



New season paddle programme 2022

Welcome to our new season paddle programme for 2022. We look forward to seeing as many members as possible on the river this year, and hopefully we will be able to welcome some new members too.

For the time being Covid remains a concern, though hopefully a diminishing one. All our plans, as set out below, are subject to any changes in the pandemic situation. We will always follow any government guidance or regulations, and in some situations may be more cautious, if we think our own situation warrants it. Equally, canoeing and kayaking can be socially distanced sports, so we are optimistic that we will be able to follow a fair proportion of the programme set out below.

Changes to the programme will be emailed to all members, and posted on the club website.

Happy paddling!

Frank Hilder

Chairman

Evening paddles – Wednesday and Thursday

Our new year's resolution is to be more punctual on our routine evening paddles. We aim to move down to the river from the clubhouse at 6.40pm or shortly after. Members with their own boats should be ready to leave from the clubhouse then, having already signed the register by 6.40pm. Members who are borrowing club boats and equipment should gather by 6.30pm, to ensure that everyone is ready to move down to the river at 6.40pm. Latecomers can expect a severe tutting.

The charge for hiring club equipment is £5 per session, including a boat, paddle, buoyancy aid, etc. There is no charge if you are using your own equipment.

Wednesdays – youth and family paddle, also suitable for novice paddlers of any age. Will recommence from 20 April.

Thursdays – for adult paddlers only. Participants should have completed a beginners' course or be at least of that standard. Runs throughout the year.

On Thursdays, where coach availability makes it practical, we expect to paddle in two groups: one more leisurely, the other a bit faster. The slower group will often include some informal paddle skills coaching as we go.

Sunday paddles

We expect to run frequent (but irregular) paddles on Sundays. Start time will vary depending on the tide. All members will be notified by email, and where practical details will also be posted on the website. Meet at the clubhouse, ready to go at the published time.

Pool sessions – Saturdays

We offer regular pool sessions at Woodbridge swimming pool. All equipment is provided. Just bring yourself and suitable clothing – whatever you are comfortable in, and that you don't mind getting (very) wet! The charge for the pool session will be £5 per person (£7 for non-members prior to joining the club). We would be very grateful if you could bring the correct change to pay for your session.

Saturdays – every second Saturday, from 5pm to 6pm. You are welcome to arrive slightly before 5pm, so that you can be changed and ready to go as soon as the pool is open for us. Please check the website to see which weeks are on and off – or look out for the email which is sent out before every session.

This season, we intend to offer some coaching at the pool sessions. The themes will be set out in the usual email reminding members of each session. We hope to cover a good range of basic paddle skills in the course of the year, and welcome any suggestions. This coaching is strictly optional. Members are welcome to enjoy unstructured paddling in the pool if they don't want to join in the coaching.

Courses on the Deben

Beginners' courses

We will run an introductory 5-week kayak course for beginners on Wednesdays from 27 April to 18 May. This will include a session in Woodbridge swimming pool, planned for Saturday 7 May.

A second beginners' course is expected to run from late July. Details to follow.

Improvers' courses

We will run an 'explore' level kayak course for improvers on Thursdays from 28 April to 9 June (excluding 2 June). This will be a flexible course. It will be open to anyone who has completed a beginners' course with us, and to any more experienced paddlers who wish to refresh their skills.

We may run an intermediate canoe course later in the year, depending on demand.

River trips

A group from the club will paddle on the river Wye (on the Welsh border) at Easter, 14 to 18 April. Kayaks and open canoes welcome. If you are interested, please contact us on the 'info' email address below. This trip is suitable for confident paddlers, but is reasonably undemanding – please get in touch if you would like to discuss how it might work for you.

Further river trips may be organised, depending on the availability of leaders, etc. Details will be posted on the website and circulated to all members by email

Contacting the Deben Canoe Club

We are based in Woodbridge, Suffolk at :

Deben Watersports Centre
River Wall
Woodbridge
IP12 4BB

You can contact us by email at:

General enquiries: info@debencanoeclub.org.uk

Pool sessions: pool@debencanoeclub.org.uk

Safeguarding issues: safeguarding@debencanoeclub.org.uk