



DEREHAM CANOE GROUP NEWSLETTER

MAY 2019

Membership – Due April 2019

Lynda Turner has emailed members regarding membership renewals. If not already done so, could you please return your membership form and health and emergency contact forms with payment as soon as possible, that would be appreciated!

Summer River Sessions 2019

Again, Lynda Turner has emailed regarding the river sessions which will start on Wednesday 8th and Thursday 9th May. When driving onto Castle Farm, please be aware this is a working farm and there will be animals including dogs running around. Please drive slowly onto the Farm (maximum 10 mph). It is also important that when booking yourself or a child in for the session, that you sign in and out; the signing-in sheet will normally be on Lynda's car. You will also need to display a parking ticket in your car when parking on the farm – you will receive this once your membership has been renewed.

FSRT – 21 July 2019

If you are a competent paddler in both kayak and canoe and are over 13 years old and would like a This is Foundation, Safety and Rescue Training – If you are a competent paddler in both kayak and canoe, are over 13 years old, and would like an additional challenge, would like to be able to help with groups or are considering coaching then this is a useful course for you to do. We cover various techniques needed for rescuing a variety of kayaks and canoes as well as people! If this is something you might be interested in please contact Lynda Turner at derehamcanoe@group@gmail.com for more information. There is a maximum of 12 spaces on the course.

Paddlesport Leader Course

This is a two day course and you need to be of a good paddling standard to take part. Jeff Toser is organising this, date to be confirmed. If you are interested contact derehamcanoe@group@gmail.com.

Borrowing Club Equipment

Please be aware that every time you use a club boat, except when you have paid for a course, you should be paying for the use of that boat. It is £5.00 per day or £3.00 for a session. *IN ADDITION, IF YOU TAKE ANY BOAT OR EQUIPMENT AWAY FROM THE FARM TO USE PRIVATELY, THEN YOU NEED PERMISSION FROM A COMMITTEE MEMBER AND THE BOAT MUST BE RETURNED PROMPTLY WITH PAYMENT.* We would like to keep our charges small and to allow members to use the equipment therefore we would appreciate payment. There is a sheet inside the boat shed which should be completed and payment given to a Committee member.

Go Paddling – 29th & 30th May 2019

We are holding this event again in the May half term. If you know any one that would like to come along and try kayaking then please get them to contact us on derehamcanoe@group@gmail.com. Please note there will be no coaches available to coach club members this week.

Paddles Up Event – Thursday 4th July 2019

We will be holding this event at Castle Farm on one of the summer Thursday evenings followed by a BBQ so please put this date in your diaries – further details to follow soon!

Trips

We are planning on running a couple of trips this year.....further details will follow!

- **Camping Trip – 6/7 July 2019** – This trip is being organised on the Waveney with an overnight stop.
- **Broads Trip – 18 August 2019** – This will be a trip from Rockland with perhaps a pub stop!

Weil's Disease

Just a reminder as we are now heading back out onto the water!

This can be caught when the urine from an infected animal enters freshwater and the infected water gets into your mouth, eyes or a cut. In Britain, Weil's disease is usually caught during water based activities such as kayaking, outdoor swimming or fishing.

To reduce the risk of infection:

- Before going on the water, ensure any cuts or grazes are covered with waterproof plasters
- After getting off the water wash your hands with soap and water as soon as possible and clean any wounds thoroughly

If you feel unwell, at all after being on the water, then please consult a doctor especially if you have a high temperature or a headache. Tell the doctor you have been canoeing. Weil's disease is caused by a bacterium and can be treated successfully with antibiotics.

For further information on any of the points in the Newsletter, please email to derehamcanoegroup@gmail.com or phone 01362 637153 (Lynda) or 01953 885189 (Jeff)

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