

# Trips Group Report AGM

21 March 2010

## Aims

After last years AGM, a number of members wanted to organise and participate in trips on white water in order to develop their canoeing skills. The aim was to build a level of skill and expertise that encourages members self development where - 3 star paddlers could work towards 4 star river leader, people with no moving water experience would gain skills on moving water and at the same time ensure the trips would be enjoyable social events with good paddling.

## The Group

In October CCC members organised a WW trip in to Scotland with Sam Saunders from GLL as the Level 4 coach. This group along with a few others formed the critical mass to form the Trips Group. The Trips Group is a loose meeting of members where any CCC member can come if they have an idea for a trip and make it happen. All trips then have to be approved by the CCC committee.

## Safety

Safety is an all important consideration in organising the trips. The CCC Committee had just worked hard to prepare a set of safety guidelines for the club. The trips group follows these guidelines. It is essential that all trips proposed be conducted within a framework of the safety guidelines to minimise the risk associated with paddling.

## Developing River Leader Skills in the club

Integral to running rivers safely is developing a skill base of river leader skills. One of the things that has come out of organising trips is that the club needs to develop a body of experienced paddlers, particularly with 4 star or equal and above to be able to run trips safely. (4 star is a BCU qualification which endorses canoeists with the skills to be able to lead a group of their peers (ie.people with equal level of skills) on grade 2 or more white water).



Shane and Sam on the Spean Gorge, Scotland

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## Level 3 Coach on each trip on Grade 2 + rivers

The trips group adopted the approach that at this point in the clubs development all trips on grade 2 + have a level 3 coach for coaching/support, with a 1:6 ratio of coach to participants. It is hoped that this approach will ensure trips to fulfil one of the primary aims of developing members skills on moving water. The CCC have subsidised the cost of any paid coaching by 25%.

## Other considerations

Another important consideration has been to ensure that the grade of water we wish to paddle matches the abilities of the participants, so each trip is clear on what the basic skill and experience requirement is. Trips are filled on a first come first served basis.

## Organising Trips

We have established a framework for trip organisation. Each trip is organised by 2 named members. They ensure accommodation is booked etc. and that a coach is booked if relevant, they collect deposits, collate the lists of participants, contact numbers and emergency contacts. Then arrange car lifts etc, gear hire if relevant.

## How to get involved

Our contacts are on all posting for the trips and we are usually found on a Sunday after paddling in the cafe, so do bring any ideas of trips you want organise to us and the trips group will try to facilitate it.

## Finally thanks to all those who have helped to date

Paul Watham and Christine Dove who made the Dart trip possible, Terry Kinsella and Sam Saunders at GLL for their help and advice and the CCC committee who supported the trips and all those who came along and helped make the weekends enjoyable.



Steve surfing a hole on the River Wye

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We have organised 2 trips this year, February to the River Dart, Newbridge to Holme Bridge, including the Washing Machine, Lover's Leap and Triple Falls and in March to the River Wye Llanstephan Bridge to Boughrood including 'Hell Hole'.

## FUTURE TRIPS

There are currently 2 trips planned with ideas for further summer surf trips, sea kayaking, a trip to Slovenia and a fund raising distance paddle around the London Ring (from regent's canal at Laburnum Basin to Thames, up onto the Regents canal at Brentwood and back) to raise money for young people from Laburnum Boat Club to go to Nepal.

## TRIP 1 INTRODUCTION TO WHITEWATER COURSE

### Dates

Sun 11 Apl – 2 hour on reservoir

Sun 18 Apl – 2 hour on reservoir

Sun 25 Apl - full day to a weir

**Cost £30.00 for Castle Canoe Club members - £40 (non members)** costs are subsidised for Castle Canoe Club members by £12.50 - this represents a concession from the club of 25% towards the cost of the GLL coach. (includes boat and gear hire)

**Deposit** – full cost cheque to Castle Canoe Club at Res.

**Experience level** – none

**Contact** Barbara [mcf@dircon.co.uk](mailto:mcf@dircon.co.uk)

## TRIP 2 CAMPING AND PADDLING AT SYMONDS YAT

**Dates**- depart Fri /15<sup>th</sup> & 16<sup>th</sup> May (to be confirmed)

**Cost** – camping cost approx £24.00 plus petrol, parking, gear hire from West Res, food etc

**Contact** - Nina ninabury@hotmail

Report by Barbara McFarlane 17 march 2010



Allen on Triple Falls,  
River Dart



Barbara surfing a  
hole on the Wye



Nina on Hell Hole on  
the Wye