

ABOYNE CANOE CLUB SCIO - Mini Programme – November 2020 - January 2021

Day	Date	Event	Grade	Meet	Time	Coach/ Leader	Organiser	Contact details
<p><u>Trip numbers:</u> You must make sure you contact the person as per the details on this programme and explain your experience to date. Facebook events are for information only/handy reminders. Below is the guidance on ratios. Members will not be granted a space on the trip if the coach/leader decides that the number of paddlers is too high or your experience is insufficient for the trip planned. Trip Ratios - 8 Kayaks:1 Instructor, 6 Canoes: 1 Instructor, 4 Kayaks: 1 Leader</p> <p><u>COVID Additional Measures:</u></p> <ul style="list-style-type: none"> ● Provide your own transport & shuttles (<i>Guidance states: People should not car share with those from outside their household.</i>) ● Paddle within own abilities to minimise risk of contact rescues ● Work to current SCA covid guidance and club risk assessment ● Sign up and any further questions to the coach/leader for each trip ● Complete COVID FORM for each trip you attend. <p><u>Session Grades:</u> Novice Sessions – Suitable for all – Generally Flat Water or pool sessions Beginner Trips – Suitable for most – Less likely to capsize (Canoe), may need a spraydeck and ability to capsize with it (kayak) Improver Trips – Suitable for paddlers with some experience and comfortable with capsize (Canoe) or with a spray deck (Kayak) Intermediate/Advanced – More experienced/regular paddlers (Mainly in kayaks) – Beginning to roll on the river/roll required.</p>								
NOVEMBER								
MON	9	Committee Meeting	Meety	Zoom	8pm	Committee	Committee	
THURS	Variou s	<u>Aboyne Pool Kayak Training - Cancelled</u> The committee and coaches have taken the difficult decision not to restart pool sessions this year. We will review this decision in 2021	Indoor	Community Centre	Cancelled	N/A		accpoolbookings@gmail.com
SUN	22	<u>Trip - Aboyne to Potarch</u> You will need to provide your own transport / shuttle e.g. someone to get you from Potarch back	Beginner	Canoe Cathedral	10am	Chris Redmond Jonathan Kitching	Chris Redmond - 013398 86241	aboynecanoeclub@gmail.com

Joining instructions – common sense, warm clothing, change of clothing, buoyancy aid (if you have your own), waterproofs, footwear (you can get wet!). **You MUST also contact the event organiser at least 2 days in advance to book a place** on the event because numbers are limited due to leader / participant ratios. You will be asked to sign in at the start of the event. Please remember that under 16's must be accompanied by an adult at all times during the event. At the coaches discretion 16 and 17 year olds can attend events without an accompanying adult. The Club has cag tops, buoyancy aids, helmets, throwlines, drybags etc for use on these events.

ABOYNE CANOE CLUB SCIO - Mini Programme – November 2020 - January 2021

Day	Date	Event	Grade	Meet	Time	Coach/ Leader	Organiser	Contact details
		to Aboyne, bike, bus or even walk!						
SUN	29	<u>Trip - Potarch to Banchory</u> You will need to provide your own transport / shuttle e.g. someone to get you from Banchory back to Potarch, bike, bus or even walk!	Improver / Intermediate	Canoe Cathedral	10am	Trevor Cardy Neil Gibson	Neil - 07879647237 neapgibbon@gmail.com	
DECEMBER								
MON	7	Committee Meeting	Meety	Zoom	8pm	Committee	Committee	
SUN	13	Mulled Wine and Mince Pie Trip Dinnet to Aboyne You will need to provide your own transport / shuttle e.g. someone to get you to or back to your car at Dinnet, bike, bus or even walk! Socially distanced mince pies and mulled wine (provide your own) on The Green afterwards.	Beginner	Canoe Cathedral	10am	Jonathan Kitching	013398 85342	
JANUARY								
MON	11	Committee Meeting	Meety	Zoom	8pm	Committee	Committee	
SUN	17	FrostBite Trip Dinnet to Aboyne You will need to provide your own transport / shuttle e.g. someone to get you to or back to your car at Dinnet, bike, bus or even walk!	Beginner	Canoe Cathedral	11am	Chris Redmond	Chris Redmond - 013398 86241 aboynecanooclub@gmail.com	
SUN	19	<u>Trip - Potarch to Banchory</u> You will need to provide your own transport / shuttle e.g. someone to get you from Banchory back to Potarch, bike, bus or even walk!	Improver / Intermediate	Canoe Cathedral	10am	Neil Gibson TBC	Neil - 07879647237 neapgibbon@gmail.com	

Joining instructions – common sense, warm clothing, change of clothing, buoyancy aid (if you have your own), waterproofs, footwear (you can get wet!). **You MUST also contact the event organiser at least 2 days in advance to book a place** on the event because numbers are limited due to leader / participant ratios. You will be asked to sign in at the start of the event. Please remember that under 16's must be accompanied by an adult at all times during the event. At the coaches discretion 16 and 17 year olds can attend events without an accompanying adult. The Club has cag tops, buoyancy aids, helmets, throwlines, drybags etc for use on these events.