



Not long now to the start of the 2023 season.

The clubhouse will reopen after the work party later this month.

The work party weekend - March 18th and 19th – marks the start of the new season and we hope as many of you as possible can come and lend a hand to reopen the clubhouse , clear away any winter cobwebs and bring the club equipment out of winter storage.

Here are some of the jobs...It is a lot of work so every bit of assistance is appreciated.

Clubhouse Jobs

- Galley Clean and check fridges and general tid.
 Clean all surfaces, remove all rubbish and perishables.
- Toilets Remove all rubbish, disinfect surfaces.
 Deep clean Ladies after Drain work
- Main room General tidy and clean windows etc
- OD Office General tidy , Sort out Key cupboard

- Kit Shed** Move access sails, wetsuits, cags ,BA's etc to Shed
- Boats** Launch Wheelyboat and a rib or rigiflex, commission Jetty
 Refit club boats.

Grounds Jobs

- Lay new gravel
- Restore signage and flags
- Move outside tables back
- Secure the loose tyres by the high water mark
- Clear out cattle grid
- Repair steps

Refreshments will be provided both days, please brings any tools you think may be useful.

See you there thanks Keith.

Message from our membership secretary Tracey

Hi all

As you know the website Membership Form is open for your Membership Renewal for 2023. A big thank you to all who have already joined. If you are not intending to rejoin, please remove your dinghy from the boat yard but please let me know when you have so that you do not have to put up with my reminders!

Likewise, if you have a canoe or kayak stored on the Members' Racking, please rejoin and register your paddle craft to secure your space on the racking or let me know if you no longer want the space that was allocated to you in 2022 - we do have a waiting list for spaces. The code for the barriers and clubhouse will be changed on the work party weekend.

Don't forget after renewing your membership you have to contact me to re-register for the 2023 members facebook page.

See you on the water soon

Other news-

Last month Club was pleased to welcome **Welshpool Fire and Rescue Service** for one of their now regular training sessions at Clywedog.

Canoe section- The Llanidloes winter pool sessions have been very popular providing a great base to build on skills. The Thursday night sessions have catered for both younger and adult members and will continue until the end of this month when paddlers are looking forward to getting back onto the lake with an increased confidence in their ability.



Lake water level- Des provided this recent photo of the lake water spilling over the dam wall- but the water authority is already releasing water as you can see on the Natural Resource Wales monitoring website.



Club repairs- an ongoing item - repairs to the mens changing room showers have been completed ,and a new floor drain has been put into the ladies changing room.

Late news.....Gavin

Fancy a catamaran day over Easter- a great new sailing experience if you've never tried cats before. We can also take pictures of the club hobie and my Prindle to move them on.

Weather and sailing experience dependent and wetsuits definitely required.
See me at club and let me know.....

Winter Paddling and Safety Guidance



On a bright day the lake looks inviting, but with air temperatures at Clywedog hovering around zero, if you intend going on the water then look at the advice from British Canoeing and Atoll SUP boards.

This advice echoes the Club lone sailing policy emphasising that with a bit of extra planning you can safely enjoy paddling though winter .

Their top tips are :

- 1. Check the weather, check the water**
- 2. Plan your session**
- 3. Be prepared for cold water and dress appropriately**
- 4. Be a social paddler**
- 5. Wear a buoyancy aid**
- 6. Take a phone or VHF radio**
- 7. Take spare clothes**
- 8. Think about food and drink**
- 9. Stay hydrated**
- 10. Enjoy your paddling!**

Click on their links to look for more detail...

<https://www.britishcanoeing.org.uk/news/2017/winter-paddling-safety-guidance>

<https://atollboards.com/how-to-dress-for-cold-water-paddling-even-if-you-dont-have-a-full-wet-suit/>

Provisional Dates for 2023

<p>JAN-MARCH- Canoe pool sessions MARCH 5 Canoe flat water paddle MARCH 18-19 Working Weekend. Everyone needed, lots to do. lunch provided MARCH 25 Canoe intro to moving water 1 MARCH 26 – Launch and Sail welcome to the season</p> <p>APRIL 2 – Free Sail and Informal Training. APRIL 6 Canoe lake sessions restart APRIL 8 Canoe intro to moving water 11 Free sailing- race preparation. APRIL 9 – EASTER WEEK END – Racing. Spring series, Catamaran Day . APRIL 10 EASTER CUP (Handicap races) APRIL 16 – Free Sail and Informal Training. APRIL 16 Canoe Paddle safer award APRIL 23 – Racing. Spring Series Handicap APRIL 30 River Trip APRIL 30 – SPRING BANK HOLIDAY WEEKEND , Open Racing day</p> <p>MAY 1 – CLUB OPEN DAY Event. Volunteers needed MAY 7 Canoe guest club invitation MAY 7 – Coronation Weekend Free Sail and Informal Training. All welcome MAY 13 Canoe river clean up MAY 14 – Racing. Spring Series MAY 21 – Free Sail and Informal Training. MAY 27 Canoe River Trip MAY 28 – SPRING BANK HOLIDAY – a social event sailing and paddling, evening event MAY 29 ROSEBOWL TROPHY Races all welcome, a fun day on the water</p> <p>JUNE 4 – Free Sail and Informal Training. JUNE 10 Canoe White Water Improvers 1 JUNE 11 – Racing. 20/20 Series, rapid short races for all JUNE 17 – SAILABILITY OPEN DAY, everyone welcome & volunteers needed JUNE 18 Long distance relaxed race on nearly the longest day (weather dep.) JUNE 24 – Canoe Flat Water Paddle JUNE 25 – Free Sail and Informal Training</p>	<p>JULY 2 – Racing. 20/20 Series, rapid short races for all (Races 6,7,8,9,10) JULY 9 Canoe White Water Improvers 11 JULY 9 – Catamaran Day JULY 16 – Racing. Summer Series (Races 1,2,3) JULY 23 Canoe River Trip JULY 23 – Racing and Fun. CRUISER INVITATION DAY ? Fancy Dress – and fun racing JULY 30 – Racing. Summer Series (Races 4,5,6)</p> <p>AUGUST 6 – Event. Aldridge SC Weekend ? AUGUST 6 – Free Sail. All welcome AUGUST 13 – Racing. Summer Series (Races 7,8,9) AUGUST 20 – Free Sail and Informal Training. AUGUST Sat/Sun 25th/26th Canoe Camp Trip AUGUST 26-28 – Event: CVRDA event, race day on 27th, all welcome regardless of class of boat. Free Sailing on the Sunday and evening social.</p> <p>SEPT 2 – Free Sail and Informal Training. SEPT 3 – Event. Youth Regatta Day – training, racing and general fun. Adults welcome! SEPT 10 – Free Sail and Informal Training. All welcome SEPT 17 – Racing. Pursuit Racing (1,2,3) 24 – Racing. Autumn Series (Handicap races 1,2,3,4)</p> <p>OCT 1 – Free Sail and Informal Training. OCT 8 – Racing. Pursuit Racing (4,5,6) OCT 15 – Racing. Autumn Series (Handicap races 5,6,7,8) OCT 22 - Racing & Event. Final Fling</p> <p>OCTOBER 28 & 29 – Clocks go back Work Party - Winter Close Down Weekend</p>
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Reminder **USE OF CLUB EQUIPMENT**

The Use of Club Equipment policy is intended to support members in the early stages of their sailing and paddlesports development, whilst ensuring all members can safely enjoy the activities and opportunities provided through membership of the club.

The club maintains a fleet of craft, including sailing dinghies, paddleboards, and kayaks as well as a selection of personal equipment for member's use during club instructor-led activity sessions. The club fleet also allows the club to provide community-based events such as open days and taster sessions.

For the 2023 season there will continue to be no charge for member's use of club craft and equipment during club sessions.

Club rates will apply for other times (please see exceptions below).

Club instructor-led activity sessions, when there are appropriate qualified instructors and safety measures in place, are primarily:

- Sailing – Sundays
- Paddleboarding – Thursday evening SUP club
- Kayaking – Thursday evening canoe club
- Other ad-hoc and programmed events which will be communicated in advance

The club sessions are designed to provide a pathway for new members, those wishing to develop skills in the various disciplines, gain qualifications, progress in their chosen discipline, e.g., racing, or just to enjoy the activity as part of a group session.

Members wishing to enjoy the activities on the lake outside of the club-led sessions are expected to follow the club lone sailing/paddling guidelines and to have a level of competency in the respective activity, be confident in their ability to self-rescue and to rescue others in their group, and to provide their own craft and personal equipment. As such club craft and equipment are not generally available for casual use outside of the prescribed activities.

Use of club sailing dinghies is only permitted when safety cover is active on the lake, provided by a club helm who holds at least RYA PB2 certificate.

REMEMBER: A proper fitting buoyancy aid is mandatory for all activity on the water .

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