

## TCA Summer Newsletter August 2025



Well, as we slide out of August and into the meteorological autumn the evenings start to draw in on us again. We've finished the last of the beginner sessions and we hope folks will take advantage of the final few weeks of our summer paddling season and join us on the remaining Thursday evenings until the end of September.

### A few reminders

All TCA members are invited to our annual AGM held on the last Thursday evening of September (25<sup>th</sup> September) Please keep your eyes out for any emails sent in advance of this to update you on policies etc. The evening does need to cover some formalities but also gives the opportunity to talk through ideas/ aspirations for the club as well. We do ask that if possible members bring a sharing snack to make the evening more social.

If any members have not yet completed their annual membership form please do so – this allows us to accurately capture information about the club and allows the committee to ensure correct information such as email addresses, contact numbers are held and used appropriately. Please monitor your emails and contact our membership secretary if needed at:

[membership@tamarcanoeassociation.org.uk](mailto:membership@tamarcanoeassociation.org.uk)

Please continue to use the booking form when attending a Thursday evening – this helps the leaders know who is attending and if they need to hold on and wait for anyone.



### Beginners sessions

TCA has held a number of beginner courses throughout the year running on some Wednesday evenings and on the occasional Sundays. A big well done to ALL new members who attended these! The courses put our new members through some basic skill development complete with the dreaded capsized drill. Once completed new members can then join in on the Thursday evenings with the leaders happy that basic skills are present. The capsized drill despite being many people's least favourite part means that as a beginner you have demonstrated the ability to be calm in the event of a capsize and can then be assisted as needed.

Wet drill practice – the importance of water safety and knowing how to rescue yourself or assist with helping others cannot be underestimated. Skill development and rescue drills can be practised on a Thursday evening. Right now the weather is treating us kindly and the water is lovely and warm, why not come along and refresh yourself by joining the skills development group?

A **MASSIVE** thank you to all volunteer coaches who helped run the beginners courses this year – this couldn't be done without you!



### Litter pick on the Tamar River

A very successful litter pick part of Paddle UK 'Big Paddle Clean-up' was held in June where TCA members collected a WHOPPING amount of litter from our river. Almost 50 Kg was collected and removed from the river – this included items such as tyres, plastic bottles & wrappers and boat debris. A perished scooter was collected and even a window frame! Well done to all who helped with this.

Litter pickers, bags and gloves can be found inside the sheds for use by all members for sporadic cleans – why not collect litter each time you paddle and do your bit for the local environment?

See the link for all the nationwide clean-ups: <https://paddleuk.org.uk/paddle-cleanups-map-and-upload/>



### Tamar swim

The TCA also supported the wild swimmers at the Saltash regatta for their swim 'To England and back again' in early June. This is an annual event where experienced paddlers provide safety cover for the swimmers, escorting them across the river Tamar and back again. Volunteers are always needed for this event but must be confident in their paddling abilities and more importantly have the ability to rescue swimmers safely and take back to shore if required. These type of skills can be developed during wet rescue practice when all such skills can be safely practised and demonstrated.



### Weekend paddles

These are always volunteer lead and obviously weather dependent! Please keep an eye out for any email contact with more details.

Peter ran a very successful trip last Sunday from West Looe and around Looe Island which was well attended. Mike is looking at running another trip from the sheds this Sunday for those interested – please see recent email for more details.

These trips can take a lot of organising and are entirely led by volunteers so please support if you can! If you have any questions over ability or distance etc. Please read the trip details and contact the trip organiser if needed.

### Equipment

The club has purchased a number of new bits of kit and equipment this year including new kayaks, SUPs, fins and replacement of worn or damaged kit. Big shout out to Adrian who manages kit and has recently repaired the club trailer making it roadworthy and helping work on storage solutions.

### Kit care – top tips

Some kit will last a long time, others will need more regular replacement – do you take the time to check your kit to ensure its in tiptop working order?

- ➔ Wash / rinse kit after EVERY use – this is a big one for biosecurity and should be done every time – especially if you paddle in different environments for example in the river then in the sea. It reduces the chance of moving potentially damaging biological material and should be par for the course in basic equipment care.
- ➔ Visual checks – get used to visually checking kit before and after use – this means any issues can be caught early. Check moving parts of your chosen craft and visually inspect the entire hull/body for integrity.
- ➔ Check your paddle – if using a split paddle does it fit together easily? Check the blades for any cracks or chips.
- ➔ Buoyancy aid – check the material for any rips/tears, do the zips and buckles all work easily? does it fit snugly? Periodically check the buoyancy by floating in shallow water to check it still does the job. Buoyancy aids used moderately or heavily (weekly or more frequently) should generally be replaced every 2-5 years.
- ➔ Wetsuits / drysuits – regularly check zips are cleaned and maintained to prevent corrosion. Check the material regularly for any damage. Drysuit seals need careful care to ensure they remain watertight. Wetsuits can be washed gently to remove any contamination but be careful with what detergent you use to ensure its appropriate for the material.
- ➔ Spray decks – visually check the material particularly the handle and attachment point to ensure no splits or tears. Regularly check how watertight the material is and replace as necessary.
- ➔ Safety equipment – throw bags, leashes, radios, first aid kits, helmets – requires top priority – this is kit you need to absolutely KNOW will work when you need it. Visually check frequently to ensure there is no damage. Handle helmets careful and do not drop.

*Summer is a great time to check kit condition before storage over the cooler months.*

