

Duddon Canoe Club

Canoeing is a potentially hazardous activity.

If you are unsure whether an activity is suitable for your level of experience ask the organiser for advice.

The club is affiliated to the BCU (British Canoe Union). This provides us with up to date information on a range of paddling matters and 3rd party insurance cover for club activities. For this we pay an annual fee for those members not already in the BCU. (NB this only covers members when on club activities).

Activities.

Pool sessions take place at Barrow Leisure Centre each Wednesday from 8.15pm to 9.00pm. We have 22 kayaks at the pool. The number of boats is restricted, if you arrive before 8.00pm and the session is full you can prepay for a boat for the following week, Costs are members £3.50, non-members £4.50 per boat (may be shared) and members £2.00, non-members £3.00 for the 2nd boat for a family member.

The format is a general free for all with experienced club members available for help and instruction. Occasional courses are run at Ulverston Pool.

Family activities include weekend camps and family days on the 1st Sunday of the month.

Sea kayaking takes place throughout the year. While the evenings are light a group meets each Tuesday evening to paddle in the channel to Piel and the south end of Walney. Trips to Scotland take place about 3 times a year.

River paddling takes place on most weekends in the winter. There are groups of kayakers of differing abilities for members to join.

Open Canoe groups go out throughout the year. We paddle local rivers up to grade 3 and go on multi – day trips on rivers further a field.

Touring group Members arrange to meet at a venue usually a lake, canal, or other placid water for a gentle tour, this is usually on the third weekend of each month all year long.

Courses based on the BCU star scheme are run throughout the year as needs demand and when time permits. More specialist courses are organised using outside providers. Members wishing to become active club coaches can claim back part of the costs of training.

‘Club activity’ - a committee member must be notified of any trip or activity to be undertaken as a club activity and may refuse to accept it as a club activity.

Social events are held occasionally during the year.

Youth Section - For those under 18 looking for more than the occasional day out the youth section offers specialist coaching in different aspects of paddlesport. There are special activities for juniors 2 or 3 times a month. We travel to competitions in the North of England for Wild Water Racing and Slalom, sometimes staying in hostels overnight. The youth section has its own committee to help guide coaches to offer training in areas of need. To join the youth section ask one of the coaches and they will point you in the right direction or contact the youth section chairperson.

Communication

Meetings - The club Annual General Meeting is held in June. All membership fees are due at the AGM and are valid from June to June.

Committee meetings take place approx bi-monthly after the Wednesday pool session. Club members are encouraged to attend and contribute.

Newsletter - An occasional newsletter is sent to members. It usually has reports of activities and dates of forthcoming events. It relies on members providing printing matter for this.

Notice Board -We have a notice board at Barrow Leisure Centre. It displays details of club and national events, lists to sign up for courses and items for sale.

With club membership spread over the whole of South Cumbria communications can be difficult at times. Many trips are arranged at short notice e.g. when it rains. The phone and email system is used much of the time so keep in touch to see what's on. You can supply your email on the membership form, this will also help in the distributing of the newsletter which is done almost entirely by email and keeps club costs down.

Equipment

The club has a range of kayaks, sea kayaks, open canoes and associated equipment. Every effort is made to maintain the equipment in good condition but you should always check the kit before using it. In case of damage report and remove from service. Use of club equipment is free for club activities; a small charge is made for non-club use. You can download the loan form from the club website and you can get access to club equipment by arrangement with the club chairman.

Health and Safety

The committee, coaches and experienced paddlers have a ‘duty of care’ for fellow members. We therefore expect members to follow the club code of conduct and safety procedures set down by the B.C.U. and the more experienced paddlers. Failure to do so may result in expulsion from the club.

From time to time the club organise safety, rescue and first aid courses. We ‘buy in’ experts where required. The club sometimes subsidises these training courses to active members of the club who contribute regularly to the club.

Parents and guardians should satisfy themselves as to the suitability of activities for their children and ensure they are suitably equipped.

It is club policy that buoyancy aids are worn by members on all waters and rivers.

Child protection

Children will not take part in club activities with only one adult unless that one adult has an ‘enhanced disclosure’ from the criminal records bureau. Other adult helpers will be encouraged to fill in a CRB check form. (Copies of these will be held at the BCU head office).

Parents are reminded that physical and emotional stress in children can result from their actions.

Child Advocate - If any child in the club has any concern about any activity or action of another club member, or member of the public when on a club activity, or any other worries whatsoever they should seek help or advice. The child advocate may be contacted directly by any child wishing to discuss their concerns.

Accident Procedure

In the event of an emergency immediate help should be sort from the appropriate emergency service. (Even if this results in your embarrassment!).

As soon as possible the incident should be reported to a club member so that details can be forwarded to the BCU. All accidents or incidents should be recorded in the club incident book, which is held by the chairperson. This helps identify possible dangers and so avoid future harm.

Risk Assessments

We all assess risk before taking part in an activity. Coaches will assess risk before an activity taking into consideration the skills of the group, the water conditions and potential hazards.

Pool To reduce the risk of injury in the pool:

- ✚ The number of boats is limited to 22 in Barrow pool and 10 in Ulverston pool.
- ✚ No swimming when boats are in the pool.
- ✚ Adults may be in the pool without a boat for coaching purposes only.
- ✚ Non-swimmers must wear a buoyancy aid and inform the pool watchers.
- A minimum of 2 club pool watchers will be present.
- All members must abide by the club pool rules on the notice board.

Sea and Lake Paddling To reduce the risk of drowning/ hypothermia:

- ✚ Wear a buoyancy aid.
- ✚ Wear clothing appropriate to the conditions.
- ✚ If paddling away from the shore take spare kit in case of a change in conditions or capsize.
- Avoid solo paddling unless you can self-rescue.
- A group of paddlers should include someone competent at rescue.

Ramsden Dock We have the use of Ramsden Dock from the base off Cavendish Road. Its use has a number of restrictions placed on it so members can only use it after an induction so that procedures are followed correctly.

Games To avoid head injuries

- Helmets must be worn for raft 'walking' and gunnel bobbing.
- Personal buoyancy aids should be worn on all water activities

River Paddling

- ✚ Wear a buoyancy aid.
- ✚ Helmets to be worn on moving water.
- ✚ The group leader will inform group members of potential risks.
- The group leader will set procedures appropriate for the conditions.

Injury prevention in paddlesports

As with any sports canoeing uses a range of muscles not normally used a great deal. Kayaks/canoes often weigh more than we are use to lifting so care must be taken. Course instructors will advice you with regard to safe procedures but below are a few points to help you avoid injury whenever you go paddling.

Warming up

- Put car heater on full when driving to your launch site.
- Get the blood flowing round your body by exercise on the shore or gentle paddling before you try anything too energetic.
- Mobilise the joints especially arms, shoulders and back by gentle movement.

Lifting

Keep back straight at all times
Keep load close to the body.
Balance load in each hand.
Help each other and share the load.
Pull your kayak if environmentally ok.

On the water

When beginning canoeing your lower back often begins to ache after 20 to 30 minutes, stop if this happens and have a walk about the shore, before carrying on. Your back muscles will soon get stronger. If you have your own kayak a back strap will help.

After paddling

Stretch muscles gently and if you've been very strenuous warm down slowly so your body can 'clean' your blood of lactic acid, etc.

If you have an injury do not try to work through muscle pain 'there is no gain from pain'. Rest the painful part for 2 to 3 days so it can repair itself.

Please let a committee member know of any injury, no matter how small, so we can work to reduce any dangers.

Club equity policy

The club is open to all members of the public. Every effort will be made to facilitate people with disabilities of any kind provided that safety is not compromised.

Club fees

Membership fees are set at the annual general meeting each year and are currently:-

Junior £6

Adult £12

Family £18

Club policy documents

Policy documents relating to club activities and procedures can be found on the club web site (via Cumbriacanoeists.org.uk). Members are encouraged to familiarise themselves with this information.