

## TCA Summer Newsletter 2023

"Summer" is upon us... she writes gloomily looking out at the pouring rain. Whilst July may not have lived up to our sunshiney hopes, the (slightly) warmer weather is here and at least the river and seas are warming up nicely!

Summer paddling can be enjoyed by all, and indeed is the time when most of us take to the various water sports.



### RNLI - Summer safety



The Royal National Lifeboat Institution has released some rather eye-opening stats:

- RNLI lifeguards saw a 101% rise in incidents to kayaks/canoes and a 155% rise in incidents to stand-up paddle boarders in 2022 compared with 2021
- In 2022 RNLI lifeboat volunteers saw a 20% increase in call outs to stand-up paddle boarders
- From 2018-2022 RNLI lifeboat volunteers have saved the lives of 167 people who were kayaking, canoeing or stand up paddle boarding, with 56 (34%) of those lives saved in 2022

Alongside British Canoeing they have worked together to bring a safety campaign to deliver 5 simple but key messages:

1. Wear a floatation device
2. Carry a communication device on you
3. Check the weather

4. Tell others your plans
5. Paddle within your ability

These simple messages are hopefully straightforward enough for people to follow and help keep themselves paddling safely. So please pass it on!



*Is my craft visible?*

Ensure you are well seen on the water wherever you are! Try using reflective tape on your boat/board/paddle to ensure you are eye catching. Remember to have a light on you for safety if you paddle in dim light - this is a statutory requirement for safety. The minimum requirement is for a 'white light' to be visible all round.



*Label your equipment*

If the worst happens and you lose equipment whilst paddling ensure your paddle and craft are appropriately labelled. An indelible waterproof marker can be used to add your name and phone number. You can also get **FREE** waterproof stickers from the Marine and Coastguard Agency here:

<https://mca-ws.apsmos.com/ViewProduct.html?sp=Swaterprooflabels>

***\*Top tip - if you lose your boat or board when paddling - let the coastguard know. This will help prevent a safety scare and an unnecessary false alarm.***

## The Calstock Wetlands

Work has been done with Natural England and other groups to reclaim the Tamar floodplain at Calstock. This has resulted in the recreation of an intertidal habitat to which much wildlife, including waterbirds such as the Kingfisher and Snipe are returning.

Read more about the development here:

<https://www.gov.uk/government/news/future-of-new-calstock-wetlands-assured-with-20-year-management-agreement>



## Nominate a brilliant coach!

We know that TCA has a great bunch of coaches. All our coaches are volunteers putting themselves out there to encourage others to enjoy the water sports they

hold dear. They give up time, money and put themselves out there to allow the club to function. So, why not nominate a coach you think has done a particularly good job? British Canoeing lets you place your nominations for the UK Coaching Awards. There are 10 awards available so check it out on the following link:

<https://www.britishcanoeing.org.uk/news/2023/the-uk-coaching-awards-time-to-nominate>

Nominations close Monday 4<sup>th</sup> September 10am.

## #ShePaddles Ambassadors

It is sadly a known fact that women and girls are under-represented in the paddling world. If you are passionate about getting more women engaged with the sport and encouraging others then check out the #ShePaddles campaign by British Canoeing. There is also a link (below) where you can nominate yourself for an ambassador role.

<https://www.britishcanoeing.org.uk/news/2023/applications-open-for-2023-24-british-canoeing-shepaddles-ambassadors>



*\*\*Top Tip – why not take an empty bag with you on your next paddle and do a quick river/beach clean?\*\*\**

## Giving something back

Fancy stepping up and volunteering some time to help with the club? Perhaps you are a seasoned paddler and can offer help with community events such as the Tamar Swim safety support? Perhaps you fancy assisting with the beginners courses? Why not speak to our coaches about taking a more active role in the club?

Personal development an interest? Perhaps you see yourself progressing to a coach or leader role? There are sometimes central funds and grants which can be applied for to help with training costs for these courses\* (\*no guarantee). To ensure the clubs funds are appropriately allocated we ask that any individuals interested take an active role in the club. Please ask coaches for more info and how you can support the club and how the club can support you!



Finally... A big well done to Mike Short on recently passing his Paddle sport Leader award, and to Kellie Summerfield for giving her assessment a bloody good go! A tricky day for both with challenging conditions. A further congratulations to Allen Willows and Pete Crago who both recently passed their Sea Kayak Leader awards! Well done all!



As always a reminder that the club is run by volunteers. Trips are often advertised on Facebook but are of course weather dependent and rely on the volunteer coaches/leaders to give up their time so are often not "regular". Trips depend on the individuals skills as well - if unsure please reach out to the leader to see if the proposed trip is suitable for you to take part. Keep an eye out for more local trips that Allen or Pete often pop up, for example, paddling off Looe. Or see what Scott Walters posts about trips further afield.

Please feel free to make suggestions for trips or areas you would like to explore more.