



Congratulations!

Welcome to Hinckley Canoe Club. This pack is designed to provide you with some useful and important information about the club, its members and the way in which we operate.

Membership

This club is a non profit making organisation and all coaches, officials and helpers are volunteers. Your membership subscriptions help to pay for club running expenses, including maintaining and replacing equipment, insurance, coaching course subsidiaries and lake rental.

Trips and Courses

Information about training courses and trip dates can be found on the website. To avoid disappointment, please contact the trip organiser to secure your place. Trips may be cancelled if there is insufficient interest so if you would like to go, please get in touch early.

Committee and Meetings

The committee members meet on a monthly basis to discuss club issues and plan events and trips. All members are welcome to attend these meetings. Dates and venues are provided on the website. If you would like to come along and get involved, raise or discuss any issues, please feel free to do so.

The club holds an Annual General Meeting and award presentation, which all members are encouraged to attend. Coveted awards include:

- ★ Mick Smith Award (for endeavour to the club)
- ★ Golden Paddle Award (for most improved paddler)
- ★ Several Certificate of Achievement Awards

It is a great time to reflect on the club's activities over the year, the members' achievements and future aims, as well as an opportunity for members to contribute ideas.

Social Events

The committee may organise social events from time to time. Any planned activities will be detailed on the website. If you would like to come along, please let us know.

Communication

We communicate in two ways:

- ★ Club website: www.hinckleycanoeclub.co.uk
- ★ Facebook Group: 'Hinckley Canoe Club'

We look forward to seeing you on the water for a fun and safe year of paddling.

Phil Riley, Chairman

Lake Sessions



Over the summer months (April – September) we meet at **6.30pm every Thursday** evening at **Stanton Lakes** in Stoney Stanton.

There are loads of activities/courses available at the lake

- ★ **Beginners Group** – for those new to the sport
- ★ **Improvers Group** – for those in between 1 and 2 star awards
- ★ **Coached Group** – for those who want some extra coaching after 2 star or higher, either for general improvement or targeted at a specific skill
- ★ **Family Group** – for children under 8 years old (must be accompanied by an adult)
- ★ **Paddlepower** – ongoing coaching for 8-14 year olds



- ★ **1 Star Courses** – a 6 week introductory course. Price £40. Dates for 2017:

- 20th April – 25th May
- 8th June – 13th July
- 27th July – 31st August

- ★ **2 star courses** – a 10 week course aimed at developing fundamental paddlesport skills in canoe and kayak. Price £60. Dates for 2017:

- 20th April – 22nd June
- 6th July – 7th September

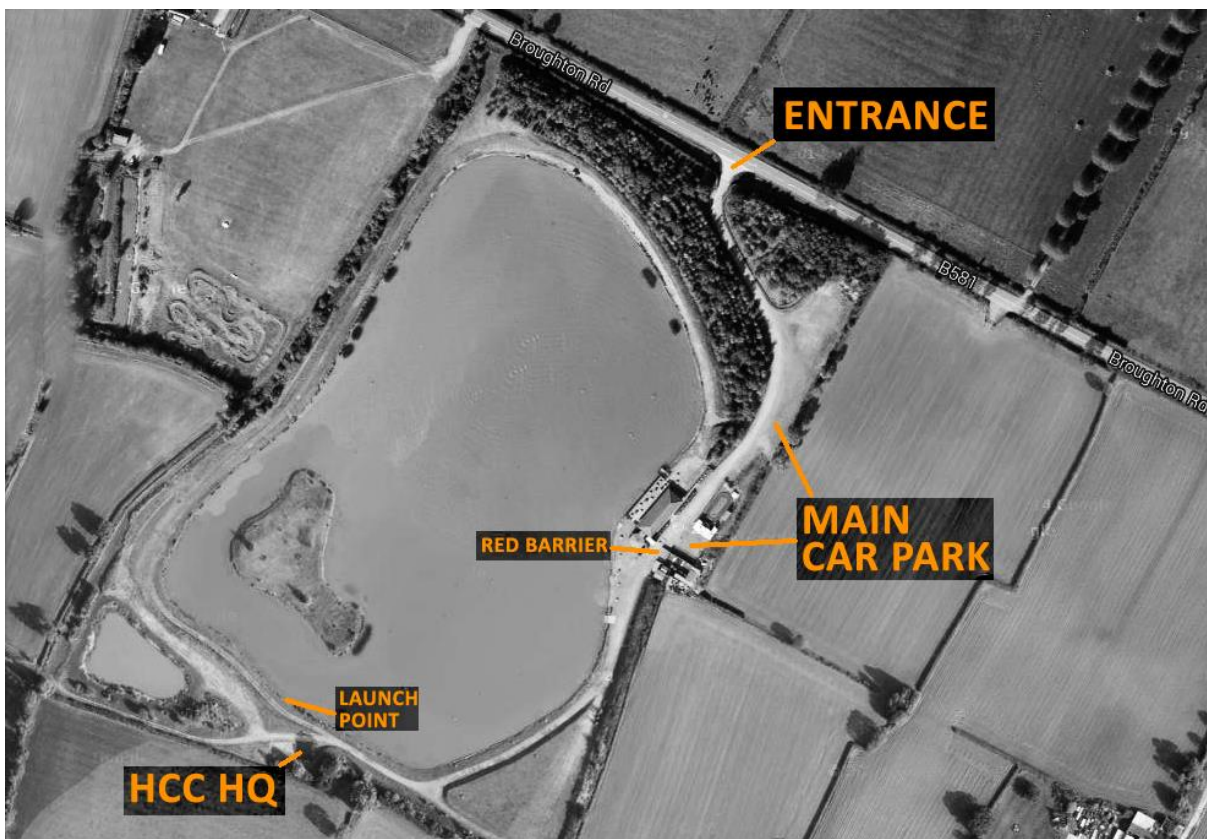
- ★ **Stand Up Paddleboard Sessions**
- ★ **Tandem and Solo Canoe Workshops**
- ★ **First Aid, Safety and Rescue Workshops**
- ★ **Social Paddling**



If you're not sure what would be suitable for you, just chat to one of the club coaches who will be happy to help.

Use of Stanton Lakes is by agreement with the landlords and is shared with other users. In order to ensure we can continue to use this excellent site in the future, we need to follow a few simple rules:

- ★ Please **drive slowly** around the site. There are often children around the lake and plenty of wildlife too. Please ensure you take precautions to protect and preserve both.
- ★ Please **take all litter home**. You'll rarely see any litter at Stanton, so please ensure HCC members keep the lake looking clean and tidy.
- ★ Bar area. All HCC members are very welcome in the bar and restaurant, but please make sure you **change out of wet and/or dirty kit** before using the bar and restaurant area. There are showers and changing rooms and not everyone shares our love of water, mud and paddling kit.
- ★ Parking. If you bring your **own boat, drive round to the HCC Compound** at the far side of the lake as you will only be able to launch from there. If you are **using HCC boats, please park in the main car park next to the bar** and walk round as there is limited parking by the Club Compound. Please don't block the service road as it is used regularly and access may be required in an emergency. If the red barrier is closed when you arrive, please **close it again behind you**.
- ★ Changing. There are **male and female changing rooms** on the decking area. Each has a shower and toilet too. If you are in paddling kit, please use these toilets and not the ones in the bar. If you are parked over near the HCC Compound, you can change next to your cars no problem, but be aware there may be children around, so **modesty is key** please. If you're parked next to the bar, please use the changing rooms on the decking area. There are also new changing facilities being constructed at the moment, so we'll keep you posted about those as they progress.
- ★ Launching. You will **ONLY** be able to launch from the **HCC launch point** near the Compound, unless in an emergency. This is for everyone's safety!
- ★ Booking in. All booking in and paying for any session will be done in the HCC Compound in the **kit room**.



Pool Sessions

Over the winter months (October - March)
we meet at **8.00pm on Monday** evenings at **Bosworth Academy** in Desford.

Coaches are available to help with whatever you want to practice, whether it's your roll, bracing or generally just getting used to being in a boat, either upright or upside down!

Pool sessions book up fast so be sure to book your place via the website.

Canoe Polo

The Hinckley Canoe Club Canoe Polo Team – The HCC Hammerheads – meet at **8.00pm every Sunday** evening at the **Pingles Leisure Centre** in Nuneaton.



Sessions focus on practicing ball skills, tackling, boat control and involve lots of practice in game situations. The team also play friendly matches against other local teams to gain experience.

Sessions are £7.00 per person and must be booked and paid for in advance.

The HCC Hammerheads are currently in division 4 of the Northwest and Central Canoe Polo League.

Upcoming tournament dates:

★ 4th March 2017 in Cheadle



A variety of trips take place **throughout the year**. Keep an eye on what trips are coming up on the **website** or on the club **Facebook** page.

- ★ **Flat Water / Touring** – people are welcome to come in any type of craft suitable for the distance being paddled, whether canoe, kayak, SUP, etc.
- ★ **Introduction to White Water** – perfect for those being wanting to give white water a try
- ★ **White Water Kayaking** – ranging from easy grade 2/3s to challenging grade 4s, anywhere from Dartmoor to North Wales to the Lake District to Scotland
- ★ **White Water Canoeing** – everything from an introduction through to more challenging water
- ★ **Sea Kayaking** – Introduction, beginner and intermediate weekends exploring the coastline, usually around Anglesey but sometimes venturing elsewhere



There are also annual events that have practically become tradition, including:

- ★ **Canoe Camping Weekend** – A great, fun weekend for the whole family where we carry everything we need to camp in our canoes.



- ★ **The Alps Trip** – Mainly aimed at more serious white water kayakers but everyone is welcome, and the weather is perfect for a spot of Stand Up Paddleboarding!



- ★ **Halloween Paddle** – A night paddle at Halloween along the Ashby canal. Dress up yourself and your boat and don't forget the fairy lights!
- ★ **Christmas in Crickhowell** – It wouldn't be Christmas without a bunkhouse, fancy dress, Secret Santa gifts, Santa himself, great food, optional walking and of course paddling.
- ★ **The Doggy Paddle** – 18 mile flat water trip along the Rivers Leam and Avon, organised by Royal Leamington Spa Canoe Club in aid of the Guide Dogs for the Blind Association.



Club members are covered under the club's public liability insurance whilst on **official club trips** but not when on non-club trips.

All official club trips will appear on the website as well as the Facebook page.

Non-club trips may be posted on the Facebook page as "friends trips" from time to time.

Club Rules & Procedures

Canoeing can be a high-risk activity. Help us to manage and reduce this risk by behaving responsibly and adhering to club rules.

LAKE SESSIONS

Safety

- ★ No paddlers will be allowed onto the water without at least one suitably qualified coach or helper being on the water first.
- ★ Paddlers will leave the water immediately if instructed to do so.
- ★ No paddler shall be alone on the water. Social paddlers must be in a group of at least 2 people.
- ★ There will always be at least one suitably qualified first aider/rescuer on the bank at any open water session.
- ★ All paddlers will wear a suitable buoyancy aid whilst on the water.
- ★ All junior paddlers will wear a helmet on open water.
- ★ All paddlers will enter the water at the approved entry points only.
- ★ The HCC risk assessment will be available for all members to read.
- ★ Any injury that may occur during sessions must be notified to an HCC official as soon as possible.
- ★ All paddlers are responsible for ensuring that equipment is correctly stowed away after use to avoid damage.
- ★ If your child is below the age of 16 (junior paddler), a parent or guardian must be present during any training.

Other

- ★ Only vehicles transporting boats will be allowed to drive past the barriers.
- ★ For vehicles transporting boats, please observe the 5mph speed limit.
- ★ Paddlers must respect the environment, wildlife and other users of the lake. Please keep away from anglers using the lake.
- ★ All paddlers will register before getting on the water.
- ★ All sessions will be paid for in advance.

POOL SESSIONS

Safety

- ★ No paddlers will be allowed onto the water until a qualified pool attendant is present.
- ★ All paddlers will follow Pool Safety Operating Procedures as laid down by the venue.
- ★ No swimming or other leisure activities will be allowed during paddling sessions.
- ★ All boats, paddles and equipment must be kept tidily when not in use, as far from the pool's edge as possible.
- ★ Any injury that may occur during sessions must be reported to a pool attendant as soon as possible.
- ★ If your child is below the age of 16, you must be present during any training

TRIPS

Safety

- ★ All club trips will be properly planned by the trip leader in accordance with BCU guidelines.
- ★ No one under the age of 16 will be taken on club trips unless accompanied by a parent or nominated guardian.
- ★ The trip organiser will assess the ability of the paddlers wanting to participate and decide on suitability. The trip leader's decision will be final.
- ★ Trip leaders will be responsible for ensuring suitable throw lines and first aid equipment are carried on all trips, as required.
- ★ Paddlers are responsible for providing their own equipment and for ensuring that it is of a good condition and suitable for the conditions and purpose of the trip.
- ★ Club equipment may be made available for use to members on a discretionary basis. Any damage or loss will be the responsibility of the person using that equipment (parent or guardian for junior member). Members will be required to transport the equipment to the venue themselves.

Code of Conduct for Adult Members

Hinckley Canoe Club is fully committed to safeguarding and promoting the well-being of all its members, ensuring a positive and enjoyable experience for all. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect and understanding for the safety and welfare of others. Therefore, members are encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with any committee member.

As a member of Hinckley Canoe Club, you are expected to abide by the following code of practice:

- ★ All members must take responsibility in ensuring they are up to date with the rules, understand and adhere to them.
- ★ All members must respect the rights, dignity and worth of all participants, regardless of age, gender, ability, race, cultural background, religious beliefs or sexual identity.
- ★ Members should recognise the valuable contribution made by coaches and officials, who are usually volunteers. They give their time and resources to provide paddlesport for you. Any abuse towards coaches, officials and volunteers will not be tolerated.
- ★ All members must respect all coaches and leaders and respect all decisions that are made.
- ★ All members should be a positive role model and treat other paddlers and officials with the same level of respect you would expect to be shown to you.
- ★ Use correct and proper language at all times (no swearing).
- ★ Members are not allowed to smoke, or to consume or drugs on club premises or whilst representing the club.
- ★ Members must wear suitable kit and clothing for all sessions.
- ★ Bullying of any sort will not be tolerated. Encourage everyone to enjoy sport and understand that people have different motivations for taking part.
- ★ Members must pay any fees for training or events promptly.

British Canoeing Membership Benefits

British Canoeing is here to help you get the most out of canoeing and your membership package offers you some great benefits to help you succeed. Our members are really important to us and we continually strive to improve all aspects of your membership to provide you with even better offers and services. Remember your membership helps support canoeing in Britain and access to waterways.



- License to paddle 4,500km of waterways
- Combined liability insurance up to £10million
- Great rates on boat insurance
- Four issues of digital Canoe Focus
- Monthly eNewsletters
- Access to members only area
- Information and resources
- Membership card
- Access to competitions and discounts from partners
- Discounts at canoe retailers
- Campaigning and representation
- Voting rights (over 18 membership only)

YOUTH	YOUNG PERSON	ADULT	LIFE MEMBER	FAMILY
U18's Membership	18 - 22 yrs Membership	Membership	Membership	Membership
£27	£35	£45	£675	from £65

To find out more or to join British Canoeing visit: www.britishcanoeing.org.uk/membership