



PPCA Newsletter

May 2020

Introduction

Welcome to May's Newsletter. Unexpectedly, it's turned out to be a bit of a bumper edition. Ken has passed on the current BC position on getting back on the water along with a notice of an appeal. Still looking forward, we have important news from Marty - please read, inwardly digest and comment. Marty also provides a handy tool for when we get back on the water, Adam provides a puzzle and Clive raids his extensive archives.

Editorial

Apologies to everyone who has been hunched over a hot keyboard desperately trying to put the finishing touches to an article for May's edition. Given the content of Marty's article, I thought it best to get this month's Newsletter out as early as possible to allow time for comment. Rest assured that after this unaccustomed sprint, production will return to its usual leisurely amble next month.

It's nice to see BC talking about how we'll get back paddling again. Like anything written at the moment, I'm sure it's as much hope as expectation but at least it means there's a small, very faint glow at the end of the tunnel.

As a sideline, being a "Places to Paddle Manager" sounds like a pretty good job to me.

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. 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

Acknowledgements

The cover photographs are Terry's from previous Easter paddles

Covid 19

Covid 19 and the PPCA by Ken Hamblin

Hi to you all in these very difficult times and I am sure you don't want me to reiterate all that you have already heard so many times over these past few weeks about what we should or should not be doing. My main concern is that you are all keeping well during these times and that when we do get the all clear we will all be around to share our stories and at the very least get back on the water somewhere together. I walk around Saltash Passage nearly every day on my daily exercise and look out over the river during this wonderful sunny spell we have had over the past few weeks and remember the days when I started canoeing playing around in between this shore and the far side and then gradually moving up the river and all the other rivers and tributaries that surround Plymouth. It looked so inviting but the only boat moving on the river was the MOD Police launch carrying out their security checks. Surreal! All the yachts are still on the hard standing down at the Tamar River Yacht Club with even their gates locked barring any entry. The upside is that I have been watching a couple of swans on their nest nearby for the past couple of weeks and wondering how many baby cygnets will be paddling around with them shortly. Freedom!! No restrictions for them.

In the meantime here is a copy of the update from British Canoeing on the advice they are giving with regard to all the recommendations that are being made from the Government which hopefully will see some changes in the not too distant future.

From the Committee and I we hope that you will all take care and stay safe during this period and that when it is over, we can all renew our acquaintanceships again down at Mountbatten.

Ken Hamblin

An Update from British Canoeing about a Return to Paddling 1 May 2020

I want to share with you again our advice about paddling at this time and also to reassure you that we are working hard behind the scenes on behalf of members to encourage the government to allow a return to socially responsible paddling as soon as possible.

The Big picture: Taking a step back to look at the big picture first, all forms of sport and active recreation other than running, walking and cycling have been suspended. No other community sport or active recreation is being encouraged. This is being driven by the government and reinforced by the arms' length organisations including Sport England and the Environment Agency.

Public health risks are real: There remain significant public health risks associated with COVID-19 and the way in which it can be spread. There is currently no effective treatment or vaccine for the virus which we know can be fatal in some cases. We all recognise that the NHS is under massive strain and the country is still in lockdown until further notice.

Our advice: Our strong advice of 26 March remains in place, that paddlers ought not to paddle at this time until some of the restrictions are lifted.

The frustrations: We fully recognise that this is a deeply frustrating position for our members and the wider paddlesport community, as our paths and parks are full of people walking and running, there are more cyclists on the road than normal, and yet our waterways are empty and paddling is being discouraged.

The case for a return: Whilst we can make a compelling case why independent, socially responsible paddling should be allowed now and that that paddling can be done safely within social distancing guidelines, many other organisations will argue the same for their sport; angling, open water swimming, single sculls rowing, horse riding, rambling, climbing and golf to name just a few. The government is not yet ready to make the call for further relaxations at this time, for all the reasons we understand when we watch or read the news.

Social and economic impact: Government recognises that activities such as paddling are really helpful to an individual's physical and mental wellbeing and that this lockdown is impacting not only on the health and wellbeing of individuals but also significantly affecting the economy of professional and amateur sports. The economic impact on our clubs, centres, self-employed providers, trade and retail and on British Canoeing as the NGB is significant. These social and economic drivers cannot be totally ignored.

Actively working with national agencies: We are working closely as part of an Outdoor Recreation Stakeholder Group, led by Natural England, to put plans in place for a phased return to sport and active recreation. We are working hard to ensure that paddlesport can be in the first phase. The government is unlikely to consider a sport by sport return to activity. By working closely alongside colleagues in the British Mountaineering Council, Outdoor Industries Association, the Ramblers, National Trust and many more, we can ensure that we have a consistent and clear approach that delivers a swift and safe return to activity for our respective communities.



We will also continue to work closely with the Environment Agency, Canal & River Trust and the Broads Authority to assess the risks and put plans in place for a return to paddling on our 5000km of Public Navigations.

Long term relationships: It is our preferred and considered approach to work in collaboration across the sector and with national agencies. Many of the agencies and government departments with whom we are working to achieve a return to paddling, are the same ones that will help to create a change to legislation to bring clarity around rights of navigation and who will support us in our long term promotion and development of paddlesport.



A phased return for sports: The risks that different sports and activities present are very different, and so we are advocating that a phased return to activity is the best approach and that NGBs should take a strong lead in issuing guidance to their members and participants. We are working with other NGBs and Sport England to further develop this approach.

A return to individual paddling: We believe that the first phase of lifting restrictions ought to include a return to individual paddling. When this is agreed by government, we are likely to have to agree some limitations and guidelines for paddlers and these may include;

Remain local; be alone, with family members or in small groups; be well within capabilities; respecting rural communities and other users; be once a day for a short time; respect social distancing; respect access points and local restrictions; be sensitive to the environment; be clean, washing hands, equipment and #check clean dry.

Remaining patient: Patience is still required, but that's the same for all aspects of the situation we find ourselves in. I am confident that we are taking every step possible to encourage a relaxation and a return to individual paddling as soon as possible. We are planning behind the scenes about what further phases will look like around club activity, courses and events and these reintroductions will probably come a little later in the year. Getting individuals back on the water is a clear focus at this stage.

Stronger Together: We have made a lot of progress within British Canoeing in the last three years through working in a joined up way. This approach offers the best way forward on this issue too. We are working hard at national level and we are being heard. Members could best support this process now by respecting the strong guidance we have issued to refrain from paddling for a little longer and by sharing the messages with your local waterway authorities and MPs about the importance of a phased return to active recreation and how responsible paddling fits into the first phase of this.

Regular communication: We recognise the importance of communicating with you and realise that many have wanted some news a little sooner. We and many other national bodies have been dealing with some significant challenges within our respective organisations and it is only in the last week or so that there has been some meaningful collaboration between partners around the return agenda. This is true of government also. I will ensure that we communicate again as soon as anything significant occurs around the return agenda and that we share an update at least every two weeks.

Finally I would like to thank you for your patience, for respecting the guidance we have issued and for your continued support of British Canoeing during this challenging time.

Kind regards

A handwritten signature in black ink, appearing to read 'David Joy', with a stylized flourish at the end.

David Joy

British Canoeing CEO

Proposal for the Affiliation of the UPSU Canoe and Kayak Club (UPSUCC) with PPCA by Marty Johnston

Hi all,

Even though currently we are unable to get out and enjoy paddling with our wonderful club, the committee are still working hard to make the club the best it can be. We wholeheartedly want to make sure that anyone who wants to paddle with us (after all this is over) has the opportunity to do so.

We have been approached by Plymouth University's UPSU Canoe and Kayak Club to create an affiliation with PPCA. We believe this is a fantastic opportunity to increase the reach of PPCA and will help even more people make the most of the amazing paddling opportunities we have on our doorstep.

The proposal below has been created and approved by the committee, however due to the nature of this it is important that the entire PPCA membership is involved in the decision making, not least because it will involve a constitutional change.

Proposal for the affiliation of the UPSU Canoe and Kayak Club (UPSUCC) with PPCA.

The UPSUCC membership will become affiliated members of the PPCA, allowing UPSUCC members access to PPCA paddles and training. This would include Tuesday training, Friday and Saturday recreational paddles and winter white water trips.

On each day, a maximum of 20 members (subject to review) from the UPSUCC may attend unless otherwise personally invited. It will be the responsibility of the UPSUCC to make arrangements for the booking of these spaces from within their club.

A new membership category of UPSUCC affiliate member will be created within the current PPCA membership structure.

PPCA membership forms will be completed upon registration with UPSUCC and PPCA affiliate membership cards will be issued to the new member.

While individual members of the UPSUCC will not have voting rights the UPSUCC as a whole will receive 2 votes.

Before members of the UPSUCC attend PPCA training or paddles they should be of a British Canoeing Discover award or 1-star standard.

PPCA may be able to accommodate UPSUCC members on an Introductory course although this may be at an additional cost to the affiliate member.

In return for this the UPSU Canoe and Kayak Club will make an annual payment to PPCA of £25 per member of UPSUCC.

In recent years the UPSUCC has attracted yearly student membership in the region of 60 to 90 members, and their hope is that this affiliation will attract more students to join their club.

This affiliation will bring many more paddlers through the doors of the PPCA, and once students graduate, we would hope to retain any who remain in the Plymouth area. PPCA full members will continue to enjoy all of the current benefits

Obviously through this affiliation there would be a substantial financial contribution to our club, which we will be able to put towards club improvement strategies. PPCA membership numbers have been diminishing for several years now and the age profile increasing. Over the last year some of our sessions have been very poorly attended. This change would encourage a younger membership, some of whom may be the coaches and leaders who secure the future of PPCA.

As mentioned, the above proposal would require a constitutional change, which would normally be voted on at the AGM. Unfortunately our AGM is held in October, after the UPSUCC's big membership recruitment drive takes place during Freshers week which is usually scheduled for around the end of September. We need to have the backing of our members in place before this happens so we can move forward with the UPSUCC. Usually this would have initiated an EGM, however due to current circumstances this is not a practical option. I would therefore like to call upon all club members to submit your opinion in an open consultation process. I will be happy to receive "Yes", "No" or detailed feedback to leader@ppca-canoe-club.org.uk by June the 7th. These can then be discussed by the committee at our June meeting, and I promise that all feedback will be given due consideration.

I for one am really excited about this opportunity and look forward to hearing your thoughts.

Marty

Personal Performance Chart by Marty Johnston

Hi everyone. I hope you are all keeping well at this time, I know we are all missing being out on the water!

A quick update to the current closure of the club - our initial post was to close until the 30th of April. I think it has become pretty clear that this will unfortunately have to be extended, and we will be remaining closed until further notice.

I do have some good (everyone's entitled to an opinion!) news.

During our last coaches meeting it was asked if we could come up with a way of tracking the progression of paddlers. Previously a tick sheet was used and when a skill or technique was acquired to the standard appropriate grade it was ticked off.

Following British Canoeing's new ethos on paddler led learning, I have created a Personal Performance self-assessment work sheet which at the very least is something to keep you entertained!

As an addition to this, now might be a good time to reflect on where you are at with your paddle skills, and what you would like to learn or improve on when we finally get back to it.

This is for you as individual paddlers to think about where your strengths and weakness lie, and what you would like to learn or improve on, based on the location and the conditions you paddle in.

I have done my best to make it as user friendly as possible! (its just a bit of colouring in really (Mars bar for best coloured!!)).

I hope it is pretty self explanatory but if you have any questions please get in touch and I will do my best to help.

Keep safe

Editor's Note: I have appended Marty's chart to the end of this edition

Fundraising Appeal Launched for Urgent Repairs to Land at the River Dart by Ken Hamblin

Fundraising appeal launched for urgent repairs to land at the River Dart

A fundraising campaign has been set up by British Canoeing Volunteers and the South West Regional Development team to raise funds for the land at the River Dart near to Holne Bridge.

The land, situated within the beautiful setting of the River Dart in Devon is very special location, popular with paddlers, swimmers and anglers alike. Importantly, this small section of woodland is a crucial access point to the River Dart loop and lower Dart. Bank erosion has in recent years become a serious problem and urgent reinforcement work now needs to be undertaken. The recent flooding in the area has worsened the problem, meaning work is now more urgently needed than ever.

The land at Holne Bridge was purchased in 1991 by two local paddlers. The site is owned by British Canoeing, but managed and cared for by dedicated local volunteers, Pete Thorn and Brian Taylor.

Used by hundreds of paddlers every year, it is a valuable access point to the river for those tackling the popular 'Dart Loop'. Peter Thorn, South West Regional Waterway Advisor has been looking after the site at Holne for over a decade and is leading the effort to raise funds for the site. Asked why this work is needed now, Pete said:

Over recent years, the bank has suffered from erosion, especially around the area closest to Holne Weir itself. The repairs will aim to reinforce the bank using local stone as well as pay for the planting of willow and grass to protect from further erosion.

– Peter Thorn, South West Regional Waterway Advisor

The South West Regional Development Team have received quotes for doing the repairs and are targeting a minimum of £15,000 to complete the work. Surpassing this target will enable other works to be carried out on site, including more planting and habitat creation for wildlife.

Permissions from the Environment Agency, Dartmoor National Park Authority and Devon County Council have all been sought, all that's left now is to raise the funds for the repairs.



Asked about the fund raising efforts, Pete Thorn said:

"The land at Holne is a very special place and really important for the whole paddling community, not just those who live locally. People come from all over the country to paddle the Dart, many of whom use this site to get on or off the water. We have no source of income for upkeep, it has always been free and open to people to come and enjoy and we want to keep it that way. Now we need some help to protect the site for the future".

So far, grants have obtained from Sport England (£5,000 via the Community Asset Fund), RDT reserve funds and also an offer of a loan from the Canoe Foundation. This will not be enough to cover the urgent repairs needed, so paddlers are being asked to dig deep and support this vital work.

British Canoeing Places to Paddle Manager, Ben Seal, who supports all the volunteers who manage British Canoeing sites said:

"This is a really important site and one which is of great value to our sport - It also happens to be a really beautiful place! We are extremely proud to be the custodians of this site, on behalf of all those who enjoy and share access to it. Maintaining sites like land at Holne Bridge is a major challenge for British Canoeing and all the amazing volunteers on the ground. I hope paddlers, swimmers and anglers who use the site will donate to the fund so we can undertake the vital repairs needed."

– British Canoeing Places to Paddle Manager, Ben Seal

The link to donate to the fundraising cause can be found [here](#). Donations close on 30th June 2020.

The PPCA along with all the other clubs in the local area have donated towards this fund and hopefully these repairs will be carried out as soon as the lockdown is over. If you wish to donate, please contact me and I will send you a copy of this email.

Antiques Roadshow

Following an appeal to previous editors for stories they printed that they felt could be dusted off and presented anew, Clive has kindly obliged with the story below.

What Jane Did on European Election Day 2009 by Clive Ashford

Preamble.

Corona Virus has sent us all a little stir crazy and has induced a certain amount of cabin fever into even the most contented of couch potatoes, so when Ivor asked if I could dust off an old article for his most marvellous newsletter how could I possibly refuse? To set the scene this story is set in July of 1999, which is a long time before digital photography made an appearance in the Ashford household so you will have to make do without any photos. This story was originally published in the PPCA newsletter of the time, which I believe was edited by Doug, and hasn't seen the light of day since. It hasn't even featured in either of my books of paddling anecdotes "Based on Fact" and "Based on Fact Too," both of which are still available at a very reasonable price. (To get your copies contact Clive on 01752 344425, Mob 07854 648584 or E-mail cliveandjoy01@gmail.com).

The Jane Williamson referred to in the article was one of our more enthusiastic coaches at the time. Jane had a lively, larger than life personality that made her ideal for running the kids' sessions that all those years ago were called "Rainbows", hence the reference to Rainbow Warrior has nothing to do with either Greenpeace or the LBGT community. With this little bit of club history in mind it seems very fitting that the kids of today have been encouraged to draw rainbows to display as a sign of hope and solidarity during this period of enforced isolation.

Enough pre-amble, here's the story as was told all those years ago.

This has been written as a kind of challenge. Can you read this entire article in one go without falling asleep?

This is not a story about Jane "Rainbow Warrior" Williamson, this is a tale that relates to one Jane Ashford, our 9-year-old daughter. Thus forewarned, please read on.

If you cast your mind back to the beginning of the summer you may vaguely remember that European elections were held in July. Tut tut, how could you possibly forget? (At this point I will remind you about the challenge to stay awake.) Well, Jane's school was used as a polling station for these elections so she had the day off. I also had the day off work to look after her and so we hatched a plan. We would go backpacking on the Moors on Wednesday night and then go for a paddle on Thursday afternoon. Here is a diary of events.

Tuesday evening.

Much excitement packing sleeping bags, food, cooker, tent and other odds and ends into rucksacks ready for quick get away the following evening. Jane is allowed to take anything she likes on these occasions on the understanding that she has to carry it. She is now quite adept at taking just the things she actually needs and does not fill her pack with useless items. She does, however, take along Lulu, a cuddly cat that shares her bed wherever she goes, and a selection of "Puppies in my Pocket." Small plastic model dogs that keep her amused for hours. I take along a tennis ball which quite easily passes half an hour and is therefore well worth the extra weight.

A bit later I add a little "treat" to my rucksack. Cans of coke and beer and packets of crisps. I know how to have a good time!

Awake? Long way to go yet!

Wednesday Evening.

Two intrepid explorers set forth into the Dartmoor wilderness wearing big boots, big rucksacks and big smiles. Some time later we had a conversation that went like this, "How much further Daddy?"

"Not far now Janie, in fact you could start looking for somewhere to pitch the tent if you like."

"Oh, goodie, how about over there?" Now this may be just a co-incidence, but I had told Jane to start looking for a campsite just as we had reached a sheltered, midge free little valley with a crystal-clear brook babbling through it.

How's that for expert planning?

Very soon we had the tent up, laid out sleeping bags and were tucking into our little treats. (Jane the coke and I the beer in case you were wondering). At this stage you may want to know why I had to have beer anyway, do I have some kind of alcohol related problem? Well, not that I am admitting to, but there are two valid reasons for such consumption.

1) An empty can outside the tent keeps the lions away. You may well scoff but the fact that we were not disturbed by any feline activity that night would appear to support the theory.

2) If you were about to spend a night in a very small tent with my 9-year-old daughter you too would feel the need for a can of beer!

We were nicely zipped into the tent, me dozing and Jane playing with her puppies in my pocket, when I recall another conversation.

"Daddy?"

"Yes Janie."

"When it gets too dark to play with my doggies can I use the torch?"

"Not likely Janie, when it gets too dark to play with your doggies its time to go to sleep."

"Oh."

Still awake? Well done.

Thursday morning.

I awoke with the birds singing, the sunrise gently warming the tent and Jane still asleep. Ooh what bliss. (Don't they look lovely when they are asleep?) The simple joys of backpacking! Eventually we get up and have breakfast and remark on how successful the cans had been in keeping the lions away. We speculate as to whether it was the coke can or the beer can that was the active feline repellent but draw no conclusions other than the fact that Jane is as mentally unbalanced as I am! (Poor child.)

We purposefully set a course back to our waiting transport and return home, the first part of our Election Day plan being voted a success. (Well done Daddy!)

Thursday afternoon.

Still awake? Aren't you doing well!

Car loaded with double kayak and all the needs for an afternoon paddle, plus a picnic, we set off for Lopwell Dam. Sunshine warms us as we sit eating our picnic prior to loading the boat and gently setting off down the estuary. Highlight of the downstream paddle is seeing a train cross the Tavy Rail Bridge. We reminisce about the times we have travelled along that railway en-route to Calstock for a day out exploring the Tamar Valley. More simple pleasures from a simple man.

At this point I would like to issue a warning. Jane had been constantly chattering all the way down the estuary, hardly pausing for breath. I pointed out that if her arms paddled as hard as her jaw yapped we could break a few speed records, not that my remarks did any good you understand, Jane is practising to be a teenager and has nearly got it right! Anyway, Jane is full of wind, constantly chattering on and on about nothing in particular, and does not do very much. Know any other Janes with similar traits? Thinking of naming your daughter Jane? Thinking of marrying a Jane? Beware!

Not long to go now, keep those eyelids up!

We paddle into the Tamar and find a beach opposite Cargreen where we stop for a brew and a runny chocolate biscuit. (It was warm.) Thus refreshed, we start our return journey and very soon all goes quiet in the front seat, paddle held stationary out of the water. I paddle along contemplating the world and all its glories gently aiming towards Bere Ferris when suddenly Jane gives a little jump. Obviously refreshed the jaw once again swings into

action, "I've had a little sleep daddy."

"How can you have a sleep sitting upright in a kayak and holding your paddle Janie?"

"I don't know but I did. Can we have an ice cream please?" (I have come to the conclusion that Jane has 3 states. Sleeping, talking and eating. So it definitely is in the name then!)

Now, as luck would have it there is a shop in Bere Ferrers and the tide was high enough to allow access to the village quay. We landed and wandered into the shop wearing buoyancy aids and spray decks. No one seemed to think that this attire odd enough to comment upon, perhaps this is what passes for the height of fashion on the Bere peninsula! Anyway, ice cream in hand (soon to be tummy) we return to the boat and in due course paddle back up the estuary to Lopwell.

Sometime later a certain little girl snuggles into her own bed with Lulu by her side.

"Have you had a nice time Janie?"

"Yes thank you Daddy. Can we take the kayak camping one day please?"

"We can, but not until you have learned to paddle all the time, its hard work paddling for both of us, especially while you have a sleep!"

So that is what Jane did on European Election Day.

Well done, you made itzzzzzzzzzzzz.

Assuming the Corona Virus is still keeping us high and dry there will be more nostalgia next month. Bet you can hardly wait.

Scilly Directions Quiz by Adam Coulson

Some time ago I set these questions to help with teaching some basic map and compass skills – orienteering on the water. I thought that people might like to have a go as a past time when it is not so easy to get out and exercise on the water. They do not take into account and wind, weather or sea influences at all. You will need an OS Sheet of the Scilly Isles and a Sylva style compass. There are no prizes but if you wish to send me your answers I will be happy to mark them. I'm sure lots of you will score 100%. I have an OS Sheet of the Scilly Isles if anybody wishes to borrow it for this exercise. I am happy to recommend Redruth based company Dash4It to get discounted maps sent to you – once on their mailing list you will receive regular offers.* If I get lots of replies in time I may write a short review and will publish the answers in next month's Newsletter. I know another club where they are organising zoom conferences for participants studying an on-line course that has been set. Hopefully this may also inspire others to do something similar – journey planning etc. to keep members entertained.

Adam (Membership Secretary)

For the purposes of these questions, ignore magnetic to grid North variation.

1. Please give me the 6 figure grid reference for where I need to go to board the ferry back to Penzance.
2. What feature will I find at grid reference SV893154?
3. What did we do at SV916106?
4. The weather is good and I'm paddling from Troy Town out to Bishop's Rock. What bearing should I paddle on to get there.
5. On return trip from Bishop's Rock I plan to paddle around Horse Point on the southern tip of St Agnes on a route back to Pellistry Bay. What bearing should I paddle on?
6. On the trip above how far is it from Bishop's Rock back to the campsite and with little wind or tide influence, how long is this likely to take in my Roman?
7. I am lost at sea but can just make out three points that I recognise and take bearings on them as below. Please give me the 6 figure grid reference of where I am.

i. St Martin's Daymark	310
ii. Telegraph Tower on St Mary's	2150
iii. Top of South Hill on Samson	2580
8. What bearing do the gigs row on when racing out of Hugh Town?
9. How do they alter this bearing at Nut Rock to return to Hugh Town?
10. Standing on the end of the Quay in New Grimsby and pointing the compass at the end of the quay in Bryher what bearing would I read?
11. What would I hit if I paddled on 2450 from the northern end of Round Island?
12. How many degrees is due East?
13. Standing on the old quay on St Martin's what can I see due 2210 and just over 2 km away?

*Editor's note - I've knocked together a map - see below - hopefully it will be adequate for Adam's purposes. It even tells you where the Scillies are in case anyone was in doubt)

14. Oh no, I've been wrecked on a rock but managed to hang on to my map, compass and radio. I recognise Bishop's Rock in the distance and find it at 2300 on my compass. I remember seeing the pretty lighthouse on St Agnes and spot it to the south at 1600. Lastly I recognise the Star Castle Hotel which is at 1090. Where should I ask them to send the lifeboat to?

15. Depending on the wind, in which two directions do aircraft take off in from St Mary's Airport?

16. What sort of movie plays at 861146 and 924175?

17. I am trying to tune into Radio St Mary's from my isolated hut next to the cairns on Great Ganilly. Please can you tell me how I can use my compass to point the radio in the right direction?

18. There's an Irishman in the east and Daisy's in the west. Please give me the grid reference for Jacky in the north?

19. Starting from Rat Island, and paddling at 5km/hour on a dead still day and at slack tide with no flows, I paddle on the following bearings:

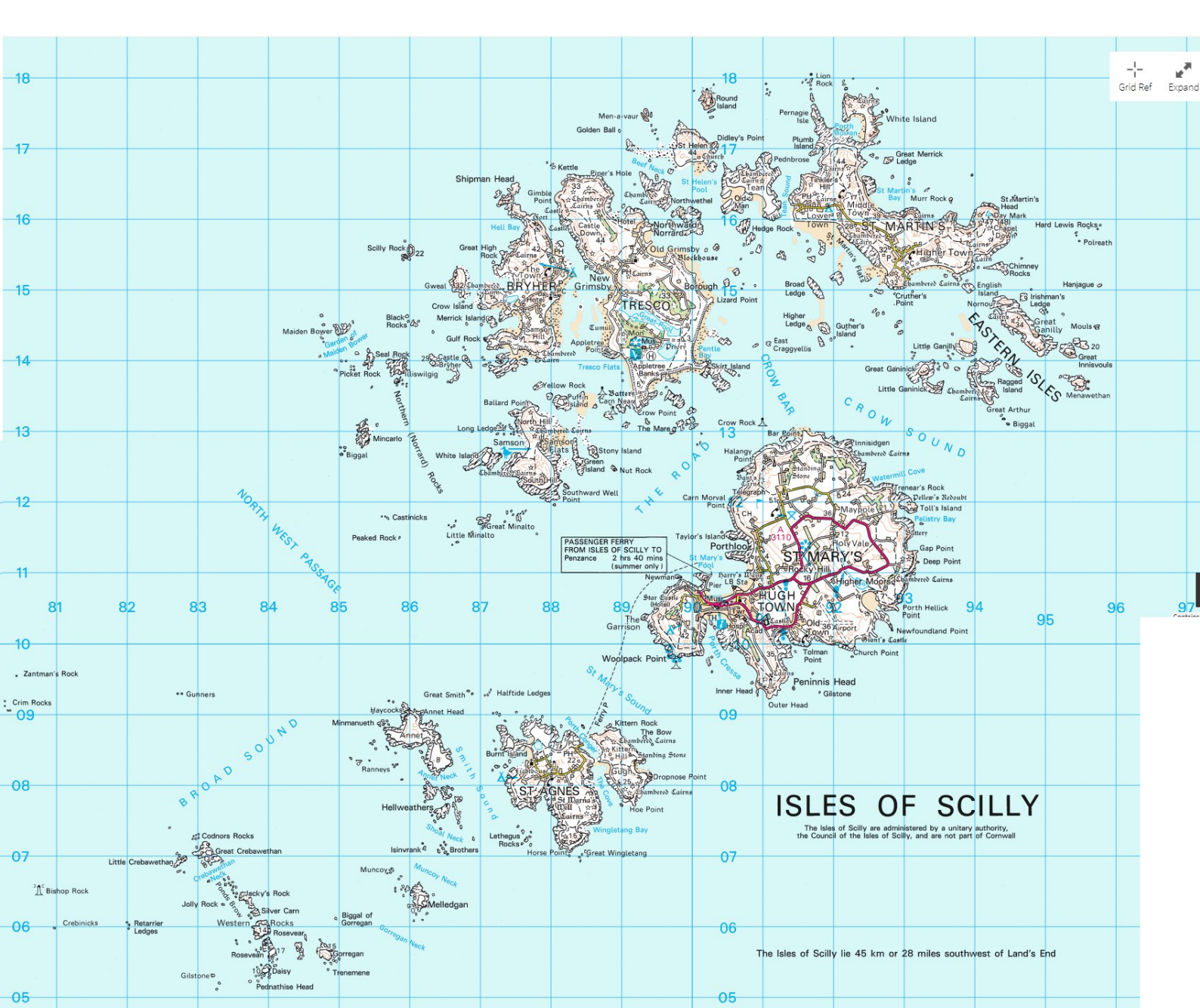
i. West for 35 minutes

ii. South for 48 minutes

iii. 2340 for 10 minutes

Ignoring the effects of wind and tide, in what unfortunate position do I find myself?

20. What useful feature will I find at SW471301?

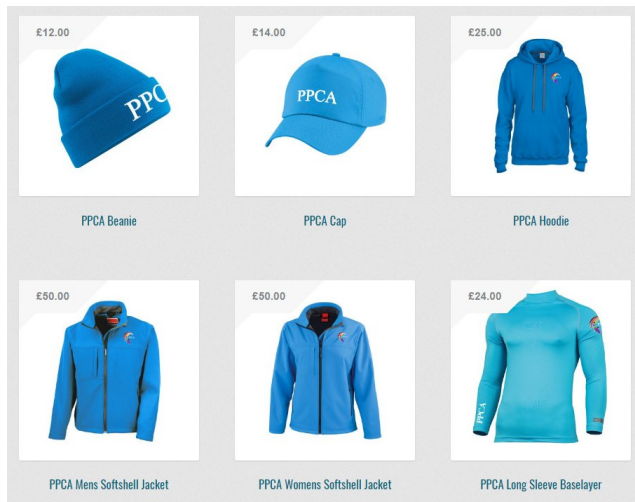
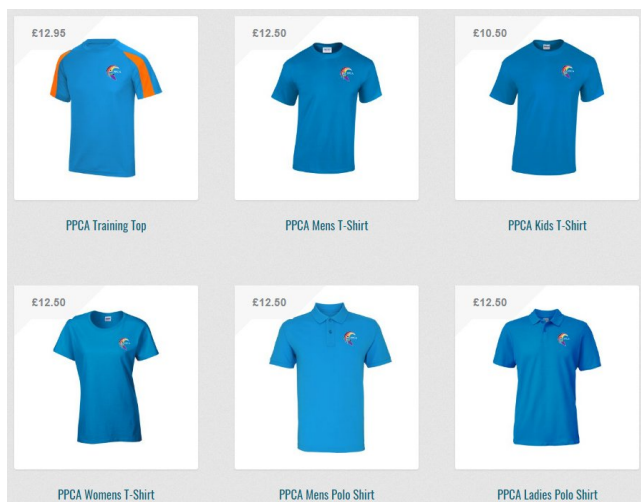


Exchange and Mart

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/>

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Personal performance self-assessment work sheet.

Use this work sheet to help keep track of the skills you have learned and to help work towards your future goals.

Below is a list (not exhaustive) of key paddling skills to help give you a reminder of key paddle strokes and skills.

Kayak paddling skills

- Launching
- Efficient forward paddling
- Stopping
- Reverse paddling
- Steering and control
(sweep strokes, stern rudder, low brace, bow rudder, running draw)
- Moving sideways
(Draw stroke, T stroke and sculling draw stroke)
- Preventing capsize
(support strokes, edge control)
- Egress from boat and storage
(slipway, pontoon, ladder, steps)

Safety and rescue

- Deep water rescue
- Eskimo rescue
- Capsize and swim
- Lifting and safe handling
- Towing and paddler recovery

Canoe paddling skills

- Launching
- Efficient forward paddling
- Stopping
- Reverse paddling
- Steering and control
(J stroke, bow rudder and running draw)
- Moving sideways
(Draw stroke, T stroke, sculling draw, pry and box strokes)
- Preventing capsize
(support strokes, edge control)
- Egress and storage
(slipway, pontoon, ladder and steps)

Safety and rescue

- Deep water rescue
- Capsize and swim
- Lifting and safe handling
- Towing and paddler recovery

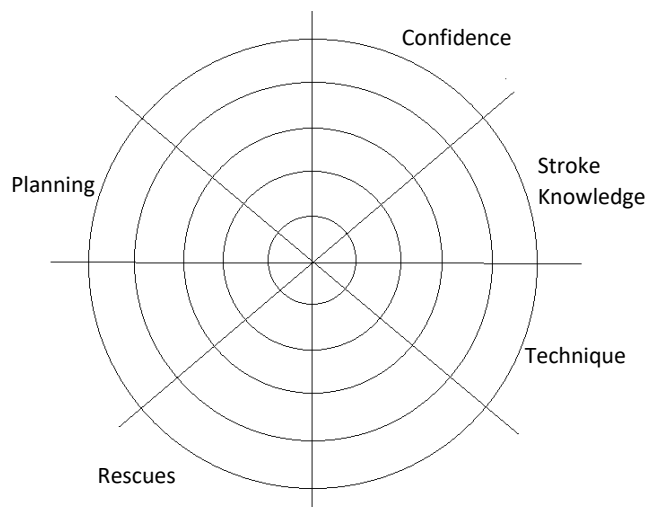
Planning

- Weather
- Tides
- Equipment and clothing
- Anticipated timings
- Anticipated hazards
- Emergency arrangements
- Transport arrangements

These can be used as a reference to have a think about which strokes and skills you are comfortable with and which ones you could improve on.

(Don't forget even if you feel you are happy with a skill or stroke you can always revisit to make it more efficient).

Paddler Overview



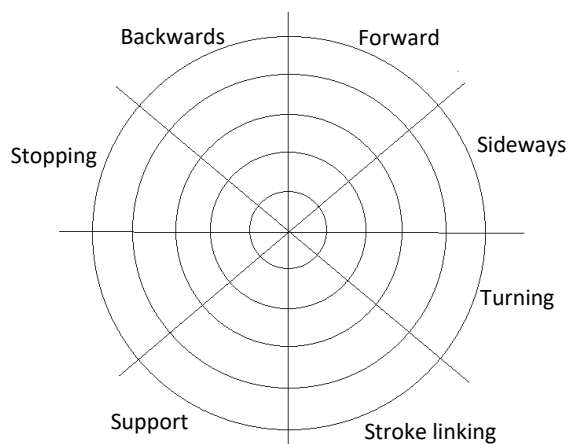
Have a think about the headings on the example charts and shade in the areas to the level you feel you have achieved so far (outside ring for not confident, working towards the centre for an acquired skill or technique). There are a few blank areas to fill in yourself for anything you wish to personally improve on. Consider other craft you may be interested in - For example you could fill the three blank spaces with sea kayak, canoe and SUP to help keep track of progress in these areas. Once you have shaded in the areas, you should have a good picture of where your strengths and weaknesses lie.

You may also want to consider where you paddle and how that might affect how you plan, for example rivers, sea, lakes or canals.

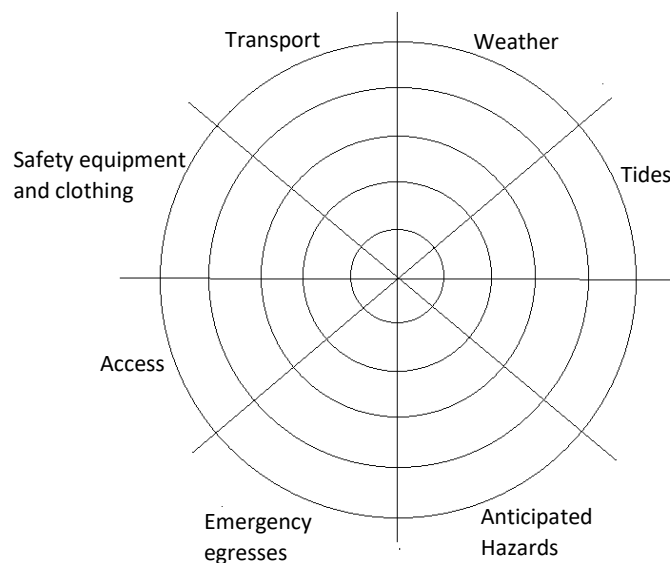
Take an area you would like to work on and draw a new chart. Break down that area into ways you feel will help increase your skills and knowledge. (If you use a waterproof notepad you can bring it to training sessions).

Use this information in discussions with your coach at coaching sessions to help you with useful questions to ask them to support working towards your goal.

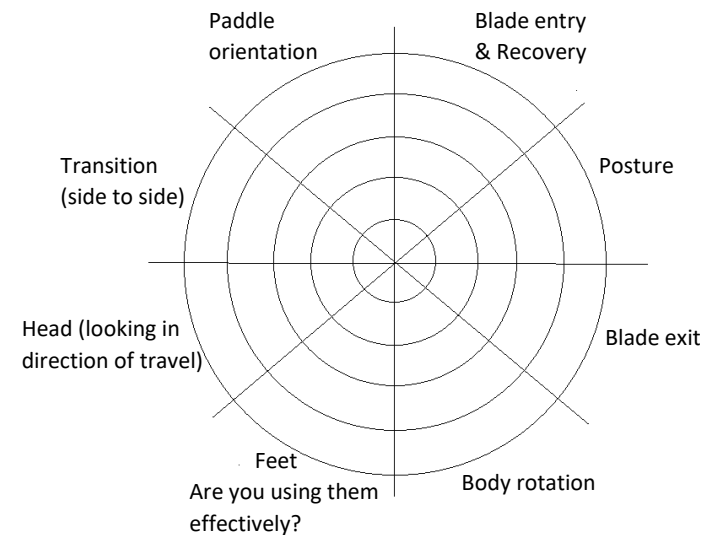
General Paddle Strokes



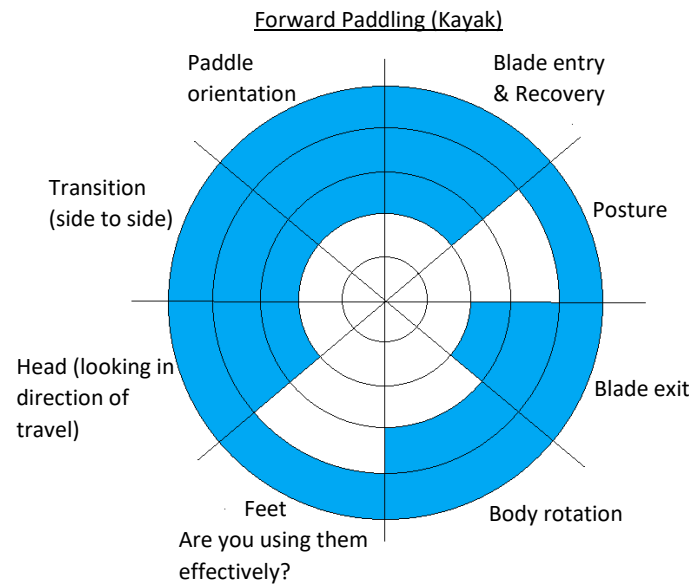
Planning



Forward Paddling



Here are some examples of using the charts to break down and consider two different paddle strokes in two different craft (however you can do a cross bow rudder on a SUP or even in a kayak). Think about how you apply the strokes and what aspects you feel comfortable with (shading in towards the middle as the more confident you become).



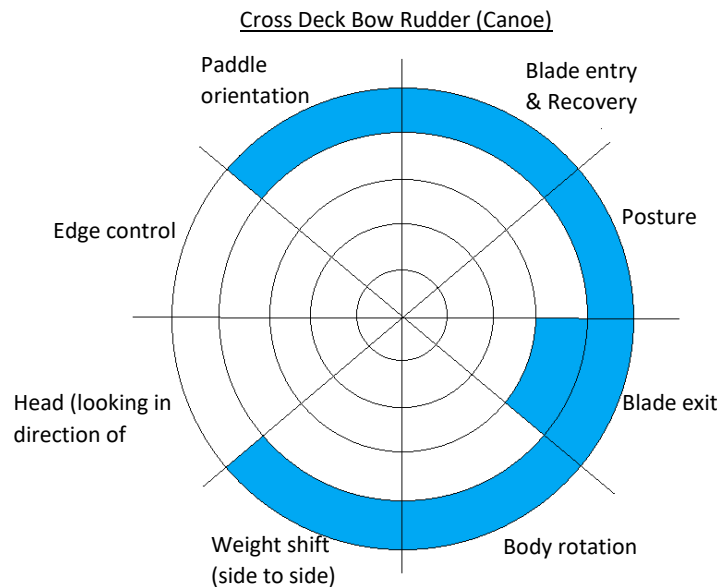
Forward Paddling (Kayak)

When I think about my forward paddling technique, I am confident that I am looking where I want to go. My paddle enters the water by my feet as I reach forward (winding up my trunk). I draw the paddle back close to the boat, while rotating (unwinding) my trunk. The paddle leaves the water by my hips with a slicing action and I reach forward on the opposite side to repeat.

(See - Blade entry & recovery, Paddle orientation, Blade exit and Transition on the chart.)

I am constantly checking my posture to make sure that I am in a good paddling position, along with trying to remember to put pressure through my feet to increase my stroke efficiency. I will work on these areas to help make them second nature to me, which should also help improve my body rotation.

Once I have worked on these weaker areas, I can test myself using different cadences and in varying situations and water types. This will help improve the stroke overall.



The Cross Deck Bow Rudder (Canoe)

This is a stroke which although I can do, I am not at all confident with it. The stroke involves placing the paddle on the offside (side not being paddled on), while moving forward in such a way to make the canoe turn away from my paddling side.

I understand where I want to place the paddle and how to orientate it in order to make the stroke work, however I nearly always look at where I am placing the paddle, and focus more on this than anything else.

This stroke can be made more effective by edging the boat. Primarily I paddle on the right-hand side, and while I am comfortable edging my boat to the right, edging the canoe to the left to aid this stroke is an area which needs work.

One reason for me wanting to improve this stroke is to give me another way to eddy out on the river. I failed to get into some eddies last season while trying this stroke, where I might have succeeded had I been able to edge harder.

Another reason this stroke is useful is that being able to turn away from my paddle side will always come in handy wherever I am paddling.