



## Commodores Notes.

Hi Everyone

I cannot believe we are into the final 8 weeks of the season.

Saturdays seem to be really quiet now so we will not be providing duty cover from this week (Sept 9th) on Saturdays. I am sad that we seem to have more dinghies with grass growing round them than being seen on the water despite our provision of sailing tuition and help being available most weekends the turnout has generally been disappointing. We may have an Indian Summer so please make the effort to come and clean the cobwebs off and join us on the water.

We have just held the CVRDA Nationals and it was an excellent turnout with entries from Plymouth to Glasgow joining us for a fantastic sailing and social weekend which really brought the club alive.



Many many thanks to all those volunteers over the weekend who gave their time to help out onshore and afloat.



On looking at our membership numbers we ought to be this busy every weekend. We have given quite a few taster sessions for members and potential members but it does not seem to have actually resulted in any more dinghies on the water.

On a good news vibe the club is looking very smart and we do have a small but active group of paddlers and sailors on a regular basis but we do need to get these weekly numbers up to keep the club viable and affordable.

Due to constraints on space we may have to decide whether we monitor dinghy usage and if there is none then we may have to ask that craft are moved to make way for more regular sailors/paddlers. Finally a gentle reminder to members, that visitors should be signed in the visitor book on the clubhouse desk.

Keith and honorary (Able Seaman Bertie)

## CANOE CLUB Richard Anderson

A soggy but enjoyable end to our Thursday evening paddle sessions. Thanks to all our crash test dummies for their enthusiastic and thorough testing of our new club craft 😊

On a serious note these really are a great way to introduce people to paddle sports and should enable us to do many more taster sessions for potential and new club members as well as community groups.

Thank you to everyone who has supported our evening sessions and to Stuart and Des for putting their Paddlesport instructor qualifications to great practical use.

We'll be having a break for a few weeks and will start pool sessions after half term -details to follow on facebook.

**Thanks All!**



## Cruiser Corner

This month saw another cruiser launched- “Sioned” . New member Mike previously had a motor cruiser on the other side of the country and is now looking to turn his hand to sail cruising !

## Other news- National Lottery Be Active Wales fund

Des successfully applied for a grant from the National Lottery Be Active Wales fund .

Seven sit on kayaks have been bought by the club with this funding. The new craft will help to keep people participating and get more people involved in club paddle sessions.

Des, really well done for doing the application and getting this result for the club.



**Clubhouse-** The 5 yearly electrical inspection has been completed by EOM one or two small items to remedy otherwise everything is fine.

## Provisional Dates for rest of 2023 season

SEPTEMBER 17 – Racing. Pursuit Racing (1,2,3) 24 – Racing. Autumn Series (Handicap races 1,2,3,4)

OCTOBER 1 – Free Sail and Informal Training. All welcome

OCTOBER 8 – Racing. Pursuit Racing (4,5,6)

OCTOBER 15 – Racing. Autumn Series (Handicap races 5,6,7,8)

OCTOBER 22 - Racing & Event. Final Fling WINTER

OCTOBER 28 & 29 – Clocks go back End of season Work Party Weekend - All boats off water.



## **DUTY OFFICERS      SEPT**

Date	Duty Officer	Instructor	Safety	Crew
Sun Sep 17	Paul F.	Stef F.	Lee W.	Tom Pert
Sun Sep 24	Richard A.		Rich Adamo	Ben Butler

**updated Rota to end of Sept please check and let us know if not available.**

## **DUTY OFFICER ROLE      SEPT**

**Open Clubhouse and check all well.**

### **Welcome Duties**

**Be on site generally for queries, access to kit where applicable, filling in logs. reception, club familiarisation for new members and admin duties.**

**Check whether the camping Register and Caravan logs been filled in by anyone staying at the club.**

**Collect any Day membership where applicable with rules , put cash in envelopes and put in box in Kitchen or give to Des if present.**

**Optional : Fill Water Geyser, and if happy to provide Teas/Coffees put tuck shop bits out (which means need to bring some milk) Price list is on a blackboard.**

# paddling and Sailing Safety Guidance

On a bright day the lake looks inviting, 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 your paddling .

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/>



# USE OF CLUB EQUIPMENT

The Use of Club Equipment policy is intended to support members safely in the early stages of their sailing and paddlesports development.,

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 is also used to run 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. 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.

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.

## **REMEMBER:**

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

Waist belt buoyancy aids are not permitted for use on the lake.

Complete the relevant equipment log book so we have a record of usage.

<b>Useful Links:</b>	
Club Website	<a href="https://clywedogsailing.org.uk">https://clywedogsailing.org.uk</a>
Members Facebook	
Newsletter: send news and pictures to...	<a href="mailto:paulfeely@btinternet.com">paulfeely@btinternet.com</a>

Graphics – thanks Chris Dartnell