



July 2022

Summer has well and truly arrived and activity is picking up at the lake. It's been an interesting few weeks with a lot of new faces and activities.

The Club EGM was held at the Clubhouse on June 12th. There was a great turnout. A big thank you to Des Richardson for chairing the event which went off smoothly and quickly. The new committee is settling in and looking forward to keeping the good ship Clywedog on an even course.

The Canoe section has been hard at work building up new skills. At the end of June with the support of grant funding from Canoe Wales members had the opportunity to undertake a number of courses. First off - FSRT (Foundation Safety and Rescue) course – a grueling 9 hour day of rescue techniques covering a full range of scenario's - lake , river and sea. A fortnight later a further long day covering coaching and leadership skills.



There will be a third day later in the season. Well done Tom, Ted, Stuart, Richard, Amanda and Des . An extra thanks to Des for sorting the funding.

CLUB CLEANING

Jill will not be available to keep on top of club cleaning for the rest of this month, therefore can we ask all members- and their visitors- to remember these few rules for everyone's benefit.

Take home all rubbish you may generate

Wash dry and put away any crockery and cutlery you may use, leave the galley clean.

If using showers use the mop or squeegee to dry off any water on the floor and **PLEASE** only paper towels into the bin.

We are a volunteer club and everyone has a responsibility to keep the place clean, tidy and secure.

Working with the Club and Community

We have a great team spirit within the club with members are prepared to volunteer their time and expertise for the benefit of others.

Just over the last few weeks, Adventure Scouts came over to learn SUP skills with SUP leader Andy Jobling.



That was followed closely by another group – from a bit farther afield....



Andy linked up with a charity that brings youngsters from Palestine, the smiles say it all.

Thanks to Bex and co for helping with the post SUP barby.

A few Sundays back, Richard put some of his newly acquired leader skills to use by laying on a very successful canoe induction course.



July 12 the Club welcomed students from Llanidloes High School for a day of end of term water activities.

Keith and Stef ran the sailing groups using the Feva's, Richard and Des led the canoes, Andy J the SUP's. Thanks also to Maggie and Kevin for running the tuck shop.

Feedback was great and we look forward to welcoming some of these students back as members.

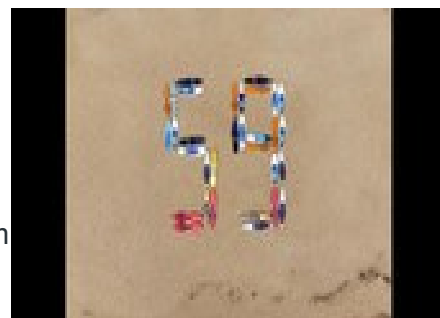


Its fantastic to have club members doing all this.

RNLI - ON WATER SAFETY THIS SUMMER

Figures from the Royal National Lifeboat Institution (RNLI) reveal that the charity saved the lives of 42 people last year after they got into trouble while paddleboarding, kayaking and canoeing.

The figures also show that: the RNLI saved the lives of 59 paddleboarders in the last 10 years, most since 2020 . Lifeboat launches to paddleboard incidents went up 2021 . In the 10 years from 2012-2021, the RNLI has saved the lives of 300 paddleboarders, kayakers or canoers and helped 6,361 people.



Samantha Hughes of the RNLI's Water Safety team said: 'Paddleboarding, kayaking and canoeing are all extremely popular, especially during the summer months, and the RNLI has seen a large increase in our lifeboats and beach lifeguards going to the aid of people involved in these kinds of activities over the past few years.

That's why it's important to be aware of some **simple safety advice** which could save your life. If you are heading out on the water, we would always advise you to wear a suitable personal flotation device for your activity. If you are on a paddleboard, choose the right releasable leash for the location you are paddling.

Always check the weather forecast and tide times as this can affect your paddling and always tell someone where you're going and when you'll be back.

Keep a means of calling for help attached to you in a waterproof pouch or close to hand so that in an emergency you can call 999 and ask for the Coastguard if at the coast or the Fire Service if inland.

If you get into trouble in the water, remember to **Float to Live**: lean back, using your arms and legs to stay afloat. Control your breathing, then call for help or swim to safety.

Sailing – the 2022 season is well under way, as usual each weekend we look to mix some theory with practice and that is tailored to who turns up and of course the weather.

We have managed to be on the water nearly every weekend with a mix of regular and new faces. Our juniors are working through the RYA syllabus and are consolidating their Level 2 skills. Keep an eye on the facebook page for what is coming up each Sunday as well as the club calendar for a general overview.

If you would like to try cruising bookmark 24th July. There will be an opportunity to go out on the lake as part of the “Try Cruising and Family Day”. Kevin and Gavin will organize on the day and will put out further details on the club facebook page.

Calendar dates for the rest of July and August...

Sunday 17 Jul 10:00 – New Committee meeting plus family sailing
Sunday 24 Jul 10:30 - Try Cruising and Family day
Sunday 31 Jul 10:30 - Racing: Summer Series (Handicap races)
Thursday 4 Aug 10.30 Powys CC Summer Fun Day- booked via PowysCC
Sunday 7 Aug 10:30 – Family sailing
Sunday 14 Aug 10:30 - Racing: Summer Series (Handicap races)
Sunday 21 Aug 10:30 - Family Sailing with training
Weekend 26-29 Aug CVRDA weekend meeting - all welcome

Canoe and SUP meetings are now both meeting on Thursday evenings, check with the club facebook pages for updates .

In the meantime when visiting the club on your own, please follow the guidelines for lone sailing and paddling as contained in your handbook and remember to lock up securely when you leave.

All calendar events are subject to change as they depend on members volunteering their time so please help if you can. Any comments,suggestions send to me below or to Gillian

Useful Links:	
Club Website	https://clywedogsailing.org.uk
Members Facebook	
Newsletter: send any news and pictures to...	paulfeely@btinternet.com