

## **Dear Paignton Canoe Club Member**

Welcome to the second PCC newsletter. I am still playing around with the layout of the newsletter at the moment and also we are still sorting through all paid up members who can receive it so any and all feedback will be much appreciated. It's December and at the time of writing it is cold and dry, not particularly great paddling conditions, but hey its party season!

Hopefully this has been sent out to all current active club members. If you have received this and have not paid your membership fees for 2013-2014 then please either pay your fees or send an email to [newsletter@paigntoncanoeclub.org.uk](mailto:newsletter@paigntoncanoeclub.org.uk) stating you are no longer a PCC member.

Thanks to everyone who has contributed to this month's newsletter. Please feel free to contribute to the next one. Hope you all have a great Christmas.

Jeremy (vice chairman and your humble editor)

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## **From The Chairman**

Hi Paddlers, Welcome to the December newsletter. It's always a strange time for paddling; family events & Christmas make arranging trips difficult. Thankfully there's the chance of new bits of kit & equipment from Santa. It's a great time to start planning next year's trips to, already there is talk from John, Jeff & Steve of paddling in the Scillies on the second bank holiday weekend. A sea or surf trip to North Cornwall staying at Dennis Farm campsite in June is also likely. Plus hopefully a surf weekend at Skern Lodge if there's interest?

Let's have a wish list for the New Year!

I have to thank everyone who has been making the coaching & courses run well & we are looking forward to another full course next year. Hopefully this will lead to more new paddlers on the water, ready for the summer paddles. If you're reading this & recognise yourself as one of those paddlers: please join in with ideas it's as much your club as anyone's.

Merry Christmas & Happy Paddling

Rob

## **Latest News and Recent Events**

### **AS Watersports Vouchers**

Thanks to everyone who gave us vouchers for AS Watersports. In the end we managed to collect 264 which allowed us to get 2 canoe paddles and a sea kayaking DVD by Gordon Brown (that's the sea kayaker not the ex PM!). This can be taken out for free by all members along with all the other books and DVDs we have in our club library. See:

<http://www.paigntoncanoeclub.org.uk/restricted/MembersLibrary.html>

We have also purchased new Palm kayak paddles and neoprene spray-decks. (Reminder: club kit is tagged with yellow tape)

### **Tree Down on Upper Dart**

After surprise- surprise- next rapid then, when the river splits and everyone goes left and finishes at the big right angle corner where the steps are. Well just around the corner 100 meters there is now a tree blocking 80% of the river you need to stick hard RIGHT! Easy to see and sneak.

Andrew Bonney (via Richard on facebook)

### **Parking at River Dart Country Park**

There have been a number of minor incidents where paddlers (not from Pcc) have not been using the car parking facilities correctly at the RDCP. The RDCP's facilities and location on the Dart makes it essential for the paddling community to remain on good terms with them, so please follow all their rules and pass them on to all other paddlers if necessary.

Just to clarify: please park in the car park and carry your boats from the river to the car park. Do not drive down to the river to load/offload boats. Parking is not permitted on access roads and all passing places must be kept clear. For more details go to:

<http://www.riverdart.co.uk/kayakers>

### **November Committee Meeting**

A committee meeting was held in mid November. Here are the minutes of that meeting written by Matt (Pcc secretary).

Minutes of Pcc committee meeting 13/11/2013

Present: ROB, MATT, JO, JEREMY, TIM, SAM, NIGEL

Apologise: MIKE, MARTIN

1. Change of accounts to Barclays has proved very difficult (to say the least, Barclays were absolutely hopeless! Ed). Jo is going to look into Lloyds instead
2. Member lists need to be kept up to date between Matt and Joe and emailed to committee to go on the GMAIL account
3. Need to setup a Doodle Account for the club matt will look into this. This will help to arrange meetings and committee issues.
4. Matt has asked Richard to help out with funding in the secretary's role. Matt to contact him with role to begin after Xmas. Richard has contacts such as Darren Joy who is Regional Development Officer
5. Need to create a club direction with clear objectives in order to help with applications for funding
6. Members have asked for open canoe sessions in the pool. This might be possible in the new year. Would need to speak to the pool manager. Plan to have a BIG boat session at least on one Tuesday night in the new year.
7. More control of end time in pool, get members out asap and not in pool after 10 pm. This also includes NO SWIMMING in the pool unless instructing or buddying one to one.
8. Need to email any non-paid members who are attending pool. Jo to email Matt a list.
9. Charges for use of club kayaks to be monitored closely, especially when hiring. Charges are £2 a session, £5 to take out for the week.
10. New kayak to be purchased for courses and club. Look into new paddles too. Cost will be high but this needs to happen as some kayaks are looking a bit moth eaten and paddles are developing cracks.
11. Coaching- we now have many trainee coaches who are willing to help out both in the pool and on the river. This will help those in training to get their hours. We must be cautious of trips organised as club insurance may not cover certain trips. Needs to be made clear what trips are club trips and what trips are just for pleasure as fellow paddlers. Might want to do extra courses for open boating in the harbour on a weekend. Grenville house might be able to help with providing canoes. Will be looked into further in the new year. Tim is doing level 4 leadership and has requested funding. Other members have expressed interest and good potential in doing coaching, which pcc can help with contacts and possible funding under the new coach funding scheme.
12. More welfare training possibly in the new year.
13. A member could do a write up for the club kayak football. James might be happy to do. Next session to be last Tuesday before Xmas 17<sup>th</sup> Dec.
14. Request from Jeremy to all for content for the Newsletter: If members think of something that could go in the newsletter it probably should. The more content the better.

**15. Password to the club forum to be changed in the new year.**

16. Dates organised for upcoming polo sessions (see below. ed), discussion had about cost of sessions. It was decided to keep the cost at £5 pp to cover cost of pool as fewer people normally turn up

Matt R

## **Coaches Meeting**

This month's training meeting was just an update on what we had discussed previously, so not much to tell there yet. Apart from a first I think: when the Beginners/improvers course incorporates the open boat into the package.

Saturday 30th November see's the beginners going to Brixham to have a session in an open boat with the help of and thanks to Ibex Canoe Club and Robert Bazeley (Baz) for supplying some more canoes. The open boat intro will be lead by our very own Michele Ellicott and Laura Wynne with others there for support.

Just to remind members that the clubs open boats are available for their use as and when they would like them, with prior access arrangements from Richard and Tristan.

Unfortunately there is not much rain for the WW lovers so I feel a possible salty trip coming on.

Richard

## **Introduction to White Water with Laura Wynne**

As far as paddling goes: the rain in November has meant many paddles had by members, including several 'introduction to white water' sessions run by Laura:

Sunday 3<sup>rd</sup> November, Lower Lower (Austin's bridge to Staverton)

The water level was on the Slab at Newbridge, a great level.

The Students that I took out on the river for their first time were: Caryl Bickle, Tony Baillie and Tracey (Tony's Wife) I had 2 great coaches helping me out: Nick Chapman and Alex Edinburgh.

We got on after Austin's Bridge. The aim of the session on their first trip was to paddle forward, lean forward and understand the simple river signals. All three paddled very well and understood to paddle behind me in a follow the leader route down the river, we did paddle into big eddies to group up and to see if everyone was ok and warm. Nick and Alex

were very good to have on the river trip! We ran a rapid up from Staverton Bridge and the communication with our river signals was excellent. Well done to Caryl she is paddling very well with lots of confidence! Tracey did amazing paddling straight down the river and stayed right behind me and followed good lines! Tony ran the river fantastic, Thank you to all that was involved!!

Sunday 17<sup>th</sup> November, Lower dart, (River Dart Country Park to Bridge near the Indian)

The level was 2" below the slab

The students I took out were: Caryl Bickle and Thomas

We got on at the river dart country park above the bridge. The aim of this session was to break in and out, basic ferry gliding and river reading. Caryl was understanding the ferry gliding very good her angle and paddling forward was on form then we added in the looking with you head to see where you are going. Thomas ran a rapid and then did it a 2<sup>nd</sup> time and he paddled with good posture. We were reading the river looking at stoppers and taking about the downstream 'V'. Both students had great lines on the 2 main rapids on the Lower Dart, Good forwarding padding and always an active blade. Well done too you both. Also I would like to say a big thank you to other coaches that came along on the trip to help out and guide!

Hope to paddle with you all again very soon!!

If I can get any feedback on my Leading form Students/Coaches that would be great!

Wynnelaura82@googlemail.com

Thank you Laura Wynne

## **Teamwork on the Upper Dart**

There have also been many paddles of the Dartmeet to Newbridge section (upper) of the Dart. This is a far more challenging piece of river than the sections below it and there are often some mini adventures. One such adventure was had by Mike.....

Date: Saturday 16th November

Paddlers: Mike, Chris, Jon, Sam, Phil, Austen, Simon

On a November Saturday morning, a group of 7 of us met up at Newbridge to run the Upper Dart. The level was fairly low, a good few inches below the slab, which suited us well that day since we were taking one paddler for his first run on the Upper. We also had another paddler with us who had only recently begun paddling the Upper. Between the rest of the group we had a really good level of experience on this section of the river, with hundreds of runs amassed between us. Personally, I had been off the water for most of 2013 so thought the conditions were perfect to ensure my first trip since January was a run-of-the-mill one...

We organised the group to ensure the least experienced were best looked after and made our way down the river, stopping for a few bank inspections of the trickier features along the way.

At low levels the Upper Dart becomes very rocky, to a far greater extent than any of the less steep sections of river below it: for this reason one of the main hazards to look out for is “pinning” (where the paddler and/or equipment becomes pinned against a fixed object, commonly a rock, by the force of the water flowing against it). Ironically the risk of pinning often increases at lower levels as more and more rocks become exposed.

It was whilst navigating through one such rocky section of rapids that Simon capsized mid-way down the feature. The steep and rocky nature of the rapid made a roll impossible and a swim was in this case inevitable. Simon managed to get himself and his paddle to an exposed boulder mid-river whilst his boat continued its descent unoccupied. The boat then became pinned against a rock, semi-submerged and cockpit down, on the final drop of the rapid, again dead centre of the river. We now had a trapped boat and a paddler perched on a rock in the middle of a rapid, both out of reach of the bank. The remaining six paddlers were all swift in getting themselves into eddies and out onto the bank river left (no bank was available river right). The first thing we ascertained was that, other than being stuck on the rock, Simon was fine and uninjured. After a quick group huddle we decided we had enough people and kit to be able to work on the trapped paddler and boat simultaneously, with one paddler positioning himself up-river to warn any following groups of the hazard ahead.

The decision was quickly made that Simon could be retrieved with a bank-based rescue using throw-lines and be guided back to dry land. Some accurate throwing made sure this went well and within a very short space of time he was back with the rest of the group. The boat presented a trickier problem and it was agreed that the only way to release the pin was going to be a “live bait” rescue. This technique basically involves a person (the “live bait”) being secured by a releasable line to a belay on the bank, then jumping into the river to reach the person/object to be rescued.

We rigged up an anchor to a suitably positioned (and sturdy) tree whilst Jon reconfigured the chest harness on his PFD to take on the belay role. Jon was then attached to the anchor, aided by Phil. I volunteered to be the bait and was duly attached to the belay team’s line. In my hand I carried a second line with large Karabiner attached. Chris co-ordinated the operation from a good vantage point and the rest of the rescue group positioned themselves on either the belay or the secondary line, ready to pull when needed. We had sufficient slings and karabiners to rig up some “V” pulls on the main line to assist with the effort. Although the water was flowing fast and hard around the boat, the rock it was pinned against was forming a small eddy of reasonably still water behind it. The objective was to reach this eddy and get a line attached to one of the grab handles on the pinned boat.

Despite getting close on my first two attempts, I failed to reach the mid-river eddy. Instead I got pushed away and downstream by the strength of the main flow and was pulled back to the

bank by the rest of the guys using the line attached to my PFD. After an alteration to the angle of attack I reached the eddy on the third attempt and made my way up river to the pin.

I was fortunate that as I reached around the rock to the boat, which from my perspective was almost totally obscured by the water spraying off it and onto me, my hand fell straight onto a grab handle. The second line was therefore quickly attached and I signalled the belay team to pull me back to the bank. Once everyone was back on the bank the pinned boat was quickly released by the guys pulling upstream on the attached line and it was reunited with its owner, relatively unscathed by its ordeal.

After gathering and re-packing all the rescue kit, and a bit of strategic boat emptying, we carried on down-river to Newbridge, no-one any worse for wear and everyone able to enjoy the last section of the river. At the end of all this it's worth thinking about why this was only a minor incident, when it could quite easily have become more than that. Some 'what went right' points from this are:

1. Get the group right: Make sure there is the right balance of experienced vs. inexperienced paddlers to cater for the unexpected – the former should outnumber the latter! Know how many are in the group, know everyone's name, and identify those that may need a little extra looking out for. On the water organise the group such that the least experienced are in the middle, with experienced paddlers leading and bringing up the rear.

2. Carry the right kit: We had ample supply of ropes, tapes, karabiners and first aid (had we needed it) between us. Before we started we had spent a few minutes in the car park at Dartmeet running through what we were carrying. W was even carrying a bottle cork which, combined with duck tape, made for an invaluable repair when the drain bung broke off S's retrieved boat!

3. Know how to use it: The group worked flawlessly together aided by the fact that; not only were we carrying all the right kit to affect the rescue, most importantly we knew how to use it. Everyone had undertaken White Water Safety & Rescue (WWSR) training so no time was wasted having to work out what to do for ourselves or having to explain how to do it.

Everyone knew the drill and with minimal communication knew their part to play in it. This made for a calm and slick rescue. The BCU WWSR course is highly recommended!

So all in all a great morning's paddle, albeit not quite the run-of-the-mill trip I was expecting.

We got to practice some WWSR skills and most importantly Simon had a great first descent of the Upper Dart, despite the minor drama; in fact he was already planning to be back on it the following weekend by the time we were back at Newbridge car park!

Mike

## 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.paigntoncanoeclub.org.uk/ClubRules.html>

### Pool Sessions

Volunteers are requested please to be pool buddies in December and January. We need one pool buddy for each of the following Tuesday night club sessions:

10<sup>th</sup> Dec          7<sup>th</sup> Jan          21<sup>st</sup> Jan.

To see more details and volunteer go to:

<http://www.paigntoncanoeclub.org.uk/members/phpBB3/viewtopic.php?f=4&t=1399&p=5198#p5198>

17<sup>th</sup> December's 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.paigntoncanoeclub.org.uk/KayakFootball.html>

Kayak football sessions are also planned for 14<sup>th</sup> Jan and 11<sup>th</sup> Feb and we are intending on having a 'Big boats only' session on 28<sup>th</sup> Jan. See the next newsletter for more details

There will be no club pool sessions on 24<sup>th</sup> December and 31<sup>st</sup> December.

### Club Christmas Dinner

Location: Ocean drive, Torquay.

When: Friday 13th December 2013

Time: 7pm for dinner at 7:30pm

Dress code: Leave the wetsuits at home!

To see the menu, click on this link

[http://www.oceandriverrestaurant.co.uk/Pdf\\_download\\_folder/Xmas%20evening%20menu.pdf](http://www.oceandriverrestaurant.co.uk/Pdf_download_folder/Xmas%20evening%20menu.pdf)

Big thanks to Jo for organizing this!



## **Kayaks and Paddles Regional Club Weekend 20% off Kit!**

We have received the following from Kayaks and Paddles

I am writing to invite Paignton Canoe Club and all its members to a 'regional club weekend' at Kayaks and Paddles. We will be hosting an exclusive only event with mince pies, refreshments and up to **20% off all boats, clothing and equipment** – for one weekend only. This will include any items ordered and paid for on the night if we don't have them in the shop. It's also a great opportunity to pop in and sign up for our new KP Loyalty Card which gives your club members discount all year round.

**Saturday 14th December 10am – 5pm**

**Sunday 15th December 10am – 4pm**

Don't miss out on this one off deal! We have a large showroom with over 80 boats on display and many many more in stock, plus loads of kit! We're easy to find too - we're just off the A38 at Lee Mill, less than 20 minutes from the River Dart.

Many Thanks,

John and The Kayaks and Paddles Team

Kayaks & Paddles Ltd

Tel: 01752 892672

Email: [sales@kayaksandpaddles.co.uk](mailto:sales@kayaksandpaddles.co.uk) - Website: [www.kayaksandpaddles.co.uk](http://www.kayaksandpaddles.co.uk)

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 going on using.....

## **Club Communication**

**Emails:** [info@paigntoncanoeclub.org.uk](mailto:info@paigntoncanoeclub.org.uk) to be given out to Non members who want to get in contact with us.

[newsletter@paigntoncanoeclub.org.uk](mailto:newsletter@paigntoncanoeclub.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.paigntoncanoeclub.org.uk> If you have a question about the club then odds on you will find the answer on it. Please feel free to give this address to non-members.

**Club Forum:** <http://www.paigntoncanoecub.org.uk/members/phpBB3/index.php> this is for members only. To access this and any other password protected part of the site you will need.

Username: **pcc**

Password: **stopper**

**(The password will be changed in January 2014!)**

This is for all members and only members to use. Feel free to contribute, your input matters and we want to hear it. Please do **not** give out these log-in details to non-members.

**Facebook:** Love it or hate it, it's used a lot. Pcc has a facebook page 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:**

[http://www.paigntoncanoecub.org.uk/restricted/Members\\_Contact.html](http://www.paigntoncanoecub.org.uk/restricted/Members_Contact.html) All Committee members are unpaid volunteers with separate full time jobs. We trust all members to use their common sense and judgement regarding their use of these.

## **The Next Newsletter**

We want you to contribute to the Newsletter. ALL MEMBERS please email to [newsletter@paigntoncanoecub.org.uk](mailto:newsletter@paigntoncanoecub.org.uk) any and all paddling/club related information that you believe should go into the newsletter.

Newsletter info about the type of stuff we are looking for can be found at:

<http://www.paigntoncanoecub.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@paigntoncanoecub.org.uk](mailto:newsletter@paigntoncanoecub.org.uk) and request to have your details removed.

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

[newsletter@paigntoncanoecub.org.uk](mailto:newsletter@paigntoncanoecub.org.uk)

Happy Paddling and Happy Christmas!

Jeremy