**Shrewsbury Canoe Club**

**Summer Evenings Protocol – dated 31 March 2021**

As the UK comes out of lockdown, but recognising the ongoing challenges associated with Covid19, this protocol sets out how Shrewsbury Canoe Club will run the evening sessions on a Monday at Frankwell and on a Wednesday at Jackfield and/or Llangollen.

Summer evenings will run in compliance with the [Club Safety Plan](https://shrewsburycanoeclub.org/sys/website/?pageId=18092) and the supplementary an [Club Covid Safety Plan](https://shrewsburycanoeclub.org/sys/website/?pageId=18124), copies of which are available on the website.

**Summer Evenings Purpose**

Summer evenings (flat or moving water) provide the opportunity for club members to get together generally, with an opportunity to improve skills, try out new craft or to just have a paddle. They also provide the opportunity for new-comers to the sport to give it a go, in a less structured learning environment. It is important that summer evenings cater for this broad cross section.

From a coach / leader’s perspective, it allows for general coaching of a larger group together, or the opportunity for regular coaching of a smaller group, looking at specific aspects.

To ensure that all aspects of summer evenings are able to be delivered, the following protocol shall be adopted.

**Definitions**

**For Flat Water Sessions at Frankwell**

* ***Starter*** – ‘give it a go’ sessions, less structured coaching, with hints and tips for paddling and basic manoeuvres. To try a capsize and get out.
* ***Intermediate*** *–* been on the water more than 5 times, working towards an introduction to moving water or sea trips. Coaching is more structured looking at specific skills, strokes, and the knowledge to be able to move to moving water or sea trips, for example getting in and out of eddies, edging, etc.
* ***Advanced*** *–* for paddlers who have some experience on moving water or the sea, looking to advance specific skills in sheltered water. For example bracing practice, rolling practice, etc.

**For Moving Water Sessions at Jackfield and/or Llangollen**

* ***Starter* –** 1st time on moving water, up to a level able to confidently get in and out of eddies, ferry glide across the river, and run the rapids in either venue.
* ***Intermediate* –** able to run the rapids, and looking to advance skills for surfing, ferry gliding across the rapids, and generally progress from G1 and G2 to G3+ rapids
* ***Advanced*** – all about coming along to play in the rapids, supporting the intermediate and starter sessions.

**Group Numbers**

British Canoeing[[1]](#footnote-1) states the following coach/leader ratios;

* Sheltered Water (Frankwell) – 1:8 students
* Moderate White Water (Jackfield / Llangollen) – 1:6 students

The SCC club remit for any coach / leader must also be adhered to.

**Standing Sessions (NOT ALL TIME SLOTS MAY BE OFFERED) - Frankwell**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Time (on the water, assume arrival 15 mins prior) | Session | No Coaches / Leaders | Max paddles (excl coach/leader) | Notes |
| 17.45 | Adult Starter Kayak | Min 1 | 5 |  |
| 17.45 | SUP | Min 1 | 5 |  |
| 17.45 | Sea Boats | Min 1 | 5 |  |
| 18.00 | Junior Intermediate Kayak | Min 1 | 5 |  |
| 18.00 | Racing Boats | Min 1, ratio dependant | 10 | Assumed all racing boats start at 18.00, group sizes no greater than 6 |
| 18.15 | Adult Intermediate Kayak  **Own Boats/Kit** | Min 1 | 5 |  |
| 18.15 | Junior Starter Kayak | Min 1 | 5 |  |
| 18.30 | Advanced (Junior or Adult) Kayak  **Own Boats/Kit** | Min 1 | 5 |  |
| 18.30 | Adult Starter Kayak | Min 1 | 5 |  |
| 18.45 | Junior Starter Kayak | Min 1 | 5 |  |
| 18.45 | Junior Intermediate Kayak  **Own Boats / Kit** | Min 1 | 5 |  |
| 19.00 | Adult Intermediate Kayak | Min 1 | 5 |  |
| 19.00 | Open Boat | Min 1 | 5 |  |
| TBC | Coach Specific Sessions | 1 per session | 5, or less if coach decides | Sessions set up by specific coaches for specific groups/skills |

**Standing Sessions – Jackfield / Llangollen**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Time (on the water) | Session | No Coaches / Leaders | Max paddles (excl coach/leader) | Notes |
| 18.00 | Starter | Min 2, ratio dependant | 20 | Group can be split into smaller groups |
| 18.00 | Intermediate | Min 2, ratio dependant | 20 | Group can be split into smaller groups |
| 18.00 | Advanced | Min 1, ratio dependant | 20 | Group can be split into smaller groups |
| TBC | Coach Specific Sessions | 1 per session | 6, or less if coach decides | Sessions set up by specific coaches for specific groups/skills |

**Process – Summer Club Nights**

* Standing sessions (and any other sessions proposed by a coach/leader) loaded onto website event booking portal
* Coaches / leaders set out as soon as possible, and no later than 6 days prior to session
  + Availability
  + Preferred time (if any)
  + Preferred session (if any)

This should be done be completing the ‘Web Form’ at [Shrewsbury Canoe Club - Coaches / Leaders](https://shrewsburycanoeclub.org/Coaches-Leaders) or following the link provided the week prior to the Monday evening

* ‘Shore Volunteer(s)’ to agree to run the containers
* Secretary (or delegate) to allocate coaches / leaders to each session by Friday prior to the Frankwell session, and Monday prior to Jackfield/Llangollen session
* Secretary to appoint ‘Paddle Leader’ for each evening (reference Club Safety Plan for Paddle Leader scope)
* Paddlers to book onto the sessions using the online booking portal, and pay for boat hire through the portal if possible

**Frankwell Specific Process**

* Key Holder(s) to arrive Frankwell by 17.45 to open containers, and pass container responsibility to Shore Volunteer
* Secretary (or delegate) to write up Frankwell session coaches and attendees on the white board by 6pm
* Shore Volunteer to register paddlers via the WildApricot app for pre-booked arrivals or on paper for any walk-ins
* Coaches / leaders for any session responsible for kitting out attendees and getting them onto the water by the allotted time, including any safety briefing, etc specific to the session being held – the Paddle Leader to support briefing as appropriate
* Stragglers or those not pre-booked to be allocated to most suitable session as they arrive
* Shore Volunteer to remain with containers or to lock up container if leaving them unattended
* Shore Volunteer to open up container by 20.00 for putting the boats back
* Key Holder(s) to lock up containers on departure

**Jackfield / Llangollen Specific Process**

* Paddle Leader to arrive Jackfield / LLangollen by 18.00 to welcome paddlers
* Coaches / leaders for any session responsible for kitting out attendees and checking their kit and getting them onto the water by the allotted time, including any safety briefing, etc specific to the session being held – the Paddle Leader to support briefing as appropriate
* Paddle Leader to register SCC paddlers joining the session, either by confirming their attendance on the WildApricot App or on paper

Although a process, the intention is to make summer evenings run smoothly and with sufficient coach / leader cover, all to ensure members and paddlers have fun on the water.

This also allows us to remain Covid safe with ability to Track & Trace.

1. https://www.britishcanoeing.org.uk/uploads/documents/British-Canoeing-TERMS-OF-REFERENCE-V5-0-Jan-2107\_170401\_214151.pdf [↑](#footnote-ref-1)