

TALES FROM THE RIVERBANK



MARCH/APRIL 2008

Blue sky...



or world of pain?

“You must be mad,” “I’d only do it in summer” were the commonly heard responses to our planned two day White Water Safety and Rescue course in March. However Adam, Martin and I are made of sterner stuff than most and we figured that we may as well be cold and wet when we are training because it’s likely that’s how we’ll be when we need the skills we will have learnt.

The course was based at the Tryweryn National White Water Centre in deepest Wales and although it was dark when we set off it soon became clear that we would have decent weather with the chance of some wintry sunshine. On arrival at the centre we

wandered up to the classrooms for the theory side of the course, all fifteen minutes of it, which was condensed onto 6 slides. Our instructor for the weekend was a Level 5 canoe coach called Steve White and in the intro he came out with a line that just about summed things up and set the weekend’s tone: “A course during which you will have your Blue-Sky moments and sometimes you’ll enter a world of pain but by the end, hopefully Happy days!”

He then also said cheerily “I hope you’ve brought plenty of fleeces, it’s a 4 fleece day,” deep joy.

The main point of the theory was a discussion about what Steve called the 'catastrophe curve'. This is where you may know things aren't quite right - you may feel uneasy with the conditions, or someone in the group is struggling - and having the mindset to bring things back into your control to ease yourself away from the slope of the curve. Taking such a stance may not always make you popular but when you think about it, it does make sense.

We went off to get kitted out in the centre's dry suits – which I must say were in decent order and in the main didn't leak – much. We also borrowed thermal teddy suits and BAs. Once sorted out onto the river bank we went for a quick briefing and some throwline work.



The first session was swimming, (nothing quite like getting a good soaking early doors, is there) and with a bit of effort we all managed to get to the point where we could adjust our swimming so that we could break into eddies, so onto defensive swimming next. It was interesting now that we were coached into tucking our knees up, elbows in and covering our faces so that by balling up as we went down the drops we left nothing sticking out that may catch and once clear of the drop we were ready to receive a rope.

Thrower positioning and other rope techniques were now covered, with different techniques of rope delivery and thrower positioning tried out by the group, whilst the lucky swimmers (we all took turns) practiced receiving the rope.

Talk about fun, the next part of the course was top notch. The instructor briefed us on what may be of help if you became stuck in a weir or stopper and pointed out the weaknesses on a weir on the river before we all went down into the edge of the water. Does everyone know how a free fall parachutist shapes his body, he asked the group, then watch this. He dived into the weir and shaped his body as described and body surfed across the weir and back, blow me if he didn't even do it on his back. Our turn, yippee, it was brilliant and we all had a few goes before breaking out and making for the eddie below. Fantastic. More rescues and swimming followed before we called an end to the day and wearily trudged off. I must say we weren't cold, and were only a little damp here and there but we all felt drained.



Adam's drysuit bottom shows how worried he is

Day two saw us kitted up for a paddle and a session on group dynamics and river leadership. The group was made up of three open canoeists and three kayakers with Steve in an open canoe as well. It was an insight to see how much room the canoes needed as we paddled down the top stretch of river into the graveyard section. Before running the graveyard section we all walked the river from the bank and Steve guided us through the lines and eddies that were important to our safe passage, it was interesting and enlightening to view the river from a 'safe passage only' point of view instead of from an eddie hitting point of view.

At this point Martin decided not to paddle as he was really struggling with his leg and had

been limping badly, he wasn't confident he could paddle such a testing section safely so remembering the catastrophe curve he opted out, the rest of us ran the section but with yours truly paddling badly and needing to roll up to prevent a swim. We all eddied out again to walk and discuss the next section before paddling it, and in light of my poor paddling I opted out as well and decided providing bankside cover with Martin would be better.

Adam and the rest of the group ran the section all the way to the café with only one swim by one of the canoeists, so it was job done for Adam who had a personal grudge against the stretch since his beating there on our last visit.

After lunch we went through a series of rescue scenarios with pinned boats and floating lines and pulley systems for boat recovery before it was swim time again for live baiting and swimmer catching. The final session of the course was with swimmers being recovered by boat and boat recovery which was thoroughly exhausting and just about wore us all out.

Overall it was great two days course which I would recommend to everyone, and yes we did have our blue sky moments and travel into a world of pain at times.

Mark Dillon

Beginners' Trip

3rd February 2008

The River Wenning to the Brathay Pool via the River Lune!

The first trip of 2008 turned into a bit of a mystery tour. The Wenning was blocked by a tree (Oh no - not trees again) so the venue was changed to the Lune at Halton. When we got there we found river was over the groynes and the Garstang canoe club members, who agreed it was too deep, were packing up to go and paddle the weir on the Wyre, so where should we go next? We tried to pick the next venue by committee but with suggestions ranged from Burrs to going home to watch telly, Terry took control and decided we should go to the Brathay Pool.

Now was it a fear that there was only one parking space left in the Lake District or just enthusiasm, but next followed a high speed race through Cumbria with Norman and Terry vying for the lead. As we sped through Waterhead Norman pulled into the pits leaving Terry to take the chequered flag at Clappersgate. There turned out to be plenty of parking spaces and even more important plenty of water.

Tom and I, being the least experienced of us beginners, started the day with a little ferry gliding in the pool but after some excellent coaching from Norman, Mark and Terry we were soon moving on to bigger things, ending the day surfing waves and playing in stoppers.



Tom and I tackling the rough stuff

Finally the grown ups were getting tired so used excuses like "it's getting too dark" to coax us off the water.

Peter Nelson

AGM 2007

27th February 2008

A good turnout again this year for the AGM. The meeting was quorate with over 40 members attending.

A summary of the proceedings is below: if anybody wishes to see the full minutes for the AGM please feel free to contact me and I will provide a copy.

The Chairman opened the meeting by asking for a few moments of silence for good memories of Clive Robinson, and also to send our best wishes to Tony Moxham who is ill.

Secretary's report 2007 (Tony Marsh)

Membership has remained relatively static this year. There has however been a significant increase in the number of junior paddlers within the Club.

This year has seen the creation of a Coaches Forum. As the name suggests this is a sub-committee attended by the Club Coaches. It has responsibility for the direction of training and development within the Club and any other Coaching issues.

Treasurer's report 2007 (Kath Risely)

Income from Membership fees has stayed in line with 2006, although profit from courses has dropped. Our courses have in the past been well supported by our affiliated groups' members. The unfortunate demise of Chorley Adventure Youth Group, combined with scout groups having other commitments with their Centenary celebrations meant that overall course numbers were down slightly.

The pool sessions reflect an overall loss. This is in part due to increased pool costs, and in part due to pool sessions in the first half of the

year being poorly attended. This changed following successful one & two star courses, and we finished the year with most pool sessions being very well supported. A beginners Polo evening was a great success, and it is planned to hold similar events in the near future.

The 'Development' figure in the accounts includes coaching expenses and also the payment of a one off award to 3 Ribble members who achieved GB team status, in recognition of their great achievements.

The BCU Affiliation fee has increased again, so if you are an individual BCU member, please ensure that Brian Woodhouse knows as it is cheaper for the club.

As in previous years we have invested heavily in new boats and kit. 9 new river boats, 1 tourer, 2 childrens boats, a 1 man canadian, 15 new paddles and various helmets, spraydecks and airbags. There are also some new additions to the library and we have purchased a solar panel for the lock up to make life a little easier on dark nights.

Our operating profit is down from 2006, but following the investment in new kit, our overall financial position has improved.

Competition Secretary's Report 2007 (Allan Hacking for Susan Shaw)

Slalom

2007 was again a busy year for the slalom paddlers. The table below shows the final position of paddlers who competed in at least five races in 2007, which is how the ranking positions are compiled in division one and prem.

Name	End of season finish position
Richard Draper	Div 1 Position 12th
Mick Huddleston	Div 1 Position 31st
Alex Jones	Prem Position 47th
Tim Meyrick	Div 1 1st
Jacquelyn Shaw	Prem Position 36th SS
Jonathan Shaw	Div 1 (C1) 1st

There was a promotion to the Premier division for Jacquelyn. Jonathan and Tim both narrowly missed Prem and are top of div1 in C1 and K1 respectively. Alex held his own in Prem and Mick made a come back from injury in Div1. Richard at the end of the season was currently concentrating on rugby more than slalom – he is welcome to return when ever he wishes.

The Interclubs competition in September was again thoroughly enjoyed by all paddlers taking part and we were delighted to win the joint clubs trophy, for a team without a full quota of paddlers, we again teamed up with Ormskirk Scouts.

Specifics worth noting by the end of season:

Jacquelyn Shaw: Promotion to Prem, J18 England squad reserve.

Jonathan Shaw: World Class Olympic Junior Development Squad for C1 2007-2008 training (3rd season running), J16 England Canoe Slalom for C1 in 2008.

Polo

Ribble entered 2 teams in a Christmas Novice tournament held at Horwich pool; both the junior and adult teams finished in 3rd place in their respective leagues. It is fair to say we were the least experienced of all the teams but everyone enjoyed themselves, and there was some impressive play from our teams.

Our occasional Friday night polo sessions in the pool are gaining support. Maybe 2008 will see some serious polo action to report.

Freestyle

Youth freestyle series: 6 Ribble paddlers entered the series with each competitor's best

3 results counting towards the overall series results, As in 2006 we were well placed.

Girls 15 and under, Steph Hacking finished in 4th place.

Girls 18 and under, Jo Hacking finished in 1st place.

Boys 18 and under; Dominic Brayfield finished in 1st place, Ben Brayfield took 2nd, Grant Dillon came in 7th in his debut season.

Alpkit Challenge: formerly known as the Peak Challenge this series had a change of sponsor last year. The series culminated with the British champs held at HPP in October, 3 Ribble paddlers entered and achieved some excellent results.

Ben and Dominic Brayfield finished 2nd and 3rd respectively in the junior men's category. Grant Dillon took 2nd place in his OC1.

2007 World Freestyle Championships: these were held in Canada on the Ottawa River on a feature wave known as the 'Greyhound Buseater'.

2 junior Ribble members were on the GB team at the competition. Joanne Hacking finished in 7th place in the junior ladies category, and Dominic Brayfield finished in 16th place in a very competitive junior men category. Both paddlers did us proud and enjoyed the experience competing against the best freestyle paddlers in the world. Whilst in Canada they were invited to the Jackson team Barbeque, as they are sponsored by the UK importer of Jackson Kayaks. Thanks must go to Square rock for their support.

2008 GB team: selections for the European championships due to be held in Spain, took place at Hurley and HPP in December.

4 Ribble paddlers were entered. Joanne Hacking missed out on a place in her first year in the senior category. 3 of our paddlers made the squad in 3 different categories; Ben Brayfield in the senior men's, Dominic Brayfield in the junior men's, and Grant Dillon in the OC1 category.

These 3 will train with the GB team this year. Ribble now has 5 paddlers on our national squads in different competitive disciplines, this is an excellent achievement in itself and is even more remarkable considering the distance our paddlers have to travel to the training venues.

Congratulations to all concerned.

Chairman's Report 2007 (Terry Maddock)

In previous years this report has dealt with the way in which your committee and club have dealt with the issues and the aims raised in the previous Chairman's Report. This past year however has not been one in which we have been able to deal with our own issues and achieve our own aims. It has been a year in which the agenda has been set by other organisations and we have had to dance to their tune just to keep the Club going forward in a way which we find acceptable and hopefully, enjoyable.

The main orchestrator has been the BCU or is it Canoe England? I'm still not sure how these two organisations interact or indeed if there actually are two separate organisations. To simplify things I'll always refer to the BCU. They have completely reorganised their coaching and awards systems. There are new Star Awards still using the same name but with different syllabuses.

The syllabuses leading to Instructor Level 1 and 2 have also changed radically. The BCU maintain that your existing Level 1 and Level 2 Coaches will maintain their status, BUT will NOT be empowered to assess the New Star Awards without re-validation! How does that work then? The syllabuses for Level 3 coaches and beyond are still being updated. One day all this will mean that BCU coaches will satisfy the requirements of the UKCC which stands for UK Coaching Council which will set the standards for coaching in all sports. So that'll be good then won't it?

For us, all this has meant reassessing our own coaching systems. We decided to stick with

the BCU and its new coaching systems and will change the way in which we provide most of our coaching and, to some extent, the awards offered.

During the year we had a scare with the possibility of losing our facility at the Hand & Dagger. However we managed to stay, and the landlord left. Our position at the Hand & Dagger seems secure for the moment and our landlords Pam and Gary make us feel welcome and provide rather good food too at a very reasonable price. With our increasing stock of boats and equipment we are considering whether to increase our storage facilities at the Hand & Dagger. If you have any opinion on this, please let your Committee know.

Two of our three summer camps were not as usual. We didn't get to West Tanfield at all, and Ullswater Camp was changed this year to Coniston Hall where a few stalwarts refused to be rained off. The change in our summer courses this year should free up June so that our summer camps can start earlier if we want. Our base for the Scottish Easter Week has also changed this year due to the uncertain future of the log cabins where we usually stay. The new school holidays are also having an effect on the timing of this event.

And the year closed with a good man lost paddling a local river with other Club members. The initial shock and grief have led to a longer lasting stage where we try to come to terms with our loss and consider how we deal with our own future paddling individually and as a Club. We are carrying out reviews of the way we do things. Results so far include an increase in the number of safety sessions in the club's pool programme and an increased awareness of the need to practice safety manoeuvres and rescues whilst out moving water.

I hope that during the coming year we can cope with all the changes thrust onto us, as well as regaining our own initiatives.

Election of Officers

Allan Hacking was elected into the role of Competition Secretary.

Terry Maddock was re-elected.

Alison Nelson was elected onto the committee.

Increase in Membership Fees

It was agreed that the membership fees were increased as follows:

Full member	£20
Junior member	£10
Family member	£4
Affiliated organisation	£35

Trophies

This concluded the official business. Trophies were presented by Stephen Singleton:

Driftwood

The Driftwood trophy is awarded to the club member whose paddling ability has improved the most during the last year.

Nominees: Mark Bamber, Grant Dillon, Mark Dillon, Adam Fielder, Steph Hacking, Lesley Hacking, Craig Hayward, The Nelson Family, Kath Risely, Iain Robinson.

Winner: Iain Robinson

Competition

The Competition trophy is awarded to the person seen to have achieved (or improved) most in Competition during the year.

Nominees: Ben Brayfield, Dominic Brayfield, Grant Dillon, Joanne Hacking,

Steph Hacking, Mick Huddleston, Alex Jones, Jacqueline Shaw, Jonathan Shaw.

Runner up and Highly Commended:

Jacqueline Shaw

Winner: Grant Dillon

Youth Challenge

The Youth Challenge trophy is awarded to the club member under the age of 18 who has achieved the most in the past year, be it in improved paddling ability or competition.

Nominees: Oliver Bamber, Heather Clark, Tom Clark, Danielle Davies, Grant Dillon, Steph Hacking, Joe Nelson, Peter Nelson.

Runner up and Highly Commended: Steph Hacking

Winner: Peter Nelson

Author of the Year

The Author of the Year trophy is awarded to the writer of the best newsletter article in the last year.

Nominees: Mark Dillon, Adam Fielder, Norman Green, Phil Haworth, Albert Risely, Kath Risely.

Winner: Phil Haworth

d'Ribbler Trophy

The committee felt that it was inappropriate to award the d'Ribbler trophy this year.

Life memberships

Life memberships were awarded to Terry Maddock, the Robinson Family and Brian Woodhouse.

GB Squad Awards

Special awards were presented to Ben Brayfield, Grant Dillon and Jacqueline Shaw for successfully reaching GB Squads for the first time.

For Sale

Palm Kinetic XP100 cag (Large)

Brand new

£65 ono

Malcolm Holmes

Outwell Hartford L Tent

Used twice, a spacious, airy tent with two bedrooms and a large living area – built in ground sheet.

£80 ono

Keith Horry

Aztec Summit 1 Tent

From the Aztec performance tent range, used twice – cracking little tent, packs away nicely in a kayak. Will sleep a friendly two, designed to be put up on difficult terrain, ie a beach etc.

£60 ono

Keith Horry

Scott Genius mountain bike

2005 model, bought new in 2006 for £2,000.

Offers

Keith Horry

Nimbus Njak

Beginners/intermediate sea kayak. Yellow/white with Swede Form design and a built in rudder and housing by Feathercraft. 16' 6" long 23.75" at widest point, with a 300lb capacity. It is with considerable regret that I am selling this, but if I am not sea kayaking, pointless having a sea kayak. There are no doubt better performing sea kayaks, but I doubt that you will find one better built - www.nimbuskayaks.com – would cost approximately £2,300 to buy new now. May include sprayskirt and a paddle.

£1,200 ono

Keith Horry

Freestyle Weekend

Sat / Sun July 5th & 6th 2008

I am arranging a freestyle / paddling weekend at Teesside White Water Course. Open to everyone.

Note: there will be no specific coaching arranged for the weekend, it's a come and do it session.

Course running time is:-
9:15 – 15:15hrs on Saturday and
10:00 – 16:00hrs on Sunday.

Tide height is 0.5 & 0.6m respectively. Please note that this means 'Acid Drop' will be formed and the course will be of a 'technical' level below 'Happy Eater'.

Cost to paddle each day is Adults £8.50,
Concessions £6.50, Juniors £5.00.

Accommodation is available and I have booked a log cabin for Saturday Night which

will hold up to 8 people, the cost for the cabin is around £15 per person and is first come first served, however I may be able to book another cabin if numbers warrant it.

Alternative accommodation is available on the camp site next to the course, this would need to be booked directly with the site:- White Water Caravan Club site 01642 634880 – they do take tents & non-members.

Note: paddlers should be of 3 star ability and able to roll and juniors must be signed in by a responsible adult.

Please contact me if you want cabin accommodation, no need to get in touch if you are only coming for a day or camping.

Mark Dillon

Beginners' Trip

2nd March 2008

River Wenning

It was intended that our beginner's trip destination was the Lune at Halton, but yet again, the water was over the weir groynes. This is one river that hardly ever fails to disappoint. But Terry still had plans. We changed our destination to the River Wenning.

The trip started with Heather Clark taking a plunge. I've heard many different rumours about this swim, even that Heather's brother, Tom had some involvement in it. Unfortunately as this swim was only about 100m from the get in point, Heather got discouraged and didn't get back on the water.

We started to move down the river, where we met a series of rapids and weirs, and what's this? Another Clark swimming?! I've heard that my dad had been having some practise at dodging rocks on the larger rapids. Unfortunately, Tom had been closely following him, and when my dad dodged a large rock, Tom... didn't.



Tom descending a weir

We then moved down the river, finally coming to the 2 largest weirs. I ran the smaller, vertical weir and (surprise... surprise...) portaged the larger one. Terry's quote while staring at this weir: "I'm not too keen either". We moved downriver, finally pulling up at a 'Cappuccino Eddy', a small eddy filled with foam. Next we came across a number of footballs and rugby balls that had been washed down river (some of which disappeared under spray decks!)

We'd nearly finished our trip, but while I was surfing a chute of water pouring over a small weir, a nasty hole decided to take control. I was turned side on, and nearly capsized, but I managed to brace enough to stay upright until the hole had got bored and spat me out. We were now approaching the final weir, I led the pack down, and didn't make it look so easy. I was caught in a hole again, it spat me out straight away, but not before giving my boat a severe rocking. This was the end of a long Sunday trip and it felt like it had taken till Tuesday!



Me trying to escape a hole

Peter Nelson

The 2008 1st UK River Rescue Symposium



Following our previous weekend's BCU Whitewater Safety and Rescue course, the Stig and I decided to attend the U.K.R.R. Symposium at Llangollen in Wales. The event was to last the weekend with some of the world's most experienced whitewater paddlers offering advice on safety and rescue.

The symposium was held at Llangollen leisure centre where the theoretical workshops took place. The river Dee was used for the practical safety sessions. There were approximately 60 paddlers there with abilities ranging from crap (us) to really advanced (makes you sick).

The experts were: -

- Franco Ferrero – Whitewater Safety & Rescue Author

- Bob Timms – L5 Coach – Tryweryn Manager
- Lowri Davies – European Freestyle Champion
- Slime – World renowned Expedition Kayaker
- Allan Ellard - World renowned Expedition Kayaker
- Alli Marshall – Fat Cat Productions
- Jules Bernard – Chief Instructor Rescue International
- Dino Heald – Level 5 Plas Y Brenin Chief Coach

And the workshops on offer were: - Technical Ropework / Extractions / River Reading / Rescue Equipment / Group Dynamics / Incident Management / Whitewater Safety &

Rescue / First Aid / Broaches and Pins / Safety Boating...the list goes on.

Representing Ribble were Stig, Burger Boy and Magz, due to the possible risk of injury we took a team physio' with us, Dr Brayfield (I still think rubbing another man's shoulder in a car park is a bit gay but I'll let it pass 'cos I was walking around at the time in my rubber gimp suit).



Anyway we started our course doing 'Reading the River' with Dave Manby who paddled down the side of Everest in a rickety glass boat (One of the original members of the Dudh Kosi Team). His tales were thought provoking and quite mad. He told us about the time he said to his mate on a rafting expedition, "What's that red thing under the water?" upon reaching in to pull it out he found it was a paddler's helmet, with the paddler still in it! Luckily it had a happy ending but the point he was making was that we must learn from every paddling experience. Since that day he has always worn a red helmet – black looks like water, white looks like foam, green looks like weeds etc. He then presented a slideshow for river running skills and reading the best lines.

The next workshop took place in the centre of Llangollen, below the bridge. Here Dave Luke, the river first aid expert gave advice on dealing with paddlers with spinal injuries. This involved carrying the victim in the water whilst bracing their neck with your forearms. Then moving them to shore and using survival bags to create makeshift stretchers. We then relocated the casualty to an emergency shelter, completed a CAS' card and arranged an emergency evacuation.

It was now becoming clear that whitewater safety and rescue is about developing a mental toolbox full of options. The whole course was based around using the minimal safety kit that every paddler should carry. This should also be utilised with the river running acronym C.L.A.P. and the principles of Shout, Reach, Throw, Row and Go making sure that your order of priority in a rescue is 1. Yourself 2. Fellow Rescuers 3. The Victim. I'm not going to explain C.L.A.P. other than to say it's extremely important that you know what it means – if you don't, DO A SAFETY COURSE!



President Stig in a familiar pose...but to his credit, his bum is raised, his feet are pointing downstream and he's using defensive swim strokes to control his route downstream, ready for an aggressive swim into an eddy....Nice new helmet as well!

Following my heroic rescue of the Stig and the safeguarding of his spinal column, we returned for showers, followed by a Chicken Biryani in Llangollen. It was only 6pm by now and we then had to return for a Question Time with Franco Ferrero (excellent

whitewater & safety book but crap chocolates!). I asked about the new BCU Whitewater Safety & Rescue, BCU Advanced Safety & Rescue (starts Sept '08) and the Rescue 3 Whitewater Rescue Technician – there's so many, which one should a paddler do? The answer from the panel – stick to the BCU, it's the best and based around the kit that every paddler should carry. The Rescue 3 courses are aimed at firemen and other professional rescue teams with loads of specialised kit at hand.

There were some other questions asked about safety, until a paddler raised the issue of dealing with post-traumatic stress. I then asked the panel if they thought that the BCU should offer guidance about dealing with post-traumatic stress following serious incidents to clubs, I then just said that I thought the BCU had a duty of care. Oops! I started World War III, at first the panel didn't agree but then all of a sudden sixty angry paddlers stood up behind me. Several paddlers recounted tragic incidents and the aftermath of how they dealt with post-traumatic stress. Twenty minutes later Franco Ferrero had to stop the 'discussion'. By now the panel had changed their minds and the serious issue of post-traumatic care advice is being taken on by Franco and he will be raising it with the BCU on our behalf.

Thus ended question time, which was now followed by a talk from Mag's friend, Allan Ellard, the famous expedition paddler. He told us about his recent trip to India paddling very extreme rivers and sleeping in bush shelters. They paddled the most dangerous rivers for one month with no injuries and then on the last day, one of them falls off the Jeep roof whilst tying the boats on. It sounds nothing but he broke both legs when they trapped in the bull bars. You don't really want to do this when you're 100 miles from the nearest medical care with a dodgy jeep and a pot-holed road. He should stick to 2 weeks in Rhyl like the rest of us.



Dealing with an entrapment. There are three throwlines being used in the picture to support the victim and pull his feet from the entrapment.

Well that ended symposium day 1, with a 9am start planned at Mile End Mill the next morning. We had two sessions planned today, the first with Lowri Davies, the European Freestyle Champion. We covered safe river running (I did have one swim and my excuse was that I was wearing six layers and couldn't bend over much – some of us can't afford dry suits you know!) and it was brilliant. That Mile End Mill is as good as Teeside for paddling so we'll be returning there very soon. Because Lowri had been so helpful, in return I taught her some of my own trademark playboating moves – the Fronty-Backy, the Sidey Sidey and not forgetting my Mystery Move. Anyway she said it was much appreciated and she added that it could just help her win the world championships next year.

After lunch we had a ropes session with Dino, the Safety Coach at Plas Y Brenin. This involved dealing with pins, entrapments and Z drags using our everyday paddling safety kit. He posed an interesting question at the end, "when you leave safety courses, how many of you practise safety and rescue scenarios in your club?"

The End

Two days of safety training from world-renowned paddling experts for 60 paddlers ranging from 2* to 5*, all for £55 (and that included a goody bag as well).

What did I gain from it?

I had a laugh in good company – I met some very interesting people – I started a bit of a riot – I was entertained for a full weekend – I had my first swim of the year – most importantly I learnt something...

Following the tragedy with Clive I must admit to spending several sleepless nights thinking about what Clive, his family and the paddlers involved went through. I asked myself what would I have done if I had been there.... I personally think I would have panicked, shouted a lot and made the situation a whole lot worse for the people involved. I know I couldn't have helped 'cos I didn't know what to do; I'd have just got in the way

of the people trying. I know that I would have been a liability to the group.

I've now spent the last two weekends doing safety training and I feel that I've still only scratched the surface but I do feel different. I believe that I could now contribute to a rescue and help the team involved. I don't think or feel that I would be the liability that I was 3 weeks ago. What's made the difference?... Safety Training!

I now feel more confident that I could help rescue YOU and I would like to finish my piece by asking all my mates and fellow paddlers...are you feeling confident enough to rescue ME?

Adam Fielder

White Water Safety and Rescue Course

Sunday 22nd June 2008

Payment now due

Your payment is now due for the one day course in White Water Safety and Rescue at the National White Water Centre at Canolfan Tryweryn. The course will cost £24 per person which is a discounted rate.

Payments should be made by cheque (no cash please) payable to Ribble CC and cheques passed to Adam Fielder or posted to him at the address below.

The course is over-subscribed so it's first come first served, however if you are unlucky on this occasion we will arrange for another

course later in the year if there is enough interest.

Final course details will be issued about 2 weeks before the course. Dry suits and BAs have been booked for you but you can also wear your own gear if you wish.

The course will be a wet, physical and hard day's training in river safety and by the end of it you should come away feeling more confident and comfortable in rescues and safety.

Adam Fielder

Chairman's Chat

Thanks to all who turned up for the AGM – we had well over forty members there and the pudding ran out! Apart from that, nothing extra-ordinary happened. A full report will be seen heading AGM or similar elsewhere in this masterpiece of magazinery.

Congratulations to all the worthy winners of trophies and “Keep on trying” to all the runners-up, honourably mentioned, and downright losers.

At the beginning of March we had a Beginners' Trip programmed for Halton, but the river was too high for enjoyment by anyone much below Singleton level. I had intended to go up to the Brathay Pool as an alternative. However, a Wenning trip was suggested and we had sufficient instructors and experienced paddlers with us to be able to do the trip safely. The water level was good and a grand day out was had by all – some of the maturer paddlers (not me!) were a bit tired at the end, but a spell in the George and Dragon at Wray soon sorted that out.

It was a good trip for many reasons. It really made me aware of the dependency this club has on its instructors and experienced paddlers supporting the less experienced. We had 18 members start the trip, including 3 Level 3 Coaches and 1 Level 2 Coach. Four

members fairly new to moving water were well looked after, including one who took an early bath and retired. “Well done” for having the bottle to start and “Keep on trying – you'll get there if you want to”. The club's focus on safety techniques and awareness can surely only increase our base of experienced paddlers and instructors. I have been organizing the club's Beginner's Trips for many years, and I like to site them on moving water and run them as trips rather than visits. But I am getting scared of the responsibility. We are getting more young paddlers and new paddlers along on these trips. Therefore I thank, from the bottom of our club's heart, Ed Liffey, Rick Patterson and Paul Wicks for supporting this trip and all the other experienced paddlers who could have been somewhere else but weren't.

Another good thing which came out of this trip was Danielle shooting the big weir – wodaloddabottle. Peter Nelson and Tom Clark continued to demonstrate their improving skills and increasing confidence. It's what club paddling's all about!

Terry Maddock
chairman@ribblecanoecub.co.uk

Rhosneigr Surf Camp

1st – 3rd August

Have you ever tried surfing in your canoe? Sitting down, not standing up – though you'd get extra marks for style if you did stand up successfully. If you have then you may know

about our annual Anglesey Surf Weekend. If not, read on.

One of the few things that you can do in a kayak that beats surfing a glassy green wave

on a fast river is surfing down the face of a glassy green wave on the sea – especially if the sun's shining. Every year we have a weekend camp at Rhosneigr on Anglesey. The idea is to pack in as much surfing as possible and have a generally sociable weekend. We don't always get brilliant surf, but there are other attractions – seal spotting around some of the offshore islands, beach games, kite flying, beer and barbecues - whatever.

If you've not surfed before this is a good opportunity to learn. As long as you have reasonable control of your boat and are prepared to swim a bit you should have fun – the D'ribbler award was won one year on the

basis of an afternoon at Rhosneigr – stand up Michael Moul. A playboat with a planing hull is ideal, but the club's Rotobats work very well too.

Rhosneigr is on the North West corner of Anglesey. If you've been before you'll know where the campsite is, if not get in touch with me and I'll direct you. The site is fairly basic – no water park or cabaret, but it has hot showers and is not normally crowded. We usually travel to Anglesey on Friday night, but you can always come up on Saturday.

John Kington

Windermere Summer Camp

15th – 17th August

Plans are afoot to change the venue for the August summer camp weekend.

We are planning to go to Low Wray campsite on the shores of Lake Windermere on the weekend of the 16th and 17th August, arriving Friday evening.

We hope to be camping on the group site which has good lakeshore access although limited parking near the tents. Our group would have it's own 'clearing' in the forest so you get that wild, only you there feeling, although there are full toilet / shower facilities close by. The pitches are more suited to small tents rather than great big creations. Some clearings are ideal for a central marquee, (club gazebo springs to mind). Last time I was there we had a visit from a fox in the evening who was happy to pose for photo's etc.

It should be possible to paddle the entire lake over the 2 days, by going from the site down to Fell Foot Park on the Saturday (return to camp by car) and return trip on the Sunday.

Any one interested in joining us for the weekend please get in touch with Allan Hacking at the Hand & Dagger on a Wednesday evening or by telephone.

We do need to book the site in advance so please don't delay in contacting me, once we have a site reserved the numbers will be limited.

Allan Hacking

An interesting few weeks



I've had a busy few weeks with one thing or another and it's difficult to know what to start with, either the self-promotion or the paddling bits. Not being one to brag (much) I'll pitch straight in with saying I took my paddling up a notch by running the Upper Rawthey from the ingeniously named Rawthey Bridge down to Sedbergh in the excellent company of Tony, Iain and Duncan. Whew what a river, what a day. This stretch of the Rawthey is a genuine grade 3 – 4 with several grade 4 rapids and is probably the most testing paddling I have ever done. Immediately that we got on the river it was instant action due to its fast flowing nature and small eddies, no time to mess about on this baby and straight into trouble I got as I made the first major

drop but was bounced back off the eddy line into the stopper, with a rabbit in headlight expression and some serious backward paddling I managed to recover before I was sucked right into the stopper, it was close but the trousers remained unsoiled. The whole trip consisted of fast water, mini eddies, technical rapids and lots of drops several of which we inspected. One of the grade 4 sections we inspected was 'Loop Falls', where we scouted out the river right line as being the best, especially over the last drop where there was a nasty shallow stopper just left of a boulder in the middle of the line. I was the last in the group to run this section and was doing okay until I hit the boulder above the last drop and got pinned, bumner. I

sat there and waggled the boat forward to ease away from a backward fall over the drop into the shallow water below and as the boat shifted into the main current I flipped over. Before I knew it I had rolled up again and was paddling over the drop and into the eddy, how unlikely was that! I have to say I impressed myself with that one but the pity of it was there was no photo taken as that long haired Robinson tyke had put his camera away ready to rescue me, cheeky and scruffy kid.

I'm sure by now I have told you all about my next outing, my date with the cameras at Burrs. I'm going to tell you again anyway. A whole band of numpties –namely BB, River God and I had gathered at Burrs for the Access Meeting & BBC filming day. Our plan was to attend the Access meeting and then paddle, however when we poked our heads into the meeting room there were far too many bearded men with patches on jacket elbows to make us feel at home so we bunked off to do the river from Rammy down and badgered Pat Green into shuttling us, a cunning plan only to be derailed by the BBC turning up and no-one to paddle the open canoe for the camera crew. Cue Shining light, flash of lightning, bow low, scrape and kowtow and step forward 'River God', I'll take these measly peasants afloat, says he – did I tell you I'm on the GB squad. How lucky they were, and off he went to look good in a barge. BB and I were just sneaking off to paddle when Pat accosted us (she's always doing that but don't tell Norman of the North) I think it's the wet gear that lights her fire. There's no one to do the interview says Pat, so after much arm twisting I said I would do it and the rest is history. Yes I was on BBC the Politics Show, yes I did follow Gordon Brown, yes I was fantastic, yes I am looking for bookings, yes I do look good when wet, no I haven't got an agent – yet.

Don't you just hate shift workers, read this and weep, since my last article I've paddled 16 times and attended a 2 day rescue course, lovely. High points of the paddling have been two trips down the Kent one of which started on the Mint, and one trip on the Upper Lune – my favourite river, there have also been

several sessions at Halton and a painful couple of hours in an open canoe. The Mint and Kent trip was unusual from an access point of view, for as we bounced down a rapid on the Mint we came across what can only be described as a flock of sheep dogs – about 6 of them wandering the bank, a few yards further on we found the reason, they were waiting for the farmer who had assumed a crouching position and was obviously caught short! Not only by his body but also by us, eyes right full moon cresting the bank. With a 'cheeky' hello we wished him good morning and paddled on, he didn't seem to have any complaints about access agreements but at the get out we were accosted by salmon anglers who politely pointed out that we shouldn't be paddling after February 1st, odd that the farmer hadn't said anything, still he may have had his mind on 'paperwork' at the time, or been showing us his 'access for all' campaign but I wasn't for going there.



Strangely I was worried about BB as he was quite ill in February (not sick, he's always been sick) and we had planned to attend a 2 day BCU White Water Safety and Rescue course at Tryweryn in early March, however he recovered and off we set with Martin Walmesley as a last minute replacement for River God who had been called to GB squad training, did I tell you he made the GB squad for Open Canoe, 5 times is that I hear you say, okay another couple to go yet. After a fifteen minute theory session in the classroom, the rest of the course was on the river bank and in the water. As we collected our dry suits BB picked up an inflatable raft by mistake, the odd thing is it nearly fitted

him and was the same size as his dry suit, it's a 4 fleece day said our Level 5 coach Steve White, boy was he right. There was no messing about, straight into the river we went for two days of incredibly practical tuition, it was brilliant and we covered all sorts of stuff. The best bit for me was when BB assumed the position of a free fall parachutist and body surfed the weir, when he went in the course was hit by a tsunami and then dried up when he blocked the flow, only kidding but there were people sat grounded on rocks and someone in Lincoln said they felt the tremor. Saturday night saw us carbing up (stuffing our faces) ready for another busy day, but Sunday morning brought new aches and pains, particularly for Martin who had developed a bad limp. We started off paddling down the top stretch of the graveyard in a leadership and group dynamics exercise with me paddling badly and needing to roll to preserve my dignity and so getting off the river, Limp Martin (named thus due to his leg and nothing to do with the cold water) couldn't even get into his boat so provided safety cover and bank side support, whilst BB was in top form and paddled all the way to the café with the others. BB had really wanted to do this and looked cool and assured as he paddled over the scene of where he had suffered a trashing last October. The after

lunch sessions were as wet and cold as the previous sessions but still very practical and useful, all in all a great and very worthwhile two days in great company.

That's it for now but stay tuned for the next exciting instalment as BB and I are off to Wales again - to Llangollen this time - for the White Water Safety and Rescue symposium weekend, god help the Welsh (if they deserve it).

Post Script: We have just returned from the symposium and a fantastic time we had which BB is writing up. The highlights of the weekend for me were BB in his Ninja gimp suit - doesn't he look stunning? Seriously the course was great and again very practical and we'll definitely be going again next year but I don't think BB will want to dine at the same Tandoori restaurant, when we had our meals brought the waiter said 'the chef has given you an extra large portion for some reason' to BB, even the people who don't know him take the piss. As for the Welsh, well they've gone up somewhat in my estimation, BB's kayak strap was stolen but they left his boat! Need I say more!

Willy Showin & R.Sonshow

West Tanfield Camp

27th – 29th June

This is a weekend camp (one or two nights as the fancy takes). The site is Slenningford Water Mill, a well maintained private camp site located adjacent to its own stretch of the River Ure. The River at this point has a grade 3 section suitable for intermediate paddlers and a grade 2 section suitable for improving beginners. There are several family pubs within walking distance. Lightwater Valley amusement park boasting the world's longest roller coaster ride is close by for those not wanting to paddle, and Ripon with its cathedral is about 5 miles away.

The River trip is grade 2 with the exception of Hack Falls which can be portaged. At normal levels the trip takes about 3 hours, but at low levels has taken 5. There is a long walk in (thankfully downhill all the way), but once on the river you pass through pleasant wooded areas and farm land. We normally take lunch and stop on an island just below a weir to eat. The river is restricted access and so we will be making the trip on Saturday 28th June.

Brian Woodhouse

Introducing myself as the Club Welfare Officer



My name is Alison Nelson; I joined the club in 2006 with my husband David and two sons Joseph and Peter. Since then we have all benefited greatly from the courses and coaching we have received from very encouraging and enthusiastic coaches and club paddlers. When a number of the committee members asked me if I would consider taking up this role I decided it was a practical way of giving something back to the club which had given us so much enjoyment.

At the recent AGM I was elected as Club Welfare Officer, a role that gives me the responsibility to act as a source of advice on safeguarding and protecting children, promoting good practice and for co-ordinating any action taken when concerns are raised.

I have recently attended a number of courses related to child protection to prepare and equip me with more of the information and knowledge I will need for the job.

If anyone in the club has any concerns at all about any child protection issues please don't hesitate to contact me, I am usually at the Hand and Dagger on a Wednesday night or you can phone or e-mail me.

Another part of my role is to ensure that all the club members who are involved with coaching or supporting children are up-to-date with their CRB (Criminal Records Bureau) Disclosures, I will be the nominated person in the club who will obtain the CRB forms from the BCU and sign to confirm the identity of any club member who completes a disclosure.

Over the next few weeks I will be contacting all the coaches to ask if they have been CRB checked and if that disclosure falls within the last 3 years. Could any coach or involved club member who has not completed a disclosure for the club within the last 3 years please provide me with their name, postcode or BCU membership number so that I can order a CRB disclosure form for them individually. Please contact me if you need any further information about the CRB disclosure forms.

Alison Nelson

Ribble C.C. Proudly Present...



The Throwline Challenge

The Challenge

Using one throw line (Your own or the clubs) the challenger has to hit 3 Hoola Hoops positioned in 3 different directions at 5 metres, 10 metres and 15 metres away from the challenger. The challenge will be timed from the word GO! until the final hoop is hit. The challenge starts Wednesday 2nd of April.

The Rules

The Throwline Challenge is open to all Ribble members and free to enter. It will take place on Wednesday night at the Hand and Dagger or anywhere else that Adam has his hoola hoops with him. All three hoops must be crossed by the line and the timer stops once the final hoop is crossed. You can cross the hoops in any order. Each member can have 3 attempts at the challenge:-

- The first attempt must be in either April or May.
- The second attempt must be in either June or July.

- The third attempt must be in either August or September.

This prevents you training all summer and having 3 attempts the last week in September when you'll be brilliant.



The Prize...

Will be fantastic, but due to problems beyond our control we cannot announce it at present. Watch this space...

For further details – See either Adam or Burger Boy.

Adam Fielder

Ribble CC Library

To borrow a book or video, contact Janet Robinson or see her at the Hand & Dagger. Donations of books or videos are always welcome.

Technique:

BCU Handbook

The Practical Guide to
Kayaking

Canoeing & Kayaking

William Nealy's "Kayak"

Bombproof Roll and Beyond!

Eskimo Rolling for Survival

White Water Safety & Rescue

Weir Wisdom Rapids

Canoe & Kayak Games

The Playboater's Handbook

Complete Book of Sea
Kayaking

Sea Kayak Navigation

Path of the Paddle

Canoeing

Open Canoe Technique

Rowing it Alone

The Handbook of Survival at
Sea

BCU Coaching Handbook

Sea Safety: The Complete
Guide

 White Water Kayaking
Olli Gru

 The Art Of Freestyle

Guidebooks:

English White Water

Scottish White Water

White Water Lake District

An Atlas of the English Lakes

Canal Companion: Cheshire
Ring

Anglesey Sea Paddling

Welsh Sea Kayaking

General:

The Rough Guide to Weather

The Liquid Locomotive

Many Rivers to Run

Norwegian rivers

Canoe Focus

Working out of Doors with
Young People

Expeditions:

Travels with a Kayak
Whit Descher

On Celtic Tides
Chris Duff

Blazing Paddles
Brian Wilson

Dancing with Waves
Brian Wilson

Paddling to Jerusalem
David Aaronovitch

The Last River
Todd Balf

Paddle to the Arctic
Don Starkey

Canoeing across Canada
Gary & Joanie McGuffin

The Canoe Boys
Sir Alastair Dunnnett

Odyssey among the Inuit
Jonathan Waterman

Barbed Wire & Babushkas
Paul Grogan

Videos:

Liffey Descent

Deliverance (18)

Extreme Sports Canoeing

A Taste of White Water

Wicked Water 2

Drill Time

Destination Nowhere

Path of the Paddle: Doubles
Whitewater

DVDs:

Tony Morgan in the Grand
Canyon

LVM Lunch Video Magazine

Ribble Newsletters (CD)

Doubleyouess

Without a Paddle (13)

Whitewater Kayaking

The Cockleshell Heroes (U)

Mags Brayfield in Nepal

EJ's Advanced Playboating

The Chaos Theory

Jackson Kayak Promo

It's Different Every Time
Norman Green

EJ's Playboating Basics
Eric Jackson and Chris Emerick

Wavesport: Sessions

Fort William 2005/06 Trip

My Tartan Adventure (VCD)
Ribble Canoe Club, Scotland 2007

The 7 Rivers Expedition

Locks and Quays
Featuring Ribble Canoe Club

The Politics Show
Featuring Ribble Canoe Club

 Open Canoeing
Reg Blomfield

 EJ's Rolling and Bracing

Pool sessions

The following lists the pool sessions booked at Fulwood Leisure Centre, the contact for the courses and the Supervisor and Committee member on duty.

Date	Session	Contact	Supervisor	Committee
Mar 21 st	** Easter – no session			
Mar 28 th	** Easter – no session			
Apr 4 th	Freestyle	Allan Hacking	Mark Bamber	Peter Jones
Apr 11 th	Open	N/A	Allan Hacking	Martin Stockdale
Apr 18 th	Open	N/A	John Kington	Terry Maddock
Apr 25 th	Paddle Power	Tom Byrne	Grahame Coles	Adam Fielder
May 2 nd	Polo	Nicky Marsh	Mark Dillon	Brian Woodhouse
May 9 th	Open	N/A	Mark Loftus	Nicky Marsh
May 16 th	Safety	Nicky Marsh	Mark Dillon	Terry Maddock
May 23 rd	Open	N/A	Mark Green	Terry Maddock
May 30 th	Paddle Power	Tom Byrne	Mark Bamber	Peter Jones
June 6 th	Rolling Course	Bob Smith	Grahame Coles	Alison Nelson
June 13 th	Rolling Course	Bob Smith	Mark Loftus	Brian Woodhouse
June 20 th	Rolling Course	Bob Smith	Mark Green	Martin Stockdale
June 27 th	Paddle Power	Tom Byrne	John Kington	Adam Fielder

Please note new prices for pool sessions:

Rolling Course £20 plus club membership. Freestyle £5. All other sessions £4.

Please book in advance for the Paddle Power sessions and Rolling Course by phoning the named contact.

Editor's bit

Membership Renewals

A few people have asked me recently about the process for membership renewal.

Membership renewal forms are currently being prepared, these include all the details we have about you in the club membership database so the form is personal to you. They will be sent out by post very soon.

When you receive the form, check the details on it to make sure they are correct, and then send the form back with a cheque to Brian Woodhouse at the address on the form.

That's all there is to it! Please don't send the forms to me, and please don't send Brian a cheque until you have received the form.

Dates and deadlines

The next committee meeting will be on May 6th at 7:00pm at the Hand & Dagger. The next newsletter will be published on May 20th. All submissions to me by Saturday March 17th at the latest please.

Martin Stockdale

CALENDAR

NOTE: Last minute trips are often arranged on the forum on the website (www.ribblecanoeclub.co.uk), at the Hand & Dagger on Wednesdays or at Fulwood on Fridays. If you have any dates for the calendar please contact **Terry Maddock**

Ribble CC development trips are in **bold**.
Ribble CC recreational events (assumed risk) are in **bold italic**.
Other Ribble CC events are in *italic*.
Events in normal type are external events listed for information only.

River information:

Burrs 0161 764 9649

www.burrs.org.uk

Canolfan Tryweryn 01678 520826

www.welsh-canoeing.org.uk

Tees Barrage 01642 678000

www.4seasons.co.uk

Washburn/Wharfe 0845 833 8654

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

Trips / Events

April

5/6 **Slalom Div 3/4**
R. Goyt
Marple, S. Manchester
Allan Hacking

5 *White Water*
Teesside WW Centre
Stockton on Tees
Mark Dillon

6 Dam Release
R. Washburn

6 Tidal Bore (9.9m)
R. Kent
Arnside to Levens Hall & return

7 Tidal Bore (10.1m)
R. Kent
Arnside to Levens Hall & return

12 Seaquest
Esk Estuary
Ravenglass, Cumbria
annette@blengdalerunners.co.uk

20 **Dam Release**
R. Washburn
Allan Hacking

20 **Flat Water**
Lancaster Canal

Tewitfield southwards
Tom Byrne

23 Dam Release
R. Washburn

26/27 Slalom Div 3/4
Oughtibridge, nr Sheffield

26/27 **Sea Paddle**
3 Star level of competence
Anglesey
Andy Dowe

May

4 **Beginners' Trip**
Rothay/Brathay
Waterhead, nr Ambleside
Terry Maddock

4 Dam Release
R. Washburn

7 Dam Release
R. Washburn

10/11 Slalom Div 3/4
Wagon Lane
W. Yorkshire

18 **Flat Water**
Ullswater
Tom Byrne

21 Dam Release
R. Washburn

24/25 Slalom Div 3/4
Tees
Cleveland

June

7/8 **Youth Freestyle**
Teesside W W Centre
Stockton on Tees
Allan Hacking

7/8 Dam Release
R. Washburn

7/8 Slalom Div 3/4
Sowerby Bridge

14 **Paddlepower**
Coniston or Hothersall
for those on Paddlepower course
Allan Hacking

14/15 Slalom Div 3/4
R. Trent
Stone, Staffordshire

15 **Flat Water**
Llangollen Canal (incl. aqueduct)
Tom Byrne

18 Dam Release
R. Washburn

28/29 **Family Camp**
R. Ure
Slenningford Mill, West Tanfield
Brian Woodhouse

28/29 **Sea Paddle**
3 Star level of competence
Wales (probably)
Andy Dowe

July

5/6 **Freestyle W/E**
Teesside W W Centre
Stockton on Tees
Mark Dillon

6 Demo Day
Brookbank
Stockport Water Centre
www.brookbankcanoes.co.uk

Aug

2/3 **Family Camp**
Surf, Tide Race, Sea
Rhosneigr, Anglesey
John Kington

9/10 **Sea Paddle**
3 Star level of competence
Wales (probably)
Andy Dowe

Trips may be changed or cancelled at short notice. Always get in touch with the trip organiser the day before to check!
If you don't, and you have a wasted trip, don't blame us.