become a Level 2 coach you need to formally have 3 star awards, for a Level 1 coach 2 star certificate is required, but competence needs to be in excess of this.

<http://www.canoe-england.org.uk/media/pdf/New%20Coaching%20Diagram%201-10.pdf>

So for the future?

It is not common for clubs to offer 2 Star assessment and awards, and even less so for 3 Star and above; much more usual to go to professional providers. This is because there is a lot of cost and effort associated with gaining and maintaining the coach qualifications, something (especially time) volunteers struggle to find.

PCC has focussed on skill sets for kayak with the Beginner/Improvers courses. We also provide more informal support for both white water and sea skills development.

But what about canoes and 2 Star? Here is a survey to see what interest is in the club for the club to provide both canoe training and also being assessed for 2 Star certificate. The link takes you to a few questions that will take no more than a couple of minutes to complete.

<http://doodle.com/8ieru2by7f28vvd6>

It asks for your name, but I will be the only person who sees the raw results. It is not a commitment from the club to provide, nor for you to attend. We are just trying to gauge interest. Laying on these sorts of courses required substantial effort, so there will be a cost attending them. It will not be huge, but enough to show a commitment. Any profit would go to club funds, not the coaches.

Tim Durrant , head coach, [tim.durrant1@gmail.com](mailto:tim.durrant1@gmail.com)

## Upcoming Events and Trips

All Paddle sport has a certain risk to it. It is not and never will be 100% safe. Anyone attending any and all Paignton canoe club activities does so at their own risk.

Pcc rules can be found at: <http://www.paigntoncanooclub.org.uk/ClubRules.html>

## **End of Season Paddle Party**

Organised by Richard and Tristan

Saturday 12th April 2014. At The Plume and Feathers Inn, at The Square, Princetown PL20 6QQ.

If you wish to stay overnight, please call them to book your Bunk or camping. 01822 890240. Bunk & Breakfast is £17.00pp (bring your own sleeping bag) and Tent and Breakfast is £11.95pp. They have 38 bunks and some posh rooms, so book early please. If you don't want the breakfast minus £5.

An expected donation of £5 pp on the door will go towards Dartmoor Rescue Service. Frivolities will start about 18:00 with a possible raffle later. There is food in the pub for dinner and also a lovely Café on the green for Fish & Chips.

This event is open to all paddlers and friends alike. Prizes for the raffle are also starting to drift in. And remember, its supposed to be a family show ☺!

## **Kayak Football 22<sup>nd</sup> April**

22<sup>nd</sup> April pool session will be a kayak football session. Cost £5pp, you will need a boat, paddle, spray-deck, buoyancy aid and helmet to play. For info about kayak football go to: <http://www.paigntoncanooclub.org.uk/KayakFootball.html>

The beginners' course will be in the harbour with most of the club kit so this may be late arriving on the night.

## **Beginners' Course in the Harbour from 22nd of April**

The beginners' course will be in Paignton harbour for Tuesday night sessions from the 22<sup>nd</sup> April to the 20<sup>th</sup> May. The club trailer and kit will be there with them for these dates as well.

## **Summer Season Starts in May**

We will soon be out of the pool!! Because..... PCC summer season begins in May! This means that starting in May: Tuesday sessions will begin at 7pm, be outside and be free to attend!

Feel free to use your own kit if you have it. If you wish to hire club kit you will need to [contact a committee member](#) two days before a trip (at the latest) to organize. Cost will be £2 per session. Due to parking difficulties the club will **not** bring spare

club boats to most summer paddles because the club trailer is too difficult to park. See the [club kit page](#) for full details on kit.

All paddling trips and events are entirely weather dependent and because of this are often organized (and can be cancelled) at the last minute. So please keep yourself up to date with what's going on using.....

## Club Communication

**Emails:** [info@paigntoncanooclub.org.uk](mailto:info@paigntoncanooclub.org.uk)

[newsletter@paigntoncanooclub.org.uk](mailto:newsletter@paigntoncanooclub.org.uk) Please use this for anything relating to the newsletter and only the newsletter. Please do **not** give this email out to non-members.

**Website:** <http://www.paigntoncanooclub.org.uk>

**Club Forum:** (for members only)

<http://www.paigntoncanooclub.org.uk/members/phpBB3/index.php> To access this and any other password protected part of the site you will need.

**Username:** pcc      **Password:** water

This is for all members and only members to use. Feel free to contribute, your input matters and we want to hear it.

**Facebook:** Love it or hate it, it's used a lot. PCC has a facebook page <https://www.facebook.com/groups/44208464189/> which we allow anyone to join and use, so please only put on there what you want the whole world to see.

**Committee Telephone Numbers:** (For members only)

[http://www.paigntoncanooclub.org.uk/restricted/Members\\_Contact.html](http://www.paigntoncanooclub.org.uk/restricted/Members_Contact.html)

All committee members are unpaid volunteers with separate full time jobs

## The Next Newsletter

We want you to contribute to the Newsletter. ALL MEMBERS please email to [newsletter@paigntoncanooclub.org.uk](mailto:newsletter@paigntoncanooclub.org.uk) anything you want to put into the newsletter.

Newsletter Info (including what we are looking for) can be found at:

<http://www.paigntoncanooclub.org.uk/members/phpBB3/viewtopic.php?f=4&t=1434&p=5196#p5196>

We store members' names and email addresses on a Gmail account, if you do not wish to have your details stored in this way then please email [newsletter@paigntoncanooclub.org.uk](mailto:newsletter@paigntoncanooclub.org.uk) and request to have your details removed.

The cut off date for content for the next newsletter will be the 28<sup>th</sup> of this month.

Happy Paddling  
Jeremy