



RIBBLE CANOE CLUB

**Welcome to
the Water**



About us

The Club is a welcoming and friendly place where everyone feels involved. We have been welcoming both new and experienced paddlers since the 1970's.

With members paddling a variety of different crafts, we enjoy annual club events and weekly peer trips.

Crafts include river kayak, sea kayak, canoe, SUP, Slalom boats and touring kayaks.

Each week during the winter months, the club hosts a 'pool night' at Fulwood Leisure Centre on a Friday evening. This is ideal for new and existing members to improve water skills.

We meet on Tuesday evenings (6:30) at the Hand & Dagger during the summer months where there is an opportunity to paddle on the canal and/or enrol on one of the club courses.

Coaching and Training

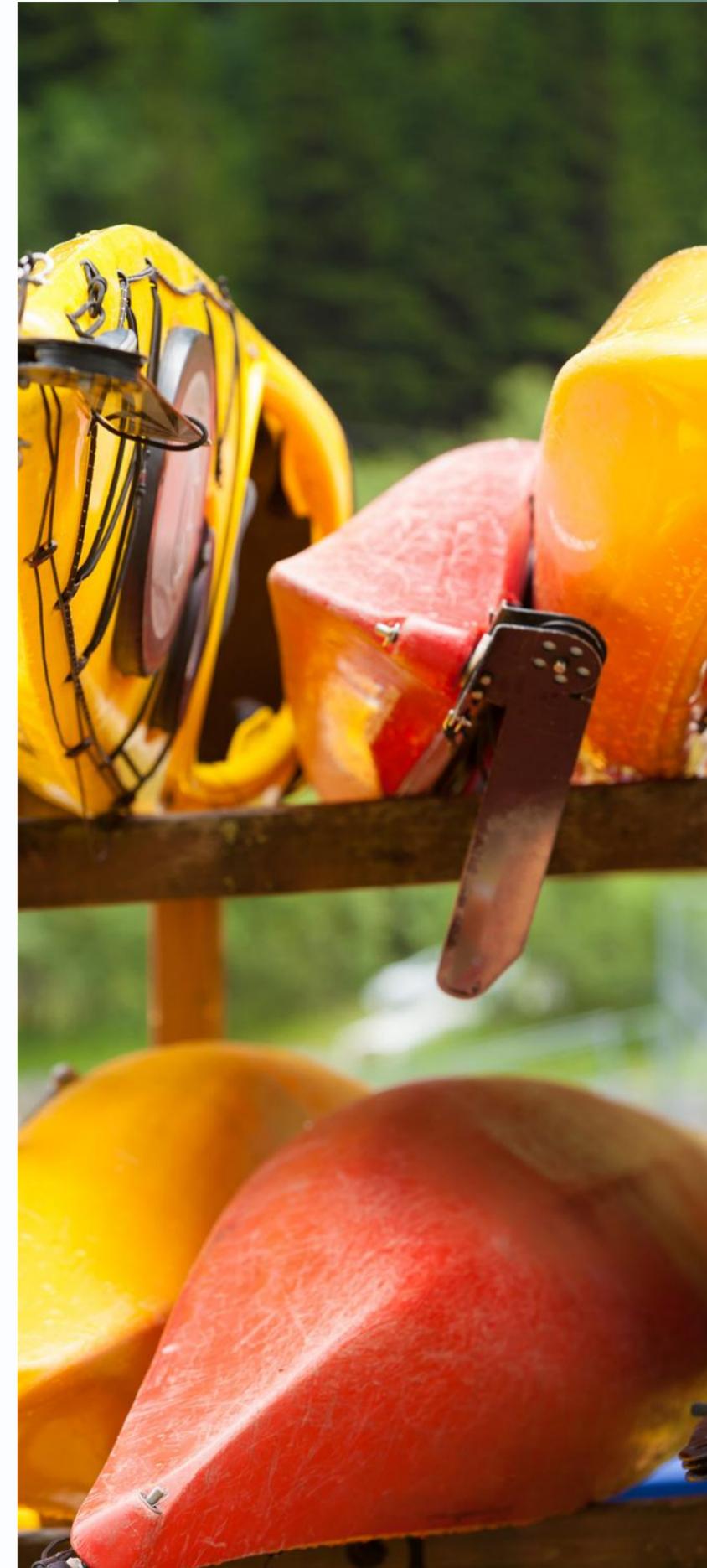
Throughout the Spring and Summer months, we offer introductory 'Paddle Start' sessions and a number of British Canoeing awards including the Discover & Explore Award, perfect for those looking to get involved in paddlesport.

Throughout the year, we have plenty of opportunities for you to continue your development as a paddler. If you are at the British Canoeing Discover (formerly known as 1 star) ability, we hope you would be looking to get involved in our monthly beginner trips.

To help you master the fundamentals of canoeing or kayaking, we hold British Canoeing Explore Award courses (formerly known as 2 star) throughout summer months. Again, we hope after you've reached this standard you will be looking to get involved in our monthly development trips.

We also recommend taking part in a British Canoeing lead Foundation Safety and Rescue (FSRT) or White Water Safety and Rescue (WWSR).

Both are great foundations whichever paddlesport you choose. If you'd like to start your paddling journey whether that be in a canoe, sea kayak, SUP or river kayak, please get in touch and come along to a 'paddle start' session. We look forward to seeing you!





Kit list

We do not suggest you go and buy all of the kit. There is a vast array of kit available at the club which is perfect to borrow as a beginner, whilst you identify the best kit for you. As you progress, you may want some more specialist clothing /equipment.



Pool Session

Normal swimwear. Tshirt, gym leggings/swim shorts, water shoes/bare feet are ideal for in the boat or SUP, (remember no laces).
20p coin for the lockers. Towel and dry clothes to get changed afterwards. You will get wet! £5 pool fees, payable by all for the Friday sessions.



Extras

If you are going out on a trip, you will require extra kit to make the day more comfortable. This could include; a flask with a hot drink, water, lunch/snacks (make sure these are watertight or you may end up with soggy sandwiches!), towel, change of clothes and a dry way of storing your phone and keys.



Clothing

Comfortable layers of clothes are better than one thick layer to keep warm. Avoid cotton or denim - try and use man-made fibres (nylon) or thin wool/fleece layers. Water proof outer clothing. You must have secure footwear - old trainers (but no long laces) or wetsuit boots. A change of clothing in case you get wet. You will require more specialist clothing as you find your niche in the sport, but this is a great place to start!



Club Equipment

You will need a boat or SUP (ensure this has airbags), a paddle, buoyancy aid, helmet, spray deck (depending on craft).



Booking equipment

The club has plenty of equipment to use for coaching sessions, club nights and trips. This equipment includes a wide range of boats (River/Sea or Canoe), SUP's, buoyancy aids, paddles, spray decks and helmets.

Pre-booking is required for coaching trips and off site activities.

To book equipment, email
quartermaster@ribblecanoecub.org.uk

OR

Contact the quartermaster using the forum on
[Club updates, contacts & Boat Bookings](#)
(See 'How to use the forum' page)

Membership

Ribble Canoe Club is a registered and affiliated British Canoeing non-for-profit club.

Membership contributes towards the running costs of the club, the up keep and maintenance of club equipment, the investment in new equipment, insurance for club trips and events, subsidising pool sessions, coach development and other costs.

We believe in making paddlesport accessible for everyone to enjoy.

We are proud to offer fantastic value for money membership rates for individuals and families.

Annual Adult Membership: £25 (Plus £5 joining fee for new members)

Annual Junior Membership: £10 (Plus, £5 joining fee for new members)

Family Membership. Get the whole family involved for an additional £5 per family member.

Each additional family member must reside at the same household of the full adult member to qualify for the discounted family member rate.

Membership is accessed through the British Canoeing website.

<https://britishcanoeing.azolve.com/Account.mvc/Login?ReturnUrl=%2f%3fclub%3dA105691C9D2A59F3323AE3D83FA4C84CE3B64160&club=A105691C9D2A59F3323AE3D83FA4C84CE3B64160>

You will need to sign up, create your own Login details and through this portal you will be directed to Go Membership where you can join Ribble Canoe Club.



Understanding the forum

Pool Sessions

This is where you will find the timetable and training details.

Show unread posts since your last visit
Use this to keep up to date with all posts on the forum since you last logged on.

Coaching & Training

This area will show any British Canoeing courses that you can get involved in and development trips to improve your skills.

Peer Only Trips & Events (Unofficial)

These are trips organised by an individual who wants to paddle with like minded paddlers (Not covered by club insurance).

Club Updates, Contacts & Boat Bookings

See here for any official club updates. Use this section to book boats and kit out for your trips or email the quartermaster (see contact us page).



Club Trips & Events (Official)

Club organised trips. These could be day trips or weekends away.

Youth Activities & Events

Activities and trips focused on the younger paddler.

Essential info

Consent Form

The Club operates a system which means every young person under 18 needs to have a consent form completed for every trip or course. To get one of these please see the club website and ensure you complete this before you attend a trip.

Child Protection

Ribble Canoe Club take the welfare and safety of children very seriously and have a number of measures in place to ensure that children and young people participating in club activities are not put at unnecessary risks. The club has an appointed welfare officer who is responsible for ensuring that all coaches are up to date with both DBS checks and child protection training. In addition, the officer is the first port of call for young people or/ and adults with safeguarding concerns.

Safety

Paddlers must understand that there will always be some risk to participating. However, the structure of the sport and the extensive training and assessment of coaches and leaders and the vast experience within the club make for the safest place to learn the sport and to ensure you develop in a controlled, managed and safe environment. The club understands its duty of care to its members and has rigorous systems in place to address any issues. If you have safety concerns, please raise it with a coach or member of the committee.

Essential info

Insurance

Ribble Canoe Club is affiliated to British Canoeing (the governing body for the sport) and with this the club is covered by insurance. In addition, all coaches in the club are required to be fully registered with British Canoeing and this provides individual insurance for each coach and those involved in their coaching session. On organised trips (usually listed on the club website "Forum" under "Coaching & Training") members will be covered by the Club's "Public Liability" (third party) insurance.

If you are intending to paddle on other occasions we recommend that you either:
Join British Canoeing membership includes "Public Liability" insurance and waterways licence.

OR

Take out "Public Liability" Insurance for canoeing.

Note (Extract from British Canoeing Website)

"The British Canoeing insurance scheme covers affiliated clubs and members, coaches, officials, volunteers and paid employees who have a claim made against them for any wrongful act or omission which causes injury, property damage or financial loss to someone else."



Contact us

We meet behind the Hand & Dagger to collect boats and begin coaching sessions on the Lancaster Canal.

We do not have any changing facilities or showers and kindly ask all club members not to use the pub toilets to get changed in.

We ask that members park on the road opposite the pub so we do not fill the car park and discourage customers from using the pub. Our relationship with Martin, the Landlord, is very important to us as he provides a great meeting space to keep in touch and share paddling adventures.

The Hand & Dagger Pub,
Treales Rd, Salwick, Preston,
PR4 0SA.

Club Chair: chairman@ribblecanooclub.org.uk

Membership Secretary: membership@ribblecanooclub.org.uk

Paddle courses organizer: coaching@ribblecanooclub.org.uk

Quartermaster contact: quartermaster@ribblecanooclub.org.uk



Alternatively, send a message on the Ribble Canoe Club facebook page.