

TCA Newsletter Autumn 2024

Summer has well and truly departed now – the wind blows with a chill edge and the mornings and evenings pull in. Whilst summer is obviously our (my!) favourite time of the year Autumn brings its own seasonal beauty! Why not upload some photos of your autumnal paddles to the TCA Facebook page so we can show off some of the amazing places we are lucky enough to encounter?!



Autumn Essentials

As the weather starts to become more changeable it's a good time to re-evaluate your regular kit. The water temp may still be relatively warm (a lovely 15 degrees today, Toasty!) but the variable air temps means you may feel the chill more. A few things to consider may include:

- Lights – in the lower light it is important to be visible. A light should be visible both front and back and obviously waterproof! Dependent on where you paddle will have more specifications so check before you head out.
- Layers – one minute you're hot the next you're cold! Layers help you dress appropriately for the conditions you face and can easily be added in or taken off as needed. There are so many options out there to help you dress right it's worth doing your research to see what works for you best!
- Headwear – a hat helps keep you warm, and can help protect from the elements.
- Sunscreen – a year round essential! Don't forget to apply sunscreen to your exposed skin to help protect from harmful rays.
- Change of warm clothes – ensure you have some nice warm clothes to put on post paddle – especially as you start to cool down. Again layers can help you warm up by trapping layers of air. A thick dry-robe type of coat can add an extra snugly layer to help warm you up!

What else do you swap into your autumn seasonal kit?



Learning!

In the words of the famous Hercule Poirot time to put 'the little grey cells' to work! The cooler months can be a great time to get some learning done – learn some new paddling tips or cover some new topics of interest. Take a look at Paddle UK eLearning store. It helps to be a member to get the courses at a reduced cost but they do have FREE ones on there too. Absolutely worth a look:

<https://britishcanoeingawarding.org.uk/shop/>



Whats occurring?

Check out the Tamar river festival held in Calstock on 26th October. Celebrating all things to do with the River Tamar and a number of workshops and family fun see the link below for all the info:

<https://tamarandscapepartnership.org.uk/tamar-valley-river-festival/>

Beaver news

You may have cottoned on to the authors love of wildlife and fascination with the beavers being managed in our local area! To find out more check out the 'Gnaw and Explore Beaver Tour' held at Poole Farm in Leigham, Might well find me on one of these! More info in the link below

<https://www.eventbrite.co.uk/e/poole-farm-gnaw-and-explore-beaver-tour-tickets-1005095927977>

Clear access, clear waters campaign

Clean uncontaminated waters for our paddling fun, you would hope should be readily accessible in this day and age. Sadly this is often not the case. Multiple times lately you hear of sewage leaks or other contaminants into waterways giving increased risk to those of accessing these waters. Paddle UK has put together the Clear access clear water campaign to bring these matters to the government to ensure quite literally things are cleaned up. Check out the info on the link below and perhaps sign the petition to give weight to the movement for change.

<https://clearaccessclearwaters.org.uk/about-clear-access-clear-water-campaign/>



Do your bit!

We can all help to improve our paddling environment. Why not collect litter from the water on your next paddle? Take a bag along and collect what you can – doing your bit to help will help keep our waters clean for future paddles and help to protect the environment.



Introduction to moving water paddles

Autumn brings another level to paddling as the moving water paddles step up a notch. A great way to develop more skills and paddle in different environments, such as the river Dart.

Current introductory course dates are:

27th October 2024*

24th November 2024*

Please check your emails for more information. Peter is point of contact to register your interest for these courses – all contact information in email from Phil sent on 22nd October.

*weather and instructor dependent



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Safer Paddling

“It is the responsibility of everyone to identify, define and monitor their own safety practices, guidance and procedures specific to the environment and activities.” Paddle UK

We’re all here for the fun right? Of course we are! However, we also all have a duty of care to ourselves and each other to ensure safety comes first. Sadly there are stories without number where a water-sport enthusiast has gotten into trouble, and in some circumstances even died.

Trouble can hit even the most experienced paddler. So what can we do to reduce harm and hopefully keep everyone as safe as possible?

- Risk assess – everyone can (and should!) be constantly risk assessing when paddling – water and the paddling environment can change so quickly being alert to these changes early can help head off trouble.
- Pre paddle discussion – does everyone know who is leading the trip and the details of the paddle? Have emergency contacts been recorded? Has anything changed before leaving shore?
- Say something – can you spot a hazard or feel uncertain about where you are paddling? Voice it to the leader or group to ensure everyone is aware.
- Health – are you well enough to paddle? Do you need to mention a health concern to the leader to ensure they are aware in case you become unwell.
- Heed advice – if a leader warns of caution or details a certain skill level to proceed on a trip listen to the advice, skills can take time to develop and everyone needs to be aware of their own limitations.
- Stay within earshot – it can be very easy to get caught up in a nice paddle and become less aware of your position in the group. It is very important to be able to hear each other for contact purposes and to be able to raise the alarm if needed
- First aid – are you medically trained or able to carry a small first aid kit? These are cheap and can be invaluable. First aid training can come in useful in so many situations.
- Means of raising alarm – most common of course is the mobile phone – easily carried in a waterproof pouch it is best to have a such a means upon your person in case needed quickly. And make sure its fully charged!

These are just a few considerations ALL paddlers should consider. The safety element does NOT rest only with the group leader but with everyone taking part. The link below is to Paddle UK's Paddlesafer document giving more information.

<https://paddleuk.org.uk/wp-content/uploads/shared-files/british-canoeing-central-documents/Paddlesafer-for-website-2024.pdf>



FYI

Please keep an eye on your emails for details and updates from the club and further information about club paddles – please contact Phil Thorn if you are not receiving these and need to check or confirm email addresses etc.

And as always please feel free to let me know anything you would like mentioned in future Newsletters.