



## January 2019 newsletter

# General Notices

### **We have signed up to BOA Plastic Free Campaign**

So what does this mean? As a club our focus is to eliminate the use of single use plastics, such as water and drinks bottles, plastic cups, and straws etc., which get carried down our rivers and pollute our oceans. On Sunday the 24<sup>th</sup> March the rowers are organizing a river clean up and on Saturday morning 13<sup>th</sup> April the canoeists are organizing their river clean up. We are looking for as many volunteers to come along and help out.

For further details please see attachments.

### **A thank you message from Geoff Zuber.**

'I want to thank the members at BOACC for making me so welcome at the club, I'll be sad to leave, although with many happy memories of a good mob from BOARCC, including more than a few humorous jibes about my swimming versus kayaking abilities.

If any of you plan to visit Australia and Canberra in particular please do contact me, it will be a pleasure to return your hospitality.

All my best wishes for the 2019 season to BOARCC paddlers of every standard. May you go forward faster than ever, no matter which way you face!

Cheers, Geoff.'

(For Geoff's contact details – see Mike)

### **Club Survey. We will be sending out from mid-February two separate surveys (in electronic form)**

- To all those members that have contributed and or volunteered to help out on the duty rota, we are asking for some feedback about being on the duty rota or just helping out. This will help us to give our members more support and recognition through the Paddlesport Activity Assistance programme. The PAA programme is to be coordinated by James E and Vicky K
- To all our paddlers and parents, we are asking for feedback on how they can become more involved within the club. The feedback will help us to target certain training needs through the Paddlesport Activity Assistance programme.

### **BOACC Club Kit.**

See Mike.

New stock - BOACC crew tops (hoodies) £30.00 – Sizes: **S, M, L and XL**

New stock - Black BOACC Fleece Hats £8.00 – Size S/M (from mid-February)

New stock - Red BOACC Sport caps £8.0 (from mid-February)

Red BOACC tee shirts £5.00 only S and 12/13 sizes.

Black BOAC tee shirts mainly large only a few left. - £5.00)

For the BOACC racing vests, various sizes see [James Escott](#).



### **Annual club walk, Saturday 02 February**

By the time you receive this newsletter some 36 members will have battled the freezing temperatures and maybe snowy conditions and now nursing their weary legs by taking on the Brecon Beacons Mountains 4 peaks challenge.

A report will follow in next month's March edition.

### **Devizes to Westminster Canoe Race at Easter Volunteers needed.**

We have been requested to display / send out a poster to members. The DW has been organised since 1948 by volunteers, they need a team of 300 people! To help safely run the race. Can you help? Please see attached poster.

In the meantime we have a few of our members training hard for the event.

**Easter Monday 22<sup>nd</sup> April – for an hour we would welcome 4 or 5 volunteers to help round up ducks**, from the annual BOA town duck race. Please contact Simon K who will be coordinating this.

### **Local Club meeting, Tues 26<sup>th</sup> February 7pm**

At Devizes Canoe Club, Lower Wharf, Devizes, SN10 1JN

An opportunity to meet and discuss informally with other local clubs. James Hives, British Canoeing's Area Development Officer will open the session. Please see link:

<https://britishcanoeing.azolve.com/workbench/public/events?ref=7226AA72788736BE835A069DE9972788B3AA4C72>

**Welcome to new member** Dave C –previous experience mainly in GP boats, he told me that has a passion for paddling and is keen to get on.

**We welcome** any articles / reports, photos, canoes and canoeing equipment for sale etc.! Just send / email Vicky: [vixieswallow@gmail.com](mailto:vixieswallow@gmail.com),



## Weekly Training Sessions

### A mandatory club safety rule.

1. Buoyancy aids must be worn by all novice and junior members, (being of div 9-7 standard, juniors being those under 18 years).
2. Buoyancy aids must be worn by all paddlers when on the water in the dark.
3. All juniors, irrespective of experience, to wear buoyancy aids between October and March to tie in with the dates the BST ends and begins.
4. Lights are compulsory for all paddlers when on the water in the dark. Please paddle with a light that does not dazzle others on the water, but is bright enough to be seen by other water users.

**Advice for new and younger members** - The weather is finally starting to turn and as well as some cold weather coming, we are starting to see river levels rise. Reminder about adequate kit. Pack your kit bag with enough kit for cold weather/wind. It's often warmer at home and you don't realise how cold it is in the valley on the river until you arrive at the boathouse. If you are not wearing adequate kit then it is quite possible that you will not be allowed to paddle as venturing out onto the water and not being properly prepared can lead to problems that won't just affect you, but also those that have to rescue you. Remember, your equipment ( boat, paddles or rudder ) could fail and you may be some miles away from the boathouse and take considerable time to get back, so be prepared. Your kit bag should have, as we go into winter, a **hat, long leggings, waterproof jacket or wind proof cag** at least, **hand mitts** and a **spray deck make paddling a lot more enjoyable in cold weather**. Spare kit to change into when you get back to the boathouse is also essential – just in case you have ended up swimming. If you haven't got your own there are a few old spray decks and cags lying around the boathouse you might be able to use, but it's a bit of kit *you should have and own yourself at this time of the year*. Ask one of the senior members what to buy mitts and deck wise. Some may have spare kit themselves that they will donate ( or even give ) to you until you get sorted out. Email a committee member if you need some advice or kit to use – until you get your own for Christmas!

Remember – with the river starting to flow faster its essential that you **DO NOT turn just above a bridge arch**, as you will quickly be travelling side wards as you make the turn and could get pinned on the arch!. Paddle at least 50mtrs up past the bridge arch so that you can turn around fully before coming back down through the arch.

Always ware a buoyancy aid – its not only a safety device, it also can help retain body temperature when paddling into a cold wind.



**Winter Training Format**

**STARTING WEEK BEGINNING 29th OCTOBER**

<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thur</u>	<u>Fri</u>	<u>Sat</u>	<u>Sun</u>
5.30 running session @ club  6.15 Gym @ club *	9am Paddle (Run by Mike)  6pm Circuits @ St Laurence	6pm paddle (mixed K2's) **	9am Paddle (Run by Mike)  5.30pm Paddle machine/ ergo/ slider session	Rest	9 am paddle	9 am Long paddle (10-20km) ***

Notes: \*Mixture of exercises run by Rob/Tom/James

\*\* Please arrive at the club by 5:50pm so that Mixed K2s can be arranged prior to the session.

Paddling in the dark is not for everybody, if you wish to join please speak to one of the coaches.

\*\*\*Div. 6 paddlers and above (paddlers below Div. 6 may be able to attend but this is at the discretion of the coaches)

Saturday Session format

<u>Saturday of the month</u>	<u>Session</u>
1st	1. 5km TT 2. Efforts in groups
2nd	Short efforts in training groups
3rd	1. 5km Handicap race 2. Efforts in groups
4th	Longer efforts in training groups

**Training Groups:**

Groups will be based on handicaps from 5km TT. (If you are yet to do a 5km TT please speak to Tom or James so that you can be put in the correct group).

<b>Groups and coaches</b>	<b>Handicap</b>
Barton (Rota)	60-41
Packhorse (John Escott/Harry Stevens)	40-15 (Maybe split into two depending on numbers)
McKeever (Tom/James/Rob)	14-0



## Racing Calendar

For more information on the upcoming waterside series see the website:

<http://www.watersideseries.org.uk/>

Date	Event
Sunday 24th February	Waterside A Great Bedwyn to Newbury 13.5 miles 21 portages.
Sunday 3rd March	Thameside 1 12 miles 12 portages on the Kennet & Avon canal and the Thames.
Sunday 10th March	Waterside B Newbury to Aldermaston and back. 17.5 miles 19 portages
Sunday 17th March	Thameside 2 Reading to Marlow. 19 miles 8 portages.
Sunday 24 March	Waterside C Pewsey to Newbury. 23 miles 35 portages
Sunday 24 March	River Axe Race Suitable for all abilities <a href="https://www.axevalecc.co.uk/Events/River-Axe-Race/river-axe-race.htm">https://www.axevalecc.co.uk/Events/River-Axe-Race/river-axe-race.htm</a>
Sunday 7th April	Waterside D Devizes to Newbury. 34 miles 35 portages