



Port of Plymouth Canoeing Association

Wet News 92. June 2014.



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July edition of Wet News.

Items for inclusion in the July edition of Wet News to reach the editor, Clive Ashford, by 21:00hrs on Saturday 5 July please.
Publication date Sunday 6 July.

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The editor (Clive Ashford) reserves the right to edit / reject items submitted.

Disclaimer. Opinions expressed in this newsletter do not necessarily reflect those of the PPCA.

The prologue.

I had caught a glimpse of a bird as it flew up into a tree and was standing gazing up into the branches, trying to see what it was, when a twitcher type wandered along the track and asked me to describe what I had seen. I finished my description by saying this bird had a pointy nose, which garnered the rather haughty response, "I think you will find that's called a beak." Well you live and learn and I learnt that twitchers lack a sense of humour.

From the minutes.

There are some items from the minutes of the May committee meeting (copy attached) that you may be able to help with. (Note to Secretary Bruck, this proves that I've read the minutes, I may be the only one).

- 1) Do you know anything about our trustees Roger Davis or Chris Spanner? If so can you contact Chris Doidge please.
- 2) Please don't tie knots in the spray deck elastic cords.
- 3) Please ensure that you put away any club equipment that you use on a Tuesday evening. (Or on any other club event).

Jane Hitchings.

We have all got used to seeing Jane Hitchings wandering around with her pirates eye patch but she has now had an operation to remove a brain aneurism, which should eventually give Jane back her normal vision. The recovery process will be slow and during this period she has to take it easy. If you see Jane please wish her well but keep reminding her of the need for patience.

Bob Frost

Bob Frost, the PPCA's answer to Steven Spielberg and the oldest rocker in town, is also on our sick list. Bob has ongoing problems with his back and is currently on crutches. Like Jane we wish Bob a full recovery but again stress the need for patience.

10th May.

On a blustery 10th May Tony Blackmore ran a successful beginners course by making use of the sheltered waters in the vicinity of Mount Batten to keep his charges safely out of the strong winds.

On 10th May Joy Ashford cancelled the planned Saturday trip due to strong winds leaving nowhere suitably sheltered to go for a day's paddle.

On 10th May the gig club had to call out the inshore lifeboat to tow a beginners crew, who were unable to make headway against strong winds, into Mount Batten from the Cattewater.

The ability of our session leaders and coaches to keep the PPCA's adventures safe and enjoyable is thus ably demonstrated. Let's be grateful, we are lucky people.

55 miles.

Anyone fancy walking 55 miles? Anyone fancy doing that over 2 days over a wet and soggy Dartmoor carrying all the camping gear and food you need to survive such a challenge? Anyone able to navigate for 55 miles over wild and remote countryside? It makes my feet hurt just writing about it but this is the annual 10 tors challenge and is exactly what James Mitchell and George Hamblin (in different teams) did over the weekend of May 10 – 11. Nothing to do with paddling but it's brilliant to see our youth members achieving, well done both of you.

Photo from the BBC website.



The scene at Okehampton Battle Camp as 2400 young people start the 2014 10 tors challenge.

4 star sea kayak assessment. (Anthony Graves).



I chose to go and redo my 4* training prior assessment, which I would recommend to anyone thinking of taking the assessment. I went to Skyak Adventures as having paddled with them twice last year they are THE sea kayak specialists, and during my 5 days there I got training and feedback from 3 different 5* coaches as well as Gordon Brown, which I find really useful. They also have a reputation for finding the appropriate conditions (or more) for the level, so you know absolutely that you will be learning in the conditions you need to extend your skills. Not to mention that the West Coast of Scotland is a fabulous place to paddle! There were 12 kayakers enrolled for the training, which gave me a false sense of security, as it turned out that I was

the only one who had signed up for the assessment! However 3 of the trainees had signed up as assessment guinea pigs, so I would at least know a few of the people I would be leading on assessment. Two other candidates had signed up for just the assessment.

Day 1 - Training. A beautiful sunny day, perfect kayaking conditions.... not enough wind, so we did the Navigation and tidal planning module. Anyone who has done Andy's course will find this pretty straight forward, although interesting to work in an area that is not your usual paddling area. Looked at safety gear and kayak setup.

Day 2 - Training. A little more wind 2-3, practiced, towing scenarios, contact tows, rolling, self rescue, landing on rocky shore and a couple of injury/casualty scenarios, incident management, boat repairs at sea.

Day 3 - Training. Steady F4 with gusts so perfect, with some swell and white tips to waves. Leadership, group control, navigation, rolling & self rescue in rough water, group rescues, more towing (there is always more towing!). This was a long day and we looked at the effects of tiredness and cold! This summary really doesn't do justice to it, as everything is interwoven, and above all a great deal of fun. After the training you get feedback on your level, and areas you could work on and where you might be in relation to assessment. Given that my assessment was to follow, there were kind enough just to give a few words of encouragement. I would thoroughly recommend that any 3* paddler who sea kayaks fairly regularly, to take the 4* training, you will find it really useful, many people just do the training so there is no pressure to be assessed if you don't feel the need.

Day 4 - Assessment. Steady F6 gusting 8.... oh *good heavens above!* (Comment at editors discretion). All personal changed so our assessor Ken, was unknown to me, and we also had Nick being assessed as a 4* assessor. The day is essentially a journey; you plan it and lead it, except that the chances of reaching your destination is zero, on account of the extraordinary array of accidents and incidents that miraculously occur in a single day of paddling! You plead with the group to behave themselves, safe in the knowledge that they will fall unconscious in the most inconvenient of places. Ok so it's not quite that bad, it's just a journey with an incident or two thrown in. You take turns in leading the group, and have an assistant who is also one of the candidates. Despite the inherent pressure of being assessed it is still a great deal of fun, its light but serious all at once. It is quite a step up from training as you are on your own, and outside of the incidents you might be asked a variety of questions on navigation, how long to reach point x, buoyage, vhf use, etc. You also have to demonstrate your personal paddling skills, not formally as in 3*, but just as you manage your group, rescue paddlers, and generally move about on the water. Plus rolling and self rescue in rough water. You have to boss your show a little bit, and may have to make decisions that contradict the assessors instructions if you have good reason to do so. As an assistant you are more likely to be towing/rescuing under the instruction of the leader, than you would as the group leader where the whole group management is key to success. So both rolls are equally important in the assessment process.



Given the conditions of the day, we chose to paddle in the shelter of some skerries on the far side of the Skye bridge, but we had the situation where it was too calm in the shelter of the islands, but too windy beyond them. After leading the group through an 'incident' (bad cut to paddlers hand close to rocks) on the calmer side, we went out into the 3kt tide race that runs under the Skye Bridge. If you venture onto the sea you will know that f6 wind over a 3kt tide is a recipe for excitement, and so it proved! (If you don't venture onto the sea, don't try this first). We did rescues, group control, ferry gliding, rolling and self rescues, in the tide race. The 4* award says that you need a rough water roll on one side only, I have this plus a reasonable re-entry and roll, and with my practise in the pool this winter had not missed a single roll throughout the training days.... not here though. I can't recommend learning something for the first time during an assessment, but I found that in fast water with wind over I could not invert under my boat in preparation to roll up, I capsized to about 60 degrees and that's as far as it goes! Swam twice and got pretty frustrated. In normal circumstances that might have been a fail, but we where well beyond 4*

conditions, so we had an opportunity to repeat the exercise the following day, in just plain ol' rough water.



Day 5 - Assessment. Steady F4 with gusts. Perfect conditions with some swell. The same as Day 4 to plan and lead a journey. Today we paddled from Elgol, which is the most stunning place to paddle, with fabulous views across to the Cuillin mountains. The headland is predominantly cliffs so on the Lee shore you get a bit of clapotis and few easy landing. I lead the group first, my incident was a breathing but unresponsive body, face up, capsized 5m from the cliff, then half way through sorting out a scoop rescue, double tow, call coastguard etc, they throw in another capsize. This is a typical scenario, and they give you a lot to think about in quite a short space of time. If you volunteer as a 4* guinea pig, you need to dress for immersion! Our lunch stop was sitting on slabs of rock with one of the finest views I know, finished my leading, just the roll to go. By this time though the little rolling gremlins where in my head, failed the first roll... turned into a self rescue with paddle float, so that was ok, failed second roll, lay in the water with the gremlins in full control! Re-entry and roll, ha ha, so that was ok, a few calming words later, roll up..... and fall in again, roll up.... and stay up! Now I have a good reliable roll that I can perform in 4* conditions, but add a couple of failures and the

pressure on an assessment, and things can slide away very easily. Mightily relieved, and I will be practising my roll on both sides regularly.

Once off the water you really don't know the result, I had an idea of what went well and things I could have done better, but it is the nature of the assessment that you can't get everything right. I was delighted to have passed, and have come away with a long list of things to consolidate on and improve. Having done it I feel more of a sense of achievement than I thought I would at the start, it is not easy but very well worth the effort. A week of superb paddling on Skye making new friends, pass or fail there is no downside; it's also a lot of FUN!

Old Nosey, our roaming reporter...

...reckons that keeping your sandwiches in the fridge is a good way of keeping them fresh, but warns that if they are still there when you want to have lunch on a Cornish beach then you are likely to lose weight. Super slim Terry Calcott knows this.

Discounts.

The following traders have been known to give PPCA members discount. If you know of any more, or find any of this information to be incorrect, please let your editor know.

AS watersports, Exeter. 5% or 10% dependant on what you are buying and on production of your PPCA membership card,

Camel Canoe & Kayaks, Wadebridge.

10% on production of PPCA card.

Cotswold Outdoor. (Plymouth branch only). 15% on production of your PPCA membership card.

Endless River Adventure. 10% Until 1/9/14 on orders over £30 and quoting reference ERPPCM10

<http://www.endlessriver.co.uk/>

Kayaks & Paddles, Plymouth. 15% on production of PPCA membership card.

Marine Bazaar, Sutton Road. "What he feels like" for mentioning PPCA.

Mount Batten Bar. 5% on production of current Mount Batten membership card.

Wild Things, Redruth. 10% to club members. Tel 01209 211977 <http://www.wildthings-canoes.co.uk/>

Picture Bazaar
Photo and caption by Terry Calcott



Buoys talk from the girls.

**That's all folk; see you somewhere cold and wet.
Good paddling,
Clive.**

Diary dates.

These diary dates are correct at time of going to print, please check the website forum or speak to the session leader for any changes nearer to the event.

Date	Type of paddle	Location	Session leader
June.			
Mon 2, 18:00	Paddlepower	Mount Batten	Ian Brimacombe / Linda Brady
Tues 3, 18:00	2 star training	Mount Batten	Jane Hitchings
	3 star training	Mount Batten	Andy Nicholls
	3 star plus	Mount Batten	Doug Sitch
	Open boat	Mount Batten	Martin Mills
	Recreational paddle	Mount Batten	Terry Calcott
Thurs 5, 18:00	1 star course (a)	Mount Batten	Chris Doidge
Fri 6, 18:00	Sportivate (a)	Mount Batten	Sammi Pluckrose
Fri 6.	There is no open boat session this week.		
Sat 7, 09:00	1 star course	Mount Batten	John Mitchell

June (continued).

Sat 7, 10:00	Sea kayak paddle	Mount Batten	Terry Calcott 07828 652775. <i>The club sea kayaks can be booked with the Club Equipment Officer, Alan Ede, by a text to 07799 556876 or an e-mail to alancede@hotmail.co.uk</i>
Sat 7, 10:30	Intro rec paddle	Mount Batten	Tom Clarke 01752 208735.
Mon 9, 18:00	Paddlepower	Mount Batten	Ian Brimacombe / Linda Brady
Tues 10, 18:00	2 star training	Mount Batten	Jane Hitchings
	3 star training	Mount Batten	Andy Nicholls
	3 star plus	Mount Batten	Doug Sitch
	Open Boat	Mount Batten	Martin Mills
	Recreational paddle	Mount Batten	Terry Calcott
Thurs 12, 18:00	1 star course (a)	Mount Batten	Chris Doidge
Fri 13, 18:00	Open boats	Mount Batten	Ian Ruse 07980 355019.
Sat 14, 10:00	Recreational paddle	Mount Batten	TBA
Mon 16, 18:00	Paddlepower	Mount Batten	Ian Brimacombe / Linda Brady
Tues 17, 18:00	2 star training	Mount Batten	Jenny Nicholls
	3 star training	Mount Batten	Phil Cleeve
	3 star plus	Mount Batten	Ken Hamblin
	Open Boat	Mount Batten	Ted Fearon
	Recreational paddle	Mount Batten	TBA
Thurs 19, 18:00	1 star course (b)	Mount Batten	Buck Taylor
Fri 20, 18:00	Open boats	Mount Batten	Ian Ruse 07980 355019.
Sat 21, 09:00	Taster session	Mount Batten	John Mitchell
Sat 21, 10:00	Recreational paddle	Mount Batten	Joy Ashford 01752 344425.
Mon 23, 18:00	Paddlepower	Mount Batten	Ian Brimacombe / Linda Brady
Tues 24, 18:00	2 star training	Mount Batten	Jenny Nicholls
	3 star training	Mount Batten	Phil Cleeve
	3 star plus	Mount Batten	Ken Hamblin
	Open Boat	Mount Batten	Ted Fearon
	Recreational paddle	Mount Batten	TBA
Thurs 26, 18:00	1 star course (b)	Mount Batten	Buck Taylor
Fri 27, 18:00	Open boats	Mount Batten	Ian Ruse 07980 355019.
Sat 28, 10:00	Recreational Paddle	Mount Batten	Neville Cannon 07773 342787.
Mon 30, 18:00	Paddlepower	Mount Batten	Ian Brimacombe / Linda Brady
July.			
Tues 1, 18:00	2 star training	Mount Batten	Jenny Nicholls
	3 star training	Mount Batten	Phil Cleeve
	3 star plus	Mount Batten	Ken Hamblin
	Open boat	Mount Batten	Ted Fearon
	Recreational paddle	Mount Batten	TBA
Thurs 3, 18:00	1 star course (b)	Mount Batten	Buck Taylor

July (continued).

Fri 4, 18:00	Sportivate (b)	Mount Batten	Sammi Pluckrose
Fri 4, 18:00	Open boats	Mount Batten	Ian Ruse 07980 355019.
Sat 5, 09:00	1 star course	Mount Batten	Phil Cleeve
Sat 5, 10:00	Sea kayak paddle	Mount Batten	Terry Calcott 07828 652775. <i>The club sea kayaks can be booked with the Club Equipment Officer, Alan Ede, by a text to 07799 556876 or an e-mail to alancede@hotmail.co.uk</i>
Sat 5, 10:30	Intro rec paddle	Mount Batten	Tom Clarke 01752 208735.
Mon 7, 18:00	Paddlepower	Mount Batten	Ian Brimacombe / Linda Brady
Tues 8, 18:00	2 star training	Mount Batten	Jenny Nicholls
	3 star training	Mount Batten	Phil Cleeve
	3 star plus	Mount Batten	Ken Hamblin
	Open boat	Mount Batten	Ted Fearon
	Recreational paddle	Mount Batten	TBA
Thurs 10, 18:00	1 star course (b)	Mount Batten	Buck Taylor
Fri 11 – Sun 13	Roseland Weekend	St Just in Roseland	Mary McArdle 01752 881166 <i>See March newsletter / website forum for details of the sea kayaking weekend.</i>
Fri 11, 18:00	Sportivate (b)	Mount Batten	Sammi Pluckrose
Fri 11, 18:00	Open boats	Mount Batten	Ian Ruse 07980 355019.
Sat 12, 10:00	Recreational paddle	Mount Batten	Ian Brimacombe 07720 957304.
Mon 14, 18:00	Paddlepower	Mount Batten	Ian Brimacombe / Linda Brady
Tues 15, 18:00	2 star training	Mount Batten	Andy Kittle
	3 star training	Mount Batten	Andy Nicholls
	3 star plus	Mount Batten	Chris Doidge
	Open boat	Mount Batten	Ian Ruse
	Recreational paddle	Mount Batten	Terry Calcott
Thurs 17, 18:00	1 star course (c)	Mount Batten	Damean Miller
Fri 18, 18:00	Sportivate (b)	Mount Batten	Sammi Pluckrose
Fri 18, 18:00	Open boats	Mount Batten	Ian Ruse 07980 355019.
Sat 19, 09:00	Taster session	Mount Batten	Andy Nicholls
Sat 19, 10:00	Recreational paddle	Mount Batten	Ken Hamblin 01752 365404.
Mon 21, 18:00	Paddlepower	Mount Batten	Ian Brimacombe /
Tues 22, 18:00	2 star training	Mount Batten	Andy Kittle
	3 star training	Mount Batten	Andy Nicholls
	3 star plus	Mount Batten	Chris Doidge
	Open boat	Mount Batten	Ian Ruse
	Recreational paddle	Mount Batten	Terry Calcott Linda Brady

Advanced notice.

Sept 26 – 28 Sea symposium Mount Batten
Details TBA