

TALES FROM THE RIVERBANK



May/June 2013

Expedition Weekend

Pat Green

Photographs courtesy of Tony Marsh & Kath Riseley



This was a weekend Tony Marsh organised at Great Tower Scout Camp. It was aimed at those wanting to do paddling with over-night wild camping - "Ray Mears Wanabees".

There is no way I am likely to ever camp under canvas again but we went along to see what new skills we could learn, view the various equipment used, and enjoy the company.

Day 1 started the with a Health & Safety brief by Tony, it included how to use knives and axes safely and legally. He provided some really good advice here.



Mick Sumner followed this with how to get a fire started using various methods.

Never before have I seen such a vast array of tinder materials some of them man made but many natural ones as well. His collection demonstrated that materials need to be collected in advance whilst they are dry, or collected and then dried well before they are to be used. So spur of the moment fire lighting in the rain are still going to present problems.

This was followed by Allan Hacking's demonstration of how he got around this problem by using the Nuclear Option of using a piece of plastic industrial filter foam and an aerosol can of highly flammable industrial cleaner. I think we all stood back quite a long way whilst this was being demonstrated as the last time we saw this chemical in use it caused a temporary case of "Camp Fire Tourette's Syndrome" by the user at a "Bala Club Camp".

We were all shown the various methods of creating a spark to ignite the tinder, using fire steels, magnesium granules etc. unfortunately the traditional method of rubbing sticks together wasn't covered in the syllabus as we had only booked the site for 2 nights.

Mick then proceeded to show us how to cook egg & bacon in a paper bag, yes a paper bag over a camp fire! This begs the question how many people wander about carrying paper bags these days on the off chance you might want to cook some bacon and eggs?

There were plenty of sceptics, but like lambs to the slaughter we all prepared our bags and sat them over the fire embers. Albert was the only one who had any success; the more impatient ones opened their bags to find the food not cooked while others left theirs a little longer only to find their bag went up in flames.



There were examples of various hammocks which some of us tried. We then moved on to the different ways of erecting a tarp. I am glad it didn't rain and force us to test out the integrity of the protection provided by these shelters.



By now it was late afternoon, we left with Albert & Kath to go and book in at our luxury caravan site for the night (wimps).

We didn't return for Day 2. When we woke up the following morning it was raining, we thought the others would pack up and go home – we should have known they were made of sterner stuff so we missed the "Grate Bake Off"



By all accounts there were a number of tasty offerings, including "Black Forest" Gateaux, or should that be a Black, Forest Gateaux, prepared by Tony in his Dutch Oven.

The winner was Matt with his corn beef hash cooked in a cabbage case.

Thanks Tony for organising such an interesting, informative and enjoyable event.

Pat Green

Up the creek without a paddle

On 16th March Tony Marsh led a band of intrepid open canoeists, and kayakers on a traditional skills trip on Windermere. Tony, Graham Kingaby, Will Body, Kath & Albert, Steve and John Clayton and myself in opens, with Neil and Wild Bill in their new kayaks. Heading up to the Brathay/Rothay confluence (I like that word!) we practiced traditional poling skills – easy peasy!



Under the road bridge on the approach to the Brathay pool things got a little trickier. With quite a reasonable current the folly of standing in your boat trying to propel and steer it with a 12ft pole reminded me that I should know better at my age, especially as a sudden jolt had me, pole and boat part company. Tony, Will and Albert though fared better. The other canoes and kayaks practiced ferry gliding.

Beyond the bridge the water levels dropped; out came the ropes for a bit of tracking and lining.

At the Brathay pool for lunch more ferry gliding and more poling.

This time Will and Tony really went for it and managed to get up the rapids at the top of the pool.

We hadn't realized it was John's birthday; but we did when the chocolate cake came out.

Thanks John.



As we headed back to Windermere we realized that unfortunately there was not enough wind for sailing.

Part of the group retired at this point and the others headed to the hotel weir for surfing, poling and ferry gliding practice.

Having not learnt the error of my ways the first time, standing up in the boat whilst on the wave this time had the same effect; though this time caught on camera.



Others were more successful.



Thanks Tony for organizing it and for the GoPro Camera craftsmanship

Paul Binks

Scotland Easter 2013

Roy Booth

Sunday 31st March River Etive

The Etive was very low but we still had fun



Pictures by Team Marsh

Monday 1st April

The group splits Allan and John become Chris Bonnington for the day.



Ben Nevis summit ascent



Others took the easy route up on the gondola for a look round

Tuesday 2nd of April

The young and fit took to the bikes for a 64mile ride



Others took to the slopes for a ski lesson



Wednesday 3rd April

We all gather together for a sea trip to the Skerries off Arisaig



The sun shone and there were loads of seals for us all to see.



Thursday 4th April

The dam release on the River Garry



Friday 5th April

Cycle and walk for all Loch Leven and the Hidden Valley



Time to play.



First time with crampons

Saturday 6th April

The drive home but I think the Bonningtons (Allan&John) managed to bag another couple of munros to add to their list

So with only a little water to play on we still all found something to entertain and excite us

Accommodation was an alpine hut that sleeps 8 costing £450 for the week (get in)

Where will you be next Easter?

Roy Booth

Going Solo

Rick Turner

Solo paddling is a bit of a dodgy subject and maybe as a coach I should be promoting safety and the old saying "Less than three, there should never be" but paddling to me is all about adventure and testing myself, within reason.

Paddling is all about fun, enjoyment and adventure usually shared with a close group of paddling buddies, where you look after each other keeping an eye out for each other's safety, rescuing each other, competing against each other, learning from each other as well as laughing at each other and generally sharing the experience. That being said, what is the attraction of paddling solo? It's a buzz, adrenaline is heightened, confidence is a must and a sense of achievement upon success is magical.

I've had many solo trips into the Winter Mountains, where I've tested myself, ultimately laughed at myself on the journey home and loved the experience that was between nobody else but me and the mountain. Nobody else had been there to debate a decision with, nobody to judge decisions apart from myself and nobody else to worry about, every decision is on your shoulders, you're the man. I've paddled on grade 2 rivers solo many a time, well within my limits and enjoyed it, but when I had set my mind on a grade 3 or 4 river and tried all the usual methods unsuccessfully of getting some paddling buddies together. "What the Hell" I thought, time for a bit of solo adventure.

First consideration was something of that grade that I know pretty well am confident on but is still going to be a buzz. Also something where I can scout the main rapids from the bank or boat for wood, trees, obstructions etc. Finally something where the shuttle back carrying and dragging my big boat is not going to be too tortuous. The river Kent, ideal from Prizzet Bridge (Hawes Bridge) to below Force Falls, Lovely River. I check the EA Gauge in the morning and it's running at 0.75 and rising. A cracking level, a good medium and getting high, one of the best levels. I throw the boat in the car, grab some grub and something to drink, throw my paddling gear in the motor and a good AC/DC sound track on the stereo and I'm off.

I drive to the get out first and check the final three rapids for obstructions. The lower gorge, the L-shaped drop and finally Force Falls. Everything looks clear and the other rapids can all be inspected from my boat.

As I drive to the get in, I rehearse a solo rescue in my mind then push it to the back. No need for that, confidence lets nail it. I approach the parking spot and there are no other boaters about so a solo run it is then.

I quickly get my gear on, put some trainers in the back of my boat for the shuttle, first aid kit, mobile phone, personal rescue gear, and throw rope. Not sure what use this gear is going to be on a solo paddle but it goes in the boat anyway. I warm up and get on the river above Prizzet Bridge and before I know it, I'm at home. It doesn't matter that I'm not sharing the waves and eddies. I spend a good 20 minutes doing circuits, eddy to eddy using the waves, ferry gliding, reverse ferry, enjoying myself and loving the beautiful clear morning and the cold clean water washing over my hands on the paddle shaft.

"Right Rick, let's do it" I say to myself and break out into the flow, turn and drop into the first small rapid under the bridge. Nice that was sweet. Now I move down the river, making the most of every little wave, eddy and feature. I'm feeling good. Before long I reach 'Gun powder gorge', an excellent rapid with plenty of eddies to work your way down and the main current crashing through a large hole next to the cliff on the left hand bank. For a second I'm going to run straight through the rapid, and then I stop myself. "These eddies are there to be made, concentrate". I rain myself in and nail every eddy, smashing through the hole and working my way down to the next section of good surf waves. Time for a bit of a play. I practice my high cross, attacking the stopper in the corner of the wave and sliding across to the top of the opposite eddy again and again. Then decide to stay on the wave and surf it. I lean a little too far back and my boat slides down the face of the wave into the stopper, I swap my edge and side surf, the whoosh, before I know it my edge has been caught and I'm upside down. For a split second I think of the rapids below and the 2 or 3 small drops, then autopilot kicks in. I roll straight up, blow water from my nose and laugh out loud. "You numpty" I shout, then break back into the flow, turn the nose of my boat down river and run the rest of the rapid.

The river now flattens out after a couple of small rapids until Sedgwick Weir at Wilson place. I've run this river many times but weirs are never nice, especially solo. I make sure I'm hard left with a boof stroke. I get past it, and then settle down for the final flourish. I'm on fire now and looking forward to the last three quality features.

Having scouted the last 3 features before I started I'm confident they are clear. The lower gorge starts with a drop through the bedrock into an undercut channel beneath the bridge. I run it well, keeping a nice line and a bit of speed over the L-shaped Falls which is directly below. Brilliant I smile to myself and think about the final drop of Force Falls. There's a big pool below it, plenty of time for a self-rescue but I'm not going to need it, I say to myself. Down the next easy weir, I don't bother with the big eddy on the left; I paddle on through into the wave train leading to the drop. Woooohooo I shout as I set my line, slightly right of centre with a bit of a boof stroke on the lip and I smash down the drop into a white out of water and waves. I'm the right way up. Yeeeha I shout like a girl and punch the air. What a laugh, what a good crack, mission complete.

I have run this river many times but possibly none have felt as sweet as this run, apart from one.

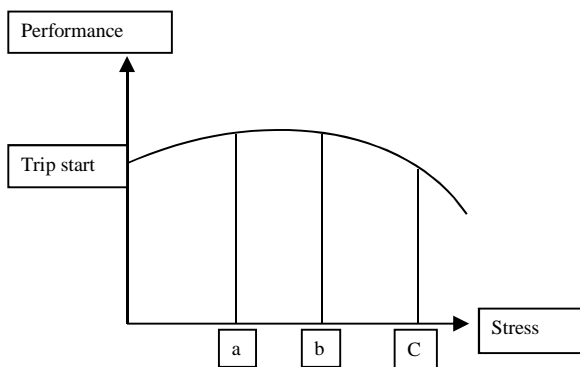
Have I paddled other rivers solo since? Too right I have. Will I paddle more rivers solo? Too right I will.

Rick Turner

Dealing with the Catastrophe Curve

Mark Dillon

The more fellow paddlers and I have discussed the Catastrophe Curve the bigger an impact it has had on my paddling and days out. In my mind it is a very important thing to be aware of and can be applied to most situations. The Curve was first brought to my attention on a White Water safety and rescue course, and so often have I discussed and thought about it since that I now feel that it is a vital tool in my paddling armoury in helping keep myself and our group safe.



The catastrophe curve diagram above can be used to help identify where personal performance may start to deteriorate or where the group dynamics change to the point where the continued course of action takes the group out of its comfort zone and into dangerous situations.

For example when you start the days trip it may be assumed that a pre-determined level of stress is present and a small increase in this can improve that performance. Relate this to the anticipation of paddling, the inspection of the river and then the getting ready and setting out. As you get under way and warm up, a small increase in stress improves your paddling edge taking you from 'trip start' to point 'a'. At point 'a' you and the group are paddling well and getting to grips with the conditions.

However, supposing the situation changes, perhaps due to an unexpected early swim or a hazard in the river such as a tree which you narrowly avoid. Or the river is much faster further down than at the start. Maybe later in the trip you are getting too cold to perform properly. Such changes could take you to point 'b' where the demand of the situation is getting greater than your ability and the increased stress levels are affecting your paddling skills. This is the point you need to recognise, a point where you need to reconsider the situation and make some judgement call before point 'c' is reached. Here things are getting out of hand and the downward trend of the catastrophe curve has started. For once anxiety and nerves take over, confidence is lost and with it performance, all of which is extremely hard to recover.

It could be that at this point someone else may be able to step in, such as the trip leader or a fellow paddler, or perhaps you will be aware of it yourself and be able to break the curve and stop the situation. Maybe you can walk a rapid or have a short break and leg stretch, warm drink and pep talk to try and take you and the group or person back to point 'a'.

However the fear of losing face, peer pressure or ruining everyone's day can be a powerful lever for forcing you into a place you may not want to be and the group may not want to have to deal with. I personally feel that although one action or event can start you on the downward slope of the curve there are always several more events that progress you downward into a catastrophic situation and once you recognise these it is usually possible to break the trend and bring yourself back to a safe situation.

To help clarify this let me relate some situations which I and my fellow paddlers have found ourselves in and explain our actions.

One Sunday a small group of us set out to paddle the Roeburn, it had been raining overnight and was raining heavily as we inspected the river from the 'get out', the river was rising and at a good level so we left one car at the 'get out' and loaded the other to travel to the 'put in'. A quick chat about possible tree hazards and other aspects of the river that we may encounter had us anticipating a testing trip on a river new to two of us but also possibly started us from point 'a' towards point 'b'. Once on the water the speed of the river was faster than expected – something a good bit faster than the Washburn. Although it was similar in width to the Washburn it was more heavily tree lined and very snag laden. At this point perhaps part of the group could be said to be moving steadily towards point 'b' on the curve, but we were all good paddlers and had plenty of white water experience. Soon after getting underway the first obstacle was encountered, a river left bank side tree fallen well out into the main flow on a ninety degree right hand bend. With all the current pushing through the tree, one of us got pinned on it. The situation was quickly recovered with pinned person getting out of his boat and using the tree for support to make it to the bank whilst the rest of us provided cover.



A quick portage and we were on our way until we came across the next all across river strainer and so another portage was necessary. Two more portages due to similar hazards had then to be made before we came to a rope footbridge crossing the river at water level strung out with branches and debris.

Below the rope bridge was a pair of river right trees in the water, and an almost all across the river tree from left to right. This left only a one metre gap over rocks before a small island, which we had to get behind, or we would be swept left and into another strainer. The ferry glide into a tiny eddy could be described as a 'do or die' one. It was a small target in fast bouncy water with an awkward approach.

As we inspected the river lower down, the rope bridge snapped and all the debris off it was released downstream and the ferry from river right now was masked by trailing rope whilst on the left more trailing rope and the slats from the bridge masked the mini eddy.

It was a no brainer, and a huge portage was necessary up the gorge side to cut out the entire section. So off we set dragging kayaks behind us.



Let me tell you it was tough, really tough and it wasn't long before the fun went out of it, but sweating and safe we ended up looking at the river below. Guess what, another all across tree would mean a tough ferry to the far bank before we could duck under a tree close to the far bank.

Throughout the trip I had been thinking about the curve and at this point it was time for it to be broken. Thankfully the previously pinned paddler, who in his opinion wasn't paddling well, (due in no small part to an early pinning setting his nerves on edge) was out of his depth in his opinion. So he decided a walk out was the safest option for him.



Luckily earlier on local paths had been displayed on boards at a footbridge and so a route out to the road was known.

The remainder of the group who were paddling well decided to carry on and made the ferry, slipped nicely under the tree, bounced through some massive wave trains only to find the two islands below blocked totally by trees from bank to bank.

Look closely and the rope bridge can be seen partially submerged and trailing debris

The only option was a portage and carry back up the river to a safe place to ferry to the islands where we beached the kayaks and dragged ourselves through.



This done we came across another strainer in the main flow on the next island. It was getting silly and now time to get off the river as the next section was a tight gorge which once committed to offered no way out.

The walk out was serious, 2.7 miles for the first person to walk out and 1.6 miles for the rest. This was over some fairly demanding hills and gorge sections in pouring rain, gale force winds, full paddling kit and dragging a boat. You want to try it sometime. But we were safe and the slope of the catastrophe curve had been turned before an awkward situation had got worse.

Fortunately the keys to the car at the 'get out' had been left in a 'key safe' so the first paddlers back were able to get changed and go looking for the one still walking. This left one person at the 'get out' in case paths weren't crossed. Whilst waiting at the 'get out' for the shuttle, another two paddlers turned up. They were from a group of four had lost two boats and two paddles when three of them swam at the grade 5 section of the Hindburn. Perhaps next time they may think of running such sections one at a time with bank side cover. Imagine how far they were along the curve when three out of four were swimming.

Some weeks later we were out paddling a nicely high Ingleton Greta, when another good example of a potentially disastrous day out was encountered. Our group of fairly experienced paddlers had said hello to a group of kayakers and canoeists at the put in and, whilst we got under way they were busy sorting out the group dynamics and warming up. At the first section of rapids on a right hand bend we were busy surfing when the first swimmer came through holding onto the front of a canoe bouncing down the rapid! (How dangerous is that!). We quickly set about helping him but no sooner had we started than the second swimmer came into sight, holding onto his own canoe, then the third and fourth were bobbing boatlessly down the rapid. All in all we rescued four swimmers, one canoe, two kayaks, a paddle and a throw line. This was out of a group of six on a stretch of rapid that is nowhere near as technical as the rest of the river. On checking the swimmers were okay they stated several of them had run the river before several times and they were going to carry on with the trip. This was despite the fact the swimmers were badly shaken up and already cold and wet. I also noticed that one of the kayaks I chased didn't have front buoyancy or rescue lines attached, which makes it even harder to catch a lost boat. At this stage their catastrophe curve was broken when they were told by senior members of our group in no uncertain terms that they needed to get off the river and walk out, luckily they heeded that advice. But imagine the situation if we hadn't been there to assist them and recover their gear. Clearly it was a day when they had miscalculated the groups' ability as well as the river conditions. Also a day when walking out may ruin some peoples day out, but not as much as to carry on could do.

It's not always necessary to take such drastic action as walking off the river to prevent a possible disaster. When I was on the Safety and Rescue course mentioned earlier I took the safe option of walking a part of the Tryweryn graveyard, this was because I just felt a little 'off the mark' with my paddling and had clipped a rock at the section start necessitating an early roll.

No problems with the roll for a change, but something just didn't feel right and I got back on the river to continue a short distance later no worse for the experience. I later found that all my boats kit had slipped right down into the tail of the kayak possibly making an already tail happy Dagger Juice even more unstable.

I have other examples but hopefully the situations highlighted above are enough to add some real life paddling examples to my interpretation of the catastrophe curve, and therefore get you thinking about your days out and maybe make them a little safer. Since the walkout of the Roeburn I have printed off and laminated map sections of local rivers, because when reflecting on the day, I realised that I often do not know where paths and roads are alongside the rivers I paddle, you never know when they could be needed. Take care

Mark Dillon

Anglesey Camp 2013

Friday 26th – Sunday 28th July 2013



This year's Anglesey camp will be on the weekend of 26/27/28 July. As usual we will be at Bodfan Farm at Rhosneigr (see their website www.bodfanfarm.co.uk for details of location).

If you've been on this camp before you'll know that organisation can best be described as "loose". Depending on the weather, who turns up, what boats they've brought and what we all feel like we might go surfing at the beach (river kayaks are good), paddle up the coast or out to see the seals at Rhoscolyn (sea kayaks good, but not essential) or maybe brave the play wave at Stanley Embankment (good roll highly recommended). The main thing is, don't wait to be organised, let us know what you fancy and we'll try to accommodate.

We tend to arrive Friday afternoon/evening and make arrangements for the next two days then, so it's best to be there Friday night or arrive early Saturday.

Most people camp, some bring caravans or camper vans, some have even been known to B&B. People tend to make their own arrangements for eating on Friday. Weather permitting we aim to BBQ on Saturday.

I've made arrangements for camping with the site so, **if you're intending to camp** you don't need to book directly, just let me know you're coming via the forum. **If you're bringing a camper/caravan & want electricity** please do book direct with the campsite (and let me know). If you want to arrive before Friday or stay beyond Sunday please make arrangements with the campsite.

I can't offer any guarantees about weather – it's Wales – but most of the time most of us have an enjoyable weekend whatever it does. If you've been before you'll know all that; if you haven't please come along, get stuck in and enjoy it.

John Kington

Chairman's Chat

I hope everyone who went to the AGM back in February had an enjoyable evening. It seems a long time ago already – just as well as there were one or two hiccups in the running of it by yours truly as usual. The main thing was that the hot pot was good and the pudding!

One of the dangers of getting involved in the running of the Club lies in the tendency for it to take over at the expense of paddling enjoyment. This is true for both administration and coaching – with coaching going the way it has gone over the past years, it too can involve a lot of administration if allowed. So, how do we avoid coaches and committee becoming pen pushers rather than joyful paddlers? Now you're possibly expecting me to put forward a cunning and intelligent answer at this point. Those who know me well know better! I've put the question – I'm hoping you'll come up with the answer. At worst it'll give some food for thought.

Despite the above ramblings, there is a tremendous lot of paddling going on in the club as can be seen from a glance at the Forum and the calendar. The idea of putting the calendar on the front page of the website was brilliant and it works so well. Thanks Graham for sorting that one out. Non-members can see from the calendar the amount of paddling available within the Club, but they have to become members to access the Forum to obtain the necessary details to take part. I hope the calendar up there on the website front page also gives incentive to trip organisers to post there a very brief notice of a trip.

The courses seem to be going well. We have two 1 Star Courses on the go at the moment, a 2 Star Course and a 3 Star Sea Course. Another 1 Star course is due to start with enrolment on Tuesday 21 May. Many thanks to all our coaches who put so much time, effort, expertise and expense into this essential task of keeping the Club healthy into the future. Those involved with the above courses include Gary Fishwick, Roy Booth, Allan Hacking, Rick Turner, and Peter Roscoe and, I'm sure, several others. Graham Kingaby is currently tied up in the lengthy process of becoming a UKCC Level 2 Coach.

The camps are being organised – the first one being at Loch Ken on the week-end of 21 to 23 June and organised by David Sutton. See the Forum for details or talk to David on a Tuesday evening. I think the current bookings amount to 14 members and a dog, with more sure to come along as the date approaches. Members are camping, caravanning and motor homing.

Rhosneigr on 26 to 28 July is being organised by John Kington. This camp offers surf, sea and play boating as well as walking and cycling and anything else members can dream up. No doubt the usual camp fire comedians and comediennes will be there and small amounts of drink could be involved. I do like Rhosneigr!

Bala on the 16 to 18 of August is still a way off, but I'm sure Rache will get onto the organisation in good time.

In the meantime, by the time you get this I'll have seen you at Halton on 11 May and/or at Windermere on the 12th. You see, even I am trying to enjoy my paddling more and not just spending my time writing this blather. Happy paddling,

Terry Maddock 077 333 86704
Chairman@ribblecanoecub.co.uk

Editors Bit

As always I would like to thank all the members who took the time and trouble to submit articles for this edition of the Newsletter. This time completely unprompted thank you.

I think this is the first time we have had a front page article where paddling barely rates a mention, but we felt that Tony and Nicky's organisation of the weekend should not go unrecorded.

I think this is also the first time we have had an article about a members solo paddling, I suspect people will have different views about this, but that is why we finish off this bit with the disclaimer below.

Mark Dillon's article about the "Catastrophe Curve" is a "Repeat" from a previous edition with some minor modification, but it was felt that the subject was worthy of repeating for the benefit of newer members who may not have read it.

On a completely different note, I have recently been looking to buy a new White Water Kayak, and realised how frustrating it can be. Suppliers don't always offer the opportunity to try out a boat before you buy, so it seems you have to be very resourceful to find where you can try one out. If you were buying a new car you would always be offered a test drive first, why should buying a boat be so different? Perhaps there would be more boats sold if this problem could be overcome, I know that I personally would have bought a new boat two years ago if I could only have been given the chance to try some out.

It seems that the Suppliers are being a bit short sighted to me. When they offer demo boats they don't seem to offer the full range of boats to try. They say that when boats are used for a demo the hull comes back scratched and they can't be sold as new, which is true. However they charge a fee for hiring the boat and if it is not sold they can hire it out again and again making money each time to cover the depreciation the boat suffers. At the end of its useful demo life it is then sold off at a slightly reduced price so the Supplier really suffers no financial loss. Surely any possible loss would be more than made up by increased sales resulting from the extra boats that would be sold. There would possibly be increased footfall in a Suppliers premises from potential new boat buyers, and this also could also increase sales of other paddling related items. Given that our nearest Supplier is over 20 miles away we need a good reason to visit and it requires a lot of inertia to make the effort. What's more we can buy what we want on the Internet, so surely they need to differentiate their service by offering boat demos or we might just as well buy on-line from the cheapest supplier. I also wonder how many people are not getting the most out of their paddling because they are paddling boats unsuitable for them because when they purchased it they were unable to try out what would have been the best one for their paddling needs. If you have any good ideas I would like to hear them, and perhaps they could be included in an article for the next newsletter. (Never one to miss a chance)

Dates and Deadlines: The next committee meeting will be on Wednesday 3rd July at 7:00pm at the Hand & Dagger. The next newsletter will be published on 17th July. We would appreciate all submissions by Wednesday 15th. Please send submissions to newsletter@ribblecanoeclub.co.uk

Disclaimer: Please note that the opinions expressed in this and every other Ribble CC newsletter are those of the author of the article. They do not necessarily reflect the opinions of the newsletter editor or the committee, or the policies of Ribble Canoe Club.

Norman Green

It's a Knockout Ribble Canoe Club Style

Remember those halcyon days of summer sports days at school; egg and spoon race, dribbling a ball round obstacles and other pointless and fruitless activities? Well RCC are going to recreate this nostalgic event with the mid-term sports evening at the pool on 17th May, but obviously with an aquatic twist.

Sports day style games are currently being devised to ensure everyone has a jolly good time.

It is open to all and as normal with these things lack of skill is very often the best approach

Please register your interest on the forum and for more info keep an eye on the forum, or post/ask Paul Binks or Allan Hacking

If team captains would like to step up and make themselves known, all the better

Oh yes, there will be prizes!

Paul Binks

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
17-May	It's a knockout	Paul Binks	Will Body	Suzanne Thomas
24-May	Open	na	Paul Binks	Paula Sharples
31-May	Open	na	Adam Fielder	Brian Woodhouse
07-Jun	Paddle Skills	Allan Hacking	John Kington	Allan Hacking
14-Jun	Sea Safety	Allan Hacking	Matt Aspden	Pat Green
21-Jun	Open	na		John Hooper
28-Jun	Open	na	Gary Fishwick	

Prices for pool sessions: Rolling Course £20 plus club membership. All other sessions £5

Pool Session Protocol: 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 @ 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.

Ribble CC Library

See Albert or Kath Risely to borrow a book or DVD.

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

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

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)

Whitewater

Canoe & Kayak Guide to North West England - NEW
English White Water
Scottish White Water
White Water Lake District
White Water Kayaking
White Water Safety & Rescue (2 copies)
Weir Wisdom
Many Rivers to Run
The Playboater's Handbook 2

DVD -Moving on to Moving Water
DVD - EJ's Advanced River Running
DVD - The Call of the River -
100 years of WW Adventure
DVD - Whitewater 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 - Tony Morgan - Grand Canyon
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

Expeditions/Adventure/Action

On Celtic Tides
Blazing Paddles
Dancing with Waves
The Canoe Boys
Rapids (a novel)
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

	Ribble CC Contact List	Committee	General Information	Access	Courses	Instructor	Hand & Dagger Key holder	T.E.A. Trips	Beginners River Trips	Intermediate River Trips	Advanced River Trips	Sea Trips	Open Canoes	Surfing	Beginners' Slalom	Advanced Slalom	Polo	Freestyle	Other
Albert & Kath Risely							☺	☺											Library
Allan Hacking		☺			☺	☺	☺		☺	☺		☺	☺						
Brian Woodhouse		☺	☺	☺				☺	☺	☺									
Elizabeth Kingaby																			Webmistress
Gareth Jones		Secretary																	
Graham Eccles		☺																	
Graham Kingaby		☺					☺												Quartermaster
Jane Eccles		☺																	Youth Rep
John Hooper		☺					☺												
John Kington		Treasurer								☺				☺					Treasurer
Mark Shaw		☺													☺	☺	☺	☺	Competition Secretary
Norman & Pat Green		☺						☺											Newsletter
Pat Green		Membership																	Membership Secretary
Paul Binks			☺				☺		☺				☺	☺	☺				Secretary
Paula Sharples		☺																	
Suzanne Thomas		☺																	Club Welfare Officer
Terry Maddock		Chairman	☺		☺	☺	☺	☺											Chairman
Will Body		☺																	

Additional Key Holders: Andy Dowe, Rick Turner, Roy Booth, Tony Morgan, Spare Key (Terry Maddock)

NOTE: Last minute trips are often arranged on the forum on the website (www.ribblecanoeclub.co.uk), at the Hand & Dagger on Tuesdays or at Fulwood on Friday (RCC pool nights). 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.

MAY

Sun 12 May
Beginners trip
Contacts: Roy Booth/Paul Binks

Tue 14 May 19:00 – 21:30
Weekly Paddle & Social Meeting - Hand & Dagger

Sun 19 May
Washburn release

Tue 21 May 19:00 – 21:30
Weekly Paddle & Social Meeting - Hand & Dagger

Wed 22 May
Washburn release

Tue 28 May 19:00 – 21:30
Weekly Paddle & Social Meeting - Hand & Dagger

JUNE

Sat 1 or Sun 2 June
Development Trip – Sea Kayaking
Contacts: Allan Hacking, Rick Patterson

Sat 1 June – Sun 2 June
Coquet Island Race
Amble, Northumbria

Tue 4 June 19:00 – 21:30
New Members Night - Hand & Dagger

Wed 5 June
Coaching forum 19:00 – 21:00

Wed 5 June
Washburn release

Sat 8 June
Coach development day

Sat 8 June
Washburn release

9 June
Beginners trip
Contact: Allan Hacking

Sun 9 June
Washburn release

Tue 11 Jun 19:00 – 21:30
Weekly Paddle & Social Meeting - Hand & Dagger

Sat 15 – Sun 16 June
Possible canal bank improvement works weekend - H&D

Tue 18 Jun 19:00 – 21:30
Weekly Paddle & Social Meeting - Hand & Dagger

Fri 21 Jun – Sun 23 June
Spring Camp
Loch Ken, Dumfries and Galloway
Contact: Volunteer required

Sun 23 Jun
Washburn release

Tue 25 Jun 19:00 – 21:30
Weekly Paddle & Social Meeting - Hand & Dagger

JULY

Wed 3 July 19:00 – 21:00
Committee meeting - Hand & Dagger, Treales.

Sat 6 or Sun 7 July
Development trip
Contact: Paul Wicks

20 July
Beginners trip
Contacts: Paul Wicks & Allan Hacking

Fri 26 July – Sun 28 July
Sea/Surf Camp
Rhosneigr, Anglesey
Contact: John Kington

Sat 27 July – Sat 3 Aug
Alps Trip
Landeck, Austria
Contact: Roy Booth

AUGUST

Fri 16 Aug – Sun 18 Aug
Summer Camp
Bala, Wales
Contact: Rachel Body

This data is extracted from the Google calendar on the RCC website. Google Calendar amendments may be made after this one has been printed. 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.