



peak paddlers
newsletter

NUMBER 6

DATED 21 OCTOBER 2008

Hi all

Our Patron Cllr Robin Baldry thoroughly enjoyed his recent evening with us when he presented us with a cheque for £450.00 and hopes to come with us again in the future. In the meantime he has sent us this message:

Since I was invited to be the Patron of the Peak Paddlers I have found out even more as to the activities that take place within the Club and it makes exciting reading, and most of all, the opportunity given for everyone, whatever age, to participate. The Club may at this moment be full with membership but I am sure vacancies will arise and it would be nice to know there is always a reserve list waiting to fill the position left.

Everyone must thank and appreciate the work Mo does in the club with tremendous stamina for all her efforts, and of course let us not forget the coaches who do a tremendous job, and of course not last, everyone who contributes in some way to seeing that the Club “paddles forward” all the time.

CLUB SAFETY POLICY

At last we have the Club Safety Policy. I am sorry for the delay but we have been waiting for the Regional Development officer to check it over so here it is! We would be grateful if you could read it, it's nothing new or difficult just putting it on paper. Thanks.

1 October 2008

PEAK PADDLERS' SAFETY POLICY

1. All club members are expected to understand that Canoeing and kayaking are 'Assumed Risk' water contact sports, and club members are expected to accept the risks involved and take responsibility for themselves.
2. Coaches and those trained in safety will operate under BCU guidelines and club members are expected to adhere to the guidance given by the coach/safety person.
3. Young people (under 18) must be accompanied by a responsible adult at all club sessions.
4. It is recommended that paddlers participate in groups (minimum three) However, if a paddler chooses to paddle alone he/she must accept personal responsibility for the risks involved.
5. Buoyancy aids/PFDs should be worn on all club events, and members should be able to swim.
6. It is the responsibility of club members who use privately-owned boats and equipment to ensure that they meet current safety regulations.

VICE CHAIRPERSON OF PEAK PADDLERS

We have been fortunate to gain a Vice Chairperson with excellent paddling credentials. Julia Kay has agreed to be the Vice Chair with the role as technical advisor for the club and will advise on paddling in water appropriate to our ability and to enter competitions at the right level.

Julia has paddled since she was 13 (learnt at MCC) and competed in slalom events at World Class level holding the British title for 3 consecutive years. She later took up kayak sprinting again in the British team and has a wealth of experience of British and international waters.

Julia will be a tremendous asset for us and looks forward to coming to our events. **Welcome Julia!**

POOL TRAINING PROGRAMME

Here is the Pool Training Programme for the next few sessions. The first hour will have specific coaching from the coach of the night, the second hour will be for freelance paddling with coaches assistance.

WEEK	COACH	TOPIC
2 OCT	MARK BUTLAND	SWIM CAPSIZE. EACH WEEK REVIEW PREVIOUS
9 OCT	MARK BUTLAND	SPRAYDECK TESTS. SELF AND SWIMMER RESCUE, ESKIMO AND SWIMMER RESCUE, HIP FLICK RESCUE
16 OCT	MARK BUTLAND	RESCUE OF OTHERS KAYAK X RESCUE H RESCUE, OPEN CANOE CURLS
23 OCT	MARK BUTLAND	FORWARD AND BACK, SUPPORT STROKES, SCULLING AND RECOVERY BOTH SIDES
30 OCT		SWEEP STROKES DRAWS AND PRYS, CANOE AND KAYAK SKILLS

PATRON: CLLR ROBIN BALDRY HPBC

6 NOV DYNAMIC STEERING ON THE MOVE
BOW RUDDERS, BREAK OUTS BREAK/ INS, ONSIDE AND OFFSIDE
STROKES, EMULATE WHITE WATER USING ROPES

13 NOV PAUL EVANS FROM RLSS THROW LINE RESCUES, LIFT
OUTS AND SPINAL TURNS.

20 NOV DIFFERENT EQUIPMENT, BUOYANCY
AIDS AND BOATS AND PADDLES, EXPERIMENTING WEARING
DIFFERENT EQUIPMENT IN POOL, BEST FIT AND SUITABILITY

POOL ROSTER

We plan to have a roster for pool nights for help at the desk. It would be great if ALL members could take it in turns to take some of the pressure off the hard-working committee. It needs two people each night so names and dates please to Jean (Hippy Paddler) on bronte.vale@tiscali.co.uk

That's all for now folks!

Don't forget

SAFE PADDLING!!!!