

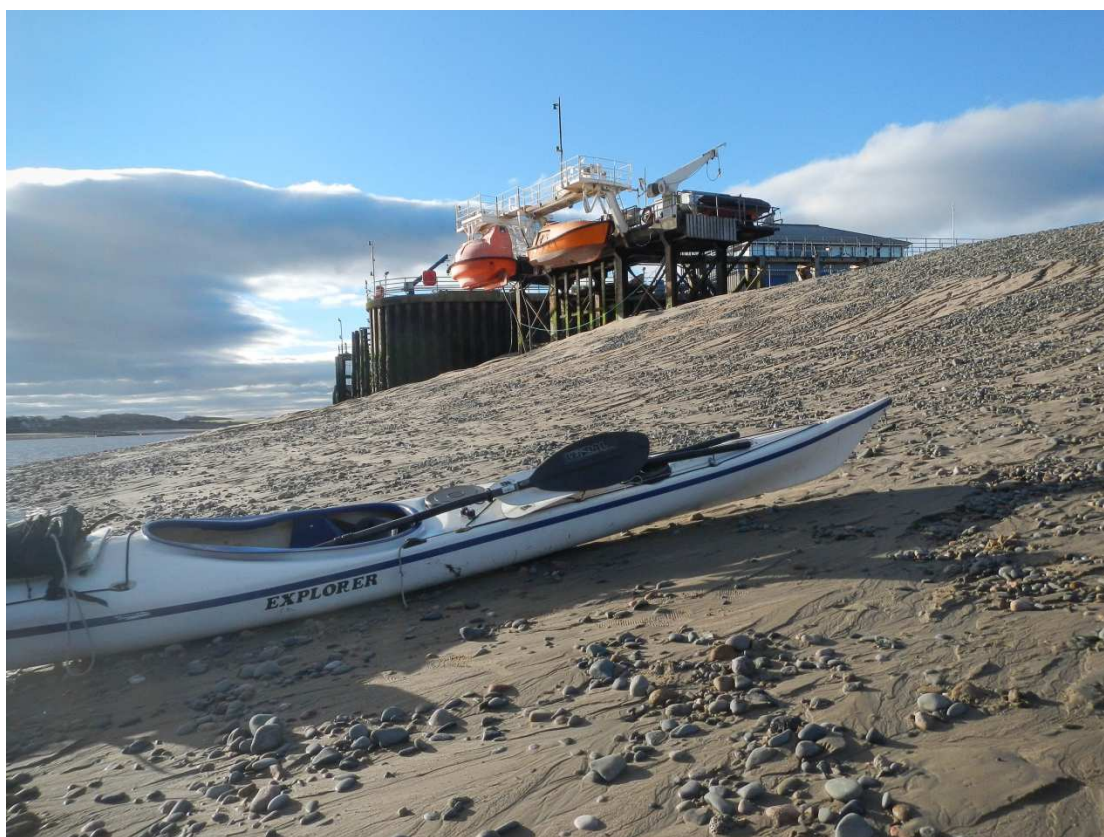
TALES FROM THE RIVERBANK



May/June 2015

Riding the Wyre Bore!

Andy Biggs



We've all heard of the Severn Bore and there are even others around the country, such as at Arnside and also on the Solway Firth. But the River Wyre is hardly known for its excitement as a paddling venue. A search of the internet will show there are some possible trips in its upper reaches but only after heavy rain. However, it is the closest piece of water to home and I was always interested to see how far it was possible to paddle upstream from Fleetwood.

Friday 20 March 2015 was going to be a special day, with a solar eclipse, which would also mean some extra high tides and therefore provide the best chance of getting as far as possible upstream. The tide height was shown to be 10.3 metres at Fleetwood, with HW at 11.40 am. My choice of departure was to be on Saturday 21 March but with high pressure in evidence I wondered just how successful the trip would be.

I departed from Fleetwood at 8.10 am and headed up the river with a good tail wind and rising tide. However, I headed too far towards the old ICI factory and soon found myself at a dead-end, wondering if I'd left too early, but the rapid rising tide and a quick few paddle strokes soon put me heading over towards Hambleton.

Here the river narrows and bends towards the Yacht club at Thornton causing the rising water to funnel and form a rapid flowing river which carried me to the Shard Bridge, without a stroke of my paddles.



Things seem to calm down until the stretch between Mains Hall and Larbreck Hall. Here the narrowing of the river the ever increasing amount of water behind me caused a wave of around 1 foot high. It's effect on the banks were more alarming as the wave built up, sweeping old fence posts, waste plastic and drift wood before it. At this point I decided to back paddle and allow the wave to clear the way, it didn't look like the place to take an involuntary swim. I was also travelling at nearly 7kmh without paddling.

By the time I reached the toll bridge at Little Eccelston things had calmed down but I still had a flow with me. This assistance helped until I got within 500 metres of St. Michaels. I reached the bridge there at 11.40am and carried onto the small weir just upstream, here I decided to head back against a slight current.

The tide was still coming in. Reaching the footbridge, which is about 1 km upstream of Little Eccelston the flow had turned and now was with me. Heading back past Mains Hall the ebb tide was in full force, which was needed, as the initial tail wind was now of course a head wind and would provide a challenge all the way back to Fleetwood.



The trip took 7 hours and was close to 50km in length. I would estimate that HW at St. Michaels is one hour after HW Fleetwood and my departure of three and half hours before HW Fleetwood was about right. The effect of the high pressure was unknown but a 10 metre tide and low pressure system would have really made for a fast ride. However, there had been little rain the previous week so the river was actually quite low and therefore would have enabled the tide to flow up-hill with minimum restriction. Tides and weather are complicated things and two days are never the same. But for those looking for an interested trip look for the next big tide and head for Fleetwood.

Andy Biggs

Changes to Member's Edition of the Newsletter

As editors we receive lots of good quality photos for publication. The problem is we have to compress the photo's to reduce the file size of the newsletter to one that can be emailed to our members.

After discussion with the committee and the webmaster it has been decided that rather than attaching the newsletter to an email we will send a link that members can click on and will be taken to the Newsletter on the club website. This method will eliminate the need to compress photos, the result being that photo's in the newsletter will be of a far better quality.

Given the newsletter will be available to the public we have removed the contact page. As a temporary measure this can now be accessed by going on the Forum under "Coaching & Training" there is a locked thread entitled RCC Contact List.

470 left to go!

Paul Binks

Photos from Jeff Carr & Neil Eccles

This year is my tenth anniversary of joining RCC; what a mistake! I should have joined five years earlier at least; it's been a blast! Canoeing, kayaking and being a member of RCC has become part of my and my family's identity. Put me in any form of social setting and within half an hour those new people I've just met will know what I do at weekends and my holidays, and how many boats I have in the garage; I pity them and apologies to them on your behalf.

April 2005 I wandered down to the Hand & Dagger just to find out a little more and within ten minutes Terry Maddock had me in a very rickety boat being shepherded up the canal with Steve Swarbrick and signed up to the 2 star. To start with it took me a while to get into the club as I could only come on Tuesday nights, but I always found people welcoming and understanding that not everyone can get out all the time. With the euphoria of passing my 2 star at the end of that summer Terry caught me off guard and asked if I'd become club secretary; to which I agreed! I've never seen someone look so relieved, happy and sorry for the other person for not knowing what they'd let themselves in for as Terry did that night.

I enjoyed being on the committee and felt that I was starting to give something back to the club. After a while though I felt I wanted to be more practical and did my Level 1 coaching and started running beginners trips and helping on the 1 and 2 star courses. All the other coaches were always very supportive and even though my skill set was lower than many others I always felt I was part of the club and encouraged to contribute in whatever way I could.

Having joined for 'me' I was a bit taken aback when the kids decided they wanted to join; but that was the best thing that ever happened to us as a family as we've been on so many unforgettable adventures together; a lazy trip down the Wye, going down the weir at Burrs with Rosie in the front of the Topo Duo, many Scottish loch and river expeditions, Rhosneigr camps, Tyne Tour and many more too numerous to mention.

There was also a lot of personal triumphs; working towards getting better in a kayak on moving water and being able to do clean runs on the upper Tryweryn, going over Low Force on the Tees and staying the right way up, same for Back Barrow on the Leven, going through wardens Gorge in canoe and staying upright, though only just afloat, with Dave Cardwell.

As I said it took me a while to have the time to go on trips frequently and to be around consistently enough to be able to get out on rivers and try white water paddling. The break came when Allan Hacking ran three consecutive sessions on the Irwell at Burrs; each week I could feel I was becoming more and more confident.

The fact that the club has Development trips where it is expected new people or those less skilled are likely to fall out and be rescued is in part due to me. Being invited out on trips or asking if I could go on them I always checked to see if the others minded that they might have to fish me out at times; sometimes the answer was no they didn't mind, sometimes yes (but always politely); so was born the idea that some trips would be ones where the coaches expected to be fishing folk out and rescuing boats and the coaches knew that by giving something a go and potentially failing they'd not be ruining someone else's paddle. My other big break came when I changed my boat from a flat bottomed Burn to the rounded hull Nomad.

So my tips for you are these:

- Come down on a Tuesday and be part of the club.
- Look for trips to go on if you can, if you can't make them or they're not suitable don't worry there will always be other trips and opportunities for you to up your skill set.
- Don't be upset if someone says a trip isn't for you, this is a potentially dangerous sport and taking your time to up your skills and get into it will pay off.
- Try and get out paddling, you'll never get better just by watching YouTube.
- If you can, try and go on a camp or two, they are a blast.
- Don't worry if you can't ferry your boat to a trip, there is usually someone able to help.
- If you are unsure about anything or don't know something ask; paddlers revel in telling others about paddling.
- Don't rush to buy kit, talk to people first and think about what type of paddling you want to do. Try different boat styles out and listen to others but make your own mind up.
- Think about helping out coaching, at an event or on the committee; you're not signing your life away by doing so and you'll probably enjoy it.

August 2012 I did the Washburn as a novice; I had to be coached down the river, I fell out three times, got rescued three times by the coaches, snapped my paddle, scuffed my knuckles and I've still the shape of the rock just after the Big Drop on my shin. Whilst at the more extreme end this Scenario or similar had played out many times before and would many times afterwards; I must have been fished out of the river and my boat rescued at least 500 times!

The 3rd May 2015 I did the Washburn as a coach helping others who were in the position I'd been in; coaching them down the river, picking floating paddles out the water and chasing boats.



Practising her edging!



What a contrast! It's the same me but being part of RCC and putting the time and energy in to learn and practice and others putting their energy and time in to help me has changed me from 'person most likely to fall in' to boat chasing, kayak coaching demi-god (allow me this one indulgence). It felt great.

Thank you RCC I still owe you 470 boat chases.

Paul Binks

No Seal Launching on Pool Nights

One of the conditions of our use of the pool at Fulwood Leisure Centre is that we do not seal launch into the pool, risking damage to the tiles.

This is not a new condition it has been in place for many years. Recently some members have been using this method to access the pool – perhaps they were not aware of this condition.

RCC Committee



Or... Virgin on the Ridiculous

Adam Fielder

If you think you're experiencing a case of Dejavoo, you would be correct; it's the same old crap repeating once again in the newsletter, Stanley on the Washburn or alternatively, a 'Virgin on the Ridiculous' depending on your particular point of view.

Anyway I thought I'd put pen to paper but so did Stan, unfortunately I missed the deadline. Fortunately though I was lucky enough to win the 2014 Shakespeare Accolade; the fame and a beautiful T-shirt and an ornament of a camp man wearing tights with his head glued on (which now has pride of place in my shed). Pat said it was for my use of imagery and metaphor, I believe it was because mine was the only article in the newsletter not about Japanese poetry, sailing or yachting this year. Either way, I'm drifting off, so back to my story, once upon a time...

I woke up one Saturday morning and I was at a bit of a loose end, I know! Wickesy's doing a beginners trip down the canal, I'll join him for a bimble.

Three hours later and 2 miles paddled by the experienced paddlers, the newbies had somehow paddled 4 miles, possibly due to tacking I think, I'll also blame that on all those yachting articles in the newsletters.

Anyway, I digress - I was in the pub afterwards when Stan walked up to me, "do you think I'd be alright on the Washburn?" Nope I answered. "Do you think I'm ready for the Washburn?" Nope I answered. "Will my boat be okay on there?" Nope I answered. "Ok, what time are you leaving tomorrow?" Nineish! "I'll be there for 10 so put the kettle on."

I wasn't phased as both Fish and the Captain were paddling with me, unfortunately the morning arrived and the Capt' had to do some 'youth work or child-minding' or something along them lines and Fish had to prepare his garden for his tortoise who was due to wake up the following week from its winter hibernation so both cried off, Stan arrived early.

"I've been watching YouTube and the Washburn's nowt apart from a little Mill Force type drop thingy, I'm feeling pretty confident", not one to panic with my hombres crying off, I decided not to tell Stan but I planned to take him to do the lower Washburn for some coaching instead. As luck would have it, I received a message from Mags, Glynn and Reg who we're also heading for the Washburn - I'll refer to them as International Rescue from this point onwards.

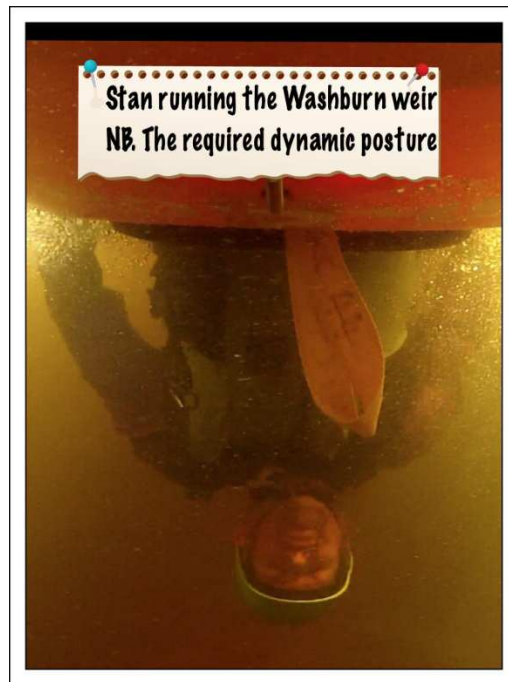


Anyway 1 hour later we arrived at the Washburn where we met up with International Rescue. We then did the usual walk of the river to acquaint Stanley with the features. Stan was quiet, he was very quiet.... After walking past the first bridge he followed the tradition that I've seen many Washburn first time paddlers do, he looked into the water with a nine mile stare, sucked in the air through his teeth and stated, 'it's fast i'nt it?' I told him not to worry, me, Stig and Grant did this river for the first time when we'd only been paddling 6 months, we were all there to do freestyle apart from Stig, I think he used breast stroke.

Well you've seen it Stan, let's go do the lower. "Naah, it'll be reet, we've got Glynn, Mags and Reg for safety, I'll be alright" and so our adventure began...

Stan carried his boat to the get in where several paddlers saw his Pyranha, crossover, mongrel, Fusion type thingy and did the double take, pointing thing until a Yorkshire boater stated, "ave you seen the size of the eddys on here mate? Have you ever measured the length of your boat?" Stan used his quick wit and repartee, without missing a beat he told the Yorkshire man to "go off!" Or something along those lines.

We gave Stan some very insightful coaching tips, "Velcro yerself to my ass, lean forward and paddle like... really quickly" or something along them lines again. If you swim keep your feet pointing downstream, this advice was for the safety of other paddlers, cos If Stan swum sideways there was a high possibility he could dam up the river. Following my advice Stan navigated easily through the first rapids and under the bridge, no problem, through the hole by the rock, no problem, down the river, no problem. Then we arrived at the weir and Stan navigated his Ark Royal Kayak into the weir, following which he capsized. He then did the perfect 180 degree roll, unfortunately it's usually advisable to complete the full 360 degrees when on the Washburn.



After all the women and children had abandoned, Stan ejected from his boat and broke the surface like a wet wookiee competing with a sumo wrestler in a donut grasping competition. Alas the river gods were on his side and Stanley swam 4ft straight into an eddy and luckily so did his boat - no rescue epic or drama here to report.

I got out and walked back to Stan, "what happened there he requested?" Oh it was pretty obvious really (Stan stepped closer), you know as you paddled toward the weir (Stan leaned forward). And you powered through the hole (Stan was leaning closer still). Well you know why you swum don't you? (Stan was now hanging on my every word..). Well Stan, it's cos your *****! I do now formally apologise Stan but it is a tradition and who am I to break with tradition.

Brew time and a proper review of Stan's swim followed with the correct coaching tips. Stan had another 2 swims that day every time he encountered his nemesis, the weir, luckily with our International Rescue escort, Stan didn't swim more than 5 yards. If only the same could be said of his mongrel Titanic, which following Stan's third swim took a lone voyage to the reservoir

(*James Cameron is currently considering remaking a film of the dramatic reconstruction of Stan's voyage with possibly Kate Winslet and Bill Murray wearing platform shoes for the ~~æll~~ scratch that, he doesn't do them – the role of Stan).



Whilst Stan finished his day in perfect health, the Ark Royal/Titanic lost its airbag going downriver and left the boat looking like Scarface's Al Pacino's uglier looking younger brother. "Chaseboating" I rescued his airbag, his foam support and finally his Titanic "Lookalike", unfortunately I looked everywhere but Stan's dignity was nowhere to be seen – I still think it's in the weir on a repeat cycle.

So the day's outcomes were:-

- 3 good runs to the weir for Stan
- excellent rescue/swimming practise for Stan
- very good rescue practice for the team
- under no circumstances run the Washburn without front airbags
- crossover kayaks aren't really the preferred Washburn boat
- you can get a lot of water in a fusion
- don't say, "Stanley, that's another fine mess you've got me into" He doesn't like it

We finished the day sharing beverages with International Rescue at the Crosskeys pub before they left for Tracey Island and Stan has now finally realised that virgin boaters should avoid watching the Washburn on Youtube.

*Any similarities between today's paddlers and Mr Laurel, Desperate Dan, Bill Murray or Chewbacca is purely coincidental. Some of the images may also be dramatic reconstructions used to convey the essence of the day's voyage.

Adam Fielder

2015 Membership Renewals

Renewal forms have been emailed out to members; if you haven't received yours then please email: membership@ribblecanooclub.co.uk Anyone who has not paid their fees by 31st May will be deemed to have resigned from the club.

Please Note: If you joined the club after 1st November 2014 the fee you paid includes your 2015 fees. If you are intending enrolling on one of the club courses you will need to have paid your 2015 Membership Fees.

Important Notice re Medical Disclosure

As a result of trips last year where medical assistance was required, we have amended our membership forms to include health and medical information. The Information regarding health conditions and medication asked for on this form is so the trip or event can be planned for the safety of ALL members taking part.

Any member who chooses not to disclose possibly lifesaving information does so at their own risk and the club cannot be held responsible for any repercussions resulting from this decision.

RCC Committee

Island hopping: April beginners trip

Paul Binks

Photos from Suzanne Thomas

A cruise round the islands on Windermere from Ferry Nab is always a good call for a beginner's trip. It offers scenic interest, the opportunity to explore and for true beginners isn't too daunting.

We were blessed with perfect weather; warm, sunny, no wind, which meant progressed to our picnic spot and enjoyed a leisurely lunch, Kelly Kettle and all.



Paul Smith waiting patiently while Graham Kingaby makes his lunch



Norman preparing lunch while Pat sits back and relaxes

Crossing to the other side of lake was taken in our stride.

And the warm weather allowed for some wet skills practice and just a tad of joviality!



Alongside the 22 who island circumnavigated, Bruce escorted the advanced group to Ambleside and back; though they really looked like they needed an ice cream when they landed back

Paul A Binks

Haiku Corner

Graham Kingaby

Paul's on the Leven
Thinking wow that's just heaven
With you makes Seven

Anglesey Camp Rhosneigr

24, 25, 26 July 2015

John Kington

This year's Rhosneigr camp will take place over the weekend 24, 25, 26 July.
If you've been before you'll know the script. If not, read on.

Since time immemorial Ribble members have congregated on Anglesey in July to pay homage to the surf deities. Given that such deities are not entirely reliable we compromise on a weekend of jollity by the seaside. Many tales have been told of antics real, imagined, and possibly hallucinated. The original premise, which remains at the heart of the weekend, is surf – on the sea, in kayaks. Most kayaks will surf after a fashion – modern river boats with planing hulls are ideal.

As surf cannot be guaranteed sea kayaking is increasingly popular – and Anglesey is one of the premier sea paddling destinations – anywhere. Those members who have the use of sea kayaks tend to take on more ambitious day trips, but shorter excursions are possible in river boats – perhaps over to Rhoscolyn Beacon to see the seals or along the coast. The less confident can explore the sheltered waters of the Inland Sea, or simply play on the beach – whatever suits.

It's not compulsory, but Saturday night is invariably barbecue night – bring something to incinerate and maybe something to wash it down with. Alternatively there is a chip shop and a couple of pubs in the village.

Most people arrive Friday evening and leave Sunday. If you want to arrive earlier or stay longer please arrange that with the campsite.

We will be camping at our usual site – Bodfan Farm (www.bodfanfarm.co.uk). Their website has details of how to get there and site fees. It's very much a traditional farm campsite – no shop or bar, but it's clean, friendly and welcoming, just remember some 20p coins for the showers.

I've made a reservation for "around 40" – so no need to book direct, just let me know you're coming via the forum. If you're intending to bring a caravan and/or want electric hook up please arrange that directly with the campsite.

John Kington

BALA SUMMER CAMP

21/23 August 2015

We are indeed heading back to Glanllyn campsite, lakeside at Llyn Tegid (Lake Bala) - <http://www.glanllyn.com/> Contact details for the campsite can be found on their website - an email address and phone numbers.

As with previous camps, please can you contact the campsite direct to confirm your pitch - details are on their website and below. Please mention that you are with Ribble as I believe they will try to keep the caravans together. Camping pitches aren't allocated.

There are good facilities at this campsite with a big clean shower and wash block. Campers are kept slightly separated from caravans & campervan but this didn't prove an issue last year! As far as I am aware (and based on last year) they have no problems with BBQ's.

Activities:

We are right on the banks of Llyn Tegid which can be paddled by all (after the purchase of a permit). There is also Canolfan Tryweryn for the white water paddler, but the release details are not up on their website yet - www.ukrafting.co.uk.

Also nearby is Coed y Brenin which is the largest Welsh Mountain Bike centre is about 20 minutes away and has a fantastic variety of mountain bike trails of various grades and walks. More details will be posted on the forum nearer the time

Roy Booth

Editors Bit

Once again thank you to the contributors of the articles for this edition. A seven hour trip on the Wyre Estuary, Ten years of being a Ribble CC Member and spending the day out with Stan on the Washburn are all events to be written about and celebrated; and all requiring a certain degree of fortitude and tenacity.

I suspect that Adam Feilder's report of the Pocket Battleship "Stan" versus the Washburn will be a strong contender for the Shakespeare Prize once again, and has set the Gold Standard for the quality of articles we would like.

As mentioned elsewhere we are not going to compress the Newsletter to email it out, we (Webmaster Graham actually) are going to upload it to the website so that you can download it for yourselves. This will allow for bigger and better quality pictures to be inserted, having said that her indoors has inserted one of me cooking lunch on a recent Windermere Trip. I reckon that me cooking is such a rare occurrence that she wanted it noted for posterity. It may be simply a coincidence but none of us Greenies have paddled since that day! Come to think of it she hasn't let me cook since that day! As far as the caption on the photograph is concerned, I wouldn't set much store by it, I bet Pat was far from relaxed at the prospect of me cooking.

My attempts at cooking pale into insignificance compared to the members who attended the recent Wood Smoke Camp at Great Tower. I simply used conventional non-stick pans rather than a HOLLOWED OUT MELON! I am truly sorry I missed that, well done to Master Chef Will Body and all the other hardy campers. Personally I think it is cheating a bit because let's face it if you were cooking in a bit of an outdoor survival kind of way you are not that likely to come across a MELON growing wild in the UK.

That's all the literary detritus from me I'll go and sit back and await the howls of discontent from members not wanting to download the Newsletter themselves.

Remember the Editors Bit might be "Trivial" and mere "Filling" but at least it's "Different Trivia" each time.

Dates and Deadlines: The next committee meeting will be on Wednesday 1st July at 7:00pm. The next newsletter will be published on 15th July. We would appreciate all submissions by Wednesday 8th. Please send submissions to newsletter@ribblecanooclub.co.uk

Norman Green
newsletter@ribblecanooclub.co.uk

Chairman's Chat

Welcome to my rambling once again and an insight in to what has been happening in the club and what will take place over the next few months.

Once again all aspects of the paddling have been busy despite the frustrations of water and weather condition threatening to curtail planned activities.

Trips have taken place in all the usual places including The Lune, Washburn, Kent Leven, Tees and the mighty Burrs.

Many paddles have taken place in the Lake District including Coniston, Windermere and Ullswater. All sorts of craft have been used including Sea, Touring, Open, River boats and for some strange reason a Coracle has also been spotted.

The Sea Kayaking fraternity have been paddling all around the northwest and Anglesey and trips to Scotland have also taken place.

I look forward to reading the articles in the next newsletter on the above adventures.

A Fun Day was held at Halton. This was organised by Roy and ably supported by Mary. A big thanks to both Roy and Mary.

Races in all sorts of craft down a measured course with events being held on a blustery and showery day. This was followed by a barbeque and afternoon social at the Halton buildings. A small charge was made to pay for the food and £100 was donated to cancer charities.

Tony and Nicky organised a trip to Great Towers near Windermere for the Woodsmoke Weekend. This seems to have involved burning things, tying things carving things and sleeping in structures made from flimsy bits of nylon sheets and string. The Ribble Grand Bake Off was held where baking took place using no kitchen utensils to cook in.

Will Body won this with his cake cooked in a melon over a fire. No reports of food poisoning were reported so thankfully no incident forms to be filled in! Tony and Nicky were ably assisted by a team of backwoodsmen/women and by all reports a good time was had by all. Thanks to all who organised and helped making this event a big success.

Training continues at apace with 1 star, 2 star and 3 star canoe all taking place at the moment. Thanks to all the coaches who give their time and efforts for free -without their efforts, training and club activities would grind to a halt.

Allan Hacking's from Halton to Washburn training has just finished with the paddle at Washburn last Sunday. This has proved to be very successful with members improving vastly with a bit of formal coaching. Thanks to Allan and the coaching team for organising such a good course - let's hope it can be repeated in the future.

The diary is now filling up, with the Trip to the Isle of Skye looming. Other trips being organised are the usual camps to Bala and Rhosneigr. Keep your eyes on the forum and the calendar.

Graham has been busy endlessly upgrading the website, with the gallery now fully updated. Thanks Graham for your endeavours which are greatly appreciated.
Now a few more sombre subjects.

Please can anyone who has not paid their membership fees please do so as soon as possible as these are now well overdue. Any queries re membership fees etc. please contact Pat Green or me.

Can all people renewing, please read the club policies and acknowledge that you have read them on your membership form. Don't forget to fill in the form completely as all the information asked for is required to cover all members should an incident occur, particularly in these litigious times.

To this end, to comply with British Canoeing requirements we need to appoint a Safety Officer. Any volunteers please contact me or any committee member.

It has been suggested that anyone using the pool on a Friday night should wear a safety helmet. This is a suggestion that I believe should be strongly encouraged as a paddle or a pool tile to the head could be very painful and just think of the paperwork trail!!!!

Also at the pool 'seal launching' is not permitted. If damage is done to the pool tiles the cost implications could be horrendous.

Now I have had my ramblings I wish you all a happy and safe summer's paddling.
See you on/in the water.

Matt

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
22/05/15	OPEN		Albert Risely	Brian Woodhouse
29/05/15	OPEN		Bill Turner	John Kington
05/06/15	2 STAR	Graham Kingaby	Paul Smith	Graham Kingaby
12/06/15	Paddle Skills	Allan Hacking	Bruce Carter	Allan Hacking
19/06/15	River Safety	Roy Booth	Paul Binks	Roy Booth
26/06/15	OPEN		Brian Petherwick	John Hooper

Prices for pool sessions:

Rolling Course £20 plus club membership. Play Boats £6 **All other sessions £5**

Pool Session Protocol:

One of the conditions of our use of the pool at Fulwood Leisure Centre is that we do not seal launch into the pool risking damage to the tiles.

Open sessions are open access, with no need to book. Please book in advance for ALL other sessions by phoning the named contact or via the forum.

If using club equipment it is up to the individual to collect it from the pool store before 9.00pm, after which time the store will be locked. A club member will be on hand to assist. (best to arrive at 8.45). If using your own equipment please ensure it is clean before entering the pool area.

If you use a boat at a pool session it is your responsibility to return it to where it came from (your car or the pool store) IMMEDIATELY at the end of the session and BEFORE getting showered and changed.

The pool sessions run from 21.15 to 22.15. We are not to enter the pool area before 21.05 - this to avoid risk of injury to swimming club members who have to clear the pool area by 21.05.

Policies for Pool Session

Rolling courses: These are for members who cannot roll at all, they are not for refining your roll. Due to restricted space everyone on the course should use either a river or general purpose boat.

Paddle Skills & Open Sessions

These are for members to refine/practise rolling and/or other skills. Sea/Touring Boats can be used for these sessions.

Ribble CC Library

If you want to borrow something contact Amanda Spavin by either sending her a text (you can find her number on the contact page at the back of your newsletter) or by sending her a message via the club forum. Her name on the forum is Spav. These books/DVDs will then be brought to the H&D for you to collect at a mutually agreed club night.

General

BCU Handbook (2 copies)
The Practical Guide to Kayaking
Canoeing & Kayaking
BCU Coaching Handbook
The Rough Guide to Weather
Canoe & Kayak Games
Working out of Doors with Young People
More Than Activities
The Knot Book - NEW

DVD - BCU 'Go Paddling' 2012

Touring & Sea Kayaking

An Atlas of the English Lakes
Canal Companion: Cheshire Ring
Touring 100 Paddles in England
Welsh Sea Kayaking Guidebook
Northern England & IOM Sea Kayaking
Scottish Sea Kayak Trail
Scottish Canoe Touring
Great Glen Canoe Trail
Anglesey Info Pack
Scottish Sea Kayaking Guidebook
The Outer Hebrides Sea Kayaking Guidebook

Sea Kayak Navigation

Complete Book of Sea Kayaking
Sea Kayaker Deep Trouble

DVD - Sea Kayak Rescues
DVD - Sea Kayak with Gordon Brown -
Instructional Journey along Skye Coast
DVD - This is the Sea 1
DVD - This is the Sea 2
DVD - This is the sea 3
DVD - This is the Sea 4
DVD - Performance Sea Kayaking-Skills, rolling & rescue techniques
DVD - BCU 3 & 4 Star Leaders Sea Kayaking
DVD Sea Kayaking in Wales (conservation) - **NEW**

DVD Sea Kayak Essentials Volumes 1 & 2
Intermediate & Adv. Boat Handling Skills
Safety & Rescue Skills

Canoeing/Open Boating

Open Canoe Technique
Path of the Paddle
Canoeing Safety & Rescue
Canoeing

DVD - This is Canoeing (ww & wilderness)
DVD - Open Canoeing -
Reg Blomfield (amazing moves!) (2 copies)

White-water

Canoe & Kayak Guide to North West England
English White Water
Scottish White Water
White Water Lake District (2 COPIES)
White Water Kayaking
White Water Safety & Rescue (2 copies)
Weir Wisdom
Many Rivers to Run
The Playboater's Handbook 2
White-water Paddling (Strokes & Concepts) – NEW
L'Eau Vive - NEW

DVD -Moving on to Moving Water
DVD - EJ's Advanced River Running
DVD - The Call of the River -
100 years of WW Adventure
DVD - White-water Kayaking

Rolling

Bombproof Roll and Beyond!
Eskimo Rolling for Survival

DVD - This is the Roll
DVD - EJ's Rolling and Bracing

Club or Club Members Trips

DVD - Mags Brayfield in Nepal

DVD - It's Different Every Time -
Halton Rapids
DVD - Fort William 2005/06 Easter Trip
DVD - RCC Scotland trip 2007 & 2008
DVD - Tay Descent 2011
DVD – Ladies Day at Washburn August 2013

Expeditions/Adventure/Action

On Celtic Tides
Dancing with Waves
The Canoe Boys
Three Men in a Boat
DVD - Revenge of the Fat Cats (Greenland)
DVD - The Cockleshell Heroes (wartime adventure)
DVD - Tatshenshini/Alsek 2007
DVD - Mountain River Movie (Canada)
DVD - Liffey Descent 1992