

**Weather warnings issued**

| 1400 | 1500 | 1600 | 1700 | 1800 | 1900 | 2000 | 2100 | 2200 | 2300 | 0000 |
|------|------|------|------|------|------|------|------|------|------|------|
| Sun  | Sun  | Sun  | Sun  | Sun  | Sun  | Sun  | Sun  | Sun  | Sun  | Sun  |
| ☁    | ☁    | ☁    | ☁    | ☁    | ☁    | ☁    | ☁    | ☁    | ☁    | ☁    |
| 11°  | 11°  | 11°  | 12°  | 12°  | 12°  | 12°  | 13°  | 13°  | 13°  | 13°  |
| 100% | 100% | 99%  | 97%  | 98%  | 99%  | 95%  | 91%  | 95%  | 97%  | 96%  |
| 68   | 71   | 71   | 70   | 70   | 70   | 68   | 68   | 68   | 68   | 68   |

# PPCA Newsletter

## February 2020

## Introduction

Welcome to February's Newsletter. This month Brim has news of pool sessions and Adam extols learning about safety. By way of a diversion we have a game this month. Page 6 contains what can only be termed a bit of a rogue's's gallery, culled from the police archives. These individuals turn out to be the club committee (with a presidential interloper). Their names are on the final page of the Newsletter. All you have to do is match the name to the face. Just to make it that little bit harder, there's one name on the last page whose photo doesn't appear. Answers will soon be appearing in the club sheds and on line so that you will know who to heap praise on for all their hard work.

## Editorial

You may have noticed that there are an unusual number of events mentioned in this month's Newsletter. I should probably point out that this is solely due to me needing to fill the yawning chasms of empty space that rear up before me as I try to come up with something interesting each month and do not imply any endorsement by the club, no matter how exciting they may sound.

Ivor Jones

Newsletter Editor

## Next Committee Meeting

Please forward any items you would like considered at the next committee meeting to [secretary@ppca-canoe-club.org.uk](mailto:secretary@ppca-canoe-club.org.uk). They will go to the secretary.

## Next Edition

There is no specific deadline as such for contributions but please bear in mind my general sloth and indolence and let me have anything time-sensitive well in advance.

## Contributions

Please send any contributions to [newsletter@ppca-canoe-club.org.uk](mailto:newsletter@ppca-canoe-club.org.uk)

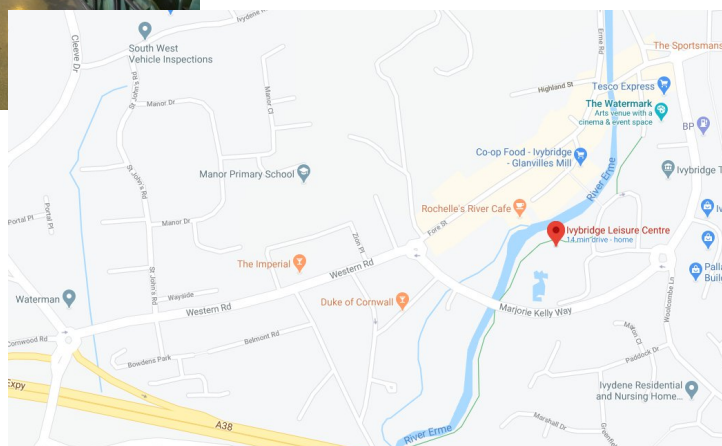
## Acknowledgements

The cover photographers for August are, as ever - Joy, Debbie and Terry

### Pool Sessions by Ian Brimacombe, Assistant Club Leader

The club has arranged pool sessions with Ivybridge Leisure pool once a month on the first Friday or every month for the next 8 months you can book a place on line through the web site at a cost of £10.00 per person.

It's not all about learning to Eskimo roll in the pool. You can practice any of your strokes from support strokes, bow rudder, x rescue, or bow rescue wet exits anything you like. There is always a coach on hand to help you or give advice and be in a warm environment when practicing.





## Features

### White Water Safety and Rescue by Adam Coulson, Membership Secretary

For a couple of years I have had recommendations from fellow paddlers that I should do a White Water Safety and Rescue course. They said the course ([syllabus from BC](#)) was great fun and would benefit both me and other members on any trip. Hearing other people's experiences, involving a not insignificant amount of time spent in the river, I thought that an autumn course would be best – before the ravages of winter turn both air and water into a wholly inhospitable environment. Thus I booked a course in November 2018. Unfortunately that course and the three subsequent bookings that I made were all cancelled due to either a surplus or deficit of the wet stuff. Thus it was a chilly weekend in February 2020 before I actually turned up at the river side prepared for some WWSR. It is surprising how many layers one can wear under a drysuit and still move about, if somewhat stiffly!

In preparation I had attended a rope work evening held at A S Watersports in Exeter, practised my knots and also read an [e-book available free on-line](#) written by Chris Brain in association with Paddler E-zine. I apologise for the lack of photos – we were somewhat too pre-occupied to think of using a camera and hope that my words will paint an adequate picture – oh dear!

Day one of the course was on the River Dart at the back of the Newbridge Car Park (available all day for a very reasonable £2 including use of toilet facilities). To avoid us getting too cold we did lots of land based activity in the morning, looking at equipment and taking part in various games involving the use of throw bags (the clue is in the name.) I was happy to just not be the worst at throwing in a throw bag assault course with a small competitive edge. I throw like a g ..... Oh no, I can't say that these days. Due to having a pretty duff shoulder, underhand is best for accuracy and distance in my case, but I had never tried the side swing to get it under trees. Some bags are easier to throw, some are really big and some have easier line to hold. There is always a compromise but we were all challenged to check the knot inside the bag to make sure that we were happy with it.

We then used a collection of trees, karabiners, slings and throw lines to rig up various systems to recover a pinned boat – in this case pinned just with the weight of a sledging kayaker. I was pleased to have practised my clove hitch beforehand! We used systems to gain mechanical advantage up to 4 times which worked very impressively on dry land. Any more than that is not recommended as standard kit will tend to break and high speed flying line is not good for rescuer's health. Indeed it was suggested that you should always look away when hauling, or alternatively stand behind a tree. It is also possible to rig a safety check on the line. Another useful suggestion was to carry a laminated card with diagrams of 3 \* and 4 \* systems as the average paddler is unlikely to use them very often.

Lastly before lunch, it was time to dip at least our legs in the river and we practised various different formations for crossing the river by wading. I liked the finding that the biggest paddler should go at the front and create an eddy behind them for the others! It was also suggested that you turn back if the water gets up to anybody's pfd. Perhaps the shortest should go at the front!

After lunch we could stay warm and dry no longer and did a spot of swimming. Most important messages from that were feet first and feet up with bum down. Eddy lines can be crossed with a sort of back butterfly stroke, rolling over and over or turning onto a front crawl. It is good to practice and find out what works best for you. Having done my share of swimming I suspected that I already knew that, but was pleased to try alternatives. Lines were thrown and due to the earlier competition, mostly caught and swimmers landed.

After some practice in releasing ourselves from the pfd harness, we then took it in turns to be "live bait" in the river in order to catch a boat, a paddle or a swimmer, but no fish. Trees make great anchors for slings or lines and I suspect that some on the Dart have grown into a specific shape in response to being used for this purpose. By this stage some were getting slightly anxious about a rugby match on the TV and so we did a short and not very cheery session on leg entrapment. If I need something to remind me to keep feet up when swimming, the thought of a 4 times haul system to pull my broken leg out from between rocks should do it! We also used some cunning systems to get a loop of rope around an entrapped paddler in the middle of the river, from the bank.

On the second day the Dart was reading 2.5 on the [Dunnabridge gauge](#) (that's a lot of water – raging torrent – whatever you prefer) so we spent some time in the Salmon's Leap Cafe together with various other groups, whilst an alternative location was sought. A drive up to Tiverton ensued with a paddle of the Exe from Bolham down to Tiverton. This is quite an open section of river and the wind did cause the single open boat in our party some interesting direction changes. The features are all man-made but [Bolham Weir](#) proved a useful spot for practising our previously learnt skills.

Firstly we did some empty boat chasing – empty that is except for increasing amounts of water. We nudged these around and used a simple technique to get some of the water out before using both hands to launch them in the desired direction of travel. This is safer and more effective than using a sling unless crossing the whole river.

Ian (Dovey, who coached the course) did a great job of pinning his boat for us to get a line to by anchor and live bait and then extract using a haul system from the bank. He then threw himself in the river making a convincing job of playing an unconscious paddler in the stopper under the weir. I am pleased to report that he survived long enough for us to get our certificates from British Canoeing!

So now I can be another annoying person who will encourage any white water paddler to do a WWSR course. However, after that, we should probably spend more time practicing these skills so as to have them to hand when required in a real life situation. Any of us might be glad of that.

Editor's Note: Adam kindly suggested that I might like to add a few photographs to his piece. Regular readers will not be surprised to learn that my personal stock of white water photos is a bit thin so Adam's piece will have to stand on its own merits.

### Drake's Island by The Editor

For those of us who remember when it was possible to have an adventurous and illicit couple of hours on Drake's Island (not on a club paddle obviously), Professor Bob Stone of Birmingham University has created a 3D exploration of the underground passages. [Click here](#) to see it. Probably better on a PC than a phone.









## Events

### British Canoeing Spring Roadshow

BC will be having a Spring Roadshow in St Austell in April. Your chance to ~~mean~~ make constructive comments. If you are interested, please register your interest on the [BC website](#).

The poster features a photograph of a canal filled with people in colorful kayaks and canoes, with a bridge in the background. The British Canoeing logo is in the top right corner. The main title 'British Canoeing Roadshow 2020' is prominently displayed in white text on a dark blue background. Below the title, the text 'Come and have your say on the new strategic plan for paddle sport.' is followed by 'British Canoeing will be visiting:'. A light blue box contains the event details: 'Wednesday 15 April', 'St Austell Arts Centre, 87 Truro Rd', and 'Saint Austell, PL25 5HJ'. A list of bullet points describes the event's activities. The start time and refreshment details are provided below the list. A final line states 'All members welcome'. At the bottom, a link to register attendance is provided.

**British Canoeing  
Roadshow  
2020**

Come and have your say on the new strategic plan for paddle sport.

British Canoeing will be visiting:

**Wednesday 15 April**  
**St Austell Arts Centre, 87 Truro Rd**  
**Saint Austell, PL25 5HJ**

- Hear about the progress made towards the ambitions within **Stronger Together**
- Comment on what should be included in the next strategic plan for **2021-25**
- Meet British Canoeing CEO David Joy, senior staff and Board **Members**

7.30pm start, with refreshments served from 7pm.

All members welcome

**[Sign up here to register your attendance](#)**





**29<sup>TH</sup> - 31<sup>ST</sup> MAY 2020**

at: Mount Edgcumbe Country Park, Cornwall, PL10 1HZ

### WHAT'S IT ALL ABOUT?

It's about meeting up and enjoying the great outdoors camping, kayaking, stand up paddle boarding, canoeing plus lots more all whilst having fun and raising money for charity!

### BOOK YOUR TICKETS NOW!

We have special offers for early bird tickets & group booking

Please visit: **[www.southwestpaddlefest.com](http://www.southwestpaddlefest.com)**  
for tickets and further information. **LIMITED TICKETS AVAILABLE**



VETERANS' FOUNDATION

Money raised will go to the Veteran's Foundation  
**[www.veteransfoundation.org.uk](http://www.veteransfoundation.org.uk)**  
Charity Number: 1166953



\*Pre-booked ticket required

Kayaking\* Canoeing\*  
SUPing\*

'Have a Go' Sessions\*

Skills Workshop\* Guided Trips\*

Expert Coaching\*

Guest Speakers\*

Weekend On-Site Camping\*

Luxury Showers\* & On site toilets

Licensed Bar

Stalls and Refreshments

Live Music & Resident DJ

Kids Disco's\*

Climbing Tower

Bushcraft & Beach Fire

**IT'S MORE THAN A FESTIVAL. IT'S AN ADVENTURE!**



## Mount Batten Consultation

Mount Batten recently published the following. Many of us have probably received emails regarding this consultation, but if not, the link to the survey is included below. There are only a couple of questions and it only takes a few seconds to complete.

*Plymouth City Council have created a residents survey to establish how best to improve the Mount Batten Watersports and Activities Centre for the future.*

*The Council wants the Centre to act as a major gateway to the Plymouth Sound National Marine Park, enabling many more people to gain access to the water, encouraging mass participation in watersports, particularly by disadvantaged young people and residents.*

*This objective aligns with the city's new Visitor Plan 2020-30, which states that 'our National Marine Park will be globally recognised for amazing experiences by, on, in and under the ocean...'*

*The Council has identified that a redeveloped Mount Batten Watersports and Activities Centre, coupled with improvements to the wider Mount Batten peninsula, could create an important new visitor destination for Plymouth.*

[You can complete the survey here](#)

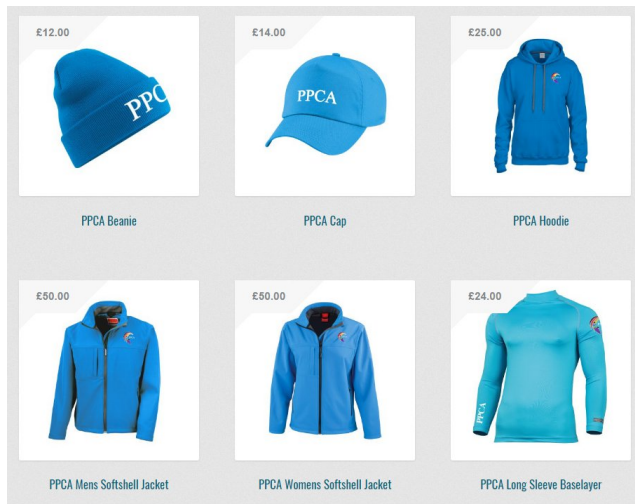
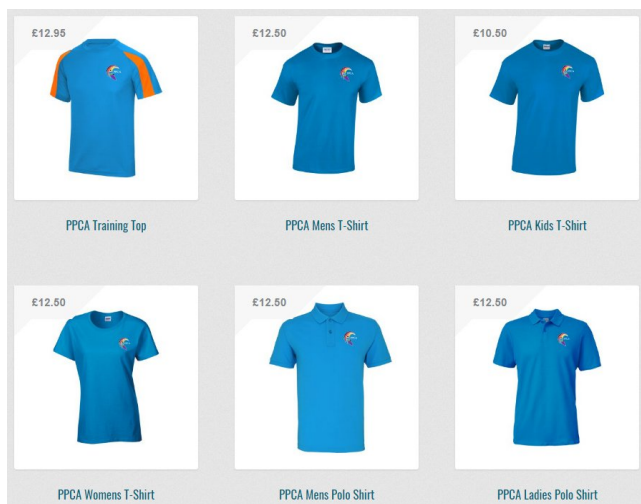


## Exchange and Mart

### PPCA Club Clothing by Jackie Perry, Publicity Officer

A full range of customised kit in either blue or black is available to order direct from Tailored Branding via the link below

<https://hsclothing.co.uk/ppca-3/>



Discount Available at Millets, 38/40 New George St, Plymouth PL1 1RW

One of our members works in the Millets store (Big 'Thank you' to Lee McKenzie!) on New George Street, Plymouth and has negotiated with his Manager a great discount of 15% on production of your PPCA club membership card. Usual T's & C's apply, e.g. goods already discounted/sales items might be excluded.

Discount Available at Kayaks and Paddles

Kayaks and paddles offer discount to local kayak and canoe clubs. The PPCA and Tamar Canoe club can get a discount up to 15%. This is an offer not a right for the person that is making a purchase, so please do not go upsetting Kayaks and Paddles employees as this discount might be taken away.



**Raise free donations** for us every time you shop online with easyfundraising!



<https://www.easyfundraising.org.uk/causes/ppca/>



## Club Calendar

Please bear in mind that, while the calendar is correct at the time of going to press things can, and often do, change at the last minute, particularly in the white water season. Please double-check with the online calendar before putting on your dry suit.

### For the Diary

7th August 2020: Isles of Scilly

### Recreational Paddles (Saturdays)

1st February - Terry Calcott (Sea Paddle)

8th February - Gavin Bennett

15th February - Brim

22nd February - Joy Ashford

29th February - Bob Grose

7th March - Gavin Bennett (Sea Paddle)

14th March - Terry Calcott

21st March - Bob Grose

28th March - Brim

### White Water (Sundays)

2nd February - Ken Hamblin

9th February - Doug Sitch

16th February - Clive Ashford

23rd February - Pete Anderson

1st March Chris Doidge

8th March - Phil Cleave

15th March - Ken Hamblin

22nd March - Doug Sitch

29th March - Clive Ashford

### Open Canoe White Water

9th February - Brim

8th March - Brim

## The Committee

### Chair

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