

LANCASTER AND DISTRICT CANOE CLUB

INDUCTION 2023





WELCOME!

Welcome to Lancaster and District Canoe Club! This document contains lots of helpful information about who we are and what we do, and information for you too, including kit, prices and what you'll be learning with us.

We are a family friendly club which aims to cater to the needs of all our members. While some of our winter paddling may not be suitable to all, particularly younger children, we want everyone to feel part of the club community. With this in mind our summer flatwater paddling is open to all and we try to organise some events through the year to encourage all our family members to join us and have a go.

Membership includes kit rental for the summer season. Please be aware that beginner paddlers have priority for kit, after this we offer a first come, first served basis for kit available. We charge for kit hire in the winter, to cover any loss or damage, and means we can replace kit like for like, as necessary. Membership also includes coaching provided on a casual basis by our volunteer coaches, throughout the year.

Please see the Costs page for further information.

COACHES

And 'on the water' support

Keep an eye out for our volunteer coaches. They are all very experienced paddlers with lots of useful advice to share.



Gibbi



Dave



Simon



Paul B



Rachael



Chris

Tom



Paul S

COMMITTEE

We have lots of experienced paddlers about who can give advice about paddling and club stuff too!

Dylan (Youth Rep)



**Paul B
Treasurer
Memberships**

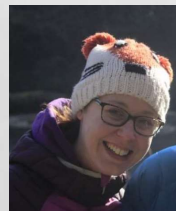


Gibbi

Interim Chair



**Anna
Secretary**



**Alec
Safety Officer**



Paul Jackson



**Chris
Equipment**



John Belshire

**Adam
Welfare and
Safeguarding**



**Simon
Equipment**



CRAFT

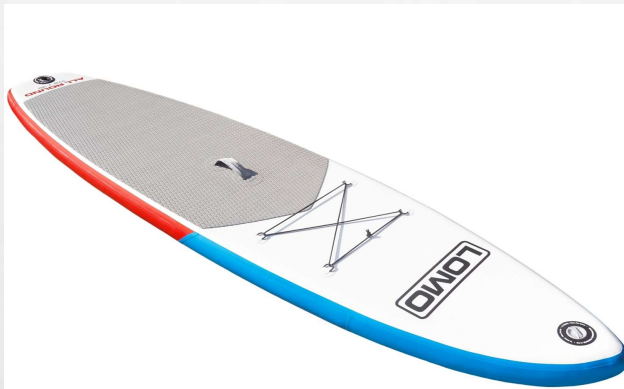
We have a wide range of craft available for your to use. The majority of our fleet is made up of kayaks and playboats, however we do have a small selection of other craft and members and coaches with experience of using these.



Kayaks



Playboats



Stand Up Paddleboards



Canoes



Sea Kayaks

WHAT WE DO



Summer

In the summer, we paddle on a Thursday evening 6-9pm and are based at the Scout Hut. We make use of the flat water on the River Lune and use this time to brush up on our paddling skills in a nice sheltered environment, go on journeys and often to try new craft. We also take some time to practice rescue and safety in safe environments.

Winter

In the winter, we gather on weekend mornings, often both Saturday and Sunday. Please check Facebook for the latest updates. The Scout Hut is our base to collect gear and make a plan for the day.

Depending on the weather and the water available (as it's constantly changing) we may decide to paddle a river with white water features, paddle in with the tide from Glasson, try some sea kayaking, or take the boats on one of the lakes.

Whatever we do, we cater to everyone who turns up on the morning, often running a main group to paddle a river together, and allowing our ninja group to take on something more meaty.



Pool Sessions

We book regular pool sessions at Carnforth Pool. Here we have lots of coaches on hand to support paddlers practicing new skills, particularly rescue skills, support strokes and self rescue.

It's a warm environment that makes getting soaked much more inviting! We often play team games to end the night.

WHAT WE DO



Trips Away

We love to get away further afield so we can paddle new rivers we can't get to in a single day. In the past, we have used an outward bound centre in North Wales as a base for a family friendly club trip. We are looking forward to offering a variety of trips over the coming year.

Friends Paddles and activities

We encourage our members to get together on their own, so long as they're paddling safely within their limits and looking after each other. You'll find small groups getting out onto the Bay for sea kayaking, or running a river on a weekday evening if you ask.

Paddlers looking to organise casual paddles are encouraged to ask members to get in touch privately.

Our members are keen outdoor enthusiasts, so you may find some of our members get together to do other things, such as mountain biking or climbing too.



Socials

Off the water we still like to get together. Normally in the summer we organise a club BBQ and Olympic Games night, a family paddle day on Lake Windermere. In the winter we have a Christmas paddle, Christmas meal, and our awards night in January.



SYLLABUS AND BEYOND

The coaching we offer is in line with British Canoeing standards. The beginners course we offer aims to get you to the Discover Award standard and begin developing the skills towards the Start Award. It seeks to develop practical skills and decision making skills when on the water. Practical skills include: moving forwards, backwards, sideways, turning and stopping. We will also discuss equipment, water safety and other environmental considerations. If you wish to get the award on the day, a capsize will be required but this will be the last activity of the day before we finish.

More info on the award available here: <https://gopaddling.info/discover-awards/>
<https://gopaddling.info/start-awards/>

As a provider, some of our coaches are able to offer further awards in white water skills. Some coaches and members may have coaching qualifications in other areas of paddle sport but it is best to ask around regarding this, as the bulk of our coaching offerings relate to kayaks and canoes.

All of our coaches are volunteers, and whilst we are able to offer some awards, we are not driven by formal qualifications. Much of our ethos is about developing skills on the water and paddling socially and safely in different environments.

Our coaches are happy to provide support to active members wishing to work towards personal paddling awards. We hope that as you develop your personal paddling, you'll also be able to use your new skills to give back and support the workings of the club.

KIT AND CABOODLE

We are very fortunate to be able to provide good quality kit to our members. As a new paddler, we are able to lend out most of the kit you'll need on the water; these will be fitted to you by one of our experienced coaches or members. They will help you to find a suitable boat and paddle. If you have any of your own kit, feel free to bring these, however it is not necessary to go out and buy kit before you start.

You Bring

- NON COTTON CLOTHES – FLEECE, POLYESTER T-SHIRT, WALKING TROUSERS, SPORTS LEGGINGS
- EXTRA LAYERS = WARMTH
- OLD TRAINERS OR WATER SHOES
- SPARE CLOTHES YOU MIGHT (PROBABLY WILL) GET WET
- SPARE TRAINERS/SHOES
- A TOWEL
- ANY KAYAKING GEAR YOU MIGHT ALREADY HAVE, SUCH AS A WETSUIT.
- **ANY MEDICATION YOU MAY NEED WITH YOU – INHALER EPIPEN ETC, IN A WATERPROOF ZIP-LOCK BAG**

We Provide

- BOAT
- PADDLE
- BUOYANCY AID (*NOT A LIFE JACKET!*)
- SPRAY DECK
- HELMET
- CAGOULE
- *WETSUITS

We have single sex changing spaces available and single toilet cubicles available in each.

Please ensure all members of your group are wearing **footwear at all times**, due to the area having public access and the risk of contaminated materials.

BEGINNER'S COURSE

Adult Membership:

£85

Thursday night coaching and sessions between April and September, including kit hire.

Saturday full days between Sept/Oct and March/April

1 Pool Session

Kit hire separate in Winter.

Child/Youth costs (Under 18s):

£55

Thursday night coaching and sessions between April and September, including kit hire.

Saturday full days between Sept/Oct and March/April

1 Pool Session

Kit hire separate in Winter.

NEW AND RETURNING MEMBERS

Adult Membership:

£30

Thursday night coaching and sessions between April and September, including kit hire.

Saturday full days between Sept/Oct and March/April

Kit hire separate in Winter.

Child/Youth costs (Under 18s):

12-17 £25

-11 £20

Thursday night coaching and sessions between April and September, including kit hire.

Saturday full days between Sept/Oct and March/April

Kit hire separate in Winter.

Family Membership:

£70

Available to any household unit, and particularly useful for 2A 1Y+, 1A 2Y+

To join or renew your membership, follow this link:

<https://membermojo.co.uk/lancasterdcc>

Other Costs – Members Only

- 1 Day kit hire in winter:
 - £5 Adult
 - £3 Youth
- 1 Week kit hire: £10 – for active members only
- Holiday kit hire: £20 per week – for active members only
- Pool session including kit hire: £8
- Petrol costs for winter car share. We try to reduce the number of vehicles we travel in when paddling at other sites. We have information for how much petrol costs each to travel to different rivers.
- Once you have completed the course and have decided that kayaking is for you, you may wish to invest in some kit of your own. Our members have plenty of recommendations of what you may want to purchase first, and at different cost levels to suit your budget.



CAR SHARE COSTS

When we travel further afield for trips, we encourage members to car share. This is in order to keep the number of vehicles to a minimum and fuel costs down.

Please arrive on the day with cash, in case you need to contribute to the driver's fuel costs of whichever vehicle you travel in.

WHERE TO FIND US

We are based at 33rd Sea Scouts, Halton Road, Lancaster, LA1 2EG.
This is opposite the cemetery entrance beside the river Lune in Skerton.



Road side parking is available along the road next to the building. We advise drivers to park on the same side of the building, and not to mount the kerb when parking as the road is wide and means we are not restricting access to the pavement for the general public. If bringing your own gear, please make sure this is not obstructing the pavement during transfer to and from cars. There is plenty of grass verge space around the building for gear.

Please note that vehicles are parked on a public road and so drivers should take care to hide valuables from view.



POLICIES AND PROCEDURES

All our policies and procedures can be found on our website, including:

- Club Constitution
- Risk Assessments
- Safeguarding Policies and Procedures
- Code of Conduct

ANY QUESTIONS?



If you have any questions, please get in touch by:

Email
info@ldcc.club

Facebook
<https://www.facebook.com/lancasterdistrictcanooclub>

To join our closed page once you have submitted your membership form:

<https://www.facebook.com/groups/LDCCUK>

Family members (esp. parents of juniors) welcome to join the page!

