



**Halifax Canoe Club**

**Members  
Yearbook 2010-11**



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## **Welcome to Halifax Canoe Club**

We are an active and family orientated canoe club based on the River Calder in Sowerby Bridge, Halifax. Club paddlers can regularly be seen playing on the white water course at the club. We run regular activities throughout the year for all levels of abilities including swimming pool sessions and coaching on both flat and white water and trips away.

During the summer sessions coached by BCU qualified club coaches run on many nights of the week. These make use of both the flat and white water facilities available at the club to develop paddler's skills or progress towards different awards. Younger members are encouraged to participate in 'PaddlePower' - to experience of different forms of canoeing, learn new skills and gain the PaddlePower Awards.

We also run beginner's courses in the summer to introduce people to the basics of canoeing, while experienced paddlers are welcome to come along and join us.

In the winter months, the club runs pools sessions at Sowerby Bridge baths on a Monday evening. Beginners can get to grips with the basics, while established paddlers can perfect their Eskimo Roll's and other skills in the warm water.

Throughout the year the club also runs regular day and weekend trips to paddle on other rivers, go surfing or participate in events. We run slalom competitions and other events at our Sowerby Bridge base. Paddlers from the club compete at other events at all levels.

I hope to see you at the club soon.

*Mark Limmer*

**Chair - Halifax Canoe Club**

## **Club Membership**

The club exists for the benefit and development of its members. All regular paddlers at the club are encouraged to become members.

Membership is available to individuals or families. Parents/guardians of junior members are encouraged to become involved through their family membership.

### **Benefits of club membership include:**

- Use of the club's facilities (keys are available for the clubhouse for a deposit)
- Use of club equipment on club activities
- Free coaching from club coaches
- Participate in club trips and activities throughout the year

Membership runs from (and fees are payable from) the 1st April each year.

### **Boat Storage**

Members can pay for boat storage at the clubhouse. Space is limited, so storage is usually limited to one boat per member. Fees for boat storage are due in April each year with membership fees.

For more information on membership, boat storage or obtaining keys for the club house, contact the club's Membership and Keys Officer.

### **Disclaimer**

**Canoeing and Kayaking are 'assumed risk' – 'water contact sports' that may carry attendant risks. Participants should be aware of and understand these risks, and be responsible for their own actions and involvement. Whilst every care is taken to ensure your safety during club activities, Halifax Canoe Club is not responsible for your safety or for loss or damage to property or equipment belonging to any individual.**

## **Club Code of Conduct**

### **Code of Conduct for All Paddlers**

- Adults should avoid putting themselves in a one-to-one situation with junior members, particularly in the changing rooms. Parents / guardians should make sure their children avoid being in a one-to-one situation with an adult. Obviously parents / guardians can be with their own children.
- Always wear a buoyancy aid and helmet whilst paddling.
- Report all hazards and accidents to a Club Committee member or Coach.
- Report or take any damaged equipment to your Coach or a Club Committee Member.
- Always follow the instructions of your Coach.
- No smoking or drinking alcohol or using illegal substances on Club premises
- Pay membership and other fees promptly.
- The Club has two parking spaces, if these are full, park away from the Club. Do not park at the Club during coached sessions as the space are needed for the trailer and getting boats in and out
- Do not park in or block spaces within the mill complex allocated to residents.
- All members must respect the rights, dignity and worth of all participants regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity.
- Bullying and harassment will not be tolerated in the Club. If you feel you have a grievance report this to a Coach or Committee Member. Do not stay quiet.
- No unauthorised swimming on our home waters.
- Be ready and at the water's edge for commencing coaching at the start times advertised. (Parents/guardians should help their children to achieve this rule).

- Treat Club equipment with care and put equipment away tidily and in the right place.
- All members must play within the rules and respect officials and their decisions.

#### **Additional Code of Conduct for Under 18's and their parents**

- Under 16's must never paddle on our home water without a Coach or their parent/guardian being present.
- Those 16 or over but under 18 can paddle with others on home waters without a Coach or their parent/guardian under the Young Persons Paddling Policy, as long as the coaching panel approves them.
- Never go on the water without your parent's/guardian's permission.
- Parents must educate themselves regarding the assumed risks of canoeing activities.
- No drinking alcohol, smoking or using illegal substances during Club activities.

#### **Sensible Guidelines**

- Know your limits and paddle within them. To increase your skills and experience paddle with other who can help you improve safely.
- Always assess the water conditions. The top weir of home water gives the best guide. No water breaking over the top is the safest condition; water just breaking over the top of weir requires experience plus good skill levels. If the weir is washed out this means extreme danger plus unlikely safe egress.
- Only paddle weirs if supervised by a Coach or if you know and have experience of paddling them. Weirs kill at all levels of water regardless of ability. If in doubt! Don't!!
- Paddling alone is not recommended. Paddle in a group of 3 or more.

- Always make sure someone knows your whereabouts and estimated times of paddling.
- Know the symptoms of Weil's disease and the precautions you should take to reduce the risk. Showering after paddling is a good idea.
- Hypothermia kills, dress appropriately for the conditions, know the symptoms and how to treat it.
- Never be afraid to ask questions.
- Be respectful of our neighbours, keep out of gardens and do not block their access or parking spaces.
- Protect the environment; always follow the country code and BCU Canoeists Code.
- Make sure you know the access situation for the water you are paddling on.
- Always use good manual handling techniques to minimise stress and avoid injury when moving boats or equipment.
- Coaches and Committee Members are volunteers, please respect this and recognise their efforts.

### **Club History**

Halifax Canoe Club was established in the early 80s at Copley, on the River Calder. In 1987 the club moved to its present site in the centre of Sowerby Bridge. Several hundred tons of rock were placed in the River Calder to form a section of white water. This project was achieved through funding by West Yorkshire County Council and was designed by Dr. George Parr, who designed the course at Holme Pierrepont. In 1997 we secured grant aid from the Foundation for Sport and the Arts which enabled us to purchase and fit out a clubhouse on the site.

## **Emergency Procedures**

### **Accidents**

Please report all accidents however minor to your coach or a Committee Member. Details of all accidents **must** be entering into the HXCC Accident Book. Accident forms are available from the office.

In addition, near misses and dangerous incidents need to be brought to the attention of the Club's Health & Safety Officer and HXCC Committee for discussion and future preventative action.

### **First Aid**

If First Aid is needed all Club Coaches are qualified. A list of these people is displayed in the Club house. If first aid is administered this will need to be entered into the HXCC Accident Book and need to be brought to the HXCC Committee Meetings for discussion and improvement actions.

All qualified coaches should carry a basic first aid kit while coaching. The Club's main First Aid kit is located just outside the door to the office in the Club house. If you use any of the first aid kit this **must** be reported to the Health & Safety Officer, so replacements can be obtained.

### **Medical Help**

If the situation is serious you must get medical help. The nearest Emergency Hospital is the Royal Halifax Infirmary, if the patient can be transported safely. If medical help is needed immediately call 999 using a mobile, other resident phone or the public phone on Wharf Street opposite B&M (formerly Kwik Save) and ask for the Ambulance Service.

## **Fire Procedures for the Club House**

**Doors:** If you discover a fire or hear the fire alarm, escape quickly through the nearest exit. Close all doors just as soon as everyone is out. Do not open doors to unoccupied rooms.

**Alarms:** If you discover a fire warn other people in the building of danger and give them an opportunity to safeguard themselves. Do this by shouting **Fire**. The smoke alarms may operate and sound an alarm. Remember a Fire Alarm System is to warn the occupants of the building only – It will not alert the Fire Brigade!!

**Ring:** Dial 999 using a mobile, the phone of another resident, if it is safe to do so, or the public call box on Wharf Street, opposite B&M (formerly Kwik Save). Remember to give the precise location of the fire. The Club address is

Halifax Canoe Club, Greenup Mill, Riverside, Sowerby Bridge,  
Halifax, HX6 2AS.

This is not always easy to do in the heat of the moment.

**Evacuate/Extinguishers:** As you leave the building make sure you close all doors behind you. Carry out any special responsibilities you may have. Make sure all members and visitors leave safely remembering to help any who are deaf or otherwise disabled. Do not run. Do not stop or return to collect personal belongings. Go to the assembly point located in the lower car park near to the egress steps. Make sure you and others are accounted for. Make sure that the senior coach/member has all the information about the situation so effective communications can be given to the Fire Brigade upon their arrival. No one re-enters the building until it is safe to do so.

Only use the extinguisher provided only if you could do so without danger to yourself or to anyone else. If you need to use more than one extinguisher the fire is too large for you to continue to fight and you should make your way outside. A fire blanket is located by the cooker in the Club kitchen.

## **Guidelines for Dealing with an Incident or Accident**

- Stay calm but act swiftly and observe the situation. Ask yourself “Are there dangers of further injuries?”, “Can you remove people from the hazard/risk or the hazard/risk from people safely?”
- Do not be a hero. If attempting a rescue, make sure you are trained and in control of any rescue attempt.
- Stabilise the casualty, only move them if there is an immediate threat to life, otherwise await specialist equipment and help. If possible listen to what the injured person(s) is saying.
- Alert the first-aider, (all Club Coaches are First Aid trained), and they will take appropriate action.
- Alert a Coach or other official at the club.
- In the event of an injury requiring specialist treatment, call the emergency services. Consider the nature of Casualty/Incident and what service may be needed. (i.e. Ambulance, Fire Service or Mountain Rescue etc). The nearest public phone is on Wharf Street opposite B&M (formerly Kiwk Save).
- Deal with the rest of the group and ensure that they are adequately supervised. Clear the water of paddlers. If necessary have your group assemble at the designated point or in the Club house, depending on weather conditions.
- Contact the injured person’s parent/carer/next of kin. Safety Information sheets are in the Office filing cabinet.
- Complete an incident/accident report form. These can be obtained from the office. Ensure you make notes of all witnesses, first aiders and others. Make sure this form is passed to the committee for the next available meeting.
- Bring the incident/accident to the attention of the Health & Safety Officer, Chairperson or Vice Chairperson as soon as it is practical. Contact details are on the Club notice board.

## **Leptospirosis (Weil's disease)**

**What is it?** Leptospirosis is an animal infection. The bacteria is excreted in the animal's urine and can survive for weeks in moist conditions. The infection is caught by direct contact with the urine or the polluted environment (i.e. riverbank or water). Bacteria enter through skin abrasions or via the eyes, nose and mouth.

The usual incubation is 2 to 12 days. Usually a 'flu-like' illness occurs which resolves in 2-3 weeks. There may be fever, severe headache, pains in the back and calf and prostration. A few cases develop jaundice, when the condition is known as Weil's disease.

**What to do:** If you think you may have the infection, go to your doctor and tell him/her that there may be a risk of Leptospirosis. The diagnosis is by clinical suspicion - blood tests rarely confirm the illness in time to affect treatment.

### **Prevention**

1. Cover all cuts and abrasions with waterproof plasters.
2. Always wear footwear to avoid cutting your feet.
3. Avoid capsizing drills and rolling in suspect waters
4. Wherever possible shower after canoeing
5. If in doubt, contact your doctor early.

Leptospirosis is very rare, (fewer than 50 cases per year in the UK – most are not associated with watersport) and its deterioration into Weil's disease even more rare. Weil's disease is however a very serious illness, and must be swiftly diagnosed and treated. Please report any cases to the BCU Office.

Other illnesses, particularly **stomach bugs** (sickness & diarrhoea) are more common in canoeing. These are caused by water born bacteria getting into your digestive system. Simple precautions such as avoiding swallowing water, showering after canoeing or washing your hand between canoeing (or handing wet equipment) and eating will avoid most problems. Most stomach bugs pass within 24 – 48 hours, with the only treatment required being to drink plenty of fluids. If symptoms do persist visit your GP.

## Committee Members 2010-11

**Chairman:** Mark Limmer  
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**Vice Chair:** Keith O'Hara  
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**Treasurer:** Sarah Ford  
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**Secretary:** Mandy Spry  
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**Buildings:** Craig Jowett  
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**Equipment:** Rob Acheson  
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**Access & Environment:**  
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**Health & Safety:** Simon  
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**Coaching:** Cliff Speight  
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**Youth Rep:** Jessica Acheson  
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**Marketing:** Les Ford  
☎ 01484 854099  
e: lesford@ntlworld.com

**Welfare Officer:** Anita Brain  
☎ 01484 322652  
e: neet.com@ntlworld.com

**Competition:** Les Ford  
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e: lesford@ntlworld.com

**Volunteer Co-ordinator:**  
Victoria Bradford  
☎ 07855 367 043  
e: victoriajbradford@yahoo.co.uk

The Committee meets once a month - get in touch with one of these people if you want to raise an idea or a question.

## **HXCC Committee – Roles & Responsibilities**

The Club's committee manages the running of the club and its organised activities. The following section outlines which Committee members are responsible for particular areas of the Club's activities and affairs.

These Committee posts are elected at the Club's AGM and run for a two-year term. Those indicated with a star (\*) are due for re-election in 2011, other posts are due for re-election at the AGM in 2012. Committee roles are reviewed regularly to ensure they meet the needs of the club and its membership.

### **Chair (\*)**

- Leads the club on behalf of the members and directs the continuous improvement of Halifax Canoe Club.
- Ensures the Club continues to meet its obligations to its members and the wider community.
- Represents the Club in the wider canoeing and local community and other forums for the benefit of the club and its members.
- Chairs the club's AGM and committee meetings.
- Inspires and motivates others to actively participate in canoeing and Club activities.
- Ensures all members adhere to the Club's policies and good practice
- Ensures all committee members fulfill their responsibilities.

### **Secretary**

- Acts as Company Secretary in all dealings with Companies House.
- Ensures sound administration of Club and that it adheres to its constitution and policies.
- Maintains the current set of policy documents and the archive of old documents.
- Arranges and minutes the AGM and Committee Meetings.

- Ensures all affiliations are up to date (e.g. BCU) and deals with correspondence for the Club.
- Pro-actively manages the administration of membership and boat storage fees at the due dates with the assistance of all members of the committee, bringing any unpaid dues to the attention of the committee and maintains an active list of Club members.
- Maintains a current safety record sheet for all paddlers (members) open to committee and coaches.

#### **Vice Chair**

- Works in partnership with the Chair to ensure his responsibilities are met and deputises where necessary.
- Assists the Secretary with the administration of membership and boat storage fees.
- Ensures that club continues to meet Top Club status.
- Responsible for special projects as required.

#### **Treasurer (\*)**

- Ensures smooth running of the Club finances.
- Brings to the attention of the committee any financial irregularities.
- Report to Committee and AGM's our current spend and surplus.
- Pays bills timely, maintaining receipted accounts.
- Arranges for accounts to be independently audited yearly.
- Supports event organisers to ensure proper accounting.

#### **Equipment**

- Keeps a register of all Club equipment, ensures it is safe and fit for purpose.

- Maintains the equipment needed for the river (i.e. poles and wires).
- Manages the loan or hire of Club equipment, ensuring any fees due are collected.
- Manages the distribution of keys for the Club and maintains an active list of Club members who have keys and those paying for boat storage and at the Club.

#### **Marketing (\*)**

- Produces, edits and distributes the Club's newsletter.
- Advertises Club events to members and the wider community.
- Seeks positive press coverage for the Club and advises committee on any PR issues.
- Maintains and develops the Club's website.

#### **Competition**

- Helps and inspires members to compete and champions competitive aspects of the sport within the Club and at committee.
- Proactively encourages positive competition (including encouraging parental involvement).
- Actively pursues and ensures members who compete have access to appropriate coaching.
- Maintains an active diary of competitive events and work with the marketing rep to publicise these.
- Ensures Club competitive events are run safely and in accordance with governing bodies rules.
- Represents the Club at Regional Slalom Meetings, ACM's and meetings for other canoe discipline as required.

**Coaching (\*)** *(Post holder must be a current BCU qualified coach)*

- Leads and represents the Club's Coaching Panel.
- Maintains a register of the Club's coaches, including qualification status and key renewal dates.
- Liaises with all to ensure the correct coach is available for all HXCC activities.
- Ensures a development plan for coaches.
- Ensures members are educated about coaching issues.
- Pro-actively seeks new coaches from the membership and wider bodies.
- Maintains and encourage the Coaches Credit Scheme.
- Arranges and minutes Coaching Panel meetings.

**Buildings (\*)**

- Ensures the building is fit for purpose (including disabled access), maintained and cleaned.
- In conjunction with the Health & Safety rep, risk assesses the building and yard.
- Maintains and improves security of the clubhouse and site.

**Welfare Officer (formerly Youth Co-ordinator)**

- Provide information and advice on child protection within the Club and promote a child focus.
- Ensure that the Club adopt and follow the BCU Child Protection Policy and procedures and promote awareness of the BCU Codes of Conduct and Paddlesafe documents within the Club.
- Assist the Club to implement appropriate recruitment and screening procedures including being a confirmation signatory, verifying recruitment and screening procedures.

- Receive information from Club volunteers, children or parents and carers who have child protection concerns, recording these and responding appropriately as set out in Club / BCU policies.
- Advise the Club about appropriate training opportunities for coaches and volunteers based on the BCU Recommended Training Requirements.
- Undertake the Sports Coach UK Safeguarding and Protecting Children workshop or equivalent and the BCU/Child Protection in Sport "Time to Listen Workshop" that has been developed specifically for Club Welfare Officers.
- Proactively gains feedback and involve parents/guardians in their child's participation.

The post holder should not be the coach or volunteer with direct responsibility for co-ordinating or delivering junior programmes at the Club.

**Young Persons Representative (1 year term of office only)**

*Post holder should be under 18 at the time of their election*

- Proactively gains feedback from young member of the Club.
- Represents the interests of young people at committee.

**Access & Environment**

- Maintains quality access at the Club site.
- Liaises with residents to inform them of all activities planned at the Club.
- Co-ordinates the maintenance of the White Water Course.
- Builds partnerships with the BCU Access Officers to maintain and support BCU activities.
- Works with others in the wider community to further access for canoeing.
- Works with others in the wider community to encourage a cleaner river environment.

- Ensures members are educated about Access and Environment issues.

#### **Health & Safety (\*)**

- Advises the committee of matters pertaining to health, welfare and safety.
- Ensures risk assessments are carried out and archived.
- Liaise with others to ensure best practice is followed.
- Ensures members are educated about health, welfare & safety issues.
- Records, monitors and implements remedial actions in the case of accidents.
- Is, or arrange for, an independent safety representative to oversee events at the Club site, identifies hazards, offers support and advice.

#### **Volunteer Co-ordinator (\*)**

- Get to know all club volunteers and potential volunteers and be their main contact.
- Ensure that all volunteer jobs have a Role Outline.
- Supervise and oversee the role of other volunteers, including their paperwork.
- Coordinate the implementation of the volunteer recruitment, training and support plans.
- Recognise and nominate your volunteers for volunteer awards.
- Work with the committee to organise social and recruitment events for volunteers.

## **Getting Involved with the Club**

Halifax Canoe Club is run by its members for its members. All the Club's committee and coaches are volunteers who give their time freely for the benefit and development of the club and its members. Organised club activities can only take place through the support of members.

As with any such club there are always lots of jobs to be done and we always welcome and appreciate anyone who gives their time to help out. Usually enthusiasm is main requirement rather than experience. Here are a few ways you can help the club to run and develop:

Join the committee - there are various roles, where enthusiasm is the main requirement.

Coaching - train to be a Coach or offer to be a helper, working with one of the Club's Coaches. We may be able to assist with the cost of coach training.

Slalom events - we run three a year and need people to help put up the course, provide safety cover, judge, help in the office, cook, etc. We have people with experience of running these, but need lots of willing helpers to ensure things run smoothly.

Other activities - help organise a trip away, we don't expect you to do everything, but we need people to co-ordinate things.

Maintenance - there are always jobs to do in and around the clubhouse, help to shorten the list.

If you're keen but nothing here appeals, offer your services to our Volunteer Co-ordinator, and we'll try and find something to suit your interest and skills.

## **Coaching at the Club**

The Club's Coaches are qualified under the British Canoe Union's Coaching Scheme. The following is the list of coaches available within the club. All are volunteers and provide free coaching to members at the Club and on trips. Although we appear to have many Coaches, they are not always available, so we always need more volunteers interested in becoming Coaches, or competent helpers to assist Coaches. (Please see below for details of how to become a coach).

### **Level 3 Coaches**

Brian Dunn	Steve Davison	Les Ford
John Stopford	Cliff Speight	

### **Level 3 Trainee Coaches**

Paul Davison	John Elvidge	Sarah Ford
Paul Scarborough	Steve Taylor	Matt Walker

### **Level 2 Coaches**

Richard Boyce	Debbie Stopford	Victoria Bradford
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### **UKCC Level 2 (trainees) Coaches**

Dan Garside	Shamim Lindsay
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### **UKCC Level 1 Coaches**

Roger Blanchard	Anita Brain	Roberta Davis
Nathan Fuller	Mandy Spry	

*Details correct at time of going to press.*

The club has a coaching development plan to encourage coaches to develop their skill and to develop new coaches for the club. This includes a scheme to support coaches undertaking training courses. For more information about the coaching or how to get involved with coaching at the club, contact the Club's Coaching Officer.

### **Becoming a Coach**

The BCU are in the process of changing the structure of the Coaching Awards to ensure that these are in line with the new **United Kingdom Coaching Certificate (UKCC)**.

The training and assessment of the new UKCC/BCU Coach Awards are being phased in, with the UKCC Level One and Two Awards currently available, and other Awards being launched in the coming year. At the same time training and assessment of the existing BCU awards is being phased out.

**However all existing BCU coach awards will remain valid as long as the Coach keeps their award current.** There will also be opportunities for existing coaches to transfer into the new UKCC/BCU scheme at an appropriate level.

The level 1 and 2 Coaches will be generic awards covering various craft as well as canoe and kayak skills. At Level 3 and above the awards will be discipline specific (i.e. sea, canoe, white water, surf, slalom, etc).

All new Coaches will enter the coaching scheme at Level 1. To gain a Coaching qualification you need to hold the required pre-requisite awards (two-star, First Aid and Foundation Safety & Rescue Training) and then attend the relevant training modules. After gaining coaching experience, coaches are assessed for the appropriate award. Note: it is possible to do the coaching awards as a bank based coach.

If you are interested in becoming a coach or want more information on coaching qualifications speak to the Club's Coaching Officer.

## **Coaching on White Water at the Club**

The club has a healthy and growing group of coaches, but because of the number of courses and sessions we operate, the club has an effective shortage of regularly available Level Three Coaches. Therefore we have undertaken a risk assessment and have a policy in place which allows lower level coaches to take groups on moving water on the **Club's 'home waters' only** so as not to restrict its activities. For this purpose, '**home waters**' are defined as from the top of Puzzle Weir to the bottom of the white water course next to the club. This applies to normal water levels only – i.e. when water is up to the top of weir by the get at the Club.

Under this scheme any Club coach can take groups on these section of moving water as follows:

- Trainee BCU Level Three Coach – can operate with a group of up to 6 in their charge.
- BCU Level Two Coaches and BCU Trainee Level Two Coaches, UKCC Level 1 & 2 Coaches – can operate with a group of 8 in their charge provided there are either two coaches with the group or a coach and an experienced helper (as approved previously by the Club's Committee).
- BCU Level Three Coach (or higher) are qualified to operate on these waters, so this scheme does not apply to them.

This is only a summary of the full policy and risk assessment, for full details contact the Coaching Officer. This policy is in the process of being reviewed to take account of the changes with the introduction of the new UKCC Coaching Awards and the revisions to the BCU Star Awards.

## Young People at HXCC

The club is keen to introduce young people to canoeing and kayaking, and encourage young people to continue to participate in the sport.

We hope to introduce young people to a wide range of canoeing activities and support them in whichever aspect of the sport they want to become involved in, whether it is competitive or recreational.

The club runs introductory courses for young people (and adults) on the river and in the pool. Once young people have completed a beginner's course they are encouraged to paddle with the club.

The Club hopes to be running the new revised **Paddlepower Awards** - the BCU's scheme for young people. This aims to provide a fun and structured way of introducing young people to fundamental paddling skills, developing their skills further and ensuring they try a wide range of paddlesport activities.

The Paddlepower Awards are equivalent to the BCU Star Awards, but are better suited to young people up to the age of about 14 years old.

The Club also attends events around the region and elsewhere, encouraging young people to try different canoeing activities including slalom, freestyle and other areas of paddlesport that we don't have the facilities for at the Club.

We also help young people to complete the necessary sections to do canoeing as part of **GCSE PE** and help people count paddling with the club toward their **Duke of Edinburgh's Awards**. If any of these are of interest speak to your coach.

For those wanting to help out with club coached session, this can be arranged with coaches. Young people can work towards the Cadet Leader Award or those over 16 can start coach training.

## **Padding Policy for Young People**

Halifax Canoe Club seeks to encourage young people to develop their paddling skills and participate within the safe environment of the club and its activities. However the Club is also keen that young people can develop as responsible and independent canoeists, while balancing this against the duty of care that the Club owes to young people.

The club now has a policy through which young people (under 18's) that are members of the Club can paddle on home waters without a coach or their parent/guardian being present. The Club's home waters are defined as Puzzle Weir to club egress steps.

### **Members who are under 16**

Members of the Club who are under 16 **must** paddle with a Club coach or with their parent / guardian.

### **Members who are over 16 and under 18**

Any member of the Club who is over 16, but under 18 may apply to the coaching panel to paddle as part of an experienced group without a coach or parent/guardian being present.

This will be granted where the Club's Coaching Panel feels that the young person has the necessary skills, is sufficiently mature and where their parents/guardians understand and accept the assumed risks involved. The required level of skill is the old BCU 4 Star Award (Inland), or equivalent experience as assessed by a Level 3 Coach, and demonstrating the ability to perform appropriate rescues.

There are other conditions that apply to young people paddling under this policy, and approval can be withdrawn if it is being abused.

For full details young paddlers should contact one of the Coaches.

## Child Protection

Child protection is something that as a club we have to take seriously. We have in place a Child Protection Policy setting out the Club's position and procedures in this area and simple guidelines for all to work to.

CRB (Criminal Records Bureau) checks have been done on all Club coaches, and will continue to do these for new helpers and coaches that become involved.

In addition all coaches and regular helpers are encouraged to attend sportscoachUK's Safeguarding and Protecting Children course.

The most basic thing we can all do to protect others and ourselves this:

- Adults should avoid putting themselves in a one-to-one situation with junior members, particularly in the changing rooms. Parents / guardians should make sure their children avoid being in a one-to-one situation with an adult. Obviously parents / guardians can be with their own children.

Parents - your help will be needed with this, please help out by supervising changing with other parents or instructors.

**Adults** - be aware of this and keep to it - for your own protection from false allegations.

**Juniors** - make sure you don't change alone with an adult, and make sure you change quickly so others can use the changing rooms.

Let's all work together to ensure we continue to have a safe and fun Club environment.

For more details on child protection in the Club, contact the Club's Welfare Officer.

## **Equal Opportunities**

This Club is committed to ensuring that equity is incorporated across all aspects of its development. In doing so it acknowledges and adopts the British Canoe Union Equal Opportunities Policy.

The Club respects the rights, dignity and worth of every person and will treat everyone equally within the context of their sport, regardless of age, ability, gender, race, ethnicity, religious belief, sexuality or social/economic status.

The Club is committed to everyone having the right to enjoy their sport in an environment free from threat of intimidation, harassment and abuse.

All Club members have a responsibility to oppose discriminatory behaviour and promote equality of opportunity.

The Club will deal with any incidence of discriminatory behaviour seriously, according to club disciplinary procedures.

### **Paddlers with Disability**

Both levels of the clubhouse are accessible by people with a disability, although the cobbles in the mill area can cause difficulty. Equally access to the river is via steps that will be an issue for wheelchair users. We have a Topo Duo, which was purchased for the club for use in coaching people with a disability. We also have two open Canadian canoes.

## **Top Club**

Halifax Canoe Club has gained **Top Club** Accreditation from BCU and the Sport England Clubmark.

### **What is 'Top Club'?**

Top Club is a scheme available to all BCU Clubs and Centres throughout England - and which is also linked to the Sport England Clubmark scheme. Together these schemes provide a kite mark to recognise clubs across sports, agencies working in sport, local authorities, schools and for parents.

Clubmark is the club accreditation scheme across sports. Core criteria have been developed and the BCU have worked with Sport England to ensure that the Top Club Scheme not only aligns to the Clubmark criteria, but also meets the specific needs of paddlesport clubs.

We have been recognized as a Top Club which aims to provide young people with a good introduction to paddlesport and consolidation of technique; to give them the opportunity to participate on a regular basis, and to give access to progressive quality coaching programmes where they can experience at least two disciplines of the sport.

To maintain this standard in the future we need to ensure we continue to complete the necessary document and periodically review our policy documents. Our accreditation was gained in 2004 and was most recently renewed in February 2010.

***So what are the benefits of Top Club?***

The most important reason that clubs state for being a Top Club is always – public recognition. This in itself brings many benefits – there are also benefits from clubs working towards accreditation – working to develop their club – they all add up to:

- Additional support from Canoe England's Paddlesport Development Officers (PDO's), Regional Coaches or local sport development officers
- Support to attend workshops and coaching courses
- Resources to support the club processes

In addition each club that gains accreditation will:

- Be more attractive to new members – thus ensuring the future of the club
- Be promoted in your local community and on a national data base

The above are benefits given by Canoe England and are undoubtedly true, there are some further benefits:

- Sports funding is increasingly being offered only to clubs with accreditation from National Governing Bodies
- Administration of the club could be simplified by use of standard methods

For more information about Top Club contact the Club's Vice Chair.

## **Equipment Policy**

Halifax Canoe Club promotes paddle sport for all, so has equipment available in order to provide coaching and safety provisions for all club members and guests when using the clubs home waters, and on organised club trips away from its home waters or other suitable event.

### **Equipment.**

Halifax Canoe Club will maintain a supply of buoyancy aids, paddles (left and right handed), helmets, and spray decks. These will, at all times, when not in use, be secured within the equipment store at the clubhouse.

Additionally, the club will maintain a supply of boats, both canoe and kayak, including boats for disabled people, sufficient to allow for all coaching needs and disciplines available through the club.

The club will also maintain additional equipment including throw lines, to ensure, as far as is reasonably practicable, the safety of all on the river, or other place from time to time, in use.

### **Access**

Access to the equipment store is strictly limited to

- a) Club coaches who are on the club's list of registered coaches,
- b) The Equipment Officer

### **Use**

Only club coaches and / or the Equipment Officer are permitted to loan equipment to club members and guests whilst on organised and published coaching sessions either on the clubs home waters, or for any other event away from the club, which in the opinion of the Equipment Officer / coach is deemed a suitable event / occurrence for the loaning of equipment.

The Equipment Officer is responsible for the loaning of equipment at all other times, including loaning all equipment to third parties.

The loaning officer, being either the Equipment Officer or coach will undertake a visual inspection of any equipment loaned out prior to the equipment being released to the loanee to ensure, as far as is reasonably practicable that it is safe to use and that it is fit for its intended purpose.

#### **Inspection and Maintenance**

The Equipment Officer is responsible for ensuring that all club equipment is maintained in a serviceable condition, and that it remains fit for purpose. Additionally, the Equipment Officers is responsible, through the committee of officers of the club, for arranging the repair or replacement of any damaged equipment. This will be achieved through at least an annual inspection of all club equipment assets, additionally all buoyancy aids will be tested annually to ensure they provided the recommended level of buoyancy.

#### **Additional Responsibility**

All club members have a duty and responsibility to ensure that all club assets are treated at all times with respect, and all club members are responsible for bringing to the attention of the Equipment Officer, or other club official, any equipment defects whatsoever.

#### **Dealing with faulty equipment**

Any persons who identifies any fault with any piece of club equipment has a duty and responsibility to clearly label that item as being defective so as to prevent its further use, and to bring that defect to the attention of the Equipment Officer.

The Equipment Officer will take all reasonable steps to remedy the defect and return it to use, or remove it permanently from use.

## **Club Environmental Policy**

Canoeing is an intrinsically environmentally friendly activity, passage by canoe down waterways has no harmful impact on the environment. However, some elements of the Club's activities can and do have an impact on the local and global environment.

This policy sets out to identify practical ways that the Club and its members can play an active role in reducing the impact of canoeing activities on the environment

### **Reduce Energy Waste**

The Club's facilities include showers and heater in the changing rooms and floodlights on the riverside to enable activities to continue through the winter evenings. These are important facilities for members but through responsible use members can help reduce waste energy and save the Club money on it's utility bills

- The Electric showers in the Club only take a few seconds to warm up, so leaving them running wastes both water and electricity. The Club will encourage all members to switch the showers off when not in use.
- Electric Fan Heaters – encourage all members to ensure these are switched off when the building is unoccupied and only used when necessary
- Almost all of the lighting within the Club is reasonably energy efficient fluorescent tubes. Members will be reminded to switch off unnecessary lights and ensure that lights are turned off when the building is unoccupied.
- The Club's riverside floodlights (x 5) are connected to the Club house lights to ensure they are switched off when the lights in the building are switched off which prevents these being left on for long period. The Club will encourage members to switch the river lights off whenever they are not in use and as soon as all paddlers are off the water on an evening, potentially saving half an hour of electricity each evening that the lights are used.

- The club will put up notices by switches / exits to remind members they can help save electricity and reduce the Club's carbon footprint and include information in Club newsletters.

### **Equipment**

The Club can have an impact on the environment through its purchase of new equipment and the disposal of old equipment. For example most modern kayaks are made of polyethylene so can be recycled! The Club can also encourage help reduce waste by promoting a good second hand market for equipment.

- New Club equipment – consideration should be given to the environmental sustainability of all new equipment purchased by the Club, such as the ability for it to be recycled in the future.
- When disposing of old or surplus equipment the Club will, where equipment is still safe and serviceable, offer it to members or other canoe clubs as second hand equipment.
- The Club will encourage members to make their surplus equipment available second hand to other members through space to advertise equipment on notice boards and website.

### **Recycling**

The building that the Club is based within does not currently have recycling collections. The majority of waste generated at the Club is at the three slalom event weekends held at the Club each year.

- Provide a facility for paper, card, cans and plastic bottles to be recycled at slalom events.
- Investigate with Calderdale Council the provision of recycling collections from the Club and in the interim encourage members to take recycle-able waste (plastic drink bottles etc) back home to their household recycling facilities.

### **Cleaning of the Club**

Being water users we are aware of and could be adversely affected by water borne pollution. Therefore it is important that we set an example and do not pollute the water environment.

- All cleaning products used in the Club should be environmentally friendly and / or bio-degradable

### **Travel**

Given the need to transport canoes to activities, public transport is not an option for travelling to activities. While travel by car is the only realistic option in most situations, transporting canoes on roof racks and driving with an empty roof rack attached reduce the fuel efficiency of a car by at least 10%. Despite this, Club members can still reduce their impact on the environment while using private cars

- The Club will encourage members to car / lift sharing for all trips and activities away from the Club, with a meeting point for activities at the Club to facilitate this.
- Where practical the Club will make use of its canoe trailer to transport canoes to an activity, so the fuel efficiency of most vehicles travelling to an activity is not reduced.
- The Club will advise members (through its newsletter) of the impact on their vehicles fuel efficiency from driving with an empty roof rack and encourage members to remove them unless transporting canoes.

### **Environmental Improvements**

As highly visible water users in the local community it is important that the Club is seen to be 'custodian' of its local section of river and works to maintain and improve the river environment in Sowerby Bridge.

- The Club will organise regular 'clean ups' on the River Calder adjacent to the Club and remove other rubbish from the area as necessary.
- Member will be encouraged to report other pollution and rubbish dumped around the river to the relevant authorities for removal.

## **Club Newsletter and Website**

### **Newsletter**

The club's newsletter provides members with:

- Details of forthcoming events
- Reports on trips and events
- Contributions from members
- Regular updates on the club
- Relevant committee items

All members are more than welcome to send items, articles, contributions or suggestions for inclusion in the newsletter and we'll make every effort to include them.

The newsletter is produced every two months (March, May, July, September, November and January) and is usually distributed to members during the first two weeks of the month. The deadline for items to be included in the newsletter is usually the end of the preceding month (e.g. the end of February for the March newsletter and so on).

### **Website**

The website ([www.halifaxcanoe.org.uk](http://www.halifaxcanoe.org.uk)) provides an easy way to keep up to date with the club and get details of events in between newsletters. Plus there is space for lengthier trip reports, race results and news items. The site also has links to other relevant canoeing related websites that will be of interest to members.

Members' contributions and suggestions on the website are also welcome and can be added at any time.

The newsletter and the website are edited and maintained by the Marketing Officer.

## **Club Events 2009/10**

The club runs a wide variety of events throughout the year, both based at the club and trips away to paddle elsewhere. The following is a list of the club's main events, which take place annually.

- **Easter Weekend** - Anglesey Trip
- **April to September** – evening river session
- **May to August** – Beginners 1 star courses
- **25/26 June** – Division 3/4 Slalom
- **16/17 October** – Division 2/3 Slalom
- **October to March** – Pool sessions (at Sowerby Bridge baths)
- **Winter** – programme of river trips
- **New Year's Day** – 'Traditional' New Year's Day Paddle
- **Late March 2011** - Division 2/3 Slalom

For details and dates of the club's events throughout the year see the club's newsletter, notice boards or visit the club's website.

## Access arrangement for the White Water Course and Clubhouse Area

### General

The club has to co-exist with other residents in the mill complex. Please adhere to the following points to minimise disruption to residents and help us to maintain a positive relationship with residents.

The club has only two allocated parking spaces (in front of the clubhouse). **When these are full please park away from the mill complex** (you can drop boats etc off, but please take your car to one of the car parks in Sowerby. Do not park in or block resident's spaces.

**Avoid leaving boats and equipment where they obstruct access to people's flats – particularly upstairs outside club, outside the flat by the changing rooms (including leaning paddles up against the windows and walls), and in the yard between the wooden gate and the access bridge.**

### White Water Course

**General Description:** The white water course was re-formed in 2007, and is an excellent introduction to white water, play boating or slalom practice. It is occasionally used for slaloms and other events.

**Grading:** Generally grade II but has drops that could be considered grade III when the water level is high.

**Water Level Indicators:** The river is paddleable in all but very high water. It is subject to run off from the local moors and river levels can rise very quickly. The most important thing is that when water levels are high, you must be able to beach at metal steps at the bottom of the course to get out. If not it is a long walk (about a 1km) back from the next get out point. **More importantly** the next weir down can be dangerous in high water - a 'wall to wall canoe-gobbler' - with no portage. A good level is when the top weir is just breached.

**Put In:** This is near to the Club, through other residents' land for which we have access rights. The put in is through brown gates with sign saying "No Public Right Of Way" over the footbridge down to cobbled launch area. **Please note the put-in is through a resident's land, so be respectful of their property.**

**Get Out:** The take out is at the bottom of course, up the metal steps into the mill complex.

**Major Hazards / Falls:** The first Drop has a tow back, which can be dangerous for the inexperienced and unwary – this is worst in low to medium levels. Debris washed down by floods can be an occasional problem. Most importantly - you must be able to beach and get out at the metal steps when levels are high (see above).

**Access Situation:** No problems providing you are respectful of residents on the site.

**Visiting Paddlers:** there is no charge for paddlers passing through or playing on the course. All we ask is that you respect the local residents and keep to the guidance above regarding parking and access. For larger groups, in order to minimise the disruption to residents we may be able to arrange for a club member to meet you and give access to changing facilities with showers. Regular paddlers to the course are encouraged to join the club and contribute to Club life.

Please report any problems on the white water course or queries to our Access & Environment Officer.

**A more detailed description of the white water course can be found on the Club's website**

## **Access to the River Calder and the Rochdale and Calder & Hebble Canals**

### **River Calder**

It is possible to paddle on the river both upstream and downstream of the club with no known access problems.

Upstream it is possible to start at Hebden Bridge, Mytholmroyd, Brearley, and Luddendenfoot and from the canal above or below the v-weir and by the double weir closer to Sowerby.

Downstream from the Club it is possible to paddle on to Elland and Brighouse with access back to the canal below the weir at Standard Wire Works or at Copley Viaduct, Elland and Brighouse.

There are long flat stretches between the rapids and weirs on the river. Most rapids are grade 2 (or more in high water). However, there are a number of potentially dangerous weirs – particularly in high water. If you are not familiar with paddling these stretches of the river, it is recommended that you seek advice from the Club's Access & Environment Officer, Coaches or from a Club member who is familiar with the river and its hazards.

### **Canals**

The Rochdale Canal starts from the marina in Sowerby Bridge and runs up the valley to Todmorden (and on to Manchester). The Calder & Hebble canal runs down the valley to Brighouse and beyond. Using the canal and the river allows a circular trip from Sowerby. To go up the valley, access the canal from the car park behind the shops. Coming up the valley get off near the marina.

Both canals are managed by British Waterways. Access to the canal requires a British Waterways License – if you are a BCU Member the boat sticker included in your membership covers this license. You should have this on your boat or with you in case you are asked. As a BCU affiliated club, we have a few licenses that members can use (contact the Access & Environment Officer).

If you get on the canal at car park and the Lock Keeper is around, it's worth letting him know what you are doing. (Stress you are from Halifax Canoe Club, a BCU affiliated Club).

**Points to Note:**

Locks are dangerous - don't canoe in or near them, walk round.

Give way to canal boats – generally you should keep to the left – but remember you can use shallower water than canal boats.

Fishermen – be courteous and polite when approaching and unless they politely request otherwise, follow a straight course in single file

### **Earning a Welcome**

**To enjoy their sport, canoeists need to be welcomed**

- Be friendly and polite to local residents
- Drive slowly with care and consideration
- Park sensibly without causing any obstruction
- Be as quiet as possible
- Unload kit tidily and take all litter home
- Get changed out of public view
- Get permission before going onto private property
- Avoid wildlife disturbance or any environmental damage
- Be considerate to other water users
- When passing anglers, unless they politely request otherwise, follow a straight course in single file
- Avoid being an intrusion on local life
- Support local businesses if you can
- Say "Thank You" for any help you receive
- Leave no trace of your visit
- Follow the Country Code

**Help to ensure canoeists earn a welcome.**

## **Access to non-tidal Water**

### **The Legal Situation**

Most inland waters in this country, especially the smaller and upland rivers, are privately owned and to canoe on them without permission could constitute an act of trespass. Where there is no public launching point, or a public footpath to the water's edge it is necessary for the paddler to get permission to cross private land to access the water. The following notes apply to England and Wales; the law is different in Scotland. A more complete explanation is given in the British Canoe Union's leaflet A801 on "Access to non-tidal water"

### **River Information Service**

For information and advice (not permission) on river access you can contact the Local River Adviser (LRA). BCU voluntary LRAs are listed on the River Information Service section on the BCU website. As yet the BCU does not have LRAs for all rivers; if a river is not listed, contact the voluntary Regional Access Officer (RAO) for the region the river is in, their names are listed in the regions and clubs pages of the BCU website. RAOs and LRAs are volunteers; so do not make excessive demands. Write well in advance wherever possible and always enclose a SAE. If you phone, make sure the hour is not unsociable and remember the majority are in full time work and will not be available throughout the day.

### **The River Access Campaign**

A major purpose of the Rivers Access Campaign (RAC) is to raise awareness of the access issues on inland waterways in England and Wales, and as it develops, their web site will become an important vehicle for gathering and passing on information about the campaign ([www.riversaccess.org](http://www.riversaccess.org)). The BCU is developing the site to encourage all members of the public, whether they are BCU members or not, to assist in raising awareness of this important issue. Visit this to see how you can help.

**The River Access Campaign asserts:**

"Over 98% of rivers have NO ACCESS for the public. Access along rivers is a canoeist's lifeblood. Canoes leave no trace of passing, no noise or pollution and have little or no lasting impact on wildlife and the water environment. All rivers and waterways should be open to the public in the same way in which we are free to use footpaths and highways as public rights of way."

**Why is there an access problem?**

Problems for canoeists and others who want to navigate along waterways or even wade in them, can be said to have started in 1066 when William the Conqueror took away dominion over land from more than 4,000 thanes and gave it to less than 200 barons.

The current legal situation regarding access to water in England and Wales is different from other countries in the world, where canoeists are generally able to paddle large and small non-tidal rivers without seeking permission, as beds of these rivers are not privately owned. Under these different and more open regimes there is very little, if any, conflict between land ownership, angling and navigation interests, each having rights to the use of the water.

There are (according to The Government commissioned report "Water-Based Sport and Recreation – The Facts" published in December 2001) 65,000 km of rivers in England and Wales. The public is EXCLUDED from 98% of all rivers. This is in sharp contrast to over 200,000 km of public rights of way on land in England and Wales.

Successive governments have encouraged canoeists to seek to negotiate access agreements. These have only achieved 812 kilometers of highly restricted access. The BCU's conclusion is that negotiated access is not a viable way forward to achieve a fair and equitable share of water space. The BCU has concluded that this is predominately because riparian owners are not obliged to negotiate agreements and that established angling interests sometimes

actively discourage canoe access agreements. Local authorities, which have the powers of persuasion, have not made any orders under the National Parks and Access to the Countryside Act 1949. So, the only way forward is an access to inland waterways bill.

#### **Trespass (under civil law)**

If you are canoeing privately owned water without permission, then you might be trespassing. Simple trespass is a civil offence, not a criminal offence. Damages can be awarded against the trespasser (i.e. a fine), or an injunction can be issued to prevent repetition of trespass or to restrain threatened trespass. It is not a police matter unless a criminal offence is committed; this would only be if willful or malicious damage was done, there was a conspiracy to commit trespass, there was behaviour likely to cause a breach of the peace or it was a case of aggravated trespass.

#### **Rivers and Licenses**

**So, where can I canoe?** Many inland waterways can be paddled if you purchase a license from the appropriate authority. BCU members can paddle some of these waters as a benefit of membership when the identification sticker is clearly displayed on your canoe/kayak.

BCU membership includes a British Waterways and Environment Agency license that enables you to paddle on Britain's many canals and statutory navigations, and on some private waterways. The majority of licenses needed are included within the BCU License, which all members receive as one of the membership benefits paid for from their subscriptions. More detailed information is given on the Touring and Recreation pages of the website and the BCU Yearbook.

For information on which waterways require licenses and from where to obtain them, see the BCU website. Clearly this is a complex area - for more details on access and the river information service visit the BCU website ([www.bcu.org.uk](http://www.bcu.org.uk)), refer to the BCU yearbook, or speak to the Club's Access & Environment Officer.

## Environment

Canoes are traditional craft used throughout the world to explore wilderness areas, observe wildlife without disturbing it and develop personal ability. Navigation by canoe causes no erosion, noise or pollution and leaves no trace of its passing. Wildlife and landscape are an essential part of the canoeist's pleasure for aesthetic, cultural and recreational reasons. It is in the canoeist's interest to conserve the environment.

The BCU, as the sport's governing body in the UK, recognises that the wildlife and landscape of Britain is a part of our common heritage, and that we all have a vested interest in its survival. It acknowledges a clear duty to concern itself with the care and conservation of the environment where canoeing takes place. The BCU believes that canoeing does not have a significant effect on the environment.

The BCU can offer support and assistance in the design of footpaths and launching points to reduce any bank erosion, and encourages "River Care Schemes".

Whilst canoeing please remember the Code of Conduct:

- Take your litter home with you.
- Keep noise and disturbance to a minimum — especially near wildlife and neighbouring houses.
- Never remove plants or vegetation, and take care when around banks.
- When gaining access or egress, always keep to designated footpaths and launching points.
- Do not cross gravel beds or canoe in low water where you may disturb fish or insect eggs.

For further information refer to the book "River and Waterways Environment for Small Boat Users" by Tim Stott, available from the BCU.

## **River Pollution and What to do...**

If you see dead or distressed fish, pollution on a river or fly tipping - please contact the Environment Agency immediately, giving time, location and details of the incident. Use the Environment Emergency Freephone 24 hour Hotline Number 0800 80 70 60

### **The BCU Policy on Pollution**

Canoeing is an 'Assumed Risk - Water Contact Sport'.

The British Canoe Union is concerned over the poor water quality on some canoeable waters and urges the appropriate authorities to continue action to bring all waters up to European Union standards within the shortest affordable time span employing the most cost effective methods.

The decision as to whether or not to go afloat must rest with the canoeists and canoeing leaders, acting on their own responsibility from accessible information on water quality. It should be noted that, where deliberate capsizing is avoided, canoeing is not an "immersion" sport and poses no greater risk to participants than other "water contact" sports.

Water Quality information can be found from your local Area Environment Agency office or visit their website: [www.environment-agency.gov.uk](http://www.environment-agency.gov.uk) choose 'your environment' and then 'what's in your back yard'.

## Tests and Awards

The club encourages its member to develop their skills in all aspects of kayaking and canoeing. To help measure your performance and improvement there are a range of awards and tests of personal performance that you can gain.

### **BCU Performance Awards (Star Tests):**

The BCU Star Awards were revised and re-launched in September 2007. They are awarded for successfully demonstrating paddling skills, increasing in difficulty with each Award.

A new Paddlesport Award has been introduced as a taster Award. The new One Star Award is generic, so can do it in any type of canoe or kayak. The Two Star Award is also generic, requiring paddlers to demonstrate skills in both kayak and canoe.

At Three Star level, the award is specialized including white-water, kayak, canoe, sea and will also include competitive discipline awards in the future. The Three Star White Water Award covers general boat skills and demonstrating paddling skills on Grade 1 and 2 white water.

The Four and Five Star Awards are now leadership awards. For Four Star (white water) this requires personal paddling on grade 3 and leading a group on grade 2 water. The Five Star (white water) Award requires performance and group leadership on Grade 4 water. The Four and Five Star Awards can also be taken in canoe, surf and sea kayaking.

### **Other Awards:**

You can gain awards and training in other areas of paddling as well, including the Foundation Safety & Rescue Training and White Water Safety & Rescue Training or First Aid Courses.

For more details speak to one of the Club's Coaches.

## **The Variety of Paddlesport**

Paddlesports offer something for everyone, from calm steady paced touring on canal and placid waters to competitive sprint racing and facing the challenge of racing down raging torrents. From exploring fantastic coastal scenery by sea kayak to performing the ultimate playboat moves while 'playing' and 'shredding' the river. Paddlesports offers something for everyone young or old.

Paddling can offer a relaxing, once or twice a year tour on a local canal, an adventurous trip, or expedition on the thousands of miles of waterways in the United Kingdom and the Continent. An interest in Paddlesports can be an all-consuming hobby, exciting, challenging and testing on white water, on the sea or through the numerous competitive disciplines.

Choose the level of challenge to suit. Paddle for enjoyment, to keep fit or, if you have kids, paddle as a family and enjoy the experience together.

The British Canoe Union, as governing body of paddlesport, has an established range of discipline committees to help promote and inform on aspects of their discipline specialisms. It also promotes a large network of competitive events offering the chance to take part in 'Taster Events' and perhaps even the real chance to represent your country.

While many canoeists may not be interested in competition at any level, one common theme of all types of Paddlesport is that your enjoyment will increase as your skill level increases.

## Competitive Canoeing

Halifax Canoe Club pursues a number of competitive interests. These run alongside recreational activities such as touring. They also follow basic instruction for new starters – once you have learnt some skills we hope you will enhance your skills and develop your interests, abilities and enjoyment.

The BCU's view on competition is 'While many canoeists may not be interested in competition at any level, one common theme of all types of Paddlesport is that your enjoyment will increase as your skill level increases'.

Halifax also generates income through competition, which is to the benefit of us all.

The following table shows the various competitive canoeing disciplines. For more information contact the Club's Competition Officer

### **BCU Competitive Events**

	<b>Description</b>	<b>Do at HXCC</b>
<b>Slalom</b>	Excitement and personal challenge - a test of skill and precision against the clock, navigating a series of gates (suspended poles) without making contact which adds penalty time.	Yes
<b>Freestyle (also known as playboating or rodeo)</b>	Halifax CC most popular – tricks and extreme skills in short plastic boats. Everyone does it even if they don't know it or don't compete.	Yes

<b>Canoe Polo</b>	Two 5 paddler teams compete to score goals - combines paddling and ball handling skills within an exciting contact team game where tactical, positional play and teamwork are essential – played in a pool (or sometimes flat water)	Have before but don't have team now
<b>Wild Water Racing</b>	Exhilaration of racing flat-out against the clock down stretches of the UK's top white water through unspoilt countryside – the canoeing equivalent of downhill skiing. Halifax has a few boats.	Yes / No
<b>Canoe Sailing</b>	A cross between sailing and canoeing, usually done on large lakes and reservoirs.	No
<b>Marathon Racing</b>	Long distance racing. Novices usually start racing over about 4 miles, the races get longer as you get more experienced.	No
<b>Sprint Racing</b>	An Olympic canoe sport. Sprints over set distances in single, double or 4 person boats. The longest standing competitive event.	No
<b>Surfing</b>	Separate events/classes for ladies, masters (over 35) and juniors under 18) on some of the best surf and biggest water in the UK. Halifax do surfing for fun	No

## **Non-Competitive Canoeing**

If you don't want to take part in competitive canoeing then there is still lots you can do.

Some of the competitive disciplines of canoeing can also be done for fun, such as freestyle (play boating), surfing and polo. However, there are a lot of non-competitive disciplines that you might be tempted to try.

We don't do all of these at Halifax CC, but if you're interested we'll try and put you in touch with some one who can help you

	<b>Description</b>	<b>Do at HXCC</b>
Touring	Covers the whole range from white water river trips through to paddling flat water rivers or lakes, including multi-day camping trips (there is a Canoe Camping Club). The club has an active programme of river trips. The BCU has a programme of touring trips - usually on flat water. You can keep a logbook and claim touring awards for completing 1000 miles plus (not in one go!).	Yes
Sea Kayaking	A great way to experience remote coastal areas. However, you need to paddle with experienced people until you are familiar with the effect of tides and the weather	No

	<b>Description</b>	<b>Do at HXCC</b>
Open Canoe	Paddling and touring in open canoes (Canadians) brings a new dimension and a new set of skills to your paddling. The club has a couple of open Canadian Canoes. You could even try sailing your Canoe	Yes
White Water Rafting	Ok not really canoeing but still paddlesport. Worth a go for something different.	No
BCU Lifeguards	A specialist branch of the BCU dedicated to providing rescue services at beaches and at other events. You can train to be a canoe lifeguard.	No

More information on the different disciplines of canoeing and kayaking is available from:

- The BCU website [www.bcu.org.uk](http://www.bcu.org.uk)
- The BCU yearbook (free to BCU members) and article in Canoe Focus (the BCU's magazine)
- In 'The Canoeing and Kayak Handbook' - available from the BCU or good bookshops

Alternatively, talk to one of the club's coaches or officials - if they can't help, they'll find some one who can.

## Canoe England / British Canoe Union

### **“Helping and Inspiring people to go canoeing”**

The BCU is the national governing body of the sport and recreation of canoeing and kayaking in the UK.

Set up in 1936 to send a team to the Berlin Olympics, the BCU is the lead body for canoeing and kayaking in the UK. Since then the organisation has grown considerably, and the range of canoeing opportunity has increased tremendously.



Today the BCU has an individual membership of over 25,000, 469 affiliated clubs and 145 approved centres. There are an estimated 2 million people take to the water in a canoe each year. The vast majority does so under the watchful eye of one of the 13,000 BCU Qualified coaches or as part of an affiliated organisation.

The BCU is responsible for leading and setting the overall framework for the National Associations; representing canoeing interests such as coaching and competition at UK and international level.

#### **The BCU's role includes:**

- Fights for and negotiates for access, ingress, egress and portage with landowners.
- Represents the paddling fraternity with other organisations
- Manages the UK's Olympic canoeing teams and eight other canoeing disciplines.
- Provides and manages a comprehensive coaching programme.
- Helps manage over 600 canoe clubs.

- Provides and manages a young peoples programme.
- Helps with individual and club development.
- Provides a comprehensive membership services department.
- Organises an annual members show.

The BCU is the national body, with England, Wales, Scotland and Northern Ireland having their own bodies that come together to form the BCU. So living in England you join Canoe England, which also gives BCU membership

**Benefits of Membership include:**

- License to navigate 4,000 km of canals and navigations
- 3rd Party Insurance.
- Entry to low level and national competitions.
- Participate in programme of events
- Member's magazine six times per year.
- Annual yearbook free to all members.
- A comprehensive web site: [www.bcu.org.uk](http://www.bcu.org.uk)
- Access to a comprehensive volunteer River Information Service and access advice.
- Get books, and other services at a special price for members.

Membership starts at around £30 per year for adults (less for kids and family membership packages are available) - not a large amount of money to support your sport!

For more information speak to one of the Club's officials or visit the BCU's website [www.bcu.org.uk](http://www.bcu.org.uk) (you can join online) or contact the BCU on 0115 982 1100 or email [info@bcu.org.uk](mailto:info@bcu.org.uk)

## **Useful Addresses**

### **BCU /Canoe England**

18 Market Place  
Bingham  
Nottingham  
NG13 58AP  
Tel. 08453 709500  
info@bcu.org.uk  
www.bcu.org.uk

### **British Waterways**

**Customer Service Centre**  
Willow Grange  
Church road  
Watford  
WD17 4QA  
Tel. 01923 201120  
www.britishwaterways.co.uk

### **River Access Campaign**

www.riversaccess.org

### **UK River Guide Book online**

www.ukriversguidebook.co.uk/

## **Equipment Suppliers**

### **Robin Hood Watersports**

152 Leeds Road  
Heckmondwike  
West Yorkshire  
Tel. 01924 444888  
www.roho.co.uk

### **Brookbank Canoes & Kayaks**

Units D1 – D3  
Stockport Trading Estate  
Yew Street  
Stockport  
SK4 2JZ  
Tel. 0161 474 1499  
www.brookbankcanoes.co.uk







