

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 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"> ● <u>If shuttles have to be taken, please take actions to minimise risks (masks, open windows, etc.)</u> ● 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 <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> | | | | | | | | |

JANUARY

| Day | Date | Event | Grade | Meet | Time | Coach/ Leader | Organiser | Contact details |
|--------------|-------|---|----------------------------|------|-------------------|--|------------------------------------|--|
| SUN | 16 | <u>Frost Bite Trip</u> A chilly paddle on the Dee – layer up and take a flask | Beginner/ Intermediates | Dee | 10am | Chris Redmond | Chris Redmond - 013398 86241 | aboynecanoecub@gmail.com |
| THU | 20 | <u>Pool session</u> | Beginner/ Polo | Pool | 6.30pm/ 7.30pm | Jonny, Neil, Paul/ Harry (Polo) | | accpoolbookings@gmail.com |
| THU | 27 | <u>Pool session</u> | Beginner/ Improver | Pool | 6.30pm/ 7.30pm | Harry, Mark, Sue/ Chris, Amelia, Mark | | accpoolbookings@gmail.com |
| SAT & SUN | 29/30 | White water safety and rescue training | 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 | <u>Dee trip – Potarch to Banchory (or similar grade 2)</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 neapgibbon@gmail.com |
| FEBRUARY | | | | | | | |
| Day | Date | Event | Grade | Meet | Time | Coach/Leader | Organiser Contact details |
| THU | 3 | <u>Pool session</u> | Beginner/ Polo | Pool | 6.30pm/ 7.30pm | Arlene, Emma, Sue/ Harry (Polo) | accpoolbookings@gmail.com |
| SUN | 6 | <u>River trip – benign water Peterculter to Riverside Drive (River Dee)</u> 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 burnett1dav@aol.com |
| THU | 10 | <u>Pool session</u> | Beginner/ Improver | Pool | 6.30pm/ 7.30pm | Harry, Arlene, Emma/ Jake, Jonny | accpoolbookings@gmail.com |
| SUN | 13 | <u>Kit sort</u> – 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 aboynecanoecub@gmail.com |
| THU | 17 | <u>Pool session</u> | Beginner/ Polo | Pool | 6.30pm/ 7.30pm | Emma, Arlene, Neil/ Harry (Polo) | accpoolbookings@gmail.com |
| SUN | 20 | <u>Dee trip – Potarch to Banchory (or similar grade 2)</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 neapgibbon@gmail.com |
| THU | 24 | <u>Pool session</u> | Beginner/ Improver | Pool | 6.30pm/ 7.30pm | Harry, Mark/ Chris, Paul | accpoolbookings@gmail.com |
| SUN | 27 | <u>River trip</u> | Improvers | TBC | 10am | Chris Redmond | Chris Redmond - 013398 86241 |

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| | | | | | | | | aboynecanoecub@gmail.com |
|-------|------|---|-----------------------|-----------------|---------------------|-----------------------------------|---------------|--|
| 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) | | accpoolbookings@gmail.com |
| 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 | burnett1dav@aol.com |
| 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 | neapgibbon@gmail.com |
| THU | 10 | <u>Pool session</u> | Beginner/ Improver | Pool | 6.30pm/ 7.30pm | Emma, Arlene, Sue/ Harry, Mark | | accpoolbookings@gmail.com |
| 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 | neapgibbon@gmail.com |
| THU | 17 | <u>Pool session for Beavers</u> | Beavers | Pool | 6.30pm to 8.30pm | Jonny, Neil, Chris | | accpoolbookings@gmail.com |
| 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 | neapgibbon@gmail.com |

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| THU | 24 | <u>Pool session</u> | Beginner/ Improver | Pool | 6.30pm/ 7.30pm | Harry, Emma, Arlene/ Paul, Chris | accpoolbookings@gmail.com | |
| SAT | 26 | Coaching session 4 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 neapgibbon@gmail.com | |
| SUN | 27 | <u>River Trip – Findhorn</u> | Improvers/ Intermediate | Findhorn | 10am | Chris Redmond/Dave Woods | Chris Redmond - 013398 86241 aboynecanoecub@gmail.com | |
| THU | 31 | <u>Pool session & helpers to remove kit to shed</u> | Beginner/ Polo | Pool | 6.30pm/ 7.30pm | Mark, Neil, Sue/ Harry (Polo) | accpoolbookings@gmail.com | |
| APRIL | | | | | | | | |
| | | | | | | | | |
| Day | Date | Event | Grade | Meet | Time | Coach/ Leader | Organiser | Contact details |
| THU | 7 | <u>Pool session 6.30pm – 7.30pm Skills session</u> | Beginner/ Improver | Pool | 6.30pm | Pool bookings | accpoolbookings@gmail.com Chris Redmond | |
| THU | 14 | <u>Pool session 6.30pm – 7.30pm Polo</u> | Polo | Pool | 6.30pm | Pool bookings | accpoolbookings@gmail.com Harry Burnett | |
| 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 aboynecanoecub@gmail.com | |
| THU | 21 | <u>Pool session 6.30pm – 7.30pm Skills session</u> | Beginner/ Improver | Pool | 6.30pm | Pool bookings | accpoolbookings@gmail.com Arlene/Emma/Jake | |
| FRI - SUN | 22-24 | <u>CVC – Glenmore Lodge</u> | Conference for club volunteers | Glenmore Lodge | TBC | SCA conference | SCA website | |
| SUN | 24 | <u>River trip – benign water</u> <u>River Don or similar</u> | Beginner | TBC | 10.30am | Harry Burnett | Harry Burnett burnett1dav@aol.com | |

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|-----------|-------|---|------------------------|---------------------------|-----------------|-----------------------------------|--|-----------------|
| MAY | | | | | | | | |
| Day | Date | Event | Grade | Meet | Time | Coach/Leader | Organiser | Contact details |
| THU | 5 | <u>River session</u> | Beginner/Improver | River Dee – Aboyne Bridge | 6.30pm | Chris & Trevor | Chris Redmond - 013398 86241 aboynecanoecub@gmail.com | |
| THU | 12 | <u>River session</u> | Beginner/Improver | River Dee – Aboyne Bridge | 6.30pm | Trevor & Neil | Neil Gibson neapgibbon@gmail.com | |
| SAT & SUN | 14-15 | <u>Discipline Specific White Water Coaching Training</u> | Coaches training | TBC | TBC | Matt Haydock Rapid Development | Neil Gibson Trevor Cardy | |
| SUN | 15 | <u>River trip</u> | Improvers | TBC | 10am | Chris Redmond | Chris Redmond - 013398 86241 aboynecanoecub@gmail.com | |
| THU | 19 | <u>River session</u> | Beginner/Improver | River Dee – Aboyne Bridge | 6.30pm | Harry & Neil | Neil Gibson neapgibbon@gmail.com | |
| THU | 26 | <u>River session</u> | Beginner/Improver | River Dee – Aboyne Bridge | 6.30pm | Jonny & Mark | Jonny Turley Jonnyknifedge@btinternet.com | |
| 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 neapgibbon@gmail.com | |

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