



PPCA Newsletter September 2021

Introduction

Welcome to September's Newsletter. This month we have news of a Memorial Paddle for Bob. In other news, Andy navigates the byzantine structure of BC's CPD awards, Adam finds new and interesting ways of getting wet and Clive takes us on another away day.

Editorial

As someone who has had to complete CPD returns at work for more years that I care to remember, I can sympathise with Andy's struggle to get his CPD uploaded. Hopefully his guide will be of some use to anyone in a similar position. My apologies to Andy if some of his screen captures haven't come out very well but hopefully it all makes some sort of sense. As he says, it's not just for coaches and I spent a fascinating few minutes improving my knowledge of buoyage.

Incidentally, one of Andy's screen captures implies that BC recognise 3911 events as qualifying for CPD. I wonder if anyone other than Clive has done them all.

I've had a recurrence of the issue whereby Google takes an irrational dislike to an article and sends it to spam. I will try to acknowledge all contributions as quickly as I can so if you haven't heard from me after a couple of days, please chase me. The newsletter needs all the contributions it can get.

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 from the usual suspects plus a newcomer - Gillian Mann.

Advance Notice of a Memorial Paddle for Bob Grose

The PPCA is planning a short paddle for any craft on September 25th followed by a buffet lunch and a lot of reminiscing about our dear friend Bob who died at the end of last year. We will launch from Mountbatten at 10:00 and lunch on an accessible beach.

We will request savoury or sweet dishes to share nearer the time for a suitable smorgasbord. We hope that Jane Grose will be joining us for lunch and we have invited (not confirmed) a representative of the RNLI to attend in order to receive a cheque from the sale of Bob's gear.

This trip is open to any cub member or paddle buddy of Bob's. We plan for a celebration and happy reminiscences and hope that as many as possible will join us.

Port of Plymouth Canoe Association

CPD Points by Andy Kittle

This is aimed primarily at coaches but may be useful for anyone.

I had a BCU email saying that in 6 months, my coaching credentials (CPD - Coaches Personal Development) will be out of date (you have to update every 3 years to stay current). I think many like me will soon get the call soon as it's nearly 3 years since we all did the new system's E-learning course on the new Paddlesport grading setup. I wanted to update the easiest and cheapest way possible for me and the club (they usually contribute half the costs). I have a way around it to get current (for free with little time and effort but fully above board with the BCU). I have attached a file with more detail in, but willing to be contacted if anyone wants. I basically undertook four FREE BCU courses from their list, each of which was worth 5 points, of a required 20 points by Feb next year. These courses can be done by anyone, not just BCU members so could be useful. I did the courses but had lots of pain, getting them approved (uploading them), but eventually got there. It's still fresh with me now but I can forget. I have added some links of the courses that I did (click on the titles in blue below), for anyone to have a look. There are other FREE options for people too, like a webinar that I signed up to as a backup, worth 10 points. The important thing is I did it from home, for free.

[Mentoring](#)

[Leadership](#)

[Buoyage](#)

[Introduction to Environmental Awareness](#)

To see your coaches update status, login to the GoMembership!, and navigate to

Before

Coach Update Status [Update My Information](#)

Your first aid award is due to expire on: 14/03/2024 [More Information](#)

Your Safeguarding training expires on: 24/04/2022

Your membership is valid until: 10/02/2022

[Buy Membership](#)

Continuous Professional Development [More Information](#)

Your recorded CPD is valid until: **09/02/2022**

[Apply for CPD Extension](#) You currently have 10 points.

Provider Finder

I would like my Provider Role information and contact details to be shared via the Find a Provider section of the British Canoeing Website. I understand that it is my responsibility to ensure the contact details are correct and that my profile will only be shown if I meet Coach Update Status and accept the use of my personal data as outlined in the [Privacy Policy](#).

Provider Finder Box: No

Not Set

After

Coach Update Status [Update My Information](#)

Your first aid award is due to expire on: 14/03/2024 [More Information](#)

Your Safeguarding training expires on: 24/04/2022

Your membership is valid until: 10/02/2022

[Buy Membership](#)

Continuous Professional Development [More Information](#)

Your recorded CPD is valid until: **01/09/2024**

[Apply for CPD Extension](#) You currently have 0 points.

Provider Finder

I would like my Provider Role information and contact details to be shared via the Find a Provider section of the British Canoeing Website. I understand that it is my responsibility to ensure the contact details are correct and that my profile will only be shown if I meet Coach Update Status and accept the use of my personal data as outlined in the [Privacy Policy](#).

No

From the 'Profile' screen, you can see your current credentials and/or Pending ones, or if you have uploaded new ones, waiting for approval.

MY PROFILE

PROFILE | MEMBER DETAILS | MEMBERSHIP

BASIC DETAILS | EMERGENCY CONTACT | COMMUNICATIONS | CREDENTIALS | QUALIFICATIONS

Credentials
Below is a list of all your active, pending and expired credentials

[Add Credentials](#)

Credential Category: All

Expired	All	Active	Pending Approval	Expired	Awaiting Referral	Awaiting Response	Inactive Pending Conditions
1 Day First Aid 1 Day First Aid Credential EXPIRED Starts: 14/04/2018 Ends: 14/04/2021							
2 Day First Aid (or more) 2 Day First Aid (or more) Credential ACTIVE Starts: 14/03/2021 Ends: 14/03/2024							
Safeguarding and Protecting Children Safeguarding and Protecting Children Credential ACTIVE Starts: 24/04/2019 Ends: 24/04/2022							
FSRT FSRT Credential ACTIVE							
WWSR WWSR Credential ACTIVE							

I added a new credential for approval for 5 points, but not always does your course option appear in here. I had to add the Buoyage course via a different route, advised by the BCU (see later).

MY PROFILE

PROFILE MEMBER DETAILS MEMBERSHIP

BASIC DETAILS EMERGENCY CONTACT COMMUNICATIONS CREDENTIALS QUALIFICATIONS

Credentials
Below is a list of all your active, pending and expired credentials

[+ Add Credentials](#)

Credential Category: All

Recent All Active **Pending Approval** Expired Awaiting Referral Awaiting Response

Coach Award eLearning
Coach Award eLearning
Credential
PENDING APPROVAL
Starts: 27/08/2021
Ends: 27/08/2141

Step 1
Select a credential from the available list below

Credential: Leadership eLearning *

[Next](#)

Next to credential details

Adding a new Credential:

MY PROFILE

PROFILE MEMBER DETAILS MEMBERSHIP

BASIC DETAILS EMERGENCY CONTACT COMMUNICATIONS CREDENTIALS QUALIFICATIONS

Credentials
Below is a list of all your active, pending and expired credentials

[+ Add Credentials](#)

Credential Category: All

Recent All Active **Pending Approval** Expired Awaiting Referral Awaiting Response Inactive Pending Conditions

Coach Award eLearning
Coach Award eLearning
Credential
PENDING APPROVAL
Starts: 27/08/2021
Ends: 27/08/2141

Events

ADVANCED CLEAR

Event Name Event Refer... Select

Wild Water Racing Discipline Support Module Part 1	EVN00154	✓
WWSR Provider Moderation	EVN00157	✓
FSRT Moderation Workshop	EVN00166	✓
WWSR Provider Orientation	EVN00167	✓
Polo Discipline Support Module	EVN00173	✓
Paddlesport Activity Assistant Coordinator Orientation	EVN00178	✓
Paddle Ability (Intermediate)	EVN00179	✓
Coach Educator Moderation	EVN00182	✓
Paddlesport Leader Training	EVN00183	✓
Paddlesport Leader Assessment	EVN00184	✓

Page: 7 of 392

Displaying 61-70 of 3911

[Close](#)

Events

ADVANCED CLEAR

Event Name Event Refer... Select

Paddlesport Leader Training	SA-16476	✓
Polo Explore Award	EV018393	✓
Polo Perform Award	EV018394	✓
Polo Excel Award	EV018395	✓
Paddlesport Touring Leader Training	EV019732	✓
Paddlesport Leader Training	EV020548	✓

Page: 2 of 2


Displaying 11-16 of 16

[Close](#)

Step 3
Please upload supporting evidence for your credential

Leadership eLearning

Please upload a copy of your certificate or verification that you have attended a specific workshop/course/training by the provider.

Attachment  **Upload**

File Name - Comment





[Back](#) [Finish](#)

Finish to close and save

Browse File
 No file chosen
Maximum upload file size: 10 MB.
 Comment:

Browse File
 Leadership elearning course.docx
Maximum upload file size: 10 MB.
 Comment: This an e-learning Leadership course. I am not sure if I have chosen the correct course ID. Please add this and award me 5 points please.

If a course does not appear in the 'Add credential' list, you can add it via the First Main Menu and choosing Registrations, CPD & APL and request the 'CPD Extension' from the next screen.

New registration						
Add Registration or Check In		Add Accredited Prior Learning		CPD Extension		
Registration ID	Category	Registration	Submitted Date	Expiry Date	Status	
REG011977	CPD Application			01/09/2024	Approved CPD	
REG011926	Accredited Prior Learning			31/03/2017	Draft	
REG011901	CPD Application			31/03/2017	Draft	
	Registration		16/02/2015	31/03/2017	Approved	

There's also a video explaining the new system - [click here](#)

Andy is happy to assist anyone else going through this process - please give him a shout.

Features

Not Plymouth Sound Volume 3 by Clive Ashford with Photos by Joy Ashford

Here is an account of our third sea kayak trip where the aim of the exercise was not to paddle in the glorious Plymouth Sound. If you have been reading this riveting series so far you will recall that in June I paddled with 3 ladies in conditions that were forecast to be a little challenging, and that in July I paddled with 12 other paddlers, of mixed gender, in the flat calm conditions of a heatwave. Well, guess what? In August I paddled with 5 ladies again in conditions that were forecast to be challenging. The perceptive among you will be drawing the conclusion that the expression “Man up” is entirely interchangeable with the expression “Wimp out.”

Because I am such a kind natured chap, I will make public service announcement. On some cars there is a tiny slot between the windscreen and the dash board moulding, a slot that is just big enough for a piece of paper to slide down. If the piece of paper is fairly small then it will disappear and become impossible to retrieve without dismantling the dash board. If you visit a pay and display car park, like the one in Teignmouth for instance, then you pay your money and in return you receive a ticket, a ticket that takes the form of a small piece of paper. Gentle readers, most of you are perceptive and intelligent people and have already worked out the end of this particular public service announcement, but if you are challenged in the imagination department let me inform you that on this occasion the Ashford contingent paid two parking fees, and no, it's not funny, but if you still haven't worked out what happened then you don't deserve to know so don't even ask.



Old Red Sandstone Cliffs near Teignmouth

My original plan was to launch at the Breakwater in Brixham and paddle around Berry Head. Looking at the forecast a few days before the event revealed a forecast force 4 SSW wind. Had we paddled around Berry Head we would have been travelling in a SW direction and thus exposed to the full force of the wind. On top of that we would have



The impressive Bell Rock

encountered a tidal current flowing out of Torbay on our return journey. With wind against tide this could be interesting, challenging or just plain scary, dependent on one's skill levels. I changed the venue to Teignmouth where the coast runs north – south, then south east, which would give some shelter from the wind and once the mouth of the river Teign has been crossed the currents would be negligible until one approaches Hopes Nose. I tell you this to add credence to Adam's item in last month's newsletter and to demonstrate that I do make a serious plan when the occasion demands.

Sometimes changing one's mind is a mistake and sometimes hindsight will highlight such a mistake, but on this occasion my decision was vindicated. The wind on the day was very definitely force 4 and even though we did have a bit of shelter we were still subject to some unpleasant gusts, making paddling hard enough without the further effects of wind against tide that we would have encountered at Berry Head. This made me feel a bit smug. It certainly made me feel better about my efforts at paying for the car park.

The launch site at Teignmouth is at the bottom of a ramp that ends on the beach at low tide but is covered at high tide. At the time we launched this ramp was just covered and was subject to small waves breaking over it. I don't pretend to speak for my paddling companions but after launching I was like the perfect pie, complete with a soggy bottom!

Paddling south from Teignmouth you pass Maidencombe, Watcombe and Oddicombe beaches. Thus informed you will realise that we were not undertaking any rugged wilderness sea kayaking but this section of coast does boast plenty of geology. At Teignmouth we paddled under Devonian Red Sandstone cliffs that gradually acquired stones and boulders so that by the time we got to Watcombe the resulting conglomerate looked like the rubble on a building site. Around Oddicombe the underlying rocks changed to limestone, a resource that has been exploited over the centuries by many, now disused, quarries.

Some of you will remember Malcolm Gilbert. Whilst Teignmouth is not my favourite paddling destination it was high on Malcolm's list and paddling under the Old Red Sandstone cliffs brought back some happy memories. I'm not so sure what Malcolm would have thought about paddling into a force 4 wind though, we may well have been given the opportunity of having a Sunday morning lie in instead!

There are some limited rock hopping opportunities along the way so the adventurous amongst us spent a little time playing and exploring among the rocks. I even found a narrow passage that led into a larger cave that was hitherto unknown to me, which just goes to show that there is always something new to discover. We also passed our old favourite, the impressive Bell Rock, with its eye of a needle cleft that is never quite big enough to paddle through.



Discovering a previously unknown passage

We landed on Redgate beach for lunch which was pleasantly sheltered from the wind. We observed quite a few people on stand-up paddle boards paddling in the nice calm bay, which led me to wonder if they knew about the fairly stiff offshore wind that was blowing just a little way off the coast and if they had any idea about the problems such a wind could cause them. These things cause me more than a little concern.



Some gentle rock hopping

We paddled back to Teignmouth a little way away from the coast so that we could take advantage of the following wind, which in turn made for a relatively quick return paddle. Debbie was delighted when we rounded the last headland because she had mistakenly thought that we still had a fair way to go. By the time we arrived back at Teignmouth the tide was streaming out of the estuary which caused us five minutes of concentrated paddling to avoid drifting out to sea. We proved to be equal

to the challenge and got off the water with far less drama than was exhibited when launching a few hours earlier.

So ended another PPCA away day sea kayak trip. As part of my impeccable organisational skills we drove home through a few showers, meaning that we didn't need to bother rinsing off the boats before we put them away. What luxury.

My thanks to my fellow paddlers, Debbie, Jane, Joy and Lisa for their company and for refusing to "man up."

Our final sea kayak away day of the season will be on Sunday September 12. Details will appear on the forum nearer the date. Hopefully see you then.

Sea Kayak Wet Skills by Adam Coulson

Part 1

It was a sunny evening but with a mildly penetrating wind that saw seven of us gather at Mountbatten for the first of these sessions, as advertised by Clive. The idea of a gentle recreational paddle was quite appealing but we intrepid sea paddlers had opted for spending time in not just on the water which was logged as a rather disappointing 16 degrees considering it was August.



We warmed up with a paddle across to the sailing club and used the area under the Hoe where there was some shelter from the wind for our exertions. What more gentle way to break everybody in than straight to a Deep Water Rescue. This is really an essential skill for all sea paddlers, both to be gormless victim and heroic rescuer. Therefore after a run through and couple of

demonstrations everybody was paired up and threw themselves in, so to speak.

This is not the place for a lesson, but the exercise did prove an opportunity for learning and I will reproduce some of those learnings here for readers to consider:

The victim's job is to right their boat (which is easiest done from either end, not the middle), and hang onto the bows or stern with their paddle in the air. This tells the rescuer that they are fit and well and would like to be rescued!

Some prefer a back deck scramble to regain their cockpits and some the heel-hook technique – it doesn't matter which you use but know what works best for you. As a matter of interest most prefer the heel-hook. A couple of points worthy of note for this – (1) It is very



helpful if the victim can reach over and hold the stern deck lines of both boats while they heel-hook and roll back in to their boat. This keeps the boats together and also eases the pressure on the rescuer's arms. (2) It is a good idea to keep your centre of gravity as low as possible when climbing back in. Lie along the back deck and get legs into the cockpit before rotating in. The victim is a lot less likely to be tipped back in the drink and the rescuer also has an easier time of it. Only the very skilled can stand up in their boats!

One victim whilst scrambling back into their boat got a loop attaching their whistle to PFD caught around the seat back. This did not prevent re-entry into the kayak seat but did prevent the re-attachment of the spray deck and was a tricky and time consuming two person job to resolve. Next time I'll use a knife! Learnings from this? Well I guess avoid loops to attach things on the outside of your pfd, just a single line attached at both ends, and if possible keep such attachments in the pfd pockets where the zips would prevent this from happening. White water paddlers are a lot more aware of entrapment hazards.

As we were all still far too warm we progressed to some gully rescues using the features along the Hoe at low water. We practiced two techniques for getting swimmers and their boats out of gulleys and away from danger. First the simple toggle tow, and second using a short tow. These culminated in further deep water rescues to put the victims back in their boats.



Some issues that came to light in this was that everybody should be familiar with their own short tow, whether purchased from our lovely local equipment manufacturer Steve W. or home made. Whichever type, my own recommendation is to have a decent sized karabiner on both ends which is easy to handle with cold hands. This is not the time to be struggling with shackles or small fiddly clips. Those nice people at Go Outdoors sell such a device for about £6 each. There is a choice of brightly coloured

aluminium and so they do need to be rinsed after use unlike stainless, but are much lighter. The other related difficulty is that of tight deck lines which can make passing the karabiner difficult. One solution for this is to use some over-long tubing between the deck line fittings to create a loop. This is also comfortable and useful for holding the boat during deep water rescues. Lastly, the rescuer should always plan their approach according to the situation e.g. forward or backwards; which type of rescue; which side to go; should a tow line be applied to their boat etc. The number one rule is to look after yourself as if the rescuer gets tipped in also the whole situation has become a lot worse. Consider the acronym SAFE, which is applicable in many incidents:

Stop

Assess the situation

Formulate a plan

Execute the plan



If the conditions allow there is a variation on this which is “SPLAFE” where one Stops, takes a Photo,Laughs, Formulates a plan and Executes it!

We ended the session by paddling over to the Mountbatten Breakwater and practicing some Eskimo Rescues. To help prevent damage to hand by fast approaching sea kayaks, we held our waving hands away from the hull and rescuers approached from either direction but at a relatively shallow angle – something like the arms of a “K” in



preference to the more traditional “T” suitable for short boats without deck lines. Spatial orientation is quite challenged by hanging upside down and underwater. If you can, opening your eyes underwater helps a lot as you may catch sight of the approaching rescue boat. A certain amount of disorientation can also result in an attempt to pull yourself upright by grasping the deck-line on the wrong side of the rescuer’s boat. Clearly that will never work. Open eyes may help but if the rescuers just steers slightly away from the capsized boat at the last moment of approach then the capsized

hand will fall on the correct nearside deck line.

There are so many skills that we could have practiced but with the limitation of time we restricted it to these three, at least until the next session two weeks later. The group went off home, cold, wet, tired, aching but happy!

PART 2

Part two was to be published later but with you all perched on the edge of your seats how could I delay? More realistically, it will be a bit historic by the time we get to October.

And so it was that a different group gathered on a less sunny Tuesday evening 2 weeks later with only one returner. I didn’t realise that the first session was really that bad, but attendance award goes to Emerson.

We focussed on a similar list of activities with 11 paddlers paired up for the exercises and starting with the Eskimo Rescue (only intended to be half wet). This progressed surprisingly rapidly to a deep water rescue for some. The main issues were rescuers not manoeuvring their boats rapidly into the correct approach as described previously and then victims trying to pull up on the far side of the rescuers boat again. It was proven that an Eskimo Rescue is not possible from 1 meter away! If the rescuer runs alongside the victim they may be able to help confirm the hand to use, and if alongside the widest part of the kayak the victim is unlikely to reach the wrong deck line. However it is best not just to paddle on by as victim Karen experienced. Am sure he was whistling “Sailing By”! Homework was set including draw stroke practice and “capturing” the victim’s boat. It does appear that increasingly frantic banging on the upturned hull of the kayak may help!

In our pairs we performed a number of deep water rescues. Again most preferred the heel hook but some found the back deck scramble easier. Like many of these skills what matters is what works for you, and there is only one way to find out. This week’s snag hazards included a wayward back rest and rudder lines. A paddle leash means that there is one thing less to worry about, which is fine if you normally use one. As an observation there is not always a great

sense of urgency with deep water rescues. The rescuer needs to be fast and assertive with a target of getting the victim out of the cold water and back into their boat within a minute. I'm sure there's lots of published works on the rate of cooling of the body in water but I will leave the references to others – perhaps something for the letters page in next edition Mr Editor?

As twilight was approaching we ended the evening by practicing paddling with a flooded hatch and then being rescued by a willing partner. There were a few loud splashes as paddlers discovered that flooded boats are a tad unstable. This would make an excellent support stroke exercise. Emptying a kayak with a flooded hatch is not easy due to the weight of the water. The technique is to get the flooded hatch with cover off alongside and roll the boat so that the water runs slowly out – be patient! Then the victim's boat can be slowly lifted onto the front deck and most of the water drained off before focussing on emptying the cockpit. A well known club coach and leader was foolish enough to admit to emptying the hatch highly successfully only to then refill it whilst draining the cockpit! It is possible to drain the front hatch and cockpit in one go but not the stern, so stick the hatch cover back on first. Does everybody carry emergency spare hatch cover(s) in their repair kit?



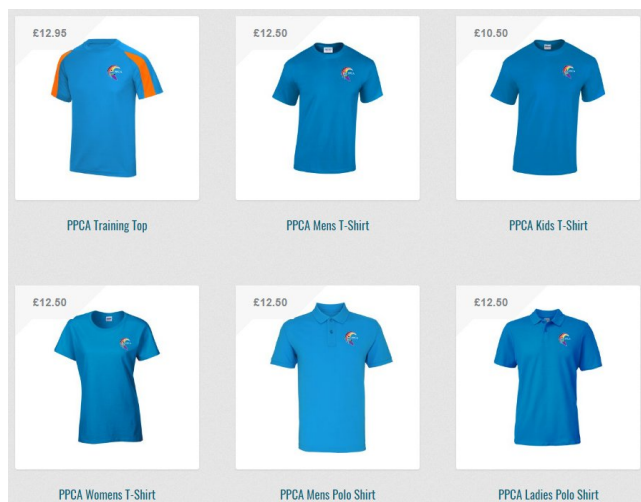
Many thanks to all of the “would be” victims and rescuers on both nights. Also to Debbie for some photos. We were really impressed with everybody's enthusiasm and willingness to have a go at everything. There is a long list of skills that we could incorporate into future sessions if there is sufficient interest. Just to prove that somebody is reading the newsletter it would be lovely to receive some feedback, just as soon as you've dried out your pen. If none I may have to get more controversial!

Exchange and Mart

PPCA Club Clothing by Jackie Perry, Publicity Officer

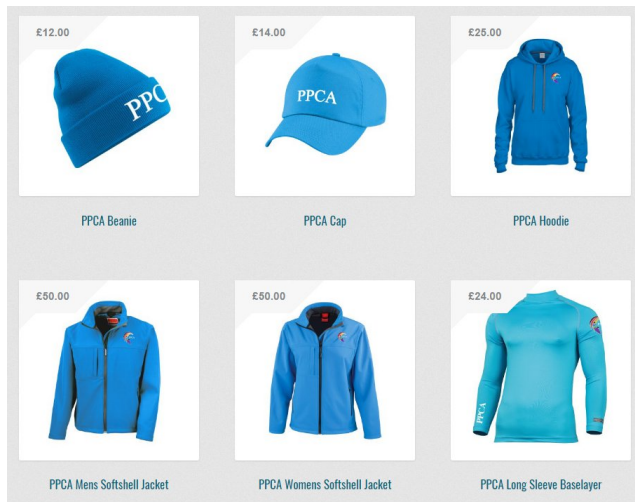
A full range of customised kit in either blue or black is available to order direct from Tailored Branding via the link below

<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/>

The Committee

Chair

Ken Hamblin
chair@ppca-canoe-club.org.uk
07828 652775

Vice-Chair

Mark Perry
vchair@ppca-canoe-club.org.uk
07801 310993

Club Leader

Vacant
leader@ppca-canoe-club.org.uk
07731 360210

Assistant Club Leader

Ian Brimacombe
acleader@ppca-canoe-club.org.uk
07720 957304

Club Secretary

Jackie Perry
secretary@ppca-canoe-club.org.uk
07523 965748

Membership Secretary

Adam Coulson
membership@ppca-canoe-club.org.uk
07834 286461

Welfare Officer

Alan Ede
welfare@ppca-canoe-club.org.uk

Intro Course Coordinator

Jane Hitchings
intro@ppca-canoe-club.org.uk
07837 796192

Treasurer

Sharne Dodds
treasurer@ppca-canoe-club.org.uk

Equipment Officer

Pete Anderson
equipment@ppca-canoe-club.org.uk
07958 694434

Publicity Officer

Rachael Bisset-Bulloch
publicity@ppca-canoe-club.org.uk

Youth Development Officer

George Hamblin
youth@ppca-canoe-club.org.uk
07958 694434

Health and Safety Officer

Damien Miller
safety@ppca-canoe-club.org.uk

Club President