

PHOENIX CANOE CLUB

ON THE WELSH HARP RESERVOIR

BASED AT THE

**NORTH CIRCULAR SAILING CLUB
COOL OAK LANE
LONDON NW9**



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CLUB INTRODUCTION

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WELCOME TO THE CLUB

INTRODUCTION

The Phoenix Canoe Club was formed in May 2004 after the London Borough of Barnet closed the popular Welsh Harp Youth Sailing Base on the Brent (Welsh Harp) Reservoir, in West Hendon to effect a £77k saving on the council budget. The council have pledged to build a new base on the WHYSB car park site as part of the West Hendon Regeneration scheme, but to be run by an outside organisation. Unfortunately, the earliest date for its start on site is mid-2008 and no firm plans have been approved as yet.

The Club was set up by kayak coaches and staff of the WHYSB and backed by the Friends of the Welsh Harp Youth Sailing Base, a charity formed in 1998 to provide additional financial backing to the Base (now renamed as the Welsh Harp Youth Charity),

The official opening of the Phoenix Canoe Club took place on Sunday 9th May 2004 at its headquarters based at the North Circular Sailing Club on the Welsh Harp Reservoir. The event was well attended by its new membership, including many previous users of the Welsh Harp Youth Sailing Base, as well as new recruits. 22 canoeists took to the water for the event and Councillor Monroe Palmer, Leader of the Barnet Liberal Democrats, performed the cutting of the ribbon. With his wife Susette, Councillor Palmer had provided a lot of support to the WHYSB and opposition to Barnet Councils budget cuts. He welcomed the formation of the club for youth in Barnet to pursue watersports and wished it every success.

The Club is affiliated to the British Canoe Union, the governing body of canoe sport in England and has both a Junior (9-18) and Senior section. The Club operates and promotes the British Canoe Union star test awards and organises a programme of river trips to facilitate the requirements of the coaching scheme and for personal progression.

The Phoenix Canoe Club is based at the headquarters of the North Circular Sailing Club and is open on Sunday afternoons between 12 noon and 4pm. The Club uses the Welsh Harp reservoir under license from the Welsh Harp Sailing Association.

The Club House has changing facilities, a comfortable clubroom with kitchen; launch ramp and pontoon and storage facilities for the club equipment. The Club is located on Woodfield Park playing fields accessed from Cool Oak Lane, West Hendon. Park your car in the Car Park by the entrance and walk down the path to the Club House, which is located by the reservoir. You can download a map from the website.

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INTRODUCTORY ONE STAR COURSE

For novices wishing to join the Club, entrance is by attending an Introductory One Star course. This teaches the foundation strokes used in kayaking and is a basic introduction to the sport. Full details of the course are on the Introductory One Star Course Junior or Senior form. The course lasts for 2-3 sessions, depending on abilities of the group. The course fee includes a BCU One Star badge and certificate. We ask that you attend each training session of the course to avoid affecting the group's progress. If you have to miss a session due to illness or holiday, please inform the Duty Coach. All One Star courses start at 1.00pm and finish at 3.30pm. Please arrive early to allow time for changing and getting the kayaks and equipment out. When you arrive at the Club, please book in with the Kitchen Krew. All newcomers will be given a Members Safety Induction and shown around the premises and introduced to your Coach.

If you have a minimum of the BCU One Star award, you can join the club by payment of annual membership fees. You must provide evidence of your current awards when joining.

AFTER THE ONE STAR

When you have completed the One Star award, you are free to attend as many or as few sessions as you wish. There is no need to book – just turn up on the day. If the club day is very busy, you may be limited to a short session on the water to allow everyone to canoe. You can also access further training courses or workshops. The Club opens from 12 noon and finishes at 4pm (3.30pm during the winter months). On arrival at the Club, please book in with the Kitchen Krew and check the Marker Board and Notice Board for comments about the day's activities.

OTHER COURSES

The Club runs courses for BCU 1 – 3 Star awards, as required. Coaches will also run occasional workshops to teach or improve paddle strokes. We can also organise Canoe Safety Tests, First Aid training and advise on coaching awards. We charge a registration fee for courses and all river and surf trips are subject to an additional payment to cover river licence fees, transport, coaching expenses, etc. You can progress at your own speed through the awards schemes or use the foundation strokes learnt on the One Star award for recreational paddling. Feel free to discuss your requirements with the coaching team.

RIVER TRIPS & SURF COURSE

We run regular trips to other rivers, canals, lakes and artificial white water centres during the year. These may be run as part of a course, supplementary training or purely recreational. The trips are advertised by e-mail, on the club notice board, or by invitation only, however, will be restricted to certain ability levels. We also organise an annual trip to the North Devon

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coast for kayak surfing for intermediate to advanced canoeists. We are responsible for ensuring your safety and well-being, so if in doubt, ask the course organiser or trip leader for advice on your eligibility.

The coach leading the trip will carry emergency and first aid equipment and will inform entrants on the level of personal equipment to be taken. The Club can provide kayaks and paddles, wetsuits, helmets, spray decks, cagoules etc.

WHAT TO WEAR

New members need not go to any great expense to start kayaking. In the summer months, most people are comfortable wearing shorts or tracksuit trousers and "t" shirt or sweat shirt and a pair of old trainers or surf shoes. No need for designer gear – it is going to get wet and muddy. We can supply you with a buoyancy aid. Be prepared for different weather conditions. If it is sunny, ensure you have a hat and sun tan lotion. If it is cold, windy or raining we can provide cagoules and it may be advisable to wear a sweatshirt, tracksuit trousers and a warm hat. In the winter months, we can provide wetsuits. Remember to bring a towel to dry off after canoeing.

EQUIPMENT

We have a range of kayaks and canoes to suit all abilities from absolute beginner to advanced canoeists. There are also paddles, buoyancy aids, spray decks, wet suits and helmets. All equipment is free to use and all water users will be required to wear a suitable buoyancy aid. Please look after all the equipment and return it to the correct racks after use.

GETTING YOUR OWN GEAR

As you progress, it is suggested that you buy your own equipment. Start off with clothing that protects you from the weather such as cagoules or spray decks, and then move onto gear that will assist your safety such as buoyancy aids, helmet and wetsuits. Canoe for at least a year before you consider purchasing a kayak – wait until your skills are at least at 2 Star level. Before you buy any equipment, discuss your proposed purchases with one of the coaches as they can advise you on good makes, types and shops. Never purchase items by mail order that need to be fitted. Make sure you budget to buy the best equipment – cheap gear is usually a poor investment that will need replacing sooner rather than later.

INSURANCE

The Phoenix Canoe Club is affiliated to the British Canoe Union and the club and its members are covered by the BCU Civil Liability Policy up to a value of £5m per incident. Club members pay a nominal sum within their membership fee at the time of joining or renewal to cover affiliation to the BCU.

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WATERSPORT RISKS

Canoeing & Kayaking are “Assumed risk” “Water contact sports” that may carry attendant risks. Participants should be aware of and accept these risks, and be responsible for their own action and involvement. Please refer to the Club Code of Conduct and Junior Code of Conduct for simple guidelines to assist with the safe running of the club.

HEALTH & HYGIENE

There are a number of pollutants found naturally in all watercourses. The common pollutants are Blue Green Algae, which can contain poisonous toxins and Weil’s disease, a bacteria carried in the urine of rats (and some other animals), which gets into the waterways. The Phoenix Canoe Club do not have any confirmation that Blue Green Algae or Weil’s disease are polluting the waters of the Welsh Harp Reservoir or other rivers that we use, however, as a precaution, we would recommend that all canoeists who come in contact with the water, wash their hands thoroughly as soon as they leave the water. Anyone capsizing should use the shower in the Changing Room and all canoeists should bath or shower as soon as they get home and wash all activity clothing. Please refer to our information sheets on Blue Green Algae and Weil’s disease.

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THE COACHING TEAM

The **Phoenix Canoe Club** only use British Canoe Union qualified and registered coaches for instructing and leading canoeing activities. All coaches undertake a comprehensive training and assessment course for each level of competence and maintain a current first aid qualification. They are full members of the Club in their own right and give their time freely to teach kayak and canoeing skills.

BCU Level 4 Kayak Coach (es) – Level 4 is the correct grade for a person to be in charge of leading groups in closed cockpit kayaks on inland waters, white water Grade III and above.

Harry Mackie (Coaching Organiser)
Darren Knopp (Also, Level 3 Kayak Surf)
Haydn Matthews
Paddy McGrath
Max Bilbow

BCU Level 3 Kayak Coach (es) – Level 3 coach is the correct grade for a person to be in charge of kayaking activities for a club or school, which includes expeditioning and/or white water Grade II.

Geoff Selley
Phil Atkinson (Trainee)

BCU Level 2 Kayak Coach (es) – Level 2 coach is the correct grade for a person to be in charge of introducing groups to canoeing on simple waters in general purpose kayaks designed for use on white water, or in open cockpit canoes or kayaks.

Mike Sparks
Ralph Lee
Sarah Mackie
Chrissie Atkinson (Trainee)
Michael Robinson (Trainee)
Mark Underwood (Trainee)
Phil Wilkins (Trainee)

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THE COMMITTEE

The Phoenix Canoe Club is run by a committee, which is elected at the Annual General Meeting. You can get your views and suggestions represented at committee meetings by contacting one of the members. The committee is responsible for all financial, organisational and operational matters. You can download our Constitution from the website. The members of the committee for 2004/05 are: -

Phil Atkinson	-	Chairman
Helen Shead	-	Honourable Secretary
Ralph Lee	-	Honourable Treasurer & Equipment Officer
Harry Mackie	-	Coaching Officer
David Lawrence	-	Premises Officer & Senior Section Rep
Helen Russell-Johnson	-	Child Protection Officer
Geoff Selley	-	Junior Section Organiser
Chrissie Atkinson	-	Junior Section Representative
Mike Sparks	-	Co-Opted Member (WH Youth Charity)
Jodie Coyle	-	Co-Opted Member

ADULT HELPERS

Apart from the Coaches that run the water activities, the Club relies on adult help with shore-based activities, including serving refreshments and snacks, fundraising and general maintenance issues. We ask that all adults join the Club on a Non-Canoeing Adult Helper membership, which is free, which ensures that all helpers are covered by insurance. To comply with our Child Protection and Harassment Policy, we also require that all adult members complete a BCU Personal Declaration form and send it direct to the BCU for registration. We ask that at least one parent of a Junior member provides 10 hours voluntary service per annum to the Club.

KITCHEN KREW

We have a selection of refreshments and snacks available from the Kitchen Krew. All proceeds from the sales are put back into Club funds. If you prefer, you can bring your own refreshments and snacks – please ask for hot water or use of the microwave.

MEMBERSHIP CARDS

We provide all members with a Membership Card. They are credit card sized, so they can be kept in your wallet and can be used in equipment shops to prove membership if you are asking for a discount. Please allow 2-3 weeks for your card to be printed.

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CONFIDENTIALITY

We hold information on computer records and in hard copy for all of our registered club members, including address, telephone contacts, e-mail address, doctor and health information. This information is restricted to the Chairman, Treasurer and Secretary and not disclosed to any other agencies. We do advise Coaches of any health implications and emergency contact details that may affect members on organised courses and trips only. Please advise the Duty Coach of any health problems that may affect you during normal Club sessions.

We will inform you at Membership renewal of all confidential information that we hold and ask you to update our records. Please inform us at any time if the information we have needs updating.

CHILD PROTECTION CONTACT

Helen Russell-Johnson is our Child Protection officer. Should anyone, coach, adult, parent or child, have any concerns over infringement of children's or vulnerable adults rights, including abuse of a physical, sexual, emotional nature or neglect – please contact her in confidence on 020 7284 3311.

NEWSLETTERS

We have a monthly Newsletter that is sent to all members detailing forthcoming events and activity reports. Members are free to advertise in the Newsletter and put forward articles and reports. To keep administration costs to a minimum, the Newsletter is circulated by e-mail only; however, there are normally a few paper copies available at the Club House. If you would like a copy sent by post, please provide 12 stamped, addressed envelopes.

WEBSITE

You can access our website at www.phoenixcanoecub.co.uk for current information, policies, links to related sites and to download application forms.

GENERAL INFORMATION

Printer friendly Club Introduction
Phoenix Canoe Club Constitution
Weil's Disease
Blue Green Algae
Membership Charges
Map to the Phoenix Canoe Club
Phoenix CC - Club Code of Conduct
Phoenix CC - Junior Code of Conduct
Phoenix CC - Guidelines on the use of Photographic and Filming Equipment
Phoenix CC - Child Protection and Harassment Policy
Phoenix CC - Equal Opportunities Policy
Phoenix CC - Health & Safety Policy

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FORMS

Introductory One Star Course – Junior (9-18)
Introductory One Star Course – Senior
Junior Club Membership form
Senior Club Membership form
Non-Canoeing Adult Helper Membership form
BCU Personal Declaration form – All adults to complete
River (Day) Trip application form

LINKS

Links to related websites

SOCIAL ACTIVITIES

The Club includes in its programme social activities including a Fun Day, Race Day, Barn Dance and Christmas Party. Check out the Notice board or Newsletter for forthcoming events.

CLUB PROMOTIONS

“T” Shirts and other promotional items are available from the Kitchen Krew, subject to availability.