



Ealing Canoe Club

Induction pack

INTRODUCTION

Ealing Canoe Club is a friendly, inclusive kayak club situated on the Grand Union Canal. We cater to all levels of paddling ability, running courses for complete beginners as well as training more experienced paddlers to race competitively in both marathon and sprint competitions.

We run sessions for both adults and juniors throughout the year. We have a huge range of members: some participate for fitness and fun, while others will train for major events such as the 125 mile Devizes to Westminster race or the marathon Hasler series. Racing is a great way to engage with other clubs and test your skills against others and on different types of waterways, so we encourage all of our members to enter appropriate races as soon as they are able.

Our aim is to promote various forms of canoe sport in a safe, friendly and enjoyable way. The club is affiliated to the British Canoe Union and is open to adults, school groups, youth and other organisations. We have a wide selection of boats to cater for our members and also have gym facilities for those who want to build their fitness off the water.

MEMBERSHIP

Membership is open to all members of the public. Please see the website or the notice board for current club fees. Once you have completed a One Star course (a British Canoe Union approved beginners course), you may apply to join the club. Please note that if you attend any of our transition, intermediate or advanced sessions without becoming an official member there is a charge of £10 per session.

WHAT TO WEAR

Beginners do not need to go to any great expense to start kayaking. Light shorts or tracksuit trousers with a t-shirt or sweat shirt (man-made fibres are better than cotton) plus old trainers or surf shoes are more than adequate initially: just be prepared to get a bit wet! Most paddlers will eventually wear lightweight running clothes. During the summer months we would recommend wearing a sunhat and sun cream. If it is cold, windy or raining it is advisable to wear warmer clothes, including a light cagoule, extra layers or thermals. Always remember to bring a towel to dry off after canoeing.

EQUIPMENT

We have a range of kayaks and canoes to suit all abilities, from absolute beginners to advanced paddlers. It is mandatory for all water users to wear a suitable buoyancy aid when on the water, unless given express permission by the coach. All club equipment must be properly cared for and returned to storage after use, and any damage should be reported to

your coach as soon as possible. As you progress as a paddler, we would recommend that you buy your own equipment. After buying the appropriate clothing, we would suggest purchasing a personal buoyancy aid after six months, followed by a paddle after twelve months. If you are still using any club equipment during your second and subsequent memberships, there is an equipment hire fee to pay. See the website and notice board for details.

Please note: Neglectful damage or loss of property will be charged for in addition to the equipment deposit.

CLUB SESSIONS

Our members progress through four groups as they gain paddling skills, as follows:

1. Beginners (One Star) - a six hour, BCU-approved beginners course that teaches basic paddle skills
2. Transition - for paddlers who have completed their One Star and are moving into racing kayaks
3. Intermediate
4. Advanced

SATURDAY

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|----------|---|
| 10.00 AM | Adults and selected older juniors (Intermediate and Advanced) |
| 12 NOON | Adults and Juniors (Beginner and Transition groups) |
| 2.00 PM | Juniors only (Intermediate and Advanced) |

TUESDAY

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|---------|---|
| 6.00 PM | Adults and Juniors (Intermediate and Advanced)*
Coached session for intermediate paddlers only.
6-8 mile time trial/un-coached session for advanced paddlers. |
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THURSDAY

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|---------|---|
| 6.00 PM | Adults and Juniors (Intermediate and Advanced)*
Coached session for advanced paddlers only.
4 mile time trial/un-coached session for intermediate paddlers.

<i>* Paddlers will be able to join Tuesday and Thursday evening sessions once they consistently achieve target times set by the coaches.</i> |
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On winter evenings, (or as the coach advises) some of these sessions will be run as gym sessions in the clubhouse.

We ask that you let us know if you will not be able to attend your usual session (email or Facebook).

RACE DAYS

If you are new to racing, don't worry! There are events that are suitable for **all** abilities. As part of our race schedule we will be running special trips to races that are especially suitable for those who are just starting out. They are fun days and a great opportunity to paddle somewhere new.

It is essential that members attending races bring appropriate food and clothing. Good food to bring to races includes sandwiches, soup, fruit, flapjacks etc. Juniors are not allowed to bring caffeinated energy drinks (e.g. Red Bull, Monster...).

A club race vest is compulsory and we would encourage paddlers to wear club uniform to races (club kit can be purchased through us - see the kit list on the noticeboard and on our website). You may not be allowed to race if you are not wearing appropriate clothing, such as sunhats in the summer or warm clothing in the winter.

We can escort Juniors to races without parents needing to be in attendance, but the Club will need to obtain official parental permission for this.

INSURANCE

Ealing Canoe Club is affiliated to the British Canoe Union and all members are covered by the BCU Civil Liability Policy up to a value of £5m per incident. Club members pay a nominal sum within their membership fee at the time of joining or renewal to cover affiliation to the BCU while they are in the one star courses and transition group. Adult paddlers should become full members of the BCU when they progress from the transition session to the intermediate group (BCU Website: www.canoe-england.org.uk/membership/membership-benefits/). Juniors will need to become full members when they reach Division 6 standard or above. All members paddling without a coach are required to have full BCU membership. A photocopy or photograph of your BCU card must have been given to the committee before you paddle.

HEALTH & SAFETY

There are a number of pollutants found naturally in all watercourses. The common pollutants are Blue Green Algae (which can contain poisonous toxins) and the bacteria causing Weil's disease, which enters waterways via the urine of rats and other animals.

We recommend that all canoeists wash their hands thoroughly as soon as they leave the water. Anyone who has capsized during the session should use the shower facilities in the changing rooms and all canoeists should take a bath or a shower and wash all activity clothing after returning home. Should you experience flu like symptoms after being on the water, you should see your doctor and mention that you have been kayaking.

In order to stop the spread of invasive aquatic species it is very important to wash your kit between paddling on different waterways. Boats should always be cleaned after use.

A safety test will be applied prior to allowing any club member to paddle on their own outside of normal club hours. Please refer to the club Safety Policy on the club website for details

THE COACHES

We have a number of experienced coaches who run our sessions, but we are always looking for experienced coaches to join us and are happy to support members wishing to take coaching qualifications. If you are interested in joining the coaching team in either capacity, please speak to a coach or member of the committee.

ADULT HELPERS

We are all volunteers! Our club relies on help from its members to keep going, from cleaning the clubhouse and performing general maintenance to bankside coaching support. Adult helpers are encouraged and much appreciated. Please contact a committee member if you are interested in getting more involved.

CHILD PROTECTION CONTACT

Details of our Child Protection officers can be found on the club website and on the club noticeboard. Please contact one of them if you have any concerns over an infringement of the rights of children or vulnerable adults, including neglect or abuse of a physical, sexual or emotional nature.

SOCIAL MEDIA

Website: www.ealingcanoecub.org.uk

You will find current information, policies and links to related sites. Applications forms can be downloaded here.

Facebook: Search for Ealing Canoe Club and request to join the group. This is a closed group and a really important way for members to communicate with one another. We post bulletins about races, information about sessions and other updates on the Facebook group so would strongly recommend that you join it.

Email: Ealingcanoecub@hotmail.com

You can contact us directly by email. You will receive regular emails from us and so please check regularly so that you don't miss out up to date information.

Twitter: [@EalingCanoeClub](https://twitter.com/EalingCanoeClub)

We share information about courses that we are running and provide blow-by-blow accounts of selected races throughout the year.