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# CANEWS

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Winter 1991

## Local Access

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One Sunday morning in the Summer, a group of us were challenged by fisherman while we were paddling on the Avon above the Christchurch bypass bridge. They said we were not entitled to paddle there because it is a private fishery.

I have since been in touch with the local water authority and found that they 'discourage' boats from using the river above the bridges. However, they have not provided written evidence of any prohibition. I have spoken to the South West Regional Access Officer, and he promised to look into the problem. He advised that, as it is normal to have unlimited access to tidal waters, we should continue to use the water until the dispute is settled.

The tidal limit is a ledge extending across the river in a North-South direction on the double bend above the bypass bridge. Feel free to paddle as far as this point, which offers some fast-moving water at high tide, but please don't deliberately antagonise the fishermen.

Barry

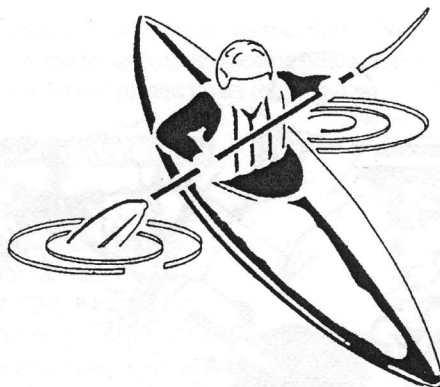
## Trevor Bailey

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During September, the Director of the BCU, Trevor Bailey, was drowned while canoeing at Holme Pierrepont. He was training in a K2, on the flat water regatta course, when he capsized. The wind was about force 3 and the waves about 6"-9". He started to swim to the bank - a distance of some 50-60 metres - whilst his partner towed the kayak, but after about 10 metres got into difficulties. Trevor was not a strong swimmer and, as is customary for marathon racers, was not wearing a buoyancy aid. His partner tried to save him but was unsuccessful.

It appears that this is the first recorded drowning from a racing kayak on still water. This extremely sad event must serve as a reminder of the importance of safety precautions, even on apparently tranquil waters. Please take care.

Barry



## Future events

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### 10<sup>th</sup> to 12<sup>th</sup> January

Hexworthy white water weekend. This is an intermediate-level course, but beginners are welcome. It is now getting very late in the day to get onto this course, but there are some places available. Contact Barry for a booking form.

### Saturday 18<sup>th</sup> January

Pool session for club members at Ringwood Recreation Centre. 18.30 to 20.00.

### Sunday 19<sup>th</sup> January

Meet at Boscombe (just east of pier) instead of Mudeford, at 10.00. Hopefully we'll get some surf.

### Tuesday 28<sup>th</sup> January

RCC committee meeting. 20.30 at Ringwood Recreation Centre.

### Saturday 1<sup>st</sup> February

Pool session for club members at Ringwood Recreation Centre. 18.30 to 20.00.

### 7<sup>th</sup> to 9<sup>th</sup> February

White water rescue techniques and a trip on the Dart loop with Colin Butler. Stay in holiday accommodation in Widecombe in the Moor, with evening meals at The Old Inn in the village. Cost will depend on number of people, but is likely to be in the region of £30 for the weekend (B&B + instruction) plus pub meals and beer. We need to know numbers as soon as possible so that Colin can confirm accommodation booking and river access, so please contact Nick straightaway if you want to participate.

### Saturday 15<sup>th</sup> February

Pool session for club members at Ringwood Recreation Centre. 18.30 to 20.00.

### 22<sup>nd</sup> and 23<sup>rd</sup> February

Canoe exhibition at Crystal Palace.

### Sunday 1<sup>st</sup> March

Meet at Boscombe (just east of pier) instead of Mudeford, at 10.00. Another attempt to find some surf!

### Saturday 7<sup>th</sup> March

Pool session for club members at Ringwood Recreation Centre. 18.30 to 20.00.

### Sunday 15<sup>th</sup> March (provisional)

A trip round some of the smaller islands in Poole harbour, with a picnic lunch. This trip is provisional - it depends upon the state of the tide - and you should check with Barry nearer the date to confirm.

### Saturday 21<sup>st</sup> March

Pool session for club members at Ringwood Recreation Centre. 18.30 to 20.00.

### Friday 27<sup>th</sup> March

Ringwood Canoe Club's AGM, being held at the Crown Inn in Ringwood. All members are welcome to attend - this is your chance to make the club what *you* want it to be. We have a room booked at the pub from 19.00 onwards, and the meeting will start around 19.30.

### Sometime in April

A trip on the river Avon. Barry is currently looking into this. We may also run another trip on the Kennet and Avon canal in April.

### 16<sup>th</sup> to 23<sup>rd</sup> May

Camping weekend on the west coast of Scotland. The exact location and route are as yet undecided, but it is intended that this will be a proficiency-level trip for a self-contained group. We aim to paddle around 15 miles each day, carrying all the camping equipment and food in the boats, and spending the nights away from civilisation. If you fancy a taste of wilderness canoeing, contact Barry or Paul - and start training now!

### 3<sup>rd</sup> to 5<sup>th</sup> July

Camping weekend on the Dart estuary. This trip is intended for experienced and novice canoeists alike, since the waters are safe and sheltered, and we can arrange to paddle various distances, depending on the strength of the group.

The estuary is considered by many to be the most scenic in the country and there are some good pubs. Camping will be on a beach with access only from the water - not on a commercial site. This will be the perfect introduction to camping with a kayak, with scenery, camp fires and pub lunches to add to the fun. Contact Barry for details.

## OUTFITTING KAYAKS

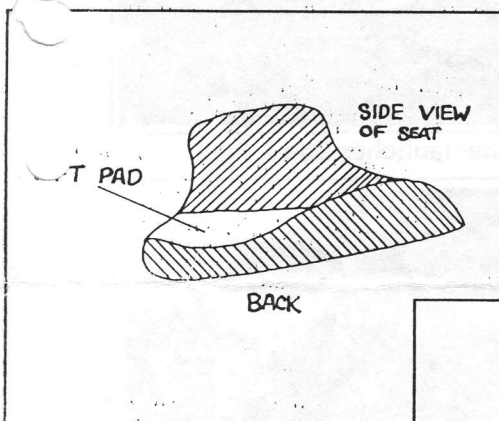
The ability to control and manoeuvre a kayak efficiently is very important, and is related to the grip which the lower body is able to achieve. Therefore, your kayak must fit the paddler like a shoe.

The seat, thigh braces and footrests are areas where you can make adjustments in your kayak, with modern plastic kayaks cockpit rim size is unchangeable, so what you buy is what you have. Bearing this in mind, you may want to look closely at cockpit size. A large cockpit might be the choice for someone for whom ease of entry/exit is a priority, ie a large or long legged paddler.

There are three areas in which alterations to the seat are possible.

1 Your seat should allow you to sit up straight with ease. Sitting up, allows you to use your torso muscles effectively with your paddle strokes. If your seat forces you to assume a slouched or leaning backward posture, you may want to add a thin layer of closed cell foam padding, under your bottom - toward the rear part of the seat.

This will tilt your pelvis forward and allow you to sit up easily. Sitting straight may cause you to feel a 'new' tension in your hamstrings. If so, a stretching and flexibility programme can help to loosen them up, and you'll feel a lot more comfortable and your paddling will benefit from it.



2 Like a pair of shoes, your kayak should be comfortable; not too tight and not too loose. You can shape and contour foam hip pads to give you this fit. Even the commercial ones sold by the manufacturers need to be personalised for you. Hip pads are generally wider at the top and towards the back.

3 The final way to alter the seat, to give you top kayak per-

# Top Tips and handy hints

formance is in determine the "trim" of your boat. A lot of modern kayaks allow you to adjust your seat forwards or backwards. In deciding how far forwards or backwards your seat should be, sit in your kayak on flat water. Your bow and stern should be equally out of the water. This puts the pivot point of the kayak where it was designed to be. If you are either bow or stern heavy, your kayak will be sluggish and slower to respond.

Another piece of outfitting

so as not to impede exit.

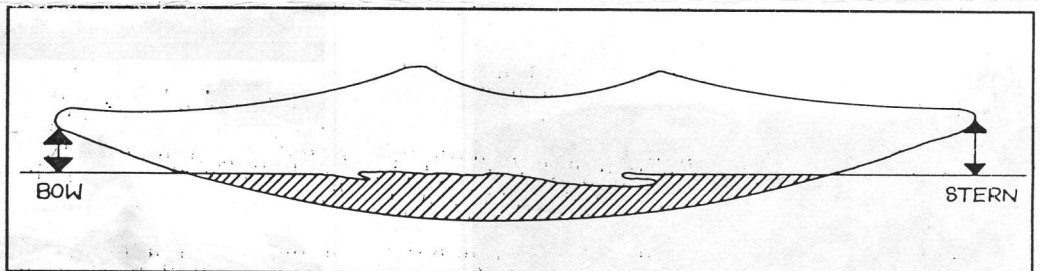
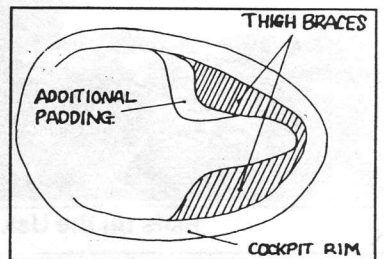
These can be bought commercially or homemade out of contoured foam or webbing tape.

The thigh braces in your kayak can make a big difference in its performance. The wider apart your knees are the broader your base of balance, and this makes you more stable. The more contact your thigh has with the brace, the quicker and more powerfully the kayak will respond to your movements.

Thigh braces can be built to fit your size, by contouring foam

balls of your feet will be on the footrest and your heels on the bottom (hull) of the kayak, 1-2 inches closer to you than the balls of your feet. In this position, you should be able to apply pressure to the balls of your feet and maintain firm contact in your thigh braces. Remember, your knees should be as far apart as possible. If you need to "tip toe" to do this bring your foot closer.

If you can do this but can't move your feet off the footrest, then you need to move the footrest further away. In kayaks with central pillar buoyancy, those with "big feet" may need to cut a small heel notch in the ethafoam pillar hull, and wear a very thin shoe! After a few months paddling you may find that your hamstrings have loosened up enough to allow you to change the placement of your footrest.



which helps posture is a back strap. This is not as necessary as the other 3 seat alterations but a lot of paddlers find them extremely useful. If a back strap is fitted it should be sufficiently low down

and gluing it to the kayaks thigh brace. Removing the brace from the kayak makes for an easier job whilst gluing. Again, the thigh braces must not interfere with you exiting the kayak.

The final area for personal adjustment is the footrest. Your feet should be positioned with your toes slightly pointed. The

You now know how I think outfitting can work to your advantage.

Now sit in your kayak and evaluate your present "fit":

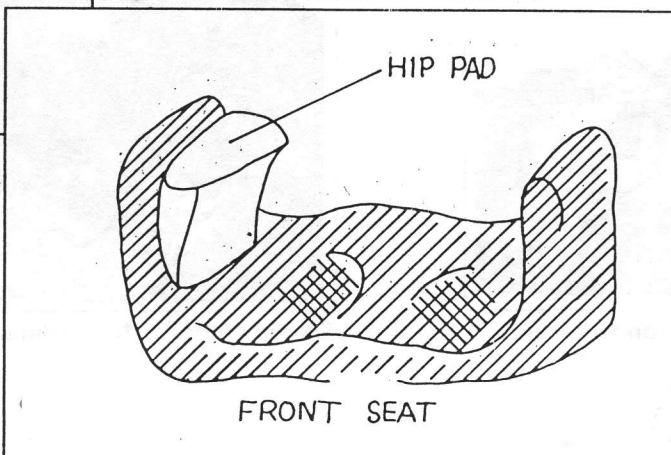
a How can you adjust your seat? Do you need a lift to sit up straight? Will a backstrap help? Do you need hip pads to be snug? Are you bow or stern heavy?

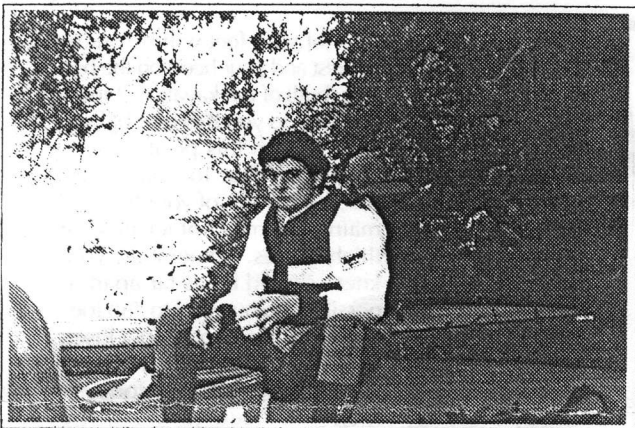
b Do your thigh braces help keep your knees apart? Is there much contact with your thighs?  
c Is your foot rest correctly positioned?

A little glue, some closed - cell foam and a time invested to properly outfit your kayak will pay off in performance level when you paddle!

The BCU produce a document entitled: "Safety features desirable in kayaks designed for white water recreation". Available from BCU HQ on receipt of a 9x4 SAE.

Graham Wardle BCU Coach

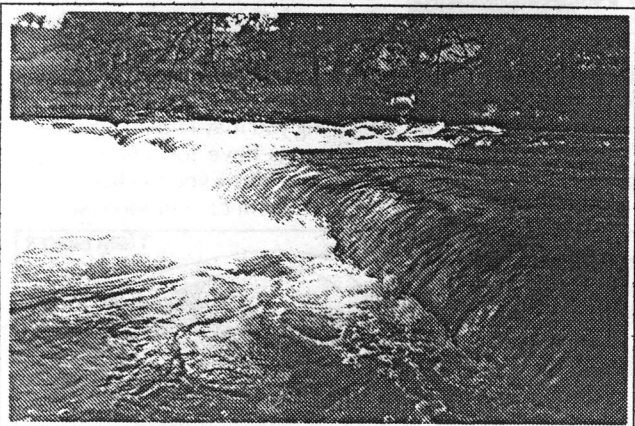




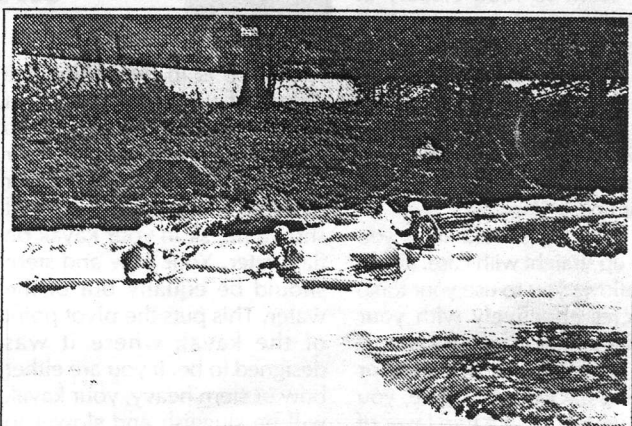
**Matt demonstrates pouch-stuffing techniques . . .**



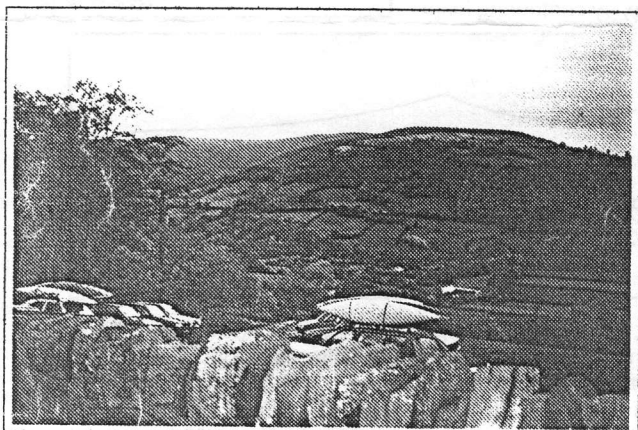
**. . . Reg and Andy take it all in**



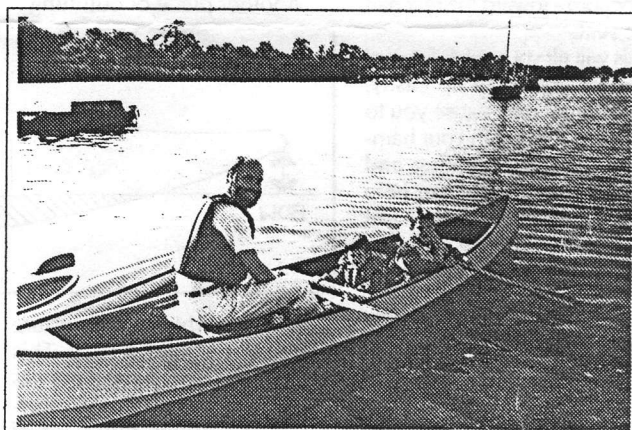
**Falls on the Usk**



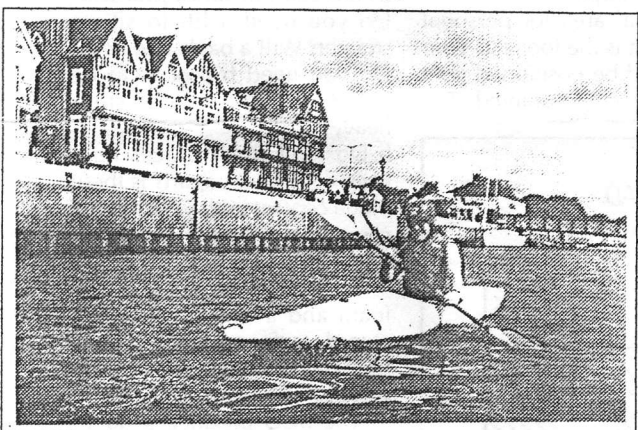
**Fools on the Usk**



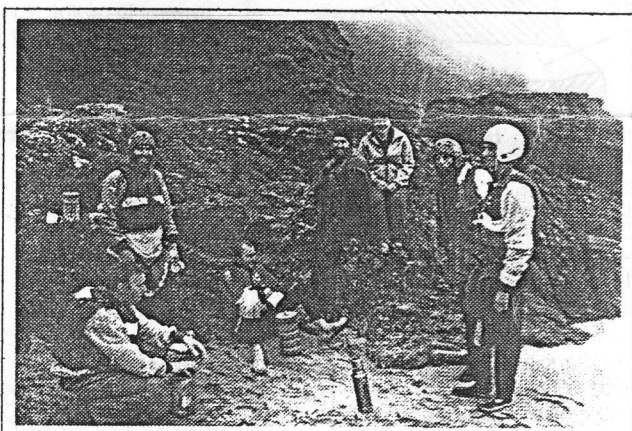
**The view from Perth-y-Pia**



**Master boat-builder launches Zoe & Paul**



**Liz pretending it's sunny on Devon weekend**



**Devon camping trip - pause for coffee and photos**

## BCU Coaching Conference

I went to this year's conference - held at Hexworthy on Dartmoor during the first weekend in October - not to attend the numerous meetings and debates, but to take part in some of the practical workshops. Unfortunately, there were about 30 of these and I only had time to attend five! About 100 canoeing instructors and coaches were there - a wonderful pool of experience to draw upon. I camped beside the river outside the Mountain Stream Activities centre, which was very pleasant until Sunday morning, when my tent was frozen solid.

I paddled with 12 others from Holme Bridge down to Buckfast in open Canadians. Our mission was to learn how to make young canoeists more aware of the environment, but the leader hadn't realised that the river would be quite so taxing on our Canadian paddling skills, because he hadn't been there before. Concentration on the environment was consequently restricted to the quiet bits; however, the white bits were great fun and I can thoroughly recommend it.

### Saturday afternoon

A practical workshop to examine ways of introducing the rest of the family to the sport, held on Veuford reservoir (in a force six breeze). Unfortunately, no 'other halves' or children turned up, so it was not quite such a practical workshop after all. We paddled around in Canadians again, and discussed the problems and experiences

encountered in various clubs. Very interesting and hopefully of use in the future when the club might want to increase the participation of children. Who knows, we might even see Jackie paddling the Dart in a Canadian one day - but be on the look-out for falling pigs. (Editor's note: actually, I did see Jackie paddling a Canadian only a week after this report was filed. Admittedly it was on the Avon rather than the Dart... but then most of us started in kayaks - and in a swimming pool at that).

### Saturday night

I was due to take part in a night paddle to explore the caves below Berry Head, but the strong winds made that plan seem a bit reckless, so it was decided that we paddle one of the estuaries instead. I volunteered that I know the Dart estuary well, so I was duly appointed leader and off we went at 21.00 to Totnes. I had in my charge a group of 12 paddlers, mostly senior instructors and coaches, and all with considerable sea-canoeing experience. Tales of night crossings to the Scilly Isles and Lundy abounded! There was a fine array of serious kit, with sea kayaks fitted out like christmas trees, and me out in front in the club's Falchion! The water was flat and the wind had dropped, but with no moon at all there were hazards called banks. We could see the tops of the hills silhouetted but we couldn't see each other, especially since we had turned our torches off to maximise night vision. It was great fun, but I was out-voted 11:1 at CHECK NAME and reluctantly turned back. Unfortunately when we returned to Hexworthy in the early hours, those propping up the bar

didn't believe we had been anywhere at all, the white water night paddlers having 'broken out' at the pub on the way to the river.

### Sunday morning

I went along to a first-aid session put on by St Johns Ambulance Brigade. A very useful recap of basic first aid and resuscitation techniques, with an interesting chat about good things to have in your kit.

### Sunday afternoon

A workshop on white water rescue techniques given by Graham Wardle, a regional coaching organiser, partner in the Current Trends canoe store and the leisure adviser to Leicester County Council. He has also been paddling white water for most of his life. Unfortunately, with little recent rainfall the 'loop' on the Dart was not white enough for his purpose, so he performed in the car park instead.

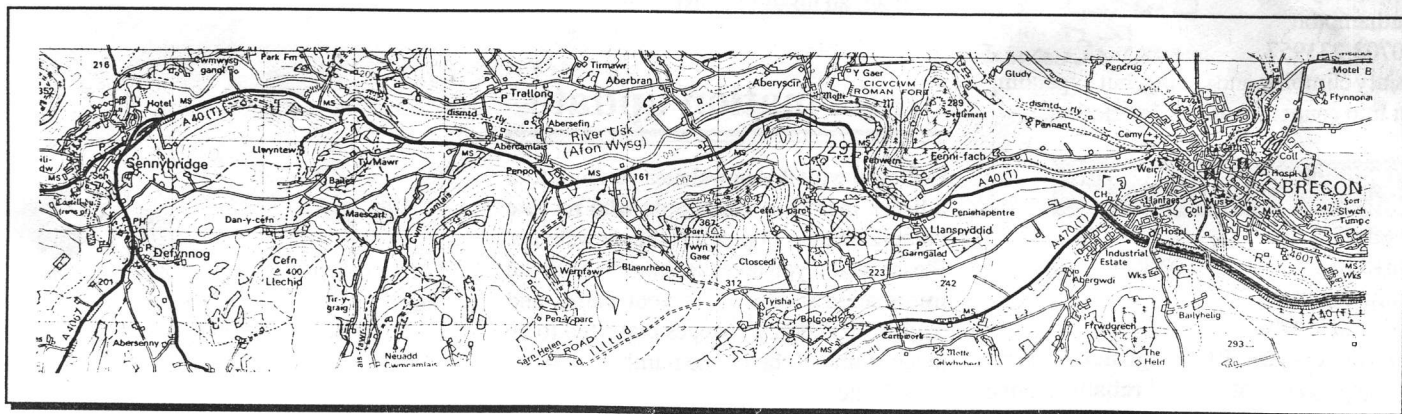
He covered modern kayak design and fittings for safety, and the design and effective use of safety equipment. Ropes, throw bags, knives, karabines, pulleys, etc, were all discussed and practised with. The climax was a startling demonstration of how to cut a heavy rope in a trice when you have dropped or forgotten your knife - amazing.

It was rumoured that next year the event will be held in the Lake District. It may be a long drive, but I would recommend it to all coaching scheme members and their families.

Barry

## South Wales trip

At the beginning of November we had two superb days paddling the river Usk. This was one of the best-attended trips the club has organised, and we intend to repeat the event in 1992. At the time of going to press, the editor was still waiting for roving reporter Matt Stevens to file his story. In the meantime, here's a map showing our route on day two, from Sennybridge down to Brecon.



## Canoeing Equipment Suppliers in this Area

Unfortunately there are no good specialist canoeing shops within about 100 miles of Ringwood, but the following list includes suppliers with limited stocks of equipment. If you know what you want, mail order from one of these or direct from the manufacturer is always an option.

If you don't have any idea what is on the market, don't forget the canoe exhibition at Crystal Palace on the 22nd and 23rd February. All major suppliers will be there, with lots of bargains.

### Andark Diving & Watersports Ltd

256 Bridge Road  
Lower Swanwick  
Southampton  
☎ 0489-581755

Very good for wetsuits and clothing.

### D & S Marine

10 Seddul Bahr  
Allington Lane  
West End  
Southampton  
☎ 0703-473379

Probably the cheapest glass reinforced plastic kayaks in the country. Very cheap kayak repairs. Supplied the club's four 'Reflex' kayaks. No equipment except paddles and spraydecks. Discount to club members.

### The Boat Shop

9 The Colonnade  
Woolston  
Southampton  
☎ 0703-449338

Mainly sailing dinghy equipment, but also some canoeing gear.

### Comsac On The Edge

203 Shirley road  
Southampton  
☎ 0703-231957

Mainly climbing and caving, but expanding fast into canoeing. Good for clothes.

### Woodmill Canoeing & Activities Centre

Woodmill Lane  
Swaythling  
Southampton  
☎ 0703-555993

Canoeing courses, BCU-registered. Some canoeing gear in stock and reliable advice

on hand. Discount to club members. Need to phone to determine opening hours. Good selection of plastic boats to try out.

### Scott Bader Centre

Unit 12  
Fitzherbert Spur  
Farlington Industrial Estate  
Portsmouth  
☎ 0705-210093

Strand glassfibre regional distributor. Canoes and equipment mainly to order, little held in stock. Supplied club's Europa and Falchion. Discount to members.

### Waterways

62 Lagland Street  
Poole  
☎ 0202-677523

Specialise in wave skis and 'fashionable' gear, but stock a range of canoeing equipment. Expensive, and unreliable advice given. Not recommended.

### Bobs Boatshop

428 Bourmemouth Road  
Parkstone  
Poole  
☎ 0202-736704

Small boat chandlery with some canoes and basic gear, such as helmets.

### The Canoestore

Queen Street  
Emsworth  
☎ 0243-372234

Specialise in Canadian canoes, but also a good selection of kayak equipment. Reliable advice.

### Discount Wetsuit Centre

350 Ringwood Road  
Parkstone  
Poole  
☎ 0202-740646

If you know of any more local suppliers, please pass the details to Nick so that we can maintain an up-to-date list.

## Information update

Enclosed with this newsletter you will find a list of members and people who receive complimentary copies of the newsletter. Please would you take the time to check the information shown under your name, and advise Nick of any changes that need to be made: some of the phone numbers may be out of date.

## Next courses

### Rolling course

The next rolling course being held at Ringwood Recreation Centre will start on January 7<sup>th</sup> and run every Tuesday for six consecutive weeks. 22.00 to 23.00 each night, but please turn up at 21.30 on the first night. If you know anyone who would be interested, please inform them - and remember that people need to enrol for the course by contacting the recreation centre direct.

### Beginners' course

The next beginners' course being held at Ringwood Recreation Centre will start on February 18<sup>th</sup> and run every Tuesday for six consecutive weeks. 22.00 to 23.00 each night, but please turn up at 21.30 on the first night. Again, if you know anyone who would be interested, please inform them - and tell them that they need to enrol for the course by contacting the recreation centre direct.