



**Peninsula Canoe Club is affiliated to the British Canoeing**

## **About Peninsula Canoe Club**

### **Who are we?**

Peninsula Canoe Club, or “Penpads” for short, is a group of enthusiastic kayakers / canoeists of all ages and backgrounds based on the Wirral Peninsula. Whatever sort of canoeing you would like to do, the Club will have a few like-minded paddlers for you to paddle with.

The aims of the Club are:

- To give a focus for all sorts of canoeing activities
- To provide a network of contacts for local paddlers
- To develop an individual’s paddling abilities

### **What is canoeing?**

“Canoeing” covers a whole range of activities from touring on quiet rivers to serious competition, in a wide range of kayaks and canoes. Touring on placid water appeals to some, providing quiet enjoyment in the scenery and water wildlife along gently flowing rivers, lakes and canals. Others prefer white water touring on steeper faster rivers. Playboating in “holes” and on waves is also popular with members. Sea kayaking with day trips and longer expeditions may be to your taste. In the Club we paddle both kayaks and canoes on almost any type of water.

### **Where can you find us?**

#### **Indoor Pool Sessions**

On Wednesday evenings from September to April you will find us at Calday Trust Pool at the end of Gourleys Lane in West Kirby. Times are 8.00 – 10.00pm. Please note that Gourleys Lane is a cul-de-sac and no parking is permitted in the lane or at the pool.

“The Pool” is the main meeting place for the Club and the starting place for nearly all paddlers. Club members who are also British Canoeing, (BC) qualified coaches supervise pool sessions. Coaches give their time and expertise on a voluntary basis and are always willing to help and encourage new paddlers of all ages.

Sessions are relatively informal. However we do have a set of “Pool Rules” that sets out the level of behaviour we expect and how pool sessions are run. This is available to all members and can be found on the Club web site at [www.peninsulacanoecub.org.uk](http://www.peninsulacanoecub.org.uk)

You should arrive 10-15 minutes before your session allowing sufficient time to change into your pool clothes (typically swimming kit and T-shirt.) The Club provides boat, paddle and all other necessary equipment.

Typically there are two main sessions at the pool:

- **1<sup>st</sup> Session**      *8.00pm – 9pm*  
*£85.00 course plus Membership fees, or £6 members.*

The first session is normally part members, and part course participants. During the course (or shortly afterwards, depending on the weather,) there will be additional sessions to allow you to test your newly acquired skills in a safe outside environment, and to add the extra experience needed for safe outdoor paddling as part of a group. During the course adults and youth members are taught in different groups.

- **2<sup>nd</sup> Session**      *9 to 10pm*  
*£6 per member.*

The second session is reserved for adults and more experienced paddlers and free play is allowed. Advanced coaching is available covering such skills as reverse screw rolling, handling open canoes, sea kayaks and freestyle.

Non course sessions can be booked by members each week via or booking app Spond, with invites going live at 10am each thursday morning. Payment is made by card at the pool, and a spond booking is to be regarded as a paid for session even if you are unable to attend on the night.

Non-members are allowed to take part in two taster sessions before deciding whether they wish to join the club.

## **What about the outdoors?**

A variety of other venues are used for outdoor activities such as Chester, Eccleston, West Kirby Marine Lake and Mile End Mill at Llangollen:

- The **River Dee** at Chester and Eccleston offers both flat and moving water to suit all abilities. Club members often meet there at weekends. During the summer months the Wednesday evening session are transferred here until mid July.
- **Mile End Mill at Llangollen** offers moving water and the Club often runs sessions here on Wednesday evenings from mid July until September.

## **Events**

Other activities and trips are organised during the year. All **official** activities and trips that are organised by the Club follow the safety recommendations of the BC with coaches that hold the appropriate coaching qualifications as well as lifesaving and first aid certificates. Details of these trips can be found and attendance booked on the club website. Trips will also be advertised on the members Whatsapp group.

Once you are proficient, much of your paddling will probably be done with friends you make in the club. If you arrange to paddle with friends (a private trip) you are responsible for your own safety.

## **How you can progress**

As they develop skills, people like to have their progress marked in some way. Members can progress through the BC Awards and Peninsula Canoe Club's Pool Awards. Junior members are encouraged to start on the BC PaddlePower award scheme.

From time to time coaching is also provided for members preparing for more advanced awards and for those interested in specialist skills such as Playboating. These are run at a minimal cost.

Once you have become a proficient paddler, you can, if you wish, start to prepare to become a BCU coach yourself. The Club will help with guidance and tuition and we are often able to help with the costs of coach training and assessment.

## **Club equipment**

The Club has a wide variety of canoes, kayaks and specialist boats as well as ancillary equipment such as paddles and buoyancy aids. As long as it is not used for personal gain, members are encouraged to borrow equipment, but are responsible for the collection and safe return of any equipment they borrow (and for any loss or damage.) When borrowing equipment, members should follow all BC safety rules. The cost of hiring equipment is £5.00 per day for a boat and associated kit, and £10.00 for a week. If you wish to hire equipment please contact a committee member. The club does not provide personal clothing such as

kagoules and dry suits and you will need to purchase personal kit if you are going to progress with the sport. If you are planning to buy boats or other kit, it is advisable to ask one of the coaches for advice.

## **Transport**

Canoeing involves getting paddlers and their boats to water and back. Club members do share lifts and split petrol costs between them. Parents and guardians of youth members should be aware that they will need to do some fetching and carrying.

## **Safety**

Canoeing is an exciting and adventurous sport and in common with all other water sports carries an element of risk. Adults who participate in canoeing are assumed to understand and accept the risk involved and will be asked to sign a declaration to this effect when they become a member. Youth members may only paddle with the Club with the permission of a parent or guardian who will be asked to sign a declaration to this effect when the child becomes a member. In addition you will need to complete and sign a Consent Form for every outdoor event.

All new members will be asked to swim 25m in the pool before they can paddle with the Club and experienced paddlers will be asked to demonstrate capsizes and self rescue.

Paddlers with medical conditions or allergies that may affect their paddling (eg. asthma, diabetes or epilepsy,) are asked to declare them and to keep any necessary medication available at all times.

Except for official events and trips, the Club does not provide adult supervision for members under 18 years old and they remain the responsibility of their parent or guardian at all times.

## **Who runs the Club?**

The members run the Club. We are a non-profit making organisation and are not owned or controlled by anybody outside the Club. However, we are affiliated to the British Canoeing (BC) which is the governing body of the sport. A small committee is responsible for the day-to-day running including looking after the Club's funds and equipment. The members of the committee and their contact details are listed on the Club's website. For more information about the organisation of the Club please refer to the Constitution which is also on the website.

## **Why you should become a member?**

We can think of five good reasons straightaway:

- Access to BC qualified coaches and tuition
- Regular activities and events at reduced prices
- Contact with other paddlers
- Club website to keep you up to date with everything that's happening
- And above all, it's great fun!

## **How to join**

For further information contact

Paul Stevenson (*Membership Secretary*) on 07905 212859, or visit our Web site at [www.peninsulacanoecub.org.uk](http://www.peninsulacanoecub.org.uk) for all necessary documents.