

Totnes Canoe Club



Newsletter July 2010

Welcome to the July newsletter. The Club hopes you have been enjoying the weekly sessions and official trips and encourage you to join the Yahoo Group for peer trips to maximise your enjoyment. Do let us know any comments - we like to hear your feedback and suggestions, after all its your club.

Bantham to Aveton Gifford and back again

We again had over 30 people on this trip, and were blessed with glorious sunshine. We put in at Bantham Quay and with the help of the incoming tide paddled up to Aveton Gifford. We passed under the Kingsbridge road, the river narrowed and we looked for a spot to land for lunch. However, the way was blocked by an aggressive swan who decided we should not pass, so we turned tail and ran away downstream and stopped opposite the head of the tidal road.

Once the tide had turned the fleet set off back downstream to the Quay, where a few people carried on around to the beach for a spot of surfing and sunbathing. The estuary had the usual (for this area) oak woodland, egrets and herons, and looked particularly beautiful in the sunshine.



2009: open boating on the Bantham - Aveton Gifford trip

Star Awards

The BCU one star award provides the skills for basic competency in a canoe or kayak. At two star the BCU ask that participants achieve the intermediate level skills in both kayak and in open (Canadian) canoes. This is necessary to gain the full BCU 2* certificate, but 2* level skills in Kayak are enough to enable you to join the white water peer group in the autumn on trips suitable for novices. At three star the award is discipline specific - white water kayak, open boating, sea, surf and so-on. The Club can currently only offer the white water option.

Congratulations to all of you who have recently attained either the one star or two star awards...keep practicing and see how far you can go!

Fun Day

How many games can you play in Kayaks/Canoes? On Sunday 25 July starting at 14:00 at KEVICC we will have an afternoon of games and fun activities in the boats. Some new and some old games for all to try - be prepared to get wet!



If you are planning to attend please let Rob know [robdack@blueyonder.co.uk] so we have an idea of numbers and ages.



Pool Sessions

Next session is Saturday 31st July at Totnes Pavilion Pool. 5.00 to 6.00 for beginners, 6.00 to 7.00 for improvers. Its the best place to learn to roll, practice eskimo rescues, and where to push your support strokes to the limit.

Please note that the pool is pretty much full with the Club boats stored at the Pavilions. It may occasionally be possible for members to bring their own boats, but these must be super-clean and this must be arranged with the committee in advance for safety reasons, contact Sarah on adrianandsarah@aol.co.uk.

Cardiff International White Water Centre

The Peer Group (Advanced White Water section) are planning an adrenaline packed trip to this new man-made course. Pictures to follow, I hope!

Totnes to Dittisham

The next club trip is on Saturday 17 July, putting in just below the weir at KEVICC on the high tide just after 11.00. We will meet at the boat shed at 10.30 to sort out kit, and for those able to help with the shuttle we will be at Dittisham at 9.30 to leave enough cars and roofrack space to bring everyone back at the end of the trip.

The paddle should be straightforward and is with the outgoing tide, but its a fair way to paddle, especially in a short boat - it is likely to take three to four hours including a couple of stops on the way.



2009: a stop for refreshment at Stoke Gabriel

Please let Roger know if you wish to join the trip [tcc@41.eclipse.co.uk] and what club kit you may need to borrow, especially if you have a specific boat in mind. Also whether you can help with the shuttle - please advise the number of seats and number of boats you could carry, even if its just your own.

Surf Weekend

An intrepid band set off to Watergate Bay near Newquay this last weekend for the annual surf weekend. A number of members went for the day on Saturday and due to the prevailing weather conditions had a good surf at Harlyn Bay nearby. Thanks to Jon for making the arrangements.



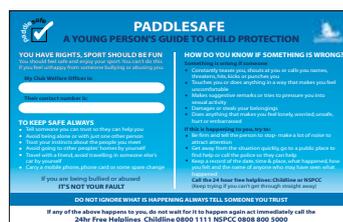
2010: Life's a beach...

Safeguarding and Protecting Children

Our coaches have now attended the level one Safeguarding & Protecting Children course and as a club we take our responsibilities very seriously. Everyone should be able to enjoy kayaking and canoeing free from any worries of bullying, teasing, taunting or any inappropriate behaviour in an atmosphere of enjoyment. If anyone has any concerns please discuss with the relevant coach or speak to the Clubs' Welfare Officer, Paul Tweed, either directly or by phone on 07970 271296.

Attached is the Paddlesafe leaflet - a young person's guide to Child Protection for your information and please feel free to discuss anything with Paul.

See attached PDF



Contacts

General club enquiries: tcc@41.eclipse.co.uk

Website: www.totnescanoeclub.org.uk

Membership: adrianandsarah@aol.co.uk



2010: Chas in the Club's Neutron surf boat