

Aboyne Canoe Club SCIO - Pool Paddle Plan

Aboyne Canoe Club SCIO Thursday evening pool kayaking sessions run from 6.30 - 8.30pm in Aboyne Swimming Pool. This generally starts at the end of September and will extend through until Easter. These sessions are for club members and guests who wish to see what is on offer. Whilst the kids love “messing around in boats” pool training is equally aimed at adults & parents who want to develop new skills, learn to roll, etc. Session 1 and 2 are general kayak skills however fortnightly the second hour is for kayak polo (brief training, skills and games).

Coordination and Booking

To book places on the programme participants should contact Christina Cardy on accpoolbookings@gmail.com. 12 places will be available per session. Places can initially be booked for up to 3 sessions, in order to allow the maximum number of members to attend. After 3 sessions please check with the organiser for further availability. If you need to cancel please do so with sufficient notice so we can fill the space. If you cancel at the last minute or don't turn up we request that you pay for the session.

Payment

- Paddlers will pay £5.00, for the one hour session. Card Only. This total does not cover the cost of the session hire and is significantly subsidised by club funds.
- Guests who wish to see what the club has to offer can come along for a session and are asked to pay £5.00 per session. Non-members have 2 trial sessions then they must join the club for insurance purposes.
- All payments will be collected by the club duty person in the community centre foyer and/or poolside at 6.30pm and 7.30pm.

Organisation and Supervision

Each session is supervised by fully qualified coaches/leaders (see club programme for details) supported by other club members. Each session will start with a quick brief and introduction before grouping participants into similar abilities / experience / dependent on what you want to learn.

For safety reasons, there will be no swimmers in and amongst the kayaks.

The bottom section of the pool will be roped off each session for rolling / capsize practice to protect people standing in the water assisting. No boats moving at speed in this area.

The Club adult / young person arrangements will apply (as they do on river sessions). Junior/minor will require a responsible adult with them even if the adult is not getting in the water. There is plenty of poolside seating. For the pool sessions 16 -18 year olds will be accepted without an accompanying adult.

The last 5 - 10 minutes of the session can be used to accommodate the 'kids messing around' in boats. This needs to be organised with the coaches and is subject to the 'no swimmers' amongst kayaks rule.

Equipment

- Participants under 8 years must wear a buoyancy aid and the Club will have a supply of small buoyancy aids at the pool. If you are over 8 but a particularly weak or non-swimmer a buoyancy aid can be worn and please bring this to the coach's attention.
- Spray decks - children should wear nylon decks. Teenagers can use neoprene. Those who want to wear a spray deck must first demonstrate a wet exit from a kayak while wearing a spray deck.
- Boats must be floating on the water with paddles used as an aid to get in. No seal launches!
- Kayak polo players must keep their helmets on during games.
- Boats are to be emptied at the far end of the pool and placed back on the wall by the user (unless being taken by a participant from the 2nd session).
- Spray decks and buoyancy aids are to be washed with freshwater and put away by the user.
- Your own kayaks can be brought in (please book them in) but must be very clean - Please remove airbags! Coaches/leaders can refuse boats if not clean enough.
- Paddles are to be put away by the user.

Risk assessment / management

The normal swimming pool code of conduct will apply to all participants. Two fully trained Pool Lifeguards will be present and will work in partnership with the Club as follows:

- It is the coach's role to lead the session, carry out capsize drills and maintain normal control / discipline over the club members. The Coaches are formally qualified by the sport's governing body – these qualifications include safety and first aid as an integral part.
- The coach or assistant or other adult asked to help will be able to “re-right” any kayak, (pulling up a capsized kayak from upside down) as necessary but the appropriate kayak underwater exit skills will be taught early in the programme.
- The pool lifeguard will draw the attention (one whistle blast and point) of the coach / assistant to any situation not spotted by the leader where urgent assistance is needed.
- The lifeguards will keep an overview of all activity and provide assistance as they see fit, taking advice from the coach if necessary.
- The pool lifeguards will oversee all elements of emergency / fire procedures within the normal workings of the community centre pool and building – the club will follow these directions.

The club has a full risk assessment for all its activities. This can be sent to you on request.

What to bring & what to wear

- Participants should wear normal swim wear as expected by the swimming pool regulations. Most paddlers wear a t-shirt too but not required/essential.
- Swim goggles (& a nose clip) are useful for those spending time upside down.