

Club Secretary
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Shropshire Paddlesport



Sport England Club Mark
BCU Top Community Club

GENERAL INFORMATION

Welcome to Shropshire Paddlesport, the following information is given to help you and the club with the safe and successful organization of its activities. If you have any queries or questions please do not hesitate to contact the Club Secretary, Organiser or other club members for clarification.

WHERE ARE SHROPSHIRE PADDLESPORT BASED?

Many of our regular coaching sessions are based from the Club House located adjacent to the Montgomery Canal at Queens Head, 3 miles south of Oswestry just off the A5.

WHO CAN TAKE PART?

Shropshire Paddlesport is a Community Paddlesport Club catering for families, young people, individual adult members and interested youth groups and Schools from the local community. Groups who have their own qualified Coaches are welcome to join the Club and become affiliated members.

Whilst the program of activities generally cater for members the club welcomes requests from local schools and other groups to organized "Taster Sessions" in addition to the published programme of activities.

In addition to Club organises the Family Fun Day and Youth Event which is open to both club and non-club members, and local groups who are encouraged to participate and enter a team.

WHAT EQUIPMENT WILL I NEED?

The Club has a range of stable Placid Water, General Purpose and specialist competition boats for you to try together with paddles and buoyancy aids, which can be used at the Saturday morning sessions, or can be transported to training sessions or events by prior arrangement.

In addition we have access to Open canoes, Bellboats and a range of off the water training equipment which ensures that you are able to choose the discipline of Paddlesport which is of most interest or suited to you!

WILL I RECEIVE COACHING?

Experienced qualified Recreational or Competition Coaches and experienced club members will on hand at most coaching sessions and events to offer FREE advice, guidance and provide the appropriate safety cover.

In addition as a BCU "Top Community Club" and Sport England Club Mark, our programme of activities are regularly lead by British Canoe Union Coaching Development officers and British Team Coaches ensuring members have access to the most up to date and experienced coaches in the country.

If you would like to help in this area please feel free to join in. The club will be running a programme of coach development courses at a subsidized rate to members to ensure that the expertise exists to continue to develop the skills and ensure the safety of all the members within the club at all times.

WHAT PERSONAL EQUIPMENT WILL I NEED TO BRING?

This will depend on the nature of the activity, the risk of immersion, proximity of your change of clothing and time of year. Generally, due to the unpredictable nature of the weather, you will need to provide:-

- Warm clothing, waterproofs and footwear
- Several layers of wool or fleece material worn next to the skin with thermal bottoms and waterproof/windproof top and over trousers help retain body heat.
- Trainers or plimsolls or wet suit socks should be worn on the feet.
- Don't forget to bring a towel,
- Change of clothing, including warm waterproof coat, wooly hat and gloves,
- Food and hot drink

Where this is a risk of immersion or in the winter months you may need to wear additional layers or the use of a wet suite or dry suit may be more appropriate. Please contact the event organizers for details. Please note there are rarely appropriate changing facilities at event or competitions.

WHAT TRANSPORT WILL I REQUIRE?

Our Placid Water and training sessions are generally run from the Club House which is on the main Oswestry to Shrewsbury Bus Route with buses running hourly.

In most cases you will be responsible for making your own traveling arrangements. However if you are experiencing difficulties please contact your coach or organizer of a particular trip or event who may be able to put you in contact with other club members who may be willing to share the transport. If you are using club equipment you may be asked to contribute towards the cost of transporting it to the event.

WHAT ARE THE CAR PARKING ARRANGEMENTS AT THE CLUB HOUSE?

The road adjacent to the shed is quite narrow and regularly used by articulated lorries. In the interest of safety during club sessions please park in the car park opposite Queens Head hotel, which has been provided specifically for canal users.

WHAT ACTIVITIES IS THE CLUB PLANNING?

Enclosed is a programme of events organized by club members which I hope you will find of interest however feel free to run your own events or include them in the calendar. If you wish to attend any event please let the organizer know as soon as possible so that the appropriate safety cover, equipment requirements, etc., can be organized in advance.

WHAT WILL ALL THIS COST?

Non Members:

The club only charge non-club members a "Taster fee" (which is £3.50 for youth and £5.00 for adults) to participate in club activities. In addition all participants will be required to pay the nominal water fee of £1.00 per person which covers the use of specialist club equipment provided it is returned in good order.

Members:

There are no charges for club members except the nominal £1.00 water fee. However, occasionally it may be necessary to employ specialist coaches, hire facilities or specialist equipment in which case there may be an additional fee to cover these costs.

If you interested in participating in any event please contact the organizer as soon as possible before the event so that any arrangements can be made well in advance.

WHAT SHOULD I DO TO AVOID INFECTION FROM DIRTY WATER?

- Cover cuts or grazes with plasters before activities
- Wear old trainers or shoes to prevent cuts to your feet
- Shower or at least wash your hands after the activity
- Bring a change of clothes, towel, food and snack to each session
- Should flue like symptoms occur within 2 weeks of canoeing, see your Doctor and tell them you have been involved in water activities.

I hope you have found the information useful. However if you have any queries, please do not hesitate to contact the Club Secretary, Organiser of the event or any Club Coach or other member for advice as they will be pleased to help.

Enjoy Paddling!

