

The Promenade



An occasional digest of news, advertisement and gossip August 2006

Editorial

by Steve Rayner

Welcome to the second issue of **The Promenade**, with more news of past and future events as well as general information about the club and Welsh canoeing.

If you would like to contribute anything to the next issue – perhaps a review of a trip, some paddling ideas you'd like to share, an activity you'd like to run, feedback to the committee, or just a photo or classified ad, please let me know.

In the meantime, enjoy reading and, more importantly, keep paddling!

1st Annual Regatta, Sun 10th Sep

11am, Glasbury Scout Hut (by bridge)

Races, games, competitions, **Prizes!**

A day for all the family (no charge for boat hire) – **FREE FUN FOR ALL!**

BBQ and refreshments – please bring cash.

Help needed with BBQ – offers please to Christina Rayner.

The Committee

Chair,	Steve Rayner	01874 623399
Coaching & Development		
Secretary,	Christina Rayner	01874 623399
Welfare		
Treasurer	Peter Cloke	01874 636161
Events	Tim Bailey	01874 610265
Membership	Lee Stephens	01874 610578
Publicity	Steve Jolliffe	07702 433506
Equipment	Neal Parry	01874 665442

STOP PRESS

Please help after each paddling session by zipping up your buoyancy aid. This will save Steve time and effort when he gets home and has to hang up the kit to dry!

Caption Contest

Congratulations to Lee Stephens, who provided the only entry to our Caption Contest, so wins the prize of a £10 voucher from PSM Outdoors in Hay-on-Wye.



Congratulations!

To Ella Bulbeck, Daniel Evans, Jamie Evans, Imogen Hosie, Keir Hughes, Edward Lewis, Holly Penn, Alex Pollard, Emily Pugh, Elinor and Patrick Scruby, who all gained their BCU 1* kayak award (and PaddlePower Level 3) at the end of our 'Introductory Courses' in June and July. And to Andrew Hosie, James Hosie and Tom Scruby who all gained their BCU 2* kayak award at a Scout canoeing weekend in July.

The Coaches

Name	Qualifications	Able to teach and assess
Steve Rayner	<u>Kayak</u> : Level 3 Inland, 4* Sea <u>Canoe</u> : Trainee Level 3	Kayak: 1-4* (Inland) Canoe: 1-2*
Tim Bailey	<u>Kayak</u> : Trainee Level 3 <u>Canoe</u> : Level 2	Kayak and Canoe: 1-2*
Steve Jolliffe	<u>Kayak</u> : Level 2, 4* <u>Canoe</u> : 3*	Kayak and Canoe: 1-2*
Peter Cloke	<u>Kayak</u> : Trainee Level 2	Kayak 1*

Bringing a Guest?

Non-members are welcome to join in Club events, so please feel free to bring guests. However, guests or prospective members will be asked to sign registration forms (and parental consent forms for under-18s). Once they have taken part in two Club events they will then be asked to join and pay membership fees if they wish to continue taking part.

Wednesday Training Sessions

Our sessions at the Promenade (or canal when it's windy!) have provided lots of fun and learning and seem to have attracted lots of new paddlers. The last session this year will be on 6th September, after which the evenings start to draw in too much.

Twisting in the Pool

The Club recently provided 5 morning kayaking sessions in Brecon Pool as part of Powys County Council's free 'activities programme' for children during the school holidays. The participants all enjoyed messing about in (and out!) of boats and learnt some new skills. Hopefully one or two of them might 'get the bug' and come and join the Club!

We have arranged a series of pool sessions approximately every 2 weeks during the

Autumn term. These will be split into two types:

Saturday Coaching sessions, where we will provide general coaching to suit whoever turns up (beginners and experts alike!).

Sunday Themed sessions, which this term will include Slalom and Polo tasters for all (subject to demand).

Each session will be split into two half-hour 'slots' costing £3, which will be organised on a 'first-come, first-served' basis. This means that there is no need to book in advance, but does mean you may need to arrive early to get a place! If less than 24 people turn up, it may be possible to book 2 slots (i.e. a whole hour); otherwise individuals may be limited to a single (half-hour) slot.

White Water Bonanza!

We are about to enter the white-water season, when there's (hopefully) enough water in the rivers; the anglers will let us paddle; the waves provide excitement; and the water's cold enough to make you gasp!

We will be arranging a variety of 'introductory' trips throughout the winter, suitable for paddlers at 2* standard (check with a coach if you don't have 2* but think you might be at the required standard). The first of these is on 12th Nov on the Usk. An **ideal opportunity to learn white water skills** is the training weekend run by Steve Rayner for North Avon Canoe Club on 17th-19th Nov. Based in Brecon, this will provide quality coaching and equip you with all the skills you need to paddle safely on 'easy' white water. There will be a charge for this weekend and bunkhouse accommodation is available if required. **Please contact Steve ASAP for details and to book places on this weekend or any trips!**

We will also be running a number of 'harder' trips for experienced white water paddlers (who should be at 3* standard). See the events list for dates.

Symonds Yat

by Keir Hughes, age 12

What a day to remember! I had such a great time that I thought I would share it with all of you.

After four weeks at 'Brecon Promenade introductory paddling course', Brecon Canoe Club invited me along to the fun day at Symonds Yat. I love my kayak which I had two years ago but although I'd had a few goes in it with my dad on Llangorse Lake I hadn't done any serious kayaking until I joined Brecon Canoe Club just four weeks ago. So imagine my surprise when Steve Rayner said he thought I was ready for the rapids at Symonds Yat! I had just had my 12th birthday so I got a brand new spraydeck as a present from granddad. I was all set for the big day.

When the morning arrived I felt so nervous that I insisted all the family walk up the riverside just to see the rapids before I attempted the ride down. There were already about ten kayaks in the rapids practising their turns and enjoying the white water. It looked very fast but exciting, so I went to look for my friends at the canoe club only to find Steve Rayner had left without me! ...My Fault! ...He too couldn't wait to try out the white water. Luckily Steve Jolliffe was waiting and helped me warm up. When we got down river to the rapids Steve spent lots of time coaching me and testing out my new skills before we went in. By that time I couldn't wait and I followed him straight down the first set of rapids and then the next and the next! It felt wonderful flying through the white water at speed.

Then the hard work began as the next two hours were spent learning how to control your boat in white water. Very different to the river at Brecon! He taught me how to cross the river safely from side to side which is called ferry gliding and involves lots of hard, mad paddling sideways – Whew! Then Steve showed me how to aim my boat at a specific rock or point again paddling like mad as the current wants to carry you

straight down river. We also practised aiming our kayaks nose first into the white water peaks which made the boat spin around in a full circle and then practised controlling this and moving safely into the side. Thankfully we had lots of breaks to catch our breath and even had to jump out and carry the kayaks at times.

I thought it would be hard to sail the kayak down the rapids but I never realised how difficult it would be to come back up! After two hours I was ready for a good lunch after all that exercise. Little did I know that after lunch other families arrived from Brecon Club and off we went again to the rapids this time in a group of four with Steve Rayner. I felt more confident now after my morning's training and couldn't wait to go back down. The rest of the club enjoyed a fun paddle on the flat water and even my ten year old cousin from Ebbw Vale, was allowed to join in (with Mums written consent of course). They spent an hour at least practising turning and paddling forwards and backwards and playing stuck in the mud. After a wobbly start he soon got the hang of it!

Just when I thought the end of the day had come I asked Steve if I could have a go at the launching tunnel on the side of the river. I was really excited as this has always looked such an impressive way of getting in the river. To much cheering, I climbed to the top and slid smoothly into the water paddling madly just to stay upright! Success! Especially when ten minutes before two big men had slid down in an open Canadian Canoe and plummeted to the bottom filling the canoe to the top with water!

Thank you so much to both Steves and Brecon Canoe Club for all your coaching and patience that day. We all had such a great time and finished the day off with a slice of much needed chocolate cake for Patrick's birthday! Next day my arms and shoulders ached after all the exercise but the first thing I said to my mum was "I wish I could do it all over again today!"

The Kit Store

We have just received our first new equipment, following the award of the Community Chest grant last month. This means that we have a better selection of junior paddles, buoyancy aids and helmets as well as some new spray-decks and some safety equipment.

You are welcome to use your own boats or hire them from the Club at £4 ('per seat') for an evening or £8 for a day. *Please remember to book boats in advance with event organisers so you're not disappointed on the day.*

All Club paddlers should bring:

- To the pool: swimming costume and T-shirt
- On spring, summer & autumn trips and training sessions: comfortable clothes with spare warm layer, windproof/waterproof jacket, close-fitting shoes (e.g. wetsuit boots or daps), cold drink, snacks and packed lunch, personal 1st aid kit and medication, sun-hat and sun-cream
- On winter and white-water trips: comfortable warm layers, spare warm layer plus warm hat and gloves, sleeveless wetsuit and canoeing cagoule (or dry-cag and dry-trousers), wetsuit boots, hot drink, snacks and packed lunch, personal 1st aid kit and medication, survival bag, throw-line (on white-water)

Please feel free to consult one of the Club's coaches before buying any kit, as we may be able to help save you money by making sure you buy what you really need!

Publicity!

We now have a Club notice board in the Leisure Centre, where we'll be able to advertise what we're doing to a wider audience as well as keeping members informed.

Club Responsibilities

Are you aware as a member that you have agreed, on the Club Registration Form, that you "acknowledge that canoeing and kayaking are assumed risk, water contact sports that may carry attendant risks of personal injury"; that you are "aware of and accept these risks"; and that you have agreed to be "responsible for [your] own actions and involvement"?

The Club's Constitution states that "all members or other persons who attend club tours or meets do so at their own risk, and neither the Club nor its officers can accept any liability for any loss or injury of any kind sustained at headquarters or whilst on a Club tour, meet or other activity."

So what does this all mean? We were asked at the Club's Inaugural General Meeting to clarify this statement and have now had a response from the Welsh Canoeing Association, which has added that, "as much as we try to avoid them, accidents can occur and accidents in and around water can be fatal and hence any participant, or parent give permission for a child, must accept these assumed risks prior to partaking. [However,] this statement does not exempt the Club or any coaches from a charge of negligence e.g. incorrect instructions, lack of adequate safety equipment/practice etc. But equally nor does it exempt the participant from negligent actions e.g. not supervising their own property correctly, tying shoe laces, following correct instructions, neglecting to inform the coach of medical conditions etc."

If you want to know any more, please speak to Steve Rayner!

Classified Advertisements

PYRANHA RAZOR general purpose/white-water kayak for sale, suitable for youngsters or adults. Blue. Phone **Peter Rowlands** for information and price, 01874 622705

Access: not such a Flexible Friend?

The Welsh Canoeing Association (WCA) has launched an ‘Access Supporters Scheme’, which is aimed at paddlers who are not already WCA members, but who either paddle in Wales or simply wish to support the WCA in improving access to the inland waters of Wales. The cost of the Package, which includes a number of benefits, is £20 per year – for details see http://www.welsh-canoeing.org.uk/access/access_not_process.htm.

Membership Benefits

The WCA has joined the Welsh Sports Association’s recently launched “Welsh Sport'ers Club” which is a rewards programme that can save WCA members £1,000s on everyday goods and services. The scheme generates funds for the WCA Access initiative and is available to Individual Members of the WCA, Affiliated Clubs (i.e. us!) and Access Supporters.

To use the scheme, visit <http://www.yourbenefit.co.uk/wcaindex.aspx> and enter ‘Brecon Canoe Club’ instead of a membership number.

We received two suggestions for alternative newsletter names; “Paddle and Splash” and “The Aberhonddu Floater”, from Daniel and Jamie Evans. Thanks for your ideas, lads – you’ll each be receiving a £5 voucher from ‘PSM Outdoors’ in Hay-on-Wye. However, for the time being the committee has decided to stick with ‘The Promenade’

Just in case our self-publicist Jan is feeling left out by not being on the front page of the Brecon & Radnor this week, here’s a picture of her one Wednesday night at the Prom. When are we going to see you in a boat, Jan?!



Brecon Canoe Club Events List, August 2006

The number of places on events will be limited by availability of boats, equipment and coaches. Please book early to avoid disappointment, especially for white water trips! All events are subject to change due to weather, water conditions or other circumstances beyond the Club's control.

Please contact Steve Rayner for more details or to book a place on any event.

Date & Time	Event	Venue
30 Aug 6.30-8pm	<u>Wednesday Evening River Session</u> Informal paddling/training.	Brecon Promenade
6 Sep 6.30-8pm	<u>Wednesday Evening River Session</u> Informal paddling/training.	Brecon Promenade
10 Sep	<u>Family Regatta and Barbeque</u> Come and join us for a day on the water and the bank, with fun paddling, games and competitions, plus refreshment!	Glasbury Scout HQ (by bridge)
Sat 23 Sep 7-8pm	<u>Saturday Pool Coaching Session</u> For all members Date and time to be confirmed	Brecon Leisure Centre
Sun 24 Sep	<u>Afon Tryweryn</u> Grade 2-4 white water (inc. slalom site) for 3* standard paddlers	Bala
Sun 8 Oct 6.15- 7.15pm	<u>Sunday Pool Slalom Session</u> For all members Date and time to be confirmed	Brecon Leisure Centre
Sat 14 Oct	<u>Afon Rhondda Fawr</u> Exciting Grade 3/4 white water for 3* standard paddlers	Pontypridd
Sat 21 Oct 7-8pm	<u>Saturday Pool Coaching Session</u> For all members Date and time to be confirmed	Brecon Leisure Centre
Sun 5 Nov 6.15- 7.15pm	<u>Sunday Pool Polo Session</u> For all members Date and time to be confirmed	Brecon Leisure Centre
Sun 12 Nov	<u>River Usk, Aberbran to Brecon or Brecon to Talybont</u> Introductory paddle on easy white water for 2* standard paddlers	Brecon Promenade
Fri 17- Sun 19 Nov	<u>White Water Training Weekend (River Usk and/or Wye)</u> 2 days introductory paddling (kayak and canoe) for 2* standard paddlers. Also 4* kayak training. Accommodation in local bunkhouse (optional for local paddlers, but there will be evening theory). Limited spaces, run by North Avon Canoe Club.	Canal Barn Bunkhouse, Brecon
Sat 18 Nov 7-8pm	<u>Saturday Pool Coaching Session</u> For all members Date and time to be confirmed	Brecon Leisure Centre
Sat 9 Dec 7-8pm	<u>Saturday Pool Coaching Session</u> For all members Date and time to be confirmed	Brecon Leisure Centre
Sat 16 Dec	<u>River Wye, Builth Wells to Llyswen</u> Lengthy paddle on moderate white water for 2* standard paddlers	Builth Wells car park
Sat 6 Jan	<u>River Dart, Upper section</u> Exciting Grade 4 white water for experienced paddlers – the best England has to offer for a New Year warm-up?!	Newbridge, Dartmoor
Sat 20 Jan	<u>River Tawe</u> Grade 3+ white water for suitably experienced paddlers	Abercraf
Sat 3 & Sun 4 Feb	<u>River Dart, Lower and Middle (Loop)</u> Classic Grade 2 and 3 white water – in England for a change! Suitable for 2* standard paddlers. Bunkhouse accommodation	River Dart Country Park
Sat 17 Feb	<u>River Usk, Talybont to Llangynidr</u> Moderate Grade 2/3 white water for 2* standard paddlers	A40 lay-by
Sat 3 Mar	<u>River Wye, Llangurig to Rhayader</u> Beautiful Grade 3/4 white water river for 3* standard paddlers	Rhayader