



2024 season so far.....

Hi Everyone

Weather wise It has been a mixed bag so far this year- ranging from blistering sunshine to dodging marble size hailstones. In between the lake level is remaining at an all time high which can make for a crowded slipway.

In April the club welcomed visits from Llanidloes Brownies and later Llani Guides. They all had a successful introduction to Kayaking. Many thanks to Tracey, Richard, Simon and Tom for supporting this link with the community.



At the end of April we enjoyed our first Social Sunday with plenty of good sailing combined with a “Bring Your Own BBQ”.



Thanks Hayley ... a great success.



In early May we supported the Heart of Wales Ultra Marathon. The club became a temporary checkpoint and “refuelling” station for the 100 or so hardy competitors on their 30 mile run.....



Following a suggestion from Nick Smart we had a successful “start racing “ day on Sunday May 5th, with Spring Races 1 and 2 completed.

The series continues on May 19th with races 3 and 4- we look forward to seeing you there either on the water or perhaps helping with the timekeeping.



Looking forwardDiary Dates....

26th May “**Big Paddle,Sail and BBQ**” as last year we are pleased to welcome back Welshpool Canoe Club for the day, **further details** and for booking food see the club facebook page or check at club.

June 1 and 2 – Newtown Festival, we will have an information stand there, it would be great if you could volunteer some time to help there, a great chance to become become more involved with growing the club.
Contact : Richard Anderson via facebook or at the club.

CANOE CLUB

Richard Anderson

The Thursday sessions are up and running although like everyone we have been dodging the weather. Keep an eye on the facebook page for updates.

Remember all are welcome but I need to have an idea on numbers in advance .

Thanks All !



Cruiser Corner

Cruiser have now all been allocated a mooring and owners are requested to look at launching to clear the top car park.

Remember the water level can vary considerably over the year, presenting a greater need to regularly check your mooring. Last year the level dropped by just under 4 metres at the end of June.

You can look at the lake level in real time online at Natural Resource Wales <https://rivers-and-seas.naturalresources.wales/Station/4289>.

A gentle reminder that boat road trailers should not be left at the club.

Boat Park

An increasing number of boats and canoes are left at the club and never used. Whilst there is sometimes a good reason for this , it is not within the spirit of the club and restricts availability of space for new members.

Club rules call for all craft to be seaworthy, a number of stored craft are now not in good condition and the owners are being contacted to remedy this.

Clubhouse Galley and Security

Remember if you have used the galley facility then please wash up, dry and put away everything you have used.

If you are last to leave the clubhouse, make sure the water and all lights are turned off, the front door locked and both car park gates are closed and locked.

Buoyancy Aids (BA's) REMINDER

Please remember that at all times on the water and on the jetty you should be wearing a properly fitted buoyancy aid that is in good condition is a good fit, and preferably with leg straps. There have been recalls with certain imported brands so make sure your BA is also CE certified, Any doubts ask. SUP waist aids are not acceptable.

Juniors should wear a buoyancy aid if they are near the waters edge.

We have already had to ask people to leave the water because they think they know better.

This is a no exception rule and is part of the agreement with Hafren Dyfrdwy granting us use of the lake.

Provisional calender for May and June

This may be subject to changes, see also updates on the club facebook page and website. :

MAY 12	Free Sail	JULY 7	Free Sail .
MAY 16	Paddling 6pm	JULY 14	Free Sail .
MAY 19	Spring Races nos 3 & 4	JULY 21	Cruiser Weekend
MAY 23	Paddling	JULY 28	Free Sail .
MAY 26	Big Paddle & Sail, BBQ with Welshpool CC.	AUGUST 4 –	Bank Holiday weekend.
MAY 29	Paddling 6pm	AUGUST 11	Free Sail .
JUNE 1	Newtown Festival	AUGUST 18	Free Sail .
JUNE 2	Free Sail ./ Newtown Festival	AUGUST 24-26 –	Event: CVRDA (vintage dinghies) event, long sailing weekend, all welcome regardless of class of boat.
JUNE 6	Paddling	SEPT 1	Free Sail .
JUNE 9	Free Sail	SEPT 8	Free Sail .
JUNE 13	Paddling.	SEPT 15	Free Sail .
JUNE 16	Fathers Day Paddle & Sail	SEPT 22	Free Sail .
JUNE 20	Paddling	SEPT 29	Free Sail .
JUNE 23	Free Sail	OCT 6	Free Sail .
JUNE 27	Paddling	OCT 13	Free Sail .
JUNE 30	Free Sail .	OCT 20	Free Sail .
		OCT 26-27 –	Clocks go back Work Party - Winter Close Down Weekend

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- make sure it fits, no rips or damage, CE mark.**
- 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 2024 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
- 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.

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

Original Graphics – thanks to Chris Dartnell