

# Basingstoke Canal Canoe Club

## MEMBERS INFORMATION

[www.b3c.org.uk](http://www.b3c.org.uk)

A Canoe England recognised *Clubmark Club*

*The Basingstoke Canal Canoe Club is a family Club offering a broad base of disciplines within canoeing and kayaking. The club encourages paddling for all ages and abilities.*

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### 1. Welcome to the BCCC

Welcome to the Basingstoke Canal Canoe Club. This may be your first venture into canoeing and we wish you a long and happy association with this diverse sport. The purpose of this booklet is to introduce you to the BCCC. We are a family centred club, encouraging the whole family to have fun and participate. Members are encouraged to try all forms of the sport. We have experience in most disciplines and specialise in flatwater racing and recreational paddling.

Kayaking and Canoeing are “assumed risk” “water contact,” sport therefore all members participating must be able to swim at least 50 metres as a prerequisite to any activity.

### Club History

The BCCC was formed in 1979 by boating enthusiasts in Fleet. We offer a wide variety of canoeing to people of all ages. Our first newsletter had articles organising training, racing, slalom, an introduction to sea kayaking, pool sessions at RAF Odiham and canoeing holidays on French rivers. We still offer many of these and much more.

We support people at all levels of ability in the sport whether they enjoy recreational paddling; the thrill of white water rivers; surfing on the sea or the cut and thrust of competitive canoeing. Several of our members have represented Great Britain in competitive events including Helen Reeves, the Athens 2004 Ladies Olympic slalom bronze medallist, who started her career with the BCCC and was for many years a member with the rest of her family.

In 2003 we moved our base to the Canal Centre, Mytchett to gain better facilities and boat storage. This has enabled us to improve our training resources and the ability to offer canoeing to all the family. The BCCC has received Canoe England’s Club Mark accreditation which recognises the quality management and coaching provision for young people that we provide.

## Communication

We have an active [website \(www.b3c.org.uk\)](http://www.b3c.org.uk) that has up to date information on all club activities including trips and events.

You can also find us on Facebook <https://www.facebook.com/basingstokecanalcanoeclub>

You can sign up to receive regular emails about club events here <http://b3c.us6.list-manage2.com/subscribe?u=b66fbb257374baff50d6ebb82&id=b9338dff9>

## Boat Storage

Most club boats are stored at Mytchett. You borrow the boats for which you have been trained (see the “Club Equipment and Safety” section below). You are welcome to rent space, subject to availability, for your own private boat. Please contact the Boat Storage Manager for more detail (contact details can be found at: <http://www.b3c.org.uk/people/>)

## Toilets and showers

Toilets are in the main Canal Centre building along with a unisex shower suitable for the disabled and family groups and a separate shower in the ladies loos. The door code to this area is made available to members.

## Licences.

All club boats are licensed to be used on the Basingstoke Canal. If you borrow them for use elsewhere please check the licence requirements for that waterway and make your own arrangements as appropriate

You need a licence to paddle your own boat on the Basingstoke Canal - contact the Basingstoke Canal Authority on 01252 370073 to buy one You also need separate licences to canoe on the Thames, Wey and other canals. Alternatively, join British Canoeing (*see below*) which will give you licence to use the canal and many other rivers and waterways throughout England.

## British Canoeing

British Canoeing (Formerly known as British Canoe Union and still often referred to as “The BCU” by some longstanding Club members) represents and promotes the interest of all canoeists on all matters including access to rivers, coaching and international competition: they support and help fund canoe clubs.

By joining British Canoeing you will be:

- supporting the wider interests of the sport
- supporting the Club (we will save on our affiliation fee to CE)
- licensed to canoe the canals and rivers mentioned above and many others
- be entitled to a 10% discount on purchases from selected canoe/kayak retailers, and
- a 15% discount at Cotswold Outdoors.

So, join British Canoeing today for your benefit and that of the club and the sport. You can join online at <https://www.britishcanoeing.org.uk/membership/>

## **2. Membership**

The club is open to all persons of any age. There is a minimum age of 8 (School year 3) for juniors to take part in the Paddlepower scheme; younger paddlers must be supervised by a parent/ guardian at all times. Those aged 8 to 18 may attend club events if accompanied and supervised by an adult.

Any non member wishing to paddle with the club must seek permission from the event leader.

We require members to tell us of any personal medical conditions which could affect their participation in any club events. This information is collected through the membership form. Failure to self-disclose detail puts the individual and others at risk. Please contact the membership secretary or download the form from the web-site.

## **3. Club Equipment and Safety**

A copy of the Club's Equipment Usage Policy can be found on the boathouse notice board and on the Club's website at: <http://www.b3c.org.uk/docs/boat%20use%20policy%20May%202015.pdf>

N.B any items damaged whilst on loan may be charged for at the Committee's discretion. Buoyancy aids are compulsory for under 18's but we do waive this for juniors of proven ability when in racing boats. We strongly recommend adults wear a buoyancy aid when on the water. Cotton T-shirts remove body heat quickly when wet and we encourage you to wear a thermal or man made fibre T-shirt. Please also wear something to protect your feet in case you fall in!

We generally recommend that interest is gained before you buy more specialist clothing and equipment. Clothing embroidered with the club logo is available to buy – this includes woolly hats!

The club regularly undertakes risk assessments with all equipment and at all events. A copy of our safety policy is available on our website at <http://www.b3c.org.uk/docs/BCCC%20HEALTH%20AND%20SAFETY%20POLICY.pdf>

Liability Insurance – the Club is affiliated to British Canoeing and as such all club paddling (as advertised on our calendar) is covered by a third-party liability insurance. Private paddling using club equipment is not covered by club insurance- join British Canoeing to gain individual paddling insurance.

## **4. BCCC Code of Conduct**

BCCC's code of conduct policy can be found on the Club's website at: <http://www.b3c.org.uk/docs/BCCC%20Club%20code%20of%20conduct%20July%202013.pdf>

## **5. Training**

### **Paddlepower and Youth**

We support the development of youth paddling by using the Canoe England accredited Paddlepower scheme. Paddlepower Level 1-5 builds initial basic skills while Paddlepower Level 6-9 supports a multi-discipline approach to develop a broad paddling skill base. Young paddlers can take part in regular race training and competition. All youth coaching is supported with accredited coaches. A Paddlepower programme runs during the warmer months on a Tuesday evening. There are inter-club Competitions arranged during the winter months.

## Star Tests and Adults

We actively support the Canoe England star award scheme for those wishing to gain recognised British Canoeing standards and awards. We offer courses at 1 and 2 star level and also 3 star whitewater kayak. The flatwater racing is supported to 4 star level. Subject to sufficient demand we have also arranged for external providers to deliver courses in First Aid, Foundation Safety and Rescue test and UKCC Level 1 coach. See the [training](#) page of the Club's website for more information.

## Competition Training

The club is actively involved in marathon and sprint competitions at distances from 200 meters to over 100 miles. There is an extensive list of races throughout the year. We organise coaching and training sessions throughout the year on Monday, Tuesday and Thursday evenings and on Saturday morning. See the [Flat Water Racing](#) page of the Club's website for more information.

## Coaching Scheme

Our coaches have undergone training and qualification with the British Canoeing coaching scheme. They all support the positive development of paddlers and offer their time as unpaid volunteers. Coaches are First Aid trained and have undertaken enhanced DBS disclosure. The club follows British Canoeing guidelines and procedures set out in Child Protection and Harassment policies. If you are interested in coaching please talk to one of the coaches. All new coaches are encouraged and supported through a mentorship programme. Basingstoke Canal Canoe Club and British Canoeing support the promotion of canoeing for people with special needs or disabilities and will encourage positive adjustment and participation in all aspects of the sport. There is financial support available from the Club and the British Canoeing Southern Region Development team to help members gain Coaching and Leadership Qualifications. More information is available from the club committee.

## 7. Trips and Events

We run a number of trips and events. These can be enjoyable as well as enhance paddling skills in all disciplines at all levels. Please contact the relevant event organiser if you want to join a trip or an event. Trips are advertised on our Website on the [Trips](#) page. Trips range from Thames Tours, the infamous Sloe Paddle, trips to the sea, white-water trips and weekends away. The paddle on Boxing Day is warmed by mulled wine!

Whilst taking part in events participants must be guided by the person in charge with regard to equipment and activity. The person in charge has the right to refuse attendance at any event if they feel that the participant's abilities or equipment do not match the event concerned.

## 8. Swimming Pool

There is an open air swimming pool between locks 22 and 23 on the Deepcut flight of locks which is rarely used. Swimming pools can be useful to develop rolling and capsize skills and the club tries to book sessions in indoor heated pools and Aldershot Lido for members to practise in. The dates will be advertised on Facebook, the website and by email. An additional charge will apply.

## 9. Photography

We recognise the need to celebrate and record achievement with children but in line with both the NSPCC and Canoe England policy, the club would be grateful if all parents or supporters contact the event organiser and register before undertaking any video or still photography during club events. The Club's guidelines can be found on the website:

[http://www.b3c.org.uk/docs/Photographic\\_guidelines.pdf](http://www.b3c.org.uk/docs/Photographic_guidelines.pdf)

## **10. BCCC Equality policy**

The Club is committed to ensuring that equity is incorporated across all aspects of its development.

Details of the Club's policy can be found on the website:

<http://www.b3c.org.uk/docs/BCCC%20Equality%20policy%202013.pdf>

## **11. Child Protection and Harassment**

Basingstoke Canal Canoe Club is fully committed to safeguarding the well being of its members. All members are expected to show respect and understanding for the rights, safety and welfare of others, and conduct themselves in a way that reflects the principles of the Club. We believe that taking part in paddle-sport should be a positive and enjoyable part of children's lives.

The Club's Child Protection & Harassment Policy can be found on the website:

<http://www.b3c.org.uk/docs/BCCC%20Child%20Protection%20Policy%202013.pdf>