

TCA Newsletter March/April 2026

Cor! Its been a wet one! Wettest January on record so I've heard! Luckily TCA can embrace the weather – moving water trips for those braving the cold water and pool sessions for those favouring the clear warm waters of the local swimming pool!

A wintery update: So what has the TCA been offering its members over the winter months?



Pool sessions:

Over the winter months Adrian managed to secure the club some time in the Saltash swimming pool on a Thursday evening 8-9pm. These sessions (priced at £10 pp for 1 hour) allowed the opportunity to practice whatever you fancied in the warm clear pool water. We have a range of kayaks available with a max number of 10 people per session. Typically people use the opportunity to practice wet skills such as rolling, sculling, support strokes, self rescues, assisted rescues or even simply getting used to falling out of a kayak or hanging around underwater! We hope to be able to offer this again in the winter months so cross your fingers and keep your eyes on emails!

Moving water trips:

Nick has run some successful moving water trips over the colder months (and very kindly put together a summary report of some of the trips) please see report attached.

Call out for volunteers

The TCA is completely run with the support of volunteers – giving their time to help manage the club and offer what we can. Roles include many admin support positions such as club secretary, IT team running the webpage and treasurer, equipment manager, volunteer coaches, leaders and first-aiders, even myself in writing this newsletter!

Volunteers come from all walks of life and backgrounds – you don't "need" a specific skill set – the willingness to help is the biggest thing we would ask! To help the club keep going for hopefully many more years we need assistance! Is there anything you could help with?

Typically we always need "eyes on the water" could you consider helping? Some positions require 'formal qualification' to help for example coaches have to be qualified by British Canoeing to ensure they are up to a certain standard and vigilant for safety aspects. The club can offer some training to individuals showing a keen interest to support the club and in some circumstances this can be discounted if certain criteria are met.

If you think you could help then please speak to a coach/committee member at the next club night!



Dates for the diary – please keep your eyes on emails for details of club run trips and contact details to register your interest!

First club night of the summer season – Thursday 2nd April

Club paddle Sunday 5th April – join us for an Easter paddle from the TCA sheds (fuelled by your chocolate eggs!) please see emails for times and contact details for Peter who is leading the trip.

Introductory courses start - Wednesday 8th April. If you can help support the beginners or act as “eyes on the water” please contact Phil for further information. Courses typically run for approximately 4 weeks on Wednesday evenings. Beginners are taught basic boat handling skills and paddle work with the course aiming to impart a introduction to the sport. Safety points are covered and attendees are coached to undertake a capsize by the end of the course. Volunteers are always required to help keep running these courses so if you can offer help then please speak with Phil.



Getting back on the water after the winter break – top tips!

I think I speak for most when I say you might feel a little ‘rusty’ after the winter months (unless like a sporty few – Nick Early!) who have paddled the moving water trips over the winter months. The “summer” season starts early in April and it can still take a month or two for the weather to warm up! So here are a few top tips to ease yourself back in:

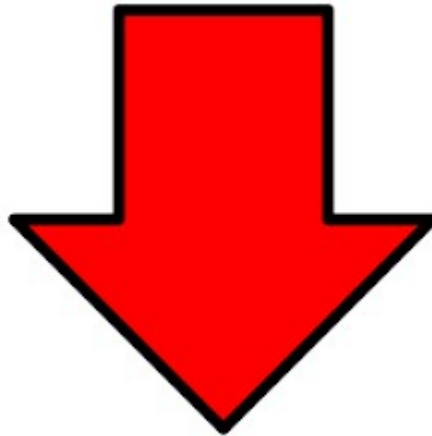
- Dress for the water – anticipate a chilly dip and dress accordingly! The thicker wetsuit, choosing the drysuit, wind breaker, gloves, hats etc. The wind can still blow cold and an unexpected dip when you are not in the right gear will quickly chill you down.

- Keep your head warm – wear a hat! You can lose a great deal of warmth through your head so remember to pack a hat of some kind to help prevent this.
- Stretch before you paddle – warm up the big muscles to prevent injury. A few squats or lunges will help warm the big leg muscles and loosen up joints. Swing your arms in big circles forwards and backwards to help warm up your shoulders.
- Layers! Pack plenty of layers for dressing warmly once you have finished paddling – layers help trap a layer of air around your body so the more layers you have on will help. Packing a hot-water bottle in your dry kit can also mean a pleasant warmth when getting dressed!
- Get changed promptly – once the paddling kit has been returned to the sheds and safely stowed get changed quickly – hanging around in wet/damp kit is a sure fire way to get cold fast!
- Speak up – if you are getting cold out on the water it is VERY important you speak to the leader/coach. Feeling cold can make you feel miserable and unwell if not addressed and in worse case scenario can lead to hypothermia. Speaking up means that this can be addressed fast. Plans can easily be adapted and our priority is ensuring you are safe and most importantly having a good time!
- Pack a snack and warm drink for afterwards – if you have got chilled then having some food and a hot drink will make you feel much better and boost your depleted energy.

TCA clothing

We have a few TCA branded t shirts available and fresh off the press a lovely warm beanie hat too! Please see attached beanie poster for details for hats – and ask Hilary for details about t shirts!

!!!IMPORTANT!!!



Membership forms – a reminder to **EVERYONE**! Please ensure all membership forms and fees are paid promptly (before you return to paddle with the club) all details are listed on the form for payment details. Forms can also be handed to the membership secretary (Phil). Please ensure all sections are completed. All details can be found in the email sent by Phil.

If you no longer wish to renew your membership then please pop a quick message to say WHY. It is very helpful to hear if there is something we can improve upon!