

Paignton Canoe Club Member

Well it's May and the glorious British summer is here as I write this it's a delightful sunny day not a cloud to be seen with only a gentle breeze to aid the pig that is flying past the window! Yes its wet, damp, breezy, cold and rainy perfect paddling weather.

Well now that that little formality of a general election is over: it is now the club summer season so we are outside for Tuesday nights. See below for the club night schedule.

Thanks to everyone who has contributed to this month's newsletter. Please feel free to contribute to the next one.

Jeremy (vice chairman and editor)

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## **From The Chairman**

Hi everyone, the pool sessions have now finished until the first Tuesday in October. Thanks to everyone who has helped both in the pool, with rolling, coaching or just making new people welcome. The courses run during the pool sessions couldn't run without the coaches and it's always good to hear positive comments, so many thanks to all the coaches involved.

Moving the trailer week in week out is one responsibility that is easily taken for granted and big thanks are due to Nigel for his continued help. We are always looking to share the towing so let us know if you can help. Thanks to everyone who helped when Nigel was unavailable.

Finally thanks to Jo our trusty treasurer, who hardly misses a Tuesday session, collecting the money and dealing with a large number of people in a short busy period.

We're back on the sea. These are peer paddles with no one specifically in charge but please listen to others should they consider the conditions unsuitable. Feel free to ask advice from others. Please paddles as a group, be aware of others and if you have a different aim to the collective voice, speak up and let people know what you are going to do.

Finally, enjoy your paddling; we're in a beautiful part of the country and so lucky to have such wonderful coast to enjoy.

See you on the water

Rob C

## **Latest News and Recent Events**

### **Summer Kayak Hire**

The kayaks stored on the trailer will be available to hire for club members for the whole of the Pcc summer season (or part thereof) for £20. That is anytime from now until the end of September: when the club winter season starts and we go back in the pool. Kayaks will be hired out to members on a first come first served basis.

Anyone wishing to do this please contact Jo the Treasurer.

Club boats **not** stored on the trailer are stored at the following members' homes. These will be available for members to hire on a weekly basis for £5 per week. Please arrange pick-up, payment and dropping off these boats with the member who stores them. Please also remember that these are all volunteers with separate full time Jobs and commitments etc.

Orca Sea Kayak: Charles. (01803 555824)

Canoe 1: Richard (07880 548899)

Canoe 2: Nathan (07816 492110)

Double Sea Kayak: Tim (07904 073923)

Topolino Duo: Tim (07904 073923)

Dagger Juice: Nigel (07763 189723)

For more details on Pcc Kayak hire go to:

<http://paigntoncanooclub.org.uk/restricted/ClubKitMembers.html>

# **Paddling Skills Development**

(by Rob P)

With the rivers now some-what dry and the pool sessions now over: I'd just like to say well done to those that came along and tried the moving water sessions over the winter and thanks to those that have helped on them and to the bakers for the cakes. Also well done to those that have mastered the black art of rolling in the pool, and keep at it to those that are almost there.

We are fortunate enough to have a club with many opportunities for getting on the water; use as many as possible to get out and keep all the skills from going rusty. My plan is to run one or two sessions during the summer to introduce some moving / white water techniques on flat water, dates and details to follow. This will be aimed at those that have got to BCU 2 star kayak level or have done the club course and are new to the rivers and wanting to try them this coming winter. If this is something that you'd be interested in let me know and I'll make a note.

I would suggest that if you have a goal that you want to achieve or something that you want to try during the summer, paddling wise, that you chat to either a coach or committee member about how to achieve it. The chances are that there are others that want to do the same thing, don't wait for someone else to suggest it.

Happy Paddling

Rob Porter

Club Coach.

# **Paignton Harbour Kayak storage**

(by Tim D)

Paignton Harbour has some cages available for hire for the summer, large enough to store a kayak. Security should be good. Make enquires to the Harbour Master, Simon Pinder.

Tim

## **Coaching Paignton Sea Scouts**

(by Charles E)

Paignton Sea scouts have asked: have the club anyone who might be interested in assisting the Scouts in teaching them kayaking and/or canoeing at Paignton Harbour? They are desperate for help for help at the present time for qualified instructors.

Anybody interested for the short term, or longer term, should please contact Gordon Cowell: [gordon.cowell@btinternet.com](mailto:gordon.cowell@btinternet.com)

Charles

## **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.

## **Summer 2015 Tuesday Night Paddles**

Meeting times will be at 7pm (unless stated otherwise). There will be no changing facilities at these locations and the club trailer will not be brought due to parking and security issues. If you wish to hire a club boat for any Tuesday club sessions please contact us at least 2 days before to organise.

This can also be found on the PCC website here:

<http://paigntoncanooclub.org.uk/EventsCalendar.html>

## May

**5<sup>th</sup>**: Paignton Harbour (no parking at the harbour itself. The beginners' course will be there with the trailer)

**12<sup>th</sup>**: Paignton Harbour( no parking at the harbour itself. The beginners' course will be there with the trailer)

**19<sup>th</sup>**: Sea Safety rescue session from Young Park Road, Goodrington. Dress to get wet if you're practising your rescues.

**26<sup>th</sup>**: BBQ at Silver Cove near Elberry Cove. Meet at Youngs Park Road. No pedestrian access to beach. Later finish, bring a light, food and drink.

## June

**2<sup>nd</sup>**: Teign Estuary. Newton town quay to Teignmouth Polly Steps, meet Polly Steps car park, which is reached by driving through the docks at Teignmouth to the car park, to run shuttles to Newton town quay.

**9<sup>th</sup>**: Stoke Gabriel to Dittisham and return. There's a lovely pub on the riverside so bring some cash.

**16<sup>th</sup>**: Totnes to Stoke Gabriel. Meet Stoke Gabriel, Mill car park, to shuttle up to Totnes and paddle down with the tide.

**23<sup>rd</sup>**: Brixham to Kingswear. 9 mile paddle along the coast, meet Darthaven Marina

car park, Kingswear at 6.30pm. Late finish 10.30pm. Bring lights. This is a long paddle, **not** suited to shorter river/creek/play boats.

**30<sup>th</sup>**: Possible evening at AS Watersports demo evening. Or paddle the Exe canals from Haven Banks

## July

**7<sup>th</sup>**: Bantam Surf evening. (This is a new one, which will be weather dependant) High tide is 10.30pm so a trip up the estuary is possible if there is too much surf or not enough, bring money for the car park.

**14<sup>th</sup>**: Meadfoot to Orestone Rock and Thatchers Rock and return. Meet by the slipway in the car park at the bottom of Illsham Marine Drive.

**21<sup>st</sup>**: Babbacombe to Coombe Cellars. Meet at Coombe Cellars 6.30pm to get changed and shuttle back to Babbacombe. Lights needed.

**28<sup>th</sup>**: BBQ, Youngs Park Road to Crystal Cove. Later finish, bring a light, food and drink.

## August

**4<sup>th</sup>**: Meet Brixham Breakwater beach car park to paddle out around Berry Head to the caves and maybe as far as St Mary's bay and return, bring lights and consider wearing a helmet.

**11<sup>th</sup>**: Meet Quay West car park, Goodrington to paddle to and watch fireworks at Paignton. Lights are essential, late finish in total darkness with lots of other bigger boats. We shall paddle back as a group and cross the harbour mouth as directed.

**18<sup>th</sup>**: litter picking on the Teign. Paddle from Passage House Inn, clean up as much as we can and return. At least one canoe is needed.

**25<sup>th</sup>**: BBQ, Paddle from Meadfoot towards Ansteys Cove to stop, eat and chat and return. Later finish, bring a light, food and drink.

## September

**1<sup>st</sup>:** Cockwood to Turf Lock Inn and return. Late finish, parking on the Starcross side of the harbour, bring cash for the pub

**8<sup>th</sup>:** Exeter canals and weirs. Meet Haven banks car park by As Watersports. Helmets required for the weirs and cash required for probable stop at the pub.

**15<sup>th</sup>:** Stoke Gabriel to Bow Creek, pub, drink and food but bring additional layers for when we stop and cash for the pub.

**22<sup>nd</sup>:** Meadfoot to Torquay for chips and return. Bring cash

**29<sup>th</sup>:** Annual General Meeting (AGM). No paddling, venue to be arranged

## Surfing North Devon 16th 17th May

(by Rob C)

I'm hoping to have another weekend surfing. Hopefully N.Devon but due to a commitment on behalf of the club it may be Cornwall. This is the usual, relaxed event that may include camping and a meal with the details being decided at the last minute.

I shall post on the forum and we can come to a decision there.

Note this does clash with the canoe show at Exeter.

## South West Canoe Show Saturday 16th May

This is the 10th show held on the quayside at Exeter. It will have various stands, displays activities and deals from the major manufacturers; demo boats on the water, don't forget your gear and even an after party.



More details on [www.swcanoeshow.co.uk](http://www.swcanoeshow.co.uk)

Rob C

## **Under 16s First Aid Course**

(By Jerome from Totnes Canoe Club)

I am a coach at Totnes Canoe Club and a father of two keen junior paddlers. As a life skill, and selfishly as they move on to bigger water with me, I'm keen for them to have good first aid skills! However, outdoor pursuits based first aid for under 16's I have found to be thin on the ground. So I have organised with a great local provider, <http://www.firstaid4life.com>, to deliver a bespoke course designed for under 16's delivering first aid in an outdoor environment.

It is a full day course on Sunday 19th July at Princetown and the cost is £35pp. We have spaces left and I would like to offer the opportunity to other clubs in our area for your junior paddlers (10 to 16 years old) to also attend if interested.

To this end I would be grateful if you could share this with your members and ask them to contact me at [jerome@shaplandfamily.co.uk](mailto:jerome@shaplandfamily.co.uk) if they would like more information or to sign up to the course.

Many thanks,

Jerome.

**Cross Bay Swim Cover 4<sup>th</sup> July**

(by Tim D)

The British Long Distance Swimming Association regularly has an event from Meadfoot to Fishcombe and return. <http://bldsa.org.uk/swim/championship-events/>.

We have been invited to provide some one-to-one safety cover for swimmers. Very quickly the swimmers are spread over a largish area of sea. You need to be happy being effectively by yourself in the middle of the Bay whilst escorting the swimmer. There are rescue RIBs about, but you are there to support the swimmer, not the other way around! Details here: <http://bldsa.org.uk/swim/boat-crews/>.

The most likely actual role is as refreshment carrier and navigator. The swimmer sets the pace, the paddler gives the direction. You lead the way keeping at an agreed position with respect to the swimmer (perhaps 2 metres away at the 2 o'clock position. Otherwise the swimmer can only see the wave in front. Best to use transits (a feature/building close to shore line lined up with one on the skyline) to keep a good line across the Bay. [http://www.kayarchy.co.uk/html/02technique/005seakayaknavigation/005check\\_swhileafloat.htm#transits](http://www.kayarchy.co.uk/html/02technique/005seakayaknavigation/005check_swhileafloat.htm#transits)

The day involves about 4-5 hours slow paddling and station keeping. In reward you meet some fascinating people, even madder than us kayakers. Last year I escorted a lady of fairly mature years who said she had 'not swum much recently'. Turned out the last swim she was counting was across the Channel six weeks previously. And you get £50 for your 'expenses'.

This year the event is scheduled for 4<sup>th</sup> July. If the weather is deemed inappropriate by the Safety Officer it may become laps of buoys in Meadfoot Cove. If you are interested please e-mail [peter.larrad@btinternet.com](mailto:peter.larrad@btinternet.com). Or any questions contact me.

Thanks

Tim

Pcc rules can be found at: <http://www.paigntoncanoecub.org.uk/ClubRules.html>

All Boats and kit used in the pool needs to be clean inside and out.

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's going on using.....

## Club Communication

**Emails:** [info@paigntoncanoecub.org.uk](mailto:info@paigntoncanoecub.org.uk)

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

**Club Forum:** (for members only)

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

**Username:** pcc

**Password:** paddles

This is for all members and only members to use. Feel free to contribute, your input matters and we want to hear it.

**Facebook:** Love it or hate it, it's used a lot. PCC has a facebook page <https://www.facebook.com/groups/44208464189/> 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:** (For Members only)

[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

## 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) anything you want to put into the newsletter.

Newsletter Info (including what 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, email addresses and telephone numbers 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 newsletter will be the 28<sup>th</sup> of this month.

Happy Paddling

Jeremy