



MADCC

Macclesfield and District Canoe Club



MACCLESFIELD AND DISTRICT CANOE CLUB
NEW MEMBERS
INTRODUCTION PACK

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1) Welcome

Firstly let us all at MADCC extend a warm welcome to the club and we hope you have as much fun learning to paddle and joining in club activities as we do coaching. We hope that you find this welcome pack interesting and look forward to training and paddling alongside you soon.

Happy Paddling from the MADCC Coaches and Committee

2) Who we are

MADCC is a club for adults, young people, and families. Our members have a wide range of paddle sport interests including touring, moving water trips, flat water racing, and sea kayaking. The club's qualified coaches are able to offer training and assessments for national skills awards in many aspects of paddle sport. Regular club meetings, with coaching if required, are held on Monday nights at Bollington and on Thursday nights at Brereton Country Park from April to September. Race boat paddling sessions take place year-around, early on Sunday mornings. The club runs the well-known annual 96 mile Cheshire Ring race, as well as other flat-water races, and also organises regular trips to moving water, camping trips, and pool training sessions.

Coaching is provided by the club's qualified coaches and is aimed at levels from complete beginner to those aspiring to gain their BCU 1, 2 or 3-star awards. The club runs regular "introduction to moving water" trips in which club members who have mastered the basic skills on flat water can be coached in moving water skills at locations including Matlock and Llangollen, by the club's more experienced coaches.

During the winter months, MADCC organises pool sessions at the swimming baths at Bollington. At these sessions, the club provides one-to-one coaching. The coaches will teach anything the student wishes, with everything on offer from how to get into a boat, through to eskimo rolling and hand rolling (an eskimo roll without using the paddle).

MADCC's Top Community Club and Clubmark status was successfully renewed for a further 3 years in 2012.

The club is affiliated to the BCU



3) What you will need to start canoeing at MADCC

What should I bring?

To begin with you do not need to buy any specialist clothing. You will get splashed and dripped on, so wear clothes that you don't mind getting damp and perhaps a bit muddy. A windproof jacket is also very useful (an old cagoule is perfect).

Don't wear jeans or heavy cotton clothing as they feel very cold once they are wet.

Try and wear some form of water shoes or plimsolls as larger footwear/trainers may not fit within some of the kayaks.

Make sure that you bring a full change of clothes and a towel in case of unexpected swims!

You should be able to swim at least 50m before considering trying canoeing.

What does the club provide?

The club provides paddling equipment for you, a kayak, a paddle and a buoyancy aid. Just bring yourself, a change of clothes and a towel.

Please note that MADCC does not have any changing rooms or toilets at the Bollington site

4) What MADCC does

Canoeing & kayaking instruction

The club's instructors are here to get new members onto the water and to teach them how to control kayaks and Canadians safely and enjoyably

The club has a wide variety of types of kayak and canoes for use by its members. We aim to equip all of our members with the skills to be able to paddle general purpose kayaks, sea kayaks, open canoes and both single and double racing kayaks. Equipped with these basic skills our members can join in the full range of activities the club has to offer.

Getting qualified

Our instructors can help you get personal skills awards through the Paddle Power scheme for junior paddlers, and through the BCU star tests as you develop and want to learn more advanced kayaking and open boat skills

Once you have got some personal skills qualifications and first aid training, you may be interested in becoming a fully qualified instructor. The club is able to organise the training you will need, give you practical experience coaching new members, and support you through the assessment to become a fully-fledged coach.

Kayak racing

MADCC members actively support and compete in marathon racing in the regional Hasler series and other races, such as the Weaver descent, Conwy ascent, Avon descent, and Liffey descent, with some members also competing at the Nottingham sprint regattas. The club has a small fleet of modern K1 and K2 race boats suitable for beginners to intermediate paddlers, and Lightning's for junior paddlers. All our new club members get introduced to paddling in stable race boats and many of them get the bug for competitive canoeing!

We organise and compete in the 96 mile Cheshire Ring Race, and members also enter other challenge events such as the 125 mile Devizes to Westminster race. Each year, MADCC organises the Adelphi Hasler divisional race as part of the NW series and this is a great place for members to have their first go at racing.

Race boat training takes place on Thursday evening and Sunday mornings unless there is a clash with a regional or national race. Times and venues vary so please look at the club forum and club calendar to get the latest information

We hold a regular Hare and Hounds race, usually on the second Sunday of each month - dates are on the club calendar with any last minute changes notified on the club forum. This is a four mile race over 2 laps, with competitors starting off at different times depending on their current handicap time - the fastest paddlers have the biggest handicaps so have to work hard to chase down the early starters. This results in competitive racing with all boats finishing within a short period. Points gained in the races count towards annual trophies for the best paddler and for the best time improvement.

Moving water

The club introduces members to moving water and the fun and challenge of paddling rivers. We try and run at least one moving water trip suitable for beginners each month. The dates for the trips are posted on the club calendar for the next few months ahead. The details about where the trip will go and the contact are posted on the club forum during the week before.

These trips are organized around the water levels in the local rivers and the ability of the paddlers coming along. If you are in any doubt about coming along then please ring the contact listed on the forum as the contact for that trip or contact any of the club coaches.

Club boats may be available to hire for the first few trips but it is always better to have your own personal equipment that fits well and you know how to use it.

Juniors can come along to moving water trips but we ask that they be accompanied by an adult that is either also going to paddle or stay available on the bank.

Local rivers we paddle include the Goyt at Marple, the Derwent at Matlock, the Dee at LLangollen, and the Irwell in Bury. All of these are usually suitable for beginners. Trips are also often organized to paddle in the Lake District and to parts of Wales. We also usually organize a weekend trip each year to paddle further away from our local rivers, trips recently have covered rivers in Scotland and the Tees in the north east of England. Additional trips are also organized ad-hoc, keep an eye on the forum.

The club usually also organizes a camping trip to the seaside each year usually to a place that has good surfing to allow us to go kayak surfing. This is usually great fun and a real family affair; the games of rounders played on the beach are often quite competitive!!!

If you fancy any of this please keep an eye on the club calendar and leave a message on the Forum

5) Where is MADCC based?

The Monday night club sessions run from April to September and are based at the Macclesfield canal in Bollington.

We meet at the car park of the Adelphi Mill, Grimshaw Lane, Bollington, Cheshire, SK10 5JB from 7pm -9pm. The club boat store is located at here Bollington.

The Thursday night sessions are based at the lake at Brereton Country Park, from 7pm-9pm.

Limited amounts of club equipment are kept at Brereton as we have no dedicated lakeside storage, members usually bring their own kit.

Please ask for advice via the Forum if you want to come to try canoeing at a Brereton session so that we can be sure to have a boat, paddle and buoyancy aid for you to use.

6) Where to find out what's going on

Club website

The MADCC club website is a general source of information, documents etc. It contains links to the club forum, club calendar, club Facebook pages etc..

Club forum

The MADCC Forum is a web based chat room accessible through the club website. Club members can get a username and password to post on the forum by contacting the forum administrator. It's the method of choice to keep up to date with forthcoming events and activities. Members use the forum to sell equipment etc.. and see what's going on. The forum is the place to look and ask questions when you want details of where to meet, what time to meet, arranging lifts and borrowing club equipment for trips, races and other events.

Facebook

The club maintains a Facebook page and posts notices here alongside the official club forum, the account is monitored and so presents another opportunity for members and non-members to contact the club. Facebook Groups are established from time to time (e.g. the Cheshire ring group), Facebook users can contribute to these and if they wish link their own paddling related Facebook content.

7) Calendar & events

Calendar & events

The club calendar is accessible through the club website. Forthcoming events and activities are posted on here by the club committee and trip organisers.

The calendar is the place to look for dates of regular events like the Hare c& Hounds, Bollington pool sessions, dates for Hasler races. For details about trips and races it is best to get into the habit of using the club Forum as this is where the final planning usually takes place

8) Code of Conduct

Macclesfield & District Canoe Club is fully committed to safeguarding and promoting the wellbeing of all its members. The club believes that it is important that members, coaches, administrators and parents associated with the club should, at all times, show respect, be encouraged to be open at all times and to share any concerns or complaints that they may have about any aspect of the club with any committee member.

It is the policy of this club that all paddlers, volunteers, coaches and parents show respect and understanding for each other and conduct themselves in a way that reflects the principles of the club. The aim is for all paddlers to have fun and improve performance.

Everyone involved in the club should abide by the club rules and policies:

Paddlers:

- Take care of all property belonging to the club or club members.
- Treat other club members with respect at all times, on and off the water.
- Treat other paddlers as you would want to be treated yourself.
- Control tempers and avoid behaviour that may inconvenience or upset others.
- Cooperate and listen to your coach or club officials.

Club Officials, Coaches and Volunteers:

- Consider the well-being and safety of paddlers before the development of performance.

- Develop an appropriate working relationship with performers, based on mutual trust and respect.
- Make sure all activities are appropriate to the age, ability and experience of those taking part.
- Display consistently high standards of behaviour and appearance.
- Follow BCU and club guidelines and policies.
- Hold the appropriate, up-dated qualifications and insurance.
- Encourage paddlers to value their performance and not just results.
- Never condone the use of prohibited substances.

Parents / Guardians

- Help your child to recognise good performance, not just results.
- Never force your child to take part in sport.
- Never punish or belittle a child for losing or making mistakes.
- Encourage fair play and publicly accept official's judgements.
- Support your child's involvement and help them to enjoy the sport.
- Use correct and proper language at all times.
- Set a good example by applauding good performances of all paddlers.

Junior Members:

As a member of Macclesfield & District Canoe Club you are asked to abide by the following junior club rules at all times:

- Cooperate fully, respecting all requests and decisions made by the coaches, helpers, officials and administrators.
- Be on time for coaching sessions and events or inform your coach if you are going to be late.
- Paddlers must control their tempers and avoid behaviour which may inconvenience or upset others.
- Be considerate and respectful to other paddlers and water users – treat other paddlers as you would want to be treated.
- Paddlers must wear suitable kit for paddling as agreed with your coach.
- Take care of all property belonging to the club or any club member – and be responsible for caring for your own equipment and clothing.
- Not to leave sessions without the permission of the coach or leader.
- Junior members are not allowed to smoke, consume alcohol or drugs of any kind whilst being on club premises or representing the club at events.

9) Keeping safe when canoeing

- Canoeing can be a dangerous activity and every Club member is responsible for keeping it safe.
- Neither the Club nor the Trip Leader accept any liability. All paddlers take part in Club activities and trips at their own risk.
- All members must be able to swim 50m in clothing before use of a canoe outdoors.
- No one should use a small cockpit kayak or a spray deck unless they are familiar with the capsize drill.
- Paddlers must only go on trips within their personal ability. Club coaches can advise if you are of an appropriate standard for any club trips
- **Under no circumstances should any paddler be on the water without a buoyancy aid**
- With the exception of race boat users in Division 6 or above who can train or race without a BA

10) Membership & subscriptions

Your membership is valid until the end of March the following year.

Membership renewal is due April 1st each year, reminders will be sent during March.

Please ensure you add the BCU affiliation for each paddler who is not an individual BCU member.

Information about membership fees for 2014 can be downloaded from the club website.

www.madcc.btck.co.uk

11) Key club officials

The committee of MADCC are elected annually at the AGM in November to manage the club and our aim is to provide a friendly and successful club where local people can experience and enjoy our great sport. The committee acknowledge all of the hard work that the coaches, parents and paddlers put in. We could not run the club without volunteers and their help is very much appreciated.

- Go to the club website to see who the current elected committee members are

Coaches

The Club is committed to improving the standard of its coaching and regularly sponsors coaches in their pursuit of higher levels of qualification. All Club coaches have regularly updated BCU Coach qualifications. In addition the Club insists that all its coaches and volunteers, particularly those who work with children, have undergone DBS Checks.

Current coaches

Bill Fox	Brian Hamer
Paul Davison	Adrian Fisher
Alan Armstrong	Dawn Hargraves
Mark Finch	Nigel Kinge
Pat Davison	Andy Hargraves
Neil Evans	John Kavanagh
Andrew Millest	Rob Stannard
Mark Hayes	

12) Welfare

All coaches and adults helpers /Volunteers having contact with children and vulnerable adults within the club are required to undertake a DBS check. The Club will ensure that anyone who meets the eligibility criteria for a disclosure check will not be deployed until a satisfactory check has been returned.

MADCC Welfare Officer

Pat Davison - pattydavs@gmail.com

Canoe England Welfare Officer

13) First aid

First Aid Equipment is provided by the club in the Bollington and Brereton Resource boxes. Adequacy of the equipment is checked early each year. The equipment is replenished as items are used. For trips and events at other locations, the event organiser will make sure that appropriate first aid equipment is available.

14) Volunteers

MADCC relies heavily on volunteers to coach the members and manage the club and events. As a result the club welcomes help from parents, friends and families of our members. Involvement can be formal/informal, regular/occasional but without it the club would struggle to survive.

It is vital that we recruit volunteers so that we can offer the best possible support to our members. Many volunteers have come to the club just as parents of young paddlers.

The coaches are all encouraged to develop their technical and coaching skills by attending courses arranged by BCU and other bodies. Often these courses are free of charge or supported financially by the club.

Volunteers can get a great deal of satisfaction from their involvement with the club and can often relate their experience with us to other aspects of their life such as work or University.

For more information regarding volunteering, please speak to the Chairman, Secretary or Training Officer.

Please check the MADCC website and the MADCC Forum regularly for news and further information:

www.madcc.btck.co.uk