

CLUB NEWSLETTER October 2022

General

The committee met in October. Our Winter programme is getting underway and it's great to see so many people around the club on Saturday and Sunday mornings. The weekday sessions continue to be popular even though many of you are paddling into twilight (and a low Sun in the West) on return to the club.

Adult Winter Training Programme

Winter Training started on Sunday 2nd October 2022. You need to request to join their WhatsApp group to be included in communications and find out what is running when.

The group will be training at the Club on Sunday and at least one Sunday in four will venture further afield, often down the DW racecourse to build familiarity with the water and portages. We intend to make a small charge to participants this year to cover the cost of towing trailers to sessions or events away from the club and for delivery of the training programme. Details to follow.

Our Winter Training programme is strongly recommended for anyone planning to enter Winter endurance races which include The Royal CC Race, The Thameside Series and the Waterside Series.

Circuits will be running for the Winter Training group on Thursdays at 7.30 pm after the paddling session. Other seniors are welcome to join this too.

Training or Working at the Club Alone

A recent incident prompted us to ask whether we have considered what would happen if a club member became unwell or was injured when alone at the club. Juniors are not permitted to train at the club alone, so this applies only to adults.

There is an increased risk when people are alone at the club. We don't want to discourage people from training alone and many adult paddlers enjoy paddling at quiet times of day to unwind after a busy day.

We recommend a few simple precautions for loan paddlers, people training or working at the club alone to reduce the risk of an incident and ensure, if there is one, that response is quick and effective:

1. Tell someone where you are going and give your expected 'check-in' or return time.
2. Use Strava if you are paddling alone. This includes a 'beacon text' function so someone can see your location.
3. Carry ID and leave some form of ID in the changing room with your kit when you are out.
4. If you are alone at the club you might consider locking the front gate to provide an additional level of security.

Coach Development

James Mahoney has now secured bursary funds from BC and identified suitable providers to run the courses we need for Foundation Safety & Rescue Training, Paddlesport Instructor, Core Coaching and Racing Modules. He is finalising nominations, so if you would like to join the coaching pathway, or refresh your coaching qualification, please contact James now!

Gymnasium Programme

We intend to start Gym sessions at Devizes School in January. Details to follow from Anna when confirmed.

The Winter Training Group will be including circuits in their programme. This will take place in the club gym. Details will be published by Sue to the Winter Training Group.

First Aid Training

We ran a short course for CPR and AED training this month. The course was delivered by an A&E nurse and St John instructor to 12 adult members. We didn't attract any younger members and we are happy to run another course if there is sufficient demand from young paddlers over 14 years of age and parents.

All club coaches are first aid trained to the two-day REC Level 2 Outdoor First Aid level. Many parents and members also have First Aid training. You could be the first person at the scene of an accident when remote from the club – believe me, we have some examples of when this has happened! Do let us know if you have First Aid training, what course you have done and whether you would be willing to provide support. We won't be auditing your qualifications or putting anyone on a roster, but it's good to know more about your skills.

Volunteers

We are delighted to have filled all our existing volunteer vacancies:

- Club PR & Media. Victoria Cains is our new PR & Media Officer. Her task will be to build the club's profile with the Council and the public. Victoria is an experienced planning consultant and will work closely with the club development working group.
- Safety Officer. James Papworth-Smith returns to the club as Safety Officer. James was one of the earliest DCC members and a club coach. He has previously worked in the adult education sector and now accountancy. His role is to ensure we have an appropriate policy, governance, and risk assessment to deliver safe operations and facilities at all times.
- Volunteer Coordinator. Sue Colby has volunteered to combine the role of our People Officer with her existing Deputy Chair role. She will be the voice of our volunteer workforce, ensuring that everyone is developed and well supported to do their role.

We welcome all our new volunteers to the team. Sue plays a major role delivering the adult coaching programme, so we need to find a new volunteer to take on Club's Social Events. If you are interested, this role includes planning social events including informal paddles, summer BBQs, Christmas get-togethers and working with the junior section on things like our Christmas Lights paddle, the town's lantern parade and similar events.

Women's Paddling Focus Group

Sue and Lindyanne will be conducting an informal survey of our women paddlers and young women's parents to identify how the club is meeting your needs and what additional we could do to ensure you are getting the best experience. Please contribute to their fact-finding exercise, wither individually or in groups. We are fully committed to support women in paddlesport and look forward to hearing more about how we can do this.

RACING UPDATE

Racing Update

The Sprint season has closed with our junior racing groups now focused on hypertrophy (an increase and growth of muscular size and strength achieved through exercise). You will see more of them in the gym at this time of year!

The SW Region Hasler series in 2022 has ended for the winter with three races completed and two-thirds of the races yet to happen. We had teams at Gloucester and Saltford. We are currently in 4th equal place so on the borderline of qualification. Our trajectory needs to improve in 2023 to bank more points before the season ends in July/August.

As a reminder, success as a club is success in both sprint and marathon. We need to put out strong teams combining junior and adult racers in all possible divisions. We need each of you to complete at least three SW region races every season to be confident of qualification.

There are three local races remaining in the first half of 2023 (Chippenham, Bradford-on-Avon and Tewkesbury) plus Exeter. Please speak to Nigel or Anna/Nick if you would like to take part.