

ABOYNE CANOE CLUB SCIO - Mini Programme – Jun 2022 – Sept 2022

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>								
JUNE								
Day	Date	Event	Grade	Meet	Time	Coach/ Leader	Organiser	Contact details
THU	2	<u>River session</u>	Beginner/ Improver	River Dee – Aboyne Bridge	6.30pm	Chris Redmond & Trevor	Chris Redmond - 013398 86241 aboynecanooclub@gmail.com	
SUN	5	<u>River trip – benign water</u> The trip will start and end at the shed, it will be possible to use and fit all the required kit from the shed.	Beginner	TBC	10.30am	Paul Smart	Paul Smart psmart@metrol.co.uk 07710 463595	
THU	9	<u>River session</u>	Beginner/ Improver	River Dee – Aboyne Bridge	6.30pm	Neil & Sue	Neil Gibson 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.

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THU	16	<u>River session</u>	Beginner/ Improver	River Dee – Aboyne Bridge	6.30pm	Trevor & Neil & Sue	Trevor Cardy cardytc2@gmail.com
THU	23	<u>River session</u>	Beginner/ Improver	River Dee – Aboyne Bridge	6.30pm	Harry & Paul	Harry Burnett burnett1dav@aol.com
SAT	25	<u>It's a Washout! And picnic</u>	Beginner splashy fun!	River Dee – Aboyne Bridge	1.30pm	Chris Redmond	Chris Redmond - 013398 86241 aboynecanoecub@gmail.com
SUN	26	<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	30	<u>River session</u>	Beginner/ Improver	River Dee – Aboyne Bridge	6.30pm	Neil & Trevor & Sue	Neil Gibson neapgibbon@gmail.com

JULY

Day	Date	Event	Grade	Meet	Time	Coach/ Leader	Organiser	Contact details
SUN	3	<u>Duck Race</u>	Beginners and above	Canoe Cathedral	TBC	Chris, Neil, Trevor, Arlene, Jake, Emma	Chris Redmond - 013398 86241 aboynecanoecub@gmail.com	
MON	4	<u>School Holidays start 😊😊😊</u>						
THU	7	<u>River session</u>	Beginner/ Improver	River Dee – Aboyne Bridge	6.30pm	Paul Smart	Paul Smart psmart@metrol.co.uk 07710 463595	
SUN	10	<u>River Trip – Lower Tummel/Morrison</u>	Improvers	Canoe Cathedral	TBC	Chris Redmond	Chris Redmond - 013398 86241 aboynecanoecub@gmail.com	
THU	14	<u>River session</u>	Beginner/ Improver	River Dee – Aboyne Bridge	6.30pm	Paul Smart	Paul Smart psmart@metrol.co.uk	

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							07710 463595
MON	18	BBC filming Needle Stone (week beginning 18th July) - TBC	TBC	Dee	TBC	TBC	TBC
THU	21	<u>River session</u>	Beginner/ Improver	River Dee – Aboyne Bridge	6.30pm	Paul Smart	Paul Smart psmart@metrol.co.uk 07710 463595
THU	28	<u>River session</u>	Beginner/ Improver	River Dee – Aboyne Bridge	6.30pm	Paul Smart	Paul Smart psmart@metrol.co.uk 07710 463595
SUN	31	<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
AUGUST							
Day	Date	Event	Grade	Meet	Time	Coach/ Leader	Organiser Contact details
THU	4	<u>River session</u>	Beginner/ Improver	River Dee – Aboyne Bridge	6.30pm	Chris, Neil & Trevor	Chris Redmond - 013398 86241 aboynecanooclub@gmail.com
SUN	7	<u>German paddlers visiting – trip to Lower Tummel</u>	TBC	TBC	TBC	Chris Redmond	Chris Redmond - 013398 86241 aboynecanooclub@gmail.com
MON	8	<u>German paddlers visiting – canoe and kayak trip on the Dee</u>	TBC	TBC	TBC	Chris Redmond	Chris Redmond - 013398 86241 aboynecanooclub@gmail.com
TUE	9	<u>German paddlers visiting – Potarch to Banchory trip</u>	TBC	TBC	TBC	Chris Redmond	Chris Redmond - 013398 86241 aboynecanooclub@gmail.com
THU	11	<u>River session</u>	Beginner/ Improver	River Dee – Aboyne Bridge	6.30pm	Neil & Paul	Neil Gibson neapgibbon@gmail.com
THU	18	<u>River session</u>	Beginner/ Improver	River Dee – Aboyne Bridge	6.30pm	Trevor, Mark & Neil	Trevor Cardy cardytc2@gmail.com

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SUN	21	<u>River trip – benign water Lower River Dee 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	TBC	10.30am	Harry Burnett	Harry Burnett burnett1dav@aol.com
MON	22	<u>School holidays end 😞 Back to School 😞</u>					
THU	25	<u>River session</u>	Beginner/ Improver	River Dee – Aboyne Bridge	6.30pm	Trevor & Neil	Trevor Cardy cardytc2@gmail.com
SUN	28	<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
SEPTEMBER							
Day	Date	Event	Grade	Meet	Time	Coach/ Leader	Organiser Contact details
THU	1	<u>River session</u>	Beginner/ Improver	River Dee – Aboyne Bridge	6.30pm	Paul & Sue	Paul Smart psmart@metrol.co.uk 07710 463595
SUN	4	<u>River trip – benign water</u> The trip will start and end at the club shed – allowing the borrowing and fitting of any required equipment.	Beginner	TBC	10.30am	Paul	Paul Smart psmart@metrol.co.uk 07710 463595
SAT & SUN	10 & 11	<u>Wet West Paddle Fest (?)</u>	Improver/ Advanced	Morrison/ Garry	All day		
SUN	18	<u>River trip</u>	Improvers +	TBC	TBC	Chris Redmond	Chris Redmond - 013398 86241 aboynecanoecub@gmail.com
WED	21	<u>Please help volunteer to get kit to the pool for the pool sessions</u>	Volunteers	TBC	TBC	Jake Reid	Jakereid97@hotmail.co.uk
THU	22	<u>Pool session</u>	All	Aboyne Pool	6.30pm (beginners) & 7.30pm	Chris (6.30), Arlene & Harry (7.30)	Chris Redmond - 013398 86241 aboynecanoecub@gmail.com

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					(improvers)		
SAT	24	<u>Beast Race</u>	Volunteers	Knockburn Loch	TBC	Maria Williams	Maria Williams
SUN	25	<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	29	<u>Pool session</u>	All	Aboyne Pool	6.30pm & 7.30pm (polo)	Arlene & Sue (6.30) & Harry (7.30)	Chris Redmond - 013398 86241 aboynecanoecub@gmail.com

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