



Keep Paddling

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INSIDE THIS ISSUE

- 1 Editorial and Diary Dates
- 2 Competition Corner
- 3 Funding Issues
- 4 Members Update
- 5 Open Canoe 2 Star Course
- 7 Knowledge and Understanding
- 8 Scottish Outdoor Access Code

Editorial

Alan O'Neill

At long last the September issue is here – and have I got news for you! The Open Canoe course (see page 4) went off a treat, with about 8 club members formally achieving their awards – well done to you all. This was quickly followed by the arrival of a Coaching Kit from the Barclays Spaces for Sports scheme. See page 3. The kit contains a variety of equipment that will serve to enhance the quality of the coaching and associated activities. But by far and away the greatest excitement was generated by the long awaited arrival of the canoe trailer (see page 3). The trailer will quickly be put to good use by members I am sure. So watch out for it on the road!

Personally, I'm looking forward to some of Pete's Canoe Polo (see page 2) (the Coaching Kit will be useful for this activity) when we get back to the pool – speaking of which, the final confirmation of the pool start dates were not available at the time of publication, so keep an eye on your inbox. With the AGM only about 6 weeks away, its still all go!

Finally, the council TRI – IT day planned for 16th September has been postponed to next May - watch this space!

Keep Paddling

Alan



The club and its volunteers have demonstrated their outstanding commitment to providing a safe, effective and child-friendly club environment.

Diary Dates

September

| | |
|----|---------------------------|
| 4 | Monthly Committee Meeting |
| 5 | Newsletter published |
| 10 | Club Trip - Aberfeldy |
| 16 | TRI – IT Postponed |
| 28 | Committee Meeting |

October

| | |
|-------|-------------------------------------|
| 17 | Tiso Lecture <i>Beyond the Void</i> |
| 22 | Pool Sessions start |
| TBD | Open Canoe trip |
| 28-29 | Paddle '06 Exhibition |
| 29 | Last date for articles Nov issue |

Competition Corner

Pete Ritchie

This month's competitive discipline is the sport of Canoe Polo. This is a team sport that is generally played in the swimming pool environment. Each team consists of 5 players, each player in a 3m kayak and suitably protected with a buoyancy aid, helmet and faceguard. There is a goal at each end of the pool which is a square, suspended 2m above the ground.

Players then try to score goals with the size 5 water polo ball. You are allowed to use both paddles and hands to contact the ball and aggressive tackling is encouraged!



There are competitions held in Scotland: Glenrothes and Kirkcaldy being the nearest to us. The problem with the competitions is the travelling and the transport of boats and equipment.

A team from Angus Canoe Club did compete in a novice tournament in April 2004. This was our first foray into this discipline and it was a steep learning curve. (The team did not come last and will remain nameless!) If enough people are interested the chance may come round again.

For a full description of the sport and the rules visit www.canoepolo.org.uk



The good thing about Polo is that we have 6 polo boats available to us and will use some of the pool time over the winter to try it out. The picture above shows how it all happens.

Pete

Funding Issues

Alan O'Neill

Following on from last months look at funding and what is currently on the go, I can now report that our application to **Angus Council Community Grant Fund** has been successful. Following the placing of the order for the trailer shortly after publication of the last **Keep Paddling**, by the time you read this issue, the club should have taken possession of it! I think all agree that this will be a tremendous boost to the club, and the sooner we see it in action the better. The picture shows the trailer being loaded with kayaks by club members, assisted by Duncan McIntosh of **Duncan McIntosh Engineering** and supervised by Councillor Joy Mowatt, **Convener of Environmental & Leisure Services**.



The kayaks generously donated by **Angus Council Community Education Department** have been fitted out – the club now has 6 complete adult kayaks with associated equipment. Again, changes of clothing and equipment are also available. There is no excuse now for adult members not getting out and about. At the same time, we took the opportunity to purchase some open canoe paddles. Along with the donated air bags, this means that the clubs open canoes are now able to take to loch and river.

Barclays Bank run a **Spaces for Sports** scheme which also provides coaching equipment packs. A successful application has been made to the scheme, and

as I write this, I am awaiting arrival of the equipment. True, a lot of it may not be directly relevant to paddlesport, but the equipment is there for coaches to use to increase the value of the sessions they deliver. I'm sure that once coaches see what is in the pack, it won't be long before ideas about how to put it to good use start coming to the fore. So watch out when the pool sessions start.

The **Awards For All** grant we received has been finalised, we only await official confirmation that we have met the requirements of the award, and that's that!

Keep Paddling

Alan

Members Update

Summer Programme – The holidays are over and the summer programme enters the last 6 weeks or so before we return to the pool sessions. Keep an eye on your email inbox for details of the trips and activities coming up.

If you require an up to date copy for yourself, either download from the site or email [me](#) directly.

Web Site – I'm going to try updating the home page of the web site with a News and Events scroller – the idea being that members can see the details of an event quickly without navigating around the site. Let me know what you think of it. Anyone with anything to contribute to the web site, please email [me](#).

[Alan](#)

Log Books - This is a note for all of you who want to take formal star tests and possibly go on to coaching. Make sure you keep a personal log of all the paddling you do. It may be essential in the future and at the very least will remind you of all the great times on the water. Over the years it develops into a guide to the rivers and areas you paddle. There are formal log books available (all the coaches should be keeping one) or you can make your own.

[Pete](#)

AGM – Tuesday 7th November venue still TBD.

Open Canoe 2 Star Course

Alan O'Neill

Over the summer holidays a 2 Star Open Canoe course was held for club members interested in open canoeing. A selection of dates and venues were arranged and I'm pleased to report that 4 full days of paddling took place on local rivers and lochs to get personal paddling skills up to scratch. Not every day was as warm and sunny as we might have liked, but as I recall, only 1 day was really wet!

The first introduction to formal open canoeing took place at Forfar Loch on a really, really hot day – we all needed sun screen of one form or another. This flat water day (it seemed as though the loch was more like soup with the algae) gave us all a chance to practice in the canoes as doubles pairs, and to try to get used to working with someone else to get these 14' plus boats to go where we wanted them to!



Following on from the flat water day, we moved to the River Isla. Again, water levels were low after the prolonged spell of dry weather over the summer, but none the less, we seemed to have some good fun. The trip took a good 4 hours and included time for lunch, and we did this on two separate occasions - to enable all those signing up for the course to fit it in with work commitments. On top of that we were able to practice some of the required skills and procedures as we went along.



The final day of the course involved a longer trip, this time from Dunkeld to Kinclaven Bridge. This was meant to show more what open canoeing is about – peaceful and relaxing trips broken up by some excitement at rapids along the way. Of course, this also meant being able to demonstrate that the skills learned so far could be put into practice.



Those members successfully achieving either their 1 or 2 Star award will be receiving badges and certificates in due course – we need to get them from the SCA first! So well done to all those that took part, and watch out for the next course, this time for kayakers, maybe?

Keep Paddling

Alan

No Prizes, Just A Bit of Fun with some general knowledge questions – answers in the next edition!

Question 1. How would you define the difference between a kayak and a canoe?

Question 2. Why is a racing boat faster than a touring or short white water boat?

Question 3. Why are weirs dangerous?

Question 4. What is leptospirosis, and what precautions can you take against it?

Question 5. What would you do if someone told you that you had no right to be canoeing where you are?

Scottish Outdoor Access Code

Statutory access rights were established by the Land Reform (Scotland) Act 2003 and the Scottish Outdoor Access Code was approved by the Scottish Parliament on 1 July 2004. The rights came into effect on 9 February 2005.

Know the Code before you go

Enjoy Scotland's outdoors. It's a great place that contributes to your quality of life, your health and your awareness and enjoyment of your surroundings. Everyone has the right to be on most land and inland water for recreation, education and for going from place to place providing they act responsibly. These rights and responsibilities are explained in the Scottish Outdoor Access Code.

Know your access rights

Access rights cover many activities, including for example:

- informal activities, such as picnicking, photography and sightseeing;
- active pursuits, including walking, cycling, riding, canoeing and wild camping;
- taking part in recreational and educational events;
- simply going from one place to another.

These access rights don't apply to any kind of motorised activity (unless for disabled access) or to hunting, shooting or fishing. Access rights can be exercised over most of Scotland, from urban parks and path networks to our hills and forests, and from farmland and field margins to our beaches, lochs and rivers. However, access rights don't apply everywhere, such as in buildings or their immediate surroundings, or in houses or their gardens, or most land in which crops are growing.

Know the Code...

Access rights come with responsibilities which are fully explained in the Scottish Outdoor Access Code, though the main thing is to use **common sense**. You need to **take responsibility for your own actions, respect the interests of others and care for the environment – what does all this mean?**

When you're in the outdoors, you need to:

- **Take responsibility for your own actions** - The outdoors is a great place to enjoy but it's also a working environment and has many natural hazards. Make sure you are aware of these and act safely, follow any reasonable advice and respect the needs of other people enjoying or working in the outdoors.

- **Respect people's privacy and peace of mind** - Privacy is important for everyone. Avoid causing alarm to people, especially at night, by keeping a reasonable distance from houses and private gardens, or by using paths or tracks.

- **Help farmers, landowners and others to work safely and effectively** - Keep a safe distance from any work and watch for signs that tell you dangerous activities are being carried out, such as tree felling or crop spraying. You can also help by:
 - leaving gates as you find them;
 - not blocking or obstructing an entrance or track;
 - looking for alternative routes before entering a field containing animals;
 - not feeding animals;
 - using local advice so that you can take account of shooting and stalking;
 - not damaging fences or walls; and by
 - avoiding damage to crops by using paths and tracks, by using the margins of the field, or by going over ground that hasn't been planted.

- **Care for the environment** – Our environment contributes greatly to everyone's quality of life and health. It's important that you:
 - follow any reasonable advice and information;
 - take your litter home;
 - treat places with care, leaving them as you find them;
 - don't recklessly disturb or intentionally damage wildlife or historic places.

- **Keep your dog under proper control** – If you have a dog with you, it's very important that it doesn't worry livestock or alarm others. Don't let it into fields with calves or lambs, and keep it on a short lead or under close control when you're in a field with other animals. If cattle react aggressively to your dog, let go of it immediately and take the safest route out of the field. Take care to ensure that you or your dog don't disturb breeding birds. Pick up your dog's faeces if it defecates in any place where it is likely to cause concern to other people.

- **Take extra care if you are organising a group, an event or running a business** – Consult the full code or our website for information about your responsibilities.

If you're a farmer, landowner or someone else managing the outdoors, you need to think about the needs of people enjoying the outdoors. You need to:

- **Respect access rights** – Access rights extend to most of Scotland so don't unreasonably obstruct people on your land or water. Only lock gates when it's essential for animal health or safety and don't put a fence across a path without

putting in a gate to allow access. Providing paths and tracks is a good way of integrating access and land management.

- **Act reasonably when asking people to avoid a particular area whilst you're working** - People respond best to polite and reasonable requests, so keep safety measures in place for the minimum time, tell people about alternative routes and explain why the original route shouldn't be used. Remove information that is not up to date.

- **Work with your local authority and other bodies to help integrate access and land management** - Showing people that they're welcome and working with your local authority, or your national park authority, and others will help you successfully manage access over your land and help care for the environment.

If you're responsible for places where access rights don't apply, such as a farmyard or land surrounding a building, respect rights of way and any customary access, and work with your local authority, or your national park authority, and others to help improve and manage access.

Find out more about your access rights and responsibilities – and also about rights of way and customary access – by picking up the Scottish Outdoor Access Code or visiting <http://www.outdooraccess-scotland.com>. If you are having access problems - get in touch with your local authority or national park authority (see your local phonebook). If you would like to have a copy of the full Code phone Scottish Natural Heritage on 01738 458545 or email pubs@snh.gov.uk. Look out for other approved guidance which carries the Access Code logo.