



Keep Paddling

5th November 2006
Volume 1 Issue 6

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Editorial

Alan O'Neill

At long last I have made the time to sit and get this belated issue out "to press" – a heartfelt apology to anyone who has waited for it since the 5th November! Can I blame pressure of work and the starting of a new job? So much has happened in this last year that I've put together a few pictorial memories on page 4 rather than try to mention everything in these few lines. As we all rush headlong towards a new year, it's the time of year that memberships are due, Christmas cards are late etc etc. But as you tackle these one at a time, settle your memberships early! More on page 3. The AGM came and went – with some new faces now appearing on your clubs committee – welcome to you all - now buckle up and get ready for the ride! There are still funds available for coaching qualifications, so those of you looking toward that, get in touch with me asap – take a look at page 3 for more details. There are also impending changes to the pool sessions so keep an eye out for that too! Next years planner is quickly taking shape, once ratified by the committee it will appear in your inboxes. Anyway, its customary at this time of year to pass on "Seasons Greetings" and so forth – don't forget the New Year paddle on 2nd January 2007!

Keep Paddling

Alan

Diary Dates

January

- 2 New Year paddle
- 7 Pool session – Kirrie
- 10 Monthly Committee Meeting
- 14 Pool session – Kirrie
- 21 Pool session – Kirrie
- 28 Pool session – Kirrie
Last date for articles
Thistlebrig WWR

February

- 4 Pool session – Kirrie
Newsletter published
- 7 Monthly Committee Meeting
- 11 Pool session – Kirrie
- 18 Pool session – Kirrie
Leny / teith WWR
- 25 Pool session – Kirrie



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

Competition Corner

This is the last of the year's newsletters and in it I am going to review the competition disciplines we have looked at over the last few articles, and look forward to next years plans.



Pete Ritchie

There are many opportunities to compete in both canoes and kayaks in Scotland, and we have looked at: the differences between kayaks and canoes, white water racing, marathon racing, freestyle and polo. Of these, the greatest success was the club white water racing day, with many young (and not so young) club members having a shot at white water racing K1s. Remember, the club boat is available if you want to try it for real. I hope to go to couple of races over the winter. You can also paddle a normal plastic kayak in these events. Details will be sent out nearer the time but the main possibilities are Sunday, 28th January 2007 at Thistlebrig and Sunday, 18th Feb. 2007 on the Leny and Teith.

The other event the club took part in was the Glasgow-Edinburgh challenge. Again a large number of club members took part, many in their first real competition. See the report in the previous newsletter if you missed it! I hope we can get an entry together again in 2007. The planned date for this one is the weekend of 28th/29th April 2007, with some trials and training sessions leading up to the event.

The pool sessions are underway and some of the time will be given over to trying canoe polo. This will tend to be at the Arbroath pool as the actual polo kayaks are in Bruce House.

Finally, my aim is to get you all introduced to the sport of **slalom racing**. This is what the SCA says about it:

*"The Olympic discipline of **slalom** racing is one of the most exciting branches of canoeing where the paddler has to steer the boat down a set course as quickly as possible, passing through a numbered series of downstream and upstream gates in the process. Each gate comprises two hanging poles at a set distance apart. Races take place on white water on both natural and man made rivers."*

There are a couple of easy events, one in Aberdeen and one at Alva which are great to try out this form of competition. It is hoped that we will be able to set up an introductory day and a training course on the North Esk at Northwaterbridge. The dates for next year are not out yet, but will be provided as soon as I have them.

Pete

Members Update (Chairman's Ramblings?)

Following on from some of the comments I made in the editorial, here is an update on some of the main administrative items currently underway in the club. As usual, some (most) of these items will be available via the club web site too.

Pool Sessions – For a couple of years now the pool sessions have been split between Kirriemuir and Arbroath – this was put in place quite deliberately, I seem to recall, as the Kirriemuir sessions were attracting too large a number to run the sessions safely. The split was designed to try to manage the increasing numbers and at the same time, allow those present to have a full and enjoyable experience. Various modifications took place to the structure of the pool sessions along the way until we arrive at the situation we now face. After some deliberation, the committee have decided to return to a single venue – Kirriemuir (*a fuller explanation of the rationale is available from the committee meeting minutes*). Whilst we await final confirmation from Angus Council, we anticipate that apart from a very small number of occasions, pool sessions between January and March will take place at Kirriemuir. This may well be due to more manageable numbers (although not many coaches would say that after a Sunday evening), but it is quite a complicated affair getting the Arbroath pool sessions off the ground. Anyway, you can catch up with the pros and cons elsewhere.

Year Planner – The 2007 year planner has many dates and

activities in it – if there is something you would like to have included, please let me (alan@anguscanoeclub.org.uk) or one of the other committee members know and we'll do our best to fit it in. Once the plan has been ratified by the committee it will be published via email and on the web site. As with all things, we need your support. I can say without a shadow of a doubt, that nothing is more disheartening for a coach than setting up and organising a trip, to have no-one turn up or want to take part. I would encourage you all to take as active a role as you can! It might be that you could offer to drive the bus whilst your son/daughter is paddling, or can offer to help with the shuttles?

AGM Stuff – Much was discussed at the AGM – sorry you could not make it! A slight shift in roles and responsibilities was made (check the web site) and its great to have a few more willing(!) volunteers to help out with the admin. I don't want to recount all that took place at the AGM here, the minutes are available on the web site, so please find time to have a look. Anyway, 2007 promises to be as busy a year as 2006, what with the courses for coaches and members, the Glasgow-Edinburgh Challenge, the slalom events, WWR and so the list

goes on. Lot's there to do, so sign up for as many as you want!

Club Logo – At long last the club sweatshirts and t-shirts are to be available with the club logo. If I can remind you all that the club log was designed by Michael Houstoun in a competition last year and can be seen in glorious technicolour at www.anguscanoecub.org.uk. The garment prices are as competitive as we can get them, but are dependent upon a minimum number being ordered. I know Santa has been and gone, but some of us may appreciate a late present. The orders are being collated by Iain Taylor (iain@anguscanoecub.org.uk) and I'm sure he would appreciate money with the order. Get in touch with Iain directly to see about sizing, colours, delivery dates and so on. The garments available are: Keela Mocha half zip microfleece (no pockets) – about £12.50; Wynnster full zip microfleece (2 pockets) – about £22.00; Rab or Berghaus heavy full zip fleece – about £30.00; generic green fleece with lots of pockets – about £19.00.

Funding – Funnily enough, not much to say about funding, except that:

1. There is still money available for "coach education" from the Commander Collins Bursary. This

money has to be used by early summer of 2007 (sorry, don't have exact date to hand), and is specifically for Coach Education. So if you really do want a training course with this in mind, get in touch.

2. A number of club coaches will now start to see their qualifications become due for renewal, and I'm thinking particularly along the lines of First Aid. Remember, that the onus is on each of us individually to keep our qualifications up to date.

3. The last time I looked there was still funds available from the SCA for training courses too. Why not drop by the SCA web site at www.canoescotland.com to see if you fit the bill?

4. Coaches belonging to the Angus Council ACCESS Scheme can also get funding for travel and accommodation. It all helps to keep the costs of the courses to any one individual down. For example, I recently did my Level 3 Open Canoe assessment at Genmore Lodge – advertised cost all in of £155. The training cost was something like £120 and the board and lodgings £35. The Commander Collins Bursary paid for half the cost of the training (£60) and the ACCESS Scheme contributed £50 something towards the rest. In all, I paid about a quarter of the usual cost. So it is something worth doing.

Keep Paddling

Alan

That was the year, that was!

Over the past year the club has achieved so much and come so far! We should all be proud of our achievements, but it will be difficult to encapsulate so much in so little a space. To try to bring back some of those memories have a look at this picture gallery!



Alan O'Neill



New Year 2006 with the Rock Steady Crew



Open Canoe Familiarisation at Forfar Loch



ACE Gold Award



Canoe Trailer delivery



Starters Orders for the Glasgow-Edinburgh Challenge





Aber – Tully



A "first" for the South Esk



He was a Taaaay Tripper!



Open Canoe 2 Star

No Prizes, Just A Bit of Fun – Answers from last edition

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

Answer. A canoe is paddled from a kneeling stance with a single bladed paddle. A kayak is paddled from a sitting position with a double bladed paddle.

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

Answer. Because its longer! In fact, there are 3 criteria of speed and all are based on the length of the boat at its waterline.

Question 3. Why are weirs dangerous?

Answer. Various reasons, such as: rapped obstacles across the channel (tree's, branches etc); stoppers that form at the bottom and "hold onto" a paddler; deterioration in the concrete/metal used in the weirs construction

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

Answer. Carried in animal urine (rodents, cattle, pigs etc). The bacteria are naturally aquatic and are found in fresh water, damp soil, vegetation and mud. Main risk groups in the UK are farm workers and those making recreational use of water (canoeists, divers, windsurfers etc). Flu like symptoms such as headaches, muscle aches, vomiting. Severe cases become Weil's disease, with jaundice and kidney failure. Complete recovery is usual - but its important to get treatment early.

Wash hands regularly (take an alcohol gel); don't stop and play near static/stagnant water; don't drink river water; plan trips carefully to keep to moving water.

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

Answer. Assuming you are in Scotland, politely discuss situation with person. Point out access rights - responsible and managed access. Report incident to local authority Access Forum and SCA Access and Environment Officer. Don't be put off, but do make reasonable allowances!

Canoe and Kayak Qualifications Update

There are going to be major changes to the structure of canoe sport qualifications over the next year. This will affect both the personal star awards and the coaching qualifications. I hope to mention this at the AGM, but this article will keep you up to date if you cannot manage then.



Pete Ritchie

The background to this is that the British Canoe Union is becoming part of the UK Coaching Certificate scheme. It will give a nationally recognised qualification to all sports coaches and will give wider background knowledge for paddlesport coaches.

Firstly, the star awards are going to change. It looks like there will still be the five levels but there will be a greater emphasis on group paddling and having some leadership skills and rescue ability. The appropriate level coach can train paddlers for these awards. This means a Level 3 coach is needed to train for 3 star awards. The problem is then that to assess 2 stars and above, the coach will have to be a qualified Star Awards Assessor. The system to do this is not yet in place. It may make it more difficult in the future to get these awards, especially in the near future.

Secondly, the way a person starts and progresses in the BCU coaching pathway will change, as will the remit of the awards. Those coaches with level 1-3 and level 5 are actually able to still be recognised until 2012. So if you want, can just continue as normal. Level 4 coaches are going to have to be the first to transfer over though. The details are still in the process of being worked out and 2007 will be a difficult transitional year. Courses in the new awards are planned to start from March 2007. Updates will be passed onto the club membership when available. If you want to know the full story, look up www.bcu.org.uk where all the present documents can be found.

Finally, this could be a difficult year for the club coaches. There are several people in the club who say they have coaching qualifications. It would be a great help if you could take on some coaching activity over the next year, even if it is just a single trip. We achieved a great deal in 2006, but only had two active level 3 coaches assisted by two level 2 trainees. This meant a restricted programme, especially over the summer period. Let me or one of the committee know if you can provide any assistance.

Enjoy your paddling!

Pete