



# PPCA Newsletter

## February 2018



### Introduction

Welcome to February's Newsletter. This month, Joy congratulates people, Clive paddles in inclement weather, Mark gets wet, Adam keeps his phone dry and we have some mysterious flasks.

Please don't forget the evening talks and competitions. I've included the posters once again at the end of the Newsletter.

### Editorial

Adam sent in his piece on phone cases with a note saying that he hoped it might trigger some more articles on the topic of kit. This seems like an excellent idea. You only have to set foot in our friendly local paddling emporium to be overwhelmed by the variety of kit on offer from the highest to the lowest in terms of technology. The whole area is a minefield for the unwary or anyone without expert advice and any mistakes can be pretty expensive.

The subject of kit is subtly different for those of us in open boats. Rather than having to cram items into miniscule spaces, our dry bags are of the sort that would attract an excess baggage charge at airports and the debates are along the lines of "do I need two barbecues or can I get away with one if I take the Trangia and the Kelly kettle?"

That said, I have started a new section in the Newsletter entitled "Kit Chat" for anyone who wants to contribute. I look forward to articles such as "What to look for in trousers" and "A learned treatise on the relative efficacy of tow lines".

Ivor Jones

Newsletter Editor

## The Committee

Committee Post	Name	Club Email	Phone Number
Club Secretary	Bob Grose	ppca@ppca-canoe-club.org.uk secretary@ppca-canoe-club.org.uk	01803 849163
Club Leader	Ian Brimacombe	leader@ppca-canoe-club.org.uk	07720 957304
Welfare Officers	Jane Seigne Rebekka Stiasny	welfare@ppca-canoe-club.org.uk	07891 177768 07939 328981
Intro Course Coordinator		intro@ppca-canoe-club.org.uk	
Chair	Ken Hamblin	chair@ppca-canoe-club.org.uk	07828 652775
Vice Chair	Mark Perry	vchair@ppca-canoe-club.org.uk	07801 310993
Assistant Club Leader	Mandy Nicholls	acleader@ppca-canoe-club.org.uk	07801 367363
Membership Secretary	Adam Coulson	membership@ppca-canoe-club.org.uk	07834 286461
Treasurer	Tony Sicklemore	treasurer@ppca-canoe-club.org.uk	01752 268295 / 07779 497577
Equipment Officer	Pete Anderson	equipment@ppca-canoe-club.org.uk	07958 694434
Publicity Officer	Jacqueline Perry	publicity@ppca-canoe-club.org.uk	07523 965748
Youth Development Officer	Vacant	youth@ppca-canoe-club.org.uk	
Club President	Joy Ashford		01752 34425

## 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.

### Congratulations by Joy Ashford, President

I'd like to pass on my congratulations to two club members who have recently achieved some impressive qualifications. Well done both of you.

Gavin Bennett has completed the first part of his International Sea Kayaking Guides Association ([ISKGA](#)) award. This is comparable to a 3 star award but is designed for professional paddlers.



Cathy Harshaw has passed her 4 star open canoe

## Mountbatten Events 2018 by Adam Coulson, Membership Secretary

Some advance warning of upcoming events at Mountbatten and their likely impact.

Month	Date	Event	Notes
Feb	10&11	RYA Nacra 15 Training	Only 8 sailors, won't affect clubs
	18	Tower Open Day	£2 per ticket, open 11am-3pm - bookable
	23	Comedy Night	£19.95 per ticket - includes food. Members get 10% discount
Mar	9	Wedding	
	10&11	West Wiltshire Sailing PB Level 2	16 students
	10&11	National Deaf Childrens Society	
	30	Start of Easter Holidays	
	31	Easter Fayre	
Apr	15	End of easter holidays	
	28	Wedding	
May	5	Plymouth University Water Festival	Not confirmed but likely. Eastern Slipway could be busy
	7,8,9,10	Conference	
	12&13	Plymouth Pirates Weekend	
	12&13	West Wilts Youth Sailing	Approx 40/50 sailors
	14	SUP Polo night 1	Using the court in the area between the pontoon and slipway
	15	SUP Polo night 2	Using the court in the area between the pontoon and slipway
	25	Wedding	
	28,29,30,31	Topper Squad 1	
	29	SUP Polo night 3	Using the court in the area between the pontoon and slipway
	30	SUP Polo night 4	Using the court in the area between the pontoon and slipway
Jun	1,2,3	Topper Squad 2	
	13	SUP Polo night 5	Using the court in the area between the pontoon and slipway
	14	SUP Polo night 6 and mini festival	Using the court in the area between the pontoon and slipway, prize giving and more

Month	Date	Event	Notes
Jul	16	Wedding	
	16&17	PPSA Regatta	
	22,23, 24	D-Zeros	About 40 dinghys using western slipway
	23	Kayak Fishing	About 60-80 kayaks expected
	23	Eddystone race	
	30	Armed Forces Day	
	30	Wedding	
	7	Wedding	
	8	Dragon Boat Race	Charity event for Royal British Legion
	9,10,11, 12,13	Busiest week for school bookings	Potentially 140 children on site between 8:30-1600
	14	Cattewater Gig Club regatta	Based on the Grass by the pub but using our pontoon
	21,22, 23,24, 25,26, 27	Laser nationals	PYS controlling on water aspect, Car parks will be unavailable throughout the week but drop off zones made available.
	26	Start of Summer Holidays	
	28	Wedding	
Aug	8&9	National Firework Championship	
	18	Wedding	
	25	Wedding	
Sept	1	Wedding	
	13	Wedding	
	15	Wedding	
	16	Oncology BBQ	
	29	Wedding	

## Mountbatten Comedy Night, Passed on by Adam Coulson, Membership Secretary

As you will have seen from the (Mountbatten) list of events I circulated earlier this month we have a comedy night booked for 23<sup>rd</sup> Feb. I have now finalised the details which are below. However I wanted to put it out to you and your members first and have created a discount for Affiliate members. If booked online and the code AFFCOM is used each member will receive 10% off.

The price is normally £19.95 per head. This includes food before the acts which are:

Opening act is:

Tanyalee Davis, as seen on Live at the Apollo, The Last Leg and the John Bishop Show.

Headline act is:

Tony Law, as seen on Russell Howard's Good News, 8 out of 10 Cats, Never Mind the Buzzcocks, Have I got news for you, regular on the channel 4 show Does Doug Know and nominated for best show at the Edinburgh Comedy Awards. (amongst others)

There will also be a middle act and an MC on the night

Food will be served from 1830-1950 and the acts to start at 2000.

Hope to see some of you and your club there!

Andy Mossford, Operations Manager

Mount Batten Group of Companies

Mount Batten Watersports & Activities Centre

### Going With the Flow by Mark Upton

Bekky, Gavin and myself are enthusiastic white water paddlers who owe a lot to the club's coaches. Sometimes though you just have to sort things out for yourself which is how we came to be at the get in for the loop on a cold Saturday in January. The level was lowish but our spirits were high. We had all been struggling with our roll in moving water. There were various reasons but the common factor was the mental aspect. Gavin who can roll well on both sides was just bailing as soon as he went over. Bekky (who can also roll both sides) and I were fine (most of the time) when going over on purpose, when we went over for real it was a different story. Classic head up too soon and weak hip flick. I was also rushing my roll so wasn't setting up properly. We had decided the only way to rectify things was to get out there and practise, get used to the cold and the feel of the water swirling around us. We had agreed before hand on how many attempts at rolling we would have before attempting an Eskimo rescue or pulling the deck and bailing. We had also discussed the fact swimming was likely to happen at some point but that was fine considering what we were doing. Personally I can say that took the pressure off and made the day more enjoyable. It had the added bonus of us really pushing ourselves, especially when playing in the waves and features.

We started off just below Newbridge by doing a few flat water rolls. By the third one I was experiencing "ice-cream head" so paddled on down to the play wave 100 metres downstream. We had a lot of fun here and carried on down to Spitchwick. After a little deliberation we decided it was deep enough to roll in the moving water. It is a funny sensation, not like rolling in flat water at all. It can be harder to get your paddle to the surface, you can feel the water shaking your boat and flowing around your head. Something I hadn't noticed before was the sound of the water itself. I mentioned earlier struggling to get the paddle to the surface but sometimes the opposite is true. You go to set up and before you know it you are back the right way up, the current having done all the work for you. Anyone who surfs I am sure will have had the same experience. So up you've come, leaning back and unstable so you quickly move forward and get the next stroke in before the water tips you over again. Temporarily deafened by the water in your ears being held in by the ear protection on your helmet. Then you analyse your roll. Was it easy, effortless? Did you just make it and have to brace? If so what did you do wrong? Head up too soon? Weak hip flick? Poor set up? Air in your dry suit stopping you going over properly? Not sweeping back far enough? Paddle too deep? Or maybe a combination of some or all. Your paddling companions offer invaluable advice on what they have seen. So you go over again, tweak this or that and this time you're up with no effort and you get a confidence boost.

We carried on down the loop. Gavin threw himself over on purpose at the bottom of triple three but forgot to tell us. I had a roll for real after getting stuck in the stopper on spin dryer but it took two attempts. We all agreed we had got a lot out of the day and we'd had a lot of fun and a lot of laughs. We had all improved and our confidence was high. In fact it was so good we decided to do it again the week after.

One Saturday Paddle, two authors.

The forecast for Saturday 10 Feb was for force 5 SW wind and wet. It was Terry's paddle and he had put a note on the forum on the Friday evening advising that the Saturday paddle was cancelled. Who could blame him?

My plans for the day were to paddle the Upper Dart with a small group of paddlers but when we checked the river level in the morning it was too low to be worthwhile paddling. We needed a new plan.

The new plan was to meet with Jane Hitchings at Mount Batten and spend a couple of hours experiencing the predicted lively conditions. I can't possibly imagine how Jane has acquired the nickname of Mad Jane. Any clues?

At 10:00 the weather forecast was proving to be accurate. Drizzly rain was being driven along by a stiff breeze and there were more white horses in the entrance to the Plym than there are in a Lipizzan stud farm. Not deterred we got on the water and gently made our way towards Fisherman's Nose. I lied, that should read: Not deterred we got on the water and waged war with the wind and waves towards Fisherman's Nose. There was nothing gentle about it. Having reached Fisherman's Nose we turned left and eventually paddled into the Royal Corinthian Yacht Club harbour for a well earned rest.

Jane asserted that we were having fun so we paddled onto to Tinside where there were some people swimming wearing nothing more than just swimming costumes. And there you were doubting our sanity! Our next rest stop was in the harbour at West Hoe after which we made a bee line for Drakes Island. Paddling directly into the wind made for slow progress but it did give us a nice salty complexion. You can probably pay a lot of money for that sort of thing in some posh spa somewhere. Nicely dampened we stopped at the beach for coffee and looked around to admire the view. Grey sky, grey sea, grey buildings, grey boats, grey buoys, there must have been about 50 sha.... your ahead of me there aren't you? Well done.

Suitably refreshed we paddled in an anti clockwise direction around Drakes Island, encountering what would prove to be the largest waves of the day and still being buffeted by the wind. Sharing the water were Canada Geese, Cormorants and Shags, none of which appeared to be having the problems that we were experiencing. Still, none of them would be sleeping in nice snugly warm beds tonight so my jealousy was very short lived.

We noted that the Pilot boat was going out to sea followed by the Sutton Harbour tug. On such a grey and windswept day we realised that when these vessels returned with a coaster under their control it would be very unlikely that they would see us, or be able to take any evasive action if they did, so we agreed that we would keep an eye open and make sure that we didn't do anything foolhardy. (Once again I sense that you are ahead of me).

Although the wind was SW the swell seemed to be coming from a more southerly direction and would be described as messy by the surf forecasters. Any hopes of an exciting surf home were dispelled but the following wind did make for a quick crossing of the Sound.

Back off the water we agreed that we had had a jolly entertaining paddle, that we had used the time well to maintain our skills and that we had made good use of an inclement Saturday morning. We parted company at the changing room door expecting not to see each other again that day but oh how expectations can change. I had just finished my shower and was starting to dry off when there was a bang on the changing room door accompanied by Jane's voice saying, "Are you decent? I can't get my dry suit off." Gentle readers, I consider myself to be a jolly decent sort of chap but being I am also at least a little bit astute and realised that Jane was probably referring to my sate of dress, rather than how I take my place in society. Being suitable attired for a nudist beach I gave Jane the answer of "No" and then not wishing to give Jane the chance die laughing I wrapped a towel around myself and went to her aid. I told you that I was a decent sort of chap!



Conditions weren't easy but we had set ourselves a time limit and had agreed our route before we got on the water. We were never outside our comfort zone but instead had chosen to paddle in testing conditions on a day when staying at home may have seemed to be a more appealing option. We were well pleased with our little Saturday paddle.

## Jane's bit.

I would like to add that I'm known as Mad Jane because I paddle with Clive in force 5 winds, driving rain and like cold salt water running down my neck. This is when everyone else known to us has refused to paddle and decided to stay

Photo by Jane



The view from Drake's Island beach. How many shades of grey?

indoors in the warm and dry. Clive was hoping for some photos, proving how gutsy we were taking on the elements. I fear they got the better of me. The trouble with being 50 plus is you can't see anything without your reading glasses on so the instructions of my emergency phone were a blurred mystery. When I did finally work out how to use the camera, well it just all looked grey and having pulled off my spray deck to land on the beach and retrieve my flask, rogue waves just filled my boat with water. I had a second go off the back of Drake's island trying to get emulate Joy's style of photography and just got my paddle almost blown out of my hand. Wallowing in the messy swell was beginning to make me feel queasy so I had to put my artistic sentiments on hold. I did see a shag with its bum feathers nearly blown up its jacksie and that made me laugh!

With gritted teeth and two hands on my paddle I battled the elements back to Mount Batten. I thought my ordeal was over until I realised I was the only one in the women's showers and I couldn't reach the zip of my dry suit. Having considered my options and unsuccessfully tried hooking the zip in the-bars of the storage cage, I decided to disturb Clive. After all this whole escapade was his idea. What are best friends for if not to help one undress? Now don't misinterpret this folks it was a purely practical arrangement.

## Flask Frolics by Adam Coulson

I currently have two vacuum flasks stood on my desk who would very much like to be re-united with their owners. Unfortunately, being made of stainless steel, they have been unable to enlighten me as to their provenance. I can say



that they were both present on the Christmas paddle and were positioned on the picnic tables at Mount Edgecombe. On departure from that site there was an almighty muddle of hot drinks containers which I can only ascribe to the ingestion of some form of alcoholic punch and the subsequent high spirits. I had arranged a three way swap, but then it turned out that both flasks were not recognised by those who had lost them! The one on the left is a somewhat battered 750ml model and that on the right a pristine condition 500 miler. Therefore I am appealing for anybody who was on that trip and recognises their drinks container to come forward and we will arrange an exchange of ~~hostages~~ flasks. Contact me at [ppecamembership@yahoo.co.uk](mailto:ppecamembership@yahoo.co.uk) or on 07834286461 to negotiate terms.



## Events

### 2018 PPCA Bake a Cake Competition by Mary McArdle

Calling all paddlers (note, this competition is open to novices and bakers alike). Please put your culinary skills to the test and enter the PPCA 2018 cake competition. Over the years the PPCA has enjoyed the addition of homemade cakes on some of its paddles bringing much good cheer and renewed energy to hungry kayakers. To celebrate this we are reinstating the PPCA Cake Competition; the rules are simple:

1. The cake must be home-made
2. It must be suitable for being carried in a kayak

The 2018 Cake Competition will take place in Pomphlett Methodist Church, Pomphlett Road, Plymouth, PL9 7BL following a presentation by our very own Terry Calcott on 'Plymouth Sound – a view from the sea' on Wednesday 28th February, doors open 1830hrs for 1900hrs. Tea and coffee will be available so eat a light tea and come with your cake to sample the best the PPCA has to offer. Above all, ENJOY the experience and you may be the one who is presented 'PPCA Cake Maker of the Year' or maybe the wooden spoon (with a difference). Be assured, there will be fun, laughter and prizes.

See you there

### PPCA Photograph Competition by Terry Calcott

The PPCA will be running a photograph competition over the winter months.

The theme of the competition is paddlesport so please submit photographs along those lines. They could include landscape, wildlife, people, action, humour. This is a fun amateur competition open to all club members. So dig out those photos or get snapping. Give any photos entered a suitable title.

The closing date for entries will be **Sunday 4<sup>th</sup> March 2018**, with judging being carried out by David Scott wildlife artist and photographer. Entries will be displayed on the club forum and Facebook page.

The winner will be announced and all entries displayed at the club winter lecture on Monday March 19<sup>th</sup> 2018.

#### **Rules:**

Entrants must be PPCA members. All photos entered must be your own work and taken in 2017 up until the competition closing date in 2018.

Max of 3 photos per entry.

#### **Prizes:**

For best photo and the runner up.

Please submit your entries by e-mail to [terryC1@blueyonder.co.uk](mailto:terryC1@blueyonder.co.uk)

## Swim Safety Event Award, April 21<sup>st</sup> by Bob Grose, Secretary

A message from Dan Tolchard of BCU Lifeguards

I have today secured the Mount Batten Centre for April 21st to run the SESA course.

Initially it will be open to 10 PPCA members (12 if a coach is amongst that number)

There is a large regional demand for this course so if the spaces aren't filled by March 21st I will advertise it nationally.

The SESA training is recognised as an 18 month coach update course.

The course fee will be £35 pp (£38 for non BC members) and includes fee for certification.

More importantly the course is jam packed with theory and practical skills that will help improve skill and awareness for any paddlers who escort swimmers.

For more info, syllabus and pre requisites follow this link.

<http://bculifeguards.org.uk/swim-event-safety-award-sesa/>

Bob Grose has done this training in Penzance so you may want to ask him about it.

Dan Tolchard  
BCU Lifeguards  
07870 666906  
01736 366784  
[dantolchard@gmail.com](mailto:dantolchard@gmail.com)

## Electronics All at Sea by Adam Coulson

Having tried various pouches to keep electronic devices dry I thought that I would pen a short article for the newsletter on the topic. This reflects only my experience and other makes of waterproof case are available. Perhaps we could start a feedback column!

Water and circuit boards don't go well together, especially sea water, which leaves salt crystals as it dries and encourages oxidation. My first waterproof pouch was



an Aquapac as pictured. This relies on the cam like action of the closures to squeeze the two surfaces of the pouch together to form a seal. My example never altogether achieved that and the content was invariably at least damp on it's recovery at the end of a paddle.



After this I decided to go for a different type and bought a small Overboard "Waterproof Phone Case". This works by



two sliders squeezing the two sides together to form the seal. This worked better and had to be replaced as the next smart phone was bigger. It is so clear that in theory you can take photos though the case – the only limitation being my eyesight and not being able to see the controls inside a wet case. However, there would still be a small amount of dampness inside – "no problem" I thought as the phone was marketed as being "water resistant". However, a short time later the phone refused to function and the rust inside revealed the nature of the problem. An expensive replacement! I still use an overboard for car keys but with the precaution of the keys being sealed in two ziplocks inside. The Mountbatten staff still take possession of soggy £10 notes in exchange for coffee from time to time. At least the new style notes are waterproof! I keep old



silica gel pouches to store in the pouches to help manage condensation.

Of course, ideally you would bury your phone double wrapped and deep in a drybag in the boat. However this is no



use at all if it's to be available to summon help in an emergency. Therefore, not wishing to put my smartphone at risk I bought a simple, cheap phone with PAYG SIM card that is carried in PFD. Having large manual buttons rather than a touch screen makes it easier to punch in "112" with cold hands. I've yet to work out how to program this number into the large "Emergency Call" button on the back of the phone. My latest phone case is made by Gooper and has proven to be the most reliable to date. It is highly transparent and like the others comes with an adjustable lanyard. The closure on this is by rows of magnets in the neck of the pouch. Not only do these squeeze the two sides together as with the other, but also roll the neck over once to improve the seal. So far, no water

has ever penetrated this pouch. The other major benefit is that it is not possible to accidentally fail to close it properly – its natural default position is closed and sealed. The closure device is slightly slimmer than the other types. I don't see many of them about but am happy to demonstrate it to anybody – I would buy another. Last word of warning – depending on the weight of your phone, these may not float!



## 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)

## Club Calendar

As ever, please remember that the definitive calendar is on the [website](#) and what's printed below, while correct at the time of going to press, is liable to change depending on the weather or the whim of the coach.

### Saturday, 3 February

10:00 Sea Paddle - Clive Ashford 01752 344425

10:30 Short Recreational Paddle - John Mitchell

### Sunday, 4 February

09:00 River Trip - Ken Hamblin 07790293952

### Saturday, 10 February

10:00 Recreational Paddle - Terry Calcott

### Sunday, 11 February

09:00 River Trip -Chris Doidge 07973 285969.

### Saturday, 17 February

10:00 Recreational Paddle - Ian Brim

### Sunday, 18 February

09:00 River Trip -Clive Ashford 01752 344425.

### Saturday, 24 February

10:00 Recreational Paddle - Joy Ashford

### Sunday, 25 February

09:00 River Trip - Doug Sitch 07966 740025

### Wednesday 28 February

18:30 for 19:00 "Plymouth Sound – A View from the Sea" by Terry Calcott followed by the 2018 "Bake a Cake" competition. Pomphlett Methodist Church, Pomphlett Road, Plymouth, PL9 7BL. Tea & Coffee available.

### Saturday, 3 March

10:00 Sea Paddle - Terry Calcott

### Sunday, 4 March

09:00 River Trip - Clive Ashford 01752 344425.

Closing date for photographic competition

Saturday, 10 March

10:00 Recreational Paddle - Joy Ashford

Sunday, 11 March

09:00 River Trip - Doug Sitch 07966 740025

Saturday, 17 March

10:00 Recreational Paddle - Andy Kittle

Sunday, 18 March

09:00 River Trip - Ken Hamblin 07790293952 last river trip

Monday 19 March

18:30 for 19:00 A presentation by Wildlife Artist and Phtographer David A Scott. Pomphlett Methodist Church, Pomphlett Road, Plymouth, PL9 7BL. Tea & Coffee available.

Saturday, 24 March

10:00 Recreational Paddle - Ian Brim

Saturday, 31 March

10:00 Recreational Paddle - Clive Ashford



## DIARY DATE

### The Port of Plymouth Canoeing Association presents:

#### *Plymouth Sound – A view from the sea*

Followed by

#### *The 2018 ‘Bake a Cake’ competition*

Wed 28<sup>th</sup> Feb 2018, doors open 1830hrs for 1900hrs

At Pomphlett Methodist Church, Pomphlett Road,  
Plymouth, PL9 7BL. Tea & Coffee available.



We offer you ‘Plymouth Sound – a view from the sea’. A presentation by a club member and enthusiastic amateur local historian, Terry Calcott. Come along and discover more about the history of this beautiful part of our coastline.

Then we have our very own annual ‘Bake off’! Bring along your own cake to see if you will walk away with the winner’s cup, or will it be the loser’s wooden spoon? Further details will be promulgated in due course.



## DIARY DATE

### The Port of Plymouth Canoeing Association presents:

#### A presentation by Wildlife Artist & Photographer David A Scott

Followed by

#### PPCA 2017/18 Photo of the Year Competition

**Mon 19th Mar 2018. Doors open at 1830hrs for tea & coffee. The lecture commences at 1900 hrs.**

**Pomphlett Methodist Church, Pomphlett Road, Plymouth, PL9 7BL**

David Scott was educated in Plymouth and lives in Devon. He travels extensively across the globe in search of subjects to paint or photograph. He also maintains a sanctuary for a wide variety of different species of birds. His other passion is being a licensed ringer for the British Trust for Ornithology where he is involved with discovering nests & the monitoring of birdlife.

The second part of the evening is the PPCA Photo of the Year competition, full details will be promulgated in due course but main points are a) photos must have been taken during 2017/2018 and b) the photos should reflect the ethos & purpose of the PPCA.



Note: All photos courtesy of David A Scott <https://www.dascottartist.com/>.



# Swim Event Safety Award (SESA)



On 21st April 2018 for PPCA members

## Purpose of Award

The purpose of the award is to provide the candidate with the necessary skills and knowledge to work as part of a water safety team at any water based event where open water swimming is involved.



- £35 per person (£38 for non BC members)
- 1 day course 9-5.30pm (Saturday 21/4 TBC)
- 10 spaces available
- Pre booking & payment required
- Trainer/assessor Dan Tolchard [dantolchard@gmail.com](mailto:dantolchard@gmail.com)

**SESA course is a recognised coach update course (18 months)**

Pre requisites and syllabus here:-

<http://bculifeguards.org.uk/swim-event-safety-award-sesa/>