

## ABOYNE CANOE CLUB SCIO - Mini Programme – Jan 2022 – May 2022 (onwards)

Day	Date	Event	Grade	Meet	Time	Coach/ Leader	Organiser	Contact details
<p><u>Trip numbers:</u>            You <b>must</b> 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"> <li>● <b><u>If shuttles have to be taken, please take actions to minimise risks (masks, open windows, etc.)</u></b></li> <li>● Paddle within own abilities to minimise risk of contact rescues</li> <li>● Work to current SCA covid guidance and club risk assessment</li> <li>● Sign up and any further questions to the coach/leader for each trip</li> </ul> <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>								
<b>JANUARY</b>								
Day	Date	Event	Grade	Meet	Time	Coach/ Leader	Organiser	Contact details
SUN	16	<b><u>Frost Bite Trip</u></b> A chilly paddle on the Dee – layer up and take a flask	Beginner/ Intermediates	Dee	10am	Chris Redmond	Chris Redmond - 013398 86241	<a href="mailto:aboynecanooclub@gmail.com">aboynecanooclub@gmail.com</a>
THU	20	<b><u>Pool session</u></b>	Beginner/ Polo	Pool	6.30pm/ 7.30pm	Jonny, Neil, Paul/ Harry (Polo)		<a href="mailto:accpoolbookings@gmail.com">accpoolbookings@gmail.com</a>
THU	27	<b><u>Pool session</u></b>	Beginner/ Improver	Pool	6.30pm/ 7.30pm	Harry, Mark, Sue/ Chris, Amelia, Mark		<a href="mailto:accpoolbookings@gmail.com">accpoolbookings@gmail.com</a>
SAT & SUN	29/30	<b>White water safety and rescue training</b>	Club leader training	Dee	All day	Lyle Smith	Sarah Richardson Maria Williams	

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.

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							Paul Smart Mike Forrester Ben Taylor Gerd Ubelhor
SAT	29	<b>Dee trip – Potarch to Banchory (or similar grade 2)</b> A led trip with some coaching from our trainee white water coaches – Neil and Trevor	Coaching for Improvers	Dee	10am at Potarch	Neil Gibson/Trevor Cardy	Neil Gibson <a href="mailto:neapgibbon@gmail.com">neapgibbon@gmail.com</a>
FEBRUARY							
Day	Date	Event	Grade	Meet	Time	Coach/Leader	Organiser Contact details
THU	3	<b>Pool session</b>	Beginner/ Polo	Pool	6.30pm/ 7.30pm	Arlene, Emma, Sue/ Harry (Polo)	<a href="mailto:accpoolbookings@gmail.com">accpoolbookings@gmail.com</a>
SUN	6	<b>River trip – benign water Peterculter to Riverside Drive (River Dee)</b> Please let Harry know what kit you need to borrow from the shed and then arrange to collect this from Chris/Mark	Beginner	Peterculter	10.30am	Harry Burnett	Harry Burnett <a href="mailto:burnett1dav@aol.com">burnett1dav@aol.com</a>
THU	10	<b>Pool session</b>	Beginner/ Improver	Pool	6.30pm/ 7.30pm	Harry, Arlene, Emma/ Jake, Jonny	<a href="mailto:accpoolbookings@gmail.com">accpoolbookings@gmail.com</a>
SUN	13	<b>Kit sort</b> – looking for volunteers to help check kit in the shed and have a general tidy up	Volunteers	Canoe Cathedral	10am	Chris Redmond	Chris Redmond - 013398 86241 <a href="mailto:aboynecanooclub@gmail.com">aboynecanooclub@gmail.com</a>
THU	17	<b>Pool session</b>	Beginner/ Polo	Pool	6.30pm/ 7.30pm	Emma, Arlene, Neil/ Harry (Polo)	<a href="mailto:accpoolbookings@gmail.com">accpoolbookings@gmail.com</a>
SUN	20	<b>Dee trip – Potarch to Banchory (or similar grade 2)</b> A led trip with some coaching from our trainee white water coaches – Neil and Trevor	Coaching for Improvers	Dee	10am at Potarch	Neil Gibson/Trevor Cardy	Neil Gibson <a href="mailto:neapgibbon@gmail.com">neapgibbon@gmail.com</a>
THU	24	<b>Pool session</b>	Beginner/ Improver	Pool	6.30pm/ 7.30pm	Harry, Mark/ Chris, Paul	<a href="mailto:accpoolbookings@gmail.com">accpoolbookings@gmail.com</a>
SUN	27	<b>River trip</b>	Improvers	TBC	10am	Chris Redmond	Chris Redmond - 013398 86241

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								<a href="mailto:aboynecanoeclub@gmail.com">aboynecanoeclub@gmail.com</a>
MARCH								
Day	Date	Event	Grade	Meet	Time	Coach/ Leader	Organiser	Contact details
THU	3	<u>Pool session</u>	Beginner/ Polo	Pool	6.30pm/ 7.30pm	Jonny, Neil, Sue/ Harry (Polo)	<a href="mailto:accpoolbookings@gmail.com">accpoolbookings@gmail.com</a>	
SAT	5	<u>River trip – benign water</u> <u>River Ythan or similar</u> Please let Harry know what kit you need to borrow from the shed and then arrange to collect this from Chris/Mark	Beginner	Ellon	10.30am	Harry Burnett	Harry Burnett <a href="mailto:burnett1dav@aol.com">burnett1dav@aol.com</a>	
SAT	5	<u>Coaching session 1</u> If you would like some coaching on moving water, please book onto this short course where our trainee white water coaches will work on skills to build confidence on grade 2 water. This will be run over 4 consecutive Saturday morning sessions. Max 4 paddlers.	Beginner/ Improver	Canoe cathedral	10am	Neil Gibson & Trevor Cardy	Neil Gibson <a href="mailto:neapgibbon@gmail.com">neapgibbon@gmail.com</a>	
THU	10	<u>Pool session</u>	Beginner/ Improver	Pool	6.30pm/ 7.30pm	Emma, Arlene, Sue/ Harry, Mark	<a href="mailto:accpoolbookings@gmail.com">accpoolbookings@gmail.com</a>	
SAT	12	<u>Coaching session 2</u> If you would like some coaching on moving water, please book onto this short course where our trainee white water coaches will work on skills to build confidence on grade 2 water. This will be run over 4 consecutive Saturday morning sessions. Max 4 paddlers.	Beginner/ Improver	Canoe cathedral	10am	Neil Gibson & Trevor Cardy	Neil Gibson <a href="mailto:neapgibbon@gmail.com">neapgibbon@gmail.com</a>	
THU	17	<u>Pool session for Beavers</u>	Beavers	Pool	6.30pm to 8.30pm	Jonny, Neil, Chris	<a href="mailto:accpoolbookings@gmail.com">accpoolbookings@gmail.com</a>	
SAT	19	<u>Coaching session 3</u> If you would like some coaching on moving water, please book onto this short course where our trainee white water coaches will work on skills to build confidence on grade 2 water. This will be run over 4 consecutive Saturday morning sessions. Max 4 paddlers.	Beginner/ Improver	Canoe cathedral	10am	Neil Gibson & Trevor Cardy	Neil Gibson <a href="mailto:neapgibbon@gmail.com">neapgibbon@gmail.com</a>	

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SUN	20	<b><u>Dee trip – Potarch to Banchory</u></b> A led trip with some coaching from our trainee white water coaches – Neil and Trevor	Coaching for Improvers	Dee	10am at Potarch	Neil Gibson/Trevor Cardy	Neil Gibson <a href="mailto:neapgibbon@gmail.com">neapgibbon@gmail.com</a>	
THU	24	<b><u>Pool session</u></b>	Beginner/Improver	Pool	6.30pm/7.30pm	Harry, Emma, Arlene/ Paul, Chris	<a href="mailto:accpoolbookings@gmail.com">accpoolbookings@gmail.com</a>	
SAT	26	<b><u>Coaching session 4</u></b> If you would like some coaching on moving water, please book onto this short course where our trainee white water coaches will work on skills to build confidence on grade 2 water. This will be run over 4 consecutive Saturday morning sessions. Max 4 paddlers.	Beginner/Improver	Canoe cathedral	10am	Neil Gibson & Trevor Cardy	Neil Gibson <a href="mailto:neapgibbon@gmail.com">neapgibbon@gmail.com</a>	
SUN	27	<b><u>River Trip – Findhorn</u></b>	Improvers/Intermediate	Findhorn	10am	Chris Redmond/Dave Woods	Chris Redmond - 013398 86241 <a href="mailto:abovnecanoecub@gmail.com">abovnecanoecub@gmail.com</a>	
THU	31	<b><u>Pool session &amp; helpers to remove kit to shed</u></b>	Beginner/ Polo	Pool	6.30pm/7.30pm	Mark, Neil, Sue/ Harry (Polo)	<a href="mailto:accpoolbookings@gmail.com">accpoolbookings@gmail.com</a>	
<b>APRIL</b>								
<b>Day</b>	<b>Date</b>	<b>Event</b>	<b>Grade</b>	<b>Meet</b>	<b>Time</b>	<b>Coach/ Leader</b>	<b>Organiser</b>	<b>Contact details</b>
SUN	3	<b><u>River trip – benign water River Don or similar</u></b> Please let Harry know what kit you need to borrow from the shed and then arrange to collect this from Chris/Mark	Beginner	TBC	10.30am	Harry Burnett	Harry Burnett <a href="mailto:burnett1dav@aol.com">burnett1dav@aol.com</a>	
THU	7	<b><u>Pool session (TBC – sessions have not been booked but will be reviewed nearer the time)</u></b>	Beginner/Improver	Pool	6.30pm/7.30pm	Pool bookings	<a href="mailto:accpoolbookings@gmail.com">accpoolbookings@gmail.com</a>	
THU	14	<b><u>Pool session (TBC – sessions have not been booked but will be reviewed nearer the time)</u></b>	Beginner/ Polo	Pool	6.30pm/7.30pm	Pool bookings	<a href="mailto:accpoolbookings@gmail.com">accpoolbookings@gmail.com</a>	

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SAT	16	<u>Easter egg hunt/ Litter pick/ General shed tidy up</u>	Fun/Tidying	Canoe Cathedral	10.30am	Chris Redmond	Chris Redmond - 013398 86241 <a href="mailto:aboynecanoecub@gmail.com">aboynecanoecub@gmail.com</a>	
THU	21	<b><u>Pool session (TBC – sessions have not been booked but will be reviewed nearer the time)</u></b>	Beginner/ Improver	Pool	6.30pm/ 7.30pm	Pool bookings	<a href="mailto:accpoolbookings@gmail.com">accpoolbookings@gmail.com</a>	
FRI - SUN	22-24	<b><u>CVC – Glenmore Lodge?</u></b> TBC	Conference for club volunteers	Glenmore Lodge	TBC	SCA conference	SCA website	
THU	28	<b><u>Pool session (TBC – sessions have not been booked but will be reviewed nearer the time)</u></b>	Beginner/ Polo	Pool	6.30pm/ 7.30pm	Pool bookings	<a href="mailto:accpoolbookings@gmail.com">accpoolbookings@gmail.com</a>	
<b>MAY</b>								
<b>Day</b>	<b>Date</b>	<b>Event</b>	<b>Grade</b>	<b>Meet</b>	<b>Time</b>	<b>Coach/ Leader</b>	<b>Organiser</b>	<b>Contact details</b>
THU	5	<b><u>River session</u></b>	Beginner/ Improver	River Dee – Aboyne Bridge	6.30pm	Chris & Trevor	Chris Redmond - 013398 86241 <a href="mailto:aboynecanoecub@gmail.com">aboynecanoecub@gmail.com</a>	
THU	12	<b><u>River session</u></b>	Beginner/ Improver	River Dee – Aboyne Bridge	6.30pm	Trevor & Neil	Neil Gibson <a href="mailto:neapgibbon@gmail.com">neapgibbon@gmail.com</a>	
SAT& SUN	14-15	<b><u>Discipline Specific White Water Coaching Training</u></b>	Coaches training	TBC	TBC	Matt Haydock Rapid Development	Neil Gibson Trevor Cardy	
SUN	15	<b><u>River trip</u></b>	Improvers	TBC	10am	Chris Redmond	Chris Redmond - 013398 86241 <a href="mailto:aboynecanoecub@gmail.com">aboynecanoecub@gmail.com</a>	
THU	19	<b><u>River session</u></b>	Beginner/ Improver	River Dee – Aboyne Bridge	6.30pm	Harry & Neil	Harry Burnett <a href="mailto:burnett1dav@aol.com">burnett1dav@aol.com</a>	

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THU	26	<u>River session</u>	Beginner/ Improver	River Dee – Aboyne Bridge	6.30pm	Jonny & Mark	Jonny Turley <a href="mailto:Jonnyknifedge@btinternet.com">Jonnyknifedge@btinternet.com</a>
SAT & SUN	28-29	<u>White Water Canoe Leader Training</u>	Leaders training	TBC	TBC	Liam Green Green Wave Guiding	Ben Taylor Gerd Ubelhor Michael Sullivan Paul Smart
SUN	29	<u>Dee trip – Potarch to Banchory</u> A led trip with some coaching from our trainee white water coaches – Neil and Trevor	Coaching for Improvers	Dee	10am at Potarch	Neil Gibson/Trevor Cardy	Neil Gibson <a href="mailto:neapgibbon@gmail.com">neapgibbon@gmail.com</a>

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