



Basingstoke Canal Canoe Club New Members Handbook



Contents



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

Welcome to the Basingstoke Canal Canoe Club	3
What We Offer	4
Training	5
Other Information	6



Welcome to BCCC!



From the Chair

Welcome to the Basingstoke Canal Canoe Club! This is an exciting time for the club as we celebrate our 40th Birthday. This is quite momentous and we've come along way since 1979, even though we still have some of our original members! As it's our 40th, we are having events throughout the year, to make sure we mark the occasion which I'd love to see you at.

We are a friendly, multi discipline club. This means you can try different types of boats and equipment under the instruction of our coaches before you decide what boat you want to buy. We do have a specialist subject, flat water racing, but we also have very active touring, white water and sea kayaking sections. If you are entirely new, or have been paddling for a while, we offer training courses to help you hone your skills.

So welcome to the BCCC. I hope to see you on the water soon!

James Freemantle
BCCC Chair

Club History

The BCCC was formed in 1979 by boating enthusiasts in Fleet. We offer a wide variety of kayaking and canoeing to people of all ages. Our very first newsletter covered training, racing, slalom, an introduction to sea kayaking, pool sessions at RAF Odiham and canoeing holidays on French rivers. We still offer much of this and 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. More recently the Naomi and Isobel Smith, together with Ben and Joe Hansell have been national marathon champions and Sam Rees-Clark is a double world Silver and Bronze medallist. Mike Rees-Clark has also represented GB at wild water canoeing.

In 2003 we moved our base to the Canal Centre, Mytchett to gain better facilities and boat storage. In 2018, we improved our facilities again with the addition of changing rooms and a kitchen. This has enabled us to improve our training resources and the ability to offer canoeing to all the family.



What we Offer



Membership

The club is open to all people of any age. There is a minimum age of 8 (School year 3) for juniors to take part in our training programmes. 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 must seek permission from the event leaders. 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 website.

Our Fleet

The Club has a wide range of Kayaks and Canoes for use by our members. These range from general purpose boats through to high end racing craft, to sea and touring boats. When members are suitably qualified, and assuming they abide by our boat usage policy and have British Canoeing On the Water membership, they are able to use the boats at any time. A link to our boat usage policy can be found at the end of the handbook.

Our Facilities

We have grown significantly from our early days in a carpark! We now have a large barn for boat storage, together with heated changing rooms and a kitchen area. Showers and toilets are available at the Canal Centre. Together with our boats we have an extensive range of safety kit as well as gym kit including weights and paddling machines for those days when the canal isn't enticing!

Trips and Events

Our volunteer organisers run a huge number of trips throughout the year. These include Whitewater trips, touring trips, sea trips as well as social events. These trips vary in difficulty and you will be expected to meet a minimum standard for some trips.

Boat Storage

The club is able to offer storage for private boats **which are used frequently**. Spaces are limited and there can be a waiting list for some boats. Please email b3cmembership@hotmail.co.uk for more details.



Training



Training

Thanks to our volunteer coaches the club is able to offer a wide range of training for our members, from novice up to national champions. See our website for more details.

Taster sessions

As part of the British Canoeing Go Paddling scheme, the Club runs a taster session on the first Saturday of each month for those new to the sport. The £10 cost of the session is refundable against your first year of membership if you then choose to join the Club

Introduction courses

Based on the British Canoeing "Discover" Syllabus these courses provide you with the basics in Kayaking. On successful completion you'll be able to download a certificate and have the freedom to use the club fleet.

Improver courses

Our improver courses are a varied syllabus to give you a range of experience. They don't follow a set British Canoeing format as the "Explore" level is individual led. We are able to offer Explore, however these tend to be 1:1 and are by request only.

Competition Training

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

Our coaches

All of our coaches are qualified and form part of 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 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, and if you are willing to meet a minimum number of volunteer hours the club will pay all your course costs.



Other Information



Our Important Policies

All our policies are available on our website at www.b3c.org.uk/our-club/members-area/policies-documents/

- **Club Constitution:** The document that began it all, defining the structure of the club
- **Code of Conduct:** How we expect members, parents and coaches to behave
- **Boat Usage Policy:** How we expect you to treat the club's boats
- **Equity Policy:** our rules on treating all members with respect
- **Welfare Policy:** child and adult protection policies
- **Changing Room Policy:** rules for using the changing rooms (and keeping them clean)
- **Health and Safety Policy**
- **Standard Operating Procedures:** how the club runs.
- **Risk assessment:** a generic risk assessment for our site and buildings at Mytchett.
- **Club strategy:** How we intend to develop over the next 4 years.

Boat Licences

If you aren't a member of British Canoeing you need a licence to paddle your own boat on the Basingstoke Canal - contact the Basingstoke Canal Authority on 01252 370073.

British Canoeing Membership

British Canoeing represents and promotes the interests of all canoeists on matters including access to rivers, coaching and international competition: By joining British Canoeing you will be:

- supporting the wider interests of the sport
- licensed to canoe the canals and rivers (our canal, the Wey and Thames) mentioned above and many others
- Be entitled to a discount at a range of suppliers, including boat insurance.

See www.britishcanoeing.org.uk/ for more details

