



ALTON CANOE CLUB

FIRSTCLUB INTRODUCTION DOCUMENT FEBRUARY 1978

An Introduction to Alton Canoe Club.

The Alton Canoe Club was formed in February 1978 following the considerable interest aroused in the area by the canoeing courses held by the Alton Sports Centre. A Club had been in existence prior to this but had primarily been for older members.

The Club meets each Friday evening and, apart from the summer months, the meetings are held in the Sports Centre Pool between 6.00 p.m. and 7.00 p.m. or, if it is a Dry meeting, in the Clubroom.

The Club's intention is to introduce and promote the basic skills of safe canoeing and to undertake a variety of expeditions to satisfy the various requirements of the Club members.

Prospective members should be able to swim at least two lengths of the main pool at the Sports Centre.

The Club Coaching Instructor is David Moore. He is ably assisted by Mr. Brian Barton, our President, and Mr. Dick Faulder, and all three are qualified British Canoe Union Instructors. Other senior members of the Club assist with coaching and are taking examinations to obtain their Instructors qualifications.

New members are introduced to canoeing by teaching them how to get in and out of the canoe, how to capsize and get out of the canoe with a spray deck in position and the basic techniques of paddling. Once this has been achieved progression can be made through the large variety of strokes and fairly early on the basic teaching for rolling commences. Members are also taught how to rescue other canoeists who have capsized. B.C.U. Star Tests are held to recognise the ability grade achieved by members and these are graded 1, 2 & 3.

New members may join the Club any Friday evening but may not be given individual tuition immediately. The last Friday in each month has been set aside as Beginners Night when full attention will be given to the new members. No additional charge will be made over and above the joining fee and Club membership fee.

Apart from the winter months the Club tries to arrange expeditions on two weekends each month. These include straight forward paddles on canals or rivers and the sea, and also training in weirs, etc.

Canoeing equipment is relatively expensive so it is best to ensure that you are going to like canoeing before embarking on the purchase of all the equipment necessary. The basic equipment required is:-

Canoe, paddles, spray deck, buoyancy aid/life jacket,
waterproof anorak, and a crash helmet.

A waterproof anorak is essential before any outdoor expeditions are undertaken.

However, Club canoes and access to other canoes and equipment are limited so once you have established that you like canoeing your own equipment is advisable if you are to enjoy all the activities to the full.

The Club owns a mould for a KW7 canoe and this can be hired at a low rate (£5 per canoe). At the present a canoe costs about £50 to build but expert guidance and assistance is required from people experienced in making a canoe.

An application form to join the Club is attached.

R.W. BROWNING

Secretary/Chairman.