



## Commodores Notes.

Hi Everyone

To finish off the season we had a great turnout for the Big Sail Paddle and BBQ on 6<sup>th</sup> October, more details and pics in the report below.

There are some important dates I'd like you to take note of- 28th-29th October is the "Work Party" weekend, we have a lot to do to close down the club for the winter months ahead which in turn will make it easier when it comes around to reopen next year.

I cannot believe we are into the final few weeks of the season. I am coming to the end of my stint as Commodore and would like to thank the team and members for all the support over the last two years as we have achieved many of our goals. With family commitments and other pressures It is time for me to step down .

We will shortly be announcing the date for the AGM and I hope as many as possible can attend as we have vacancies for officers and committee available. Please consider stepping up as more hands make light work.

**Keith and honorary (Able Seaman Bertie)**

# BIG PADDLE , SAIL and BBQ

October 6 dawned cold and still- Keith gave an early indication of the weather from his campervan window “ Frosty but clear, light wind- All good to go today! ”

And sure enough members rolled up and the car park was full and buzzing by 10 , the lake was mirror calm but forecast to pickup by midday.

A fleet of paddleboards kayaks and canoes set off followed by a selection of cruisers and dinghies.



Using the route usually taken by the annual long distance race, we went through the narrows stopping for snacks on the shore of one of the small tributaries before continuing to the far end of the lake to where the Afon Clywedog enters.



The return trip was into a slight headwind so that by the time everyone was back onshore we were all ready for the BBQ at the clubhouse.

A special mention to Maggie, Jen and Linda who spent the morning preparing the feast and to Keith who on landing immediately swapped his sailing boots for an apron to crank up the barbie..



Plenty of photos on the facebook page, thanks to all contributors, the comments say it all.

A great day!

# CANOE CLUB

Richard Anderson

Thursday evening pool sessions will restart in Llanidloes after the half term break.

Please let us know if you would like to join in.

All welcome but we need to have an idea on numbers.

**Thanks All!**



## Cruiser Corner

As the season draws to an end boat owners are reminded that all craft using moorings need to be taken off the water by the end of this month, preferably not over the work party week end which is aimed at preparing the clubhouse, all club equipment and the club grounds for the winter.

Note: Work Party weekend will see the jetty disconnected and moved to the creek for sheltered storage.

## Training

Congratulations to Nick Collins, Nick Jones and Mick Crehan who completed their PB2 course



## Dates for rest of 2023 season

October 22	Last sailing day of the 23 season. Free sail.
OCTOBER 28 & 29	– Clocks go back End of season Work Party Weekend - All boats off water.
December	Club AGM Date and venue to Follow

## **Work Party Jobs Saturday and Sunday 28/29 Oct.**

**Please try and put some time aside to come and help. Bring old clothes and gloves. If you can assist with any of the grounds items bring some tools if available.**

### **Clubhouse**

Galley -Empty , clean and turn off fridges.  
Clean all surfaces, remove all rubbish and perishables.  
Toilets Remove all rubbish, disinfect surfaces.  
Main room General tidy, OD Office General tidy ,

### **Water Based**

Bring in Challenger Tri and yellow trimaran and winterise.  
Bring Racing Buoys in check no loops in pickups.  
Check all moorings and extend to full length (Take loops out)  
Prepare jetty to go up creek.  
If jetty done bring inn remaining club boats- wheely boat and rigiflex.

### **Kit Shed**

Move wetsuits, cags ,BA's , sails etc to main clubhouse room

### **Boats**

Take all sails and dry to store in clubhouse.  
Clear space for Avon in right hand shed.  
Clear space for new rib in Gazebo  
Topper, pico,Feva,disability sails remove from masts/boats, take to clubhouse.  
Wayfarer Remove sails, clean boat, re-cover with boom up.  
Clean all dinghies Invert and tie down hulls.  
Bring all remaining craft above high water line

### **Grounds**

Take down signage and flags  
Move outside tables  
Secure the loose tyres by the high water mark  
Clear out cattle grid. Repair steps Cut hedges?  
Potholes (We should get a digger to scrape level and re-profile as waste of time filling same potholes now.)

### **Last Jobs**

Lock loos except disabled and turn off water , put winter notices out

# 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 POLICY

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 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>

Original Graphics – thanks Chris Dartnell