



ESCC Handbook 2023

East Sutherland Canoe Club

Seafront Centre, Church Street, Golspie KW10 6TT

www.escc.org.uk

Welcome to East Sutherland Canoe Club. It's great to have new members and we hope you really enjoy your first season with us. Lots of information about the club and about canoeing in general can be found on our website and club forum. Potential Club Members can come along for a taster session with a club member who is a Paddlesport Instructor (PI) or attend a specially designed novice induction programme that introduces newcomers to all the aspects of Paddlesports supported by the club.

The main activities of the club, at the present, are river kayaking, sea kayaking, surf kayaking and open canoeing. We aim to diversify into other paddlesports as coaches and demand dictates, e.g. stand up paddleboard, sit on top kayaks. We are very lucky to live on the East Coast of Sutherland where we can experience many types of paddlesports.

Club Membership:

You must be a member of the club to participate in its activities. Membership is open to anyone. Family membership for those aged 12 years and over.
(Under 18 years must be accompanied by a paddling adult)

Membership fees can be paid by:

Cheque to ESCC or BACS payment to ESCC

Account number **18361369** Sort Code **80-22-60**

***PLEASE PUT YOUR INITIAL AND LAST NAME AS REFERENCE**



Benefits of Membership of ESCC

Membership of East Sutherland Canoe Club gives you:

- Third party insurance
- Use of club equipment during club activities
- Training in different paddlesports
- Use of facility at Seafront Centre
- A committee working on your behalf to organise activities
- Good company!
- The opportunity to paddle in one of the best areas in the UK for canoe/kayaking
- The chance of progressing through the SCA Coaching and Leadership Pathways

Care of club equipment, we ask you to:

- Make sure kayaks are securely attached to the trailer
- Do not drag boats, always lift (with help)
- Always have the boat floating before you get in to it to avoid scratching the bottom of the hull on the beach or pier
- Replace all paddles and buoyancy aids as directed by the coaches and leaders at the end of the session.

Club equipment may only be used by club members, or prior arrangement with the Committee. Every member has a responsibility to take care of equipment they use.

Sandy and Gerald look after all the club equipment. Let them or any other committee member know about any problem or damage either in person or through the dedicated page on the club forum.

What to wear for paddling

When paddling expect to get wet! Personal Protective Equipment (PPE) such as wetsuits, wind proof cagoules, helmets and bouyancy aids may be borrowed from the club store. You should bring:

- A thermal T shirt or long sleeve top to wear under a wetsuit
- Old training shoes/wetsuit boots (they will get wet)
- A complete change of clothes and a towel

When you decide that paddlesport is for you, the club will be happy to advise on purchasing the most appropriate personal kit for the various types of paddling and in different conditions.

What to bring to Seafront Centre

In addition to the clothes for paddling in, bring a complete change of clothes and shoes, a hot drink and a snack.

What to take on a Club Trip

Wear the warm and windproof clothing you used for beginners sessions. Take a complete change of clothes plus a few extra items such as warm hats and gloves, a variety of snacks, a good packed lunch and a hot drink. All these items will go with you in your kayak and need to be in waterproof bags or containers.



Going on a Club Trip

There will always be an experienced leader who will decide on a suitable route on the day. This will depend on the weather and on the fitness and abilities of those who turn up. The leader's decisions must be accepted as final.

Getting sufficient equipment to the start point requires planning and preparation. The number of boats on the trailer is limited and you have to book a place. There will be appropriate contact details on the club forum. If you don't let organisers know you wish to go on a trip there may not be sufficient equipment for you if you just turn up.

As towing the trailer increases costs for the person who's bringing it, each time you need a boat carried for your use you are expected to contribute a small amount (e.g. £5), toward mileage costs, depending on the distance involved.

Out at sea we depend on each other for safety. The ability to paddle at a reasonable speed in a straight line is important for safety and enjoyment as is wearing suitable clothes. Buoyancy aids must be put on before going on the water and only removed once back on dry land. Each member must remain close to the other members of the group and follow the leader's instructions.

Evening Club Trips – Tuesday evenings, May to September

For club members they give an opportunity for improving skills and building up fitness. They take place in different locations and the club kayaks are taken there on the trailer. A typical evening trip would cover 6km and take two hours.

Day Club Trips

Can be any day of week, however Saturdays or Sundays are most popular. They will be posted on the Club forum.

Extended trips

Chances for extended day trips and camping will occur at points throughout the summer. Distances will vary and suitability will be made clear when being arranged.

Paddling Development

In conjunction with Scottish Canoe Association (SCA) there are pathways to allow ESCC members to progress in their chosen paddlesport.

Record of Trips

As well as the chance to see the sights, going on trips develops your endurance and is a chance to put into practice skills learnt at the ESCC. Remember to use what you've learnt as it will make paddling easier and more enjoyable. Record all your trips as this goes towards your recognised SCA Personal Performance Award (PPA). Your own personal diary is free on the SCA website.



Beginners outdoor training sessions

Seafront Centre on Tuesday evenings starting at 6.30 pm. You will be in a small group with a Paddlesport Instructor (PI) and will be on the water for at least an hour. We aim to have everyone off the water and ready to go home by 9pm for the first few nights. If the weather is good there will be opportunities to extend paddling for those that don't need to be away home early.

Winter Pool Sessions

From October to March, the club aims to run evening training sessions in the pool at Golspie Leisure Centre. These are a great way to learn and practice new skills in warmer water.

Seafront Centre

The water in the harbour is very sheltered and ideal for beginners. We base most of our activities there and we have access to a toilet, a changing area as well as storage space for our equipment.

The facility is also used by other groups, so please keep the Centre clean and tidy and be considerate when parking.

If the sea is not calm water, Loch Brora is another option close by.

Directions to Seafront Centre, Golspie

From the South A9 come into Golspie pass the Playpark on your right and then take the second turning on your right onto Church Street along on the left is the Seafront Centre just after the Pier.

From the North A9 come into Golspie pass Nisa shop on your left and then take the third turning on your left onto Church Street heading towards Links Hotel along on the left is the Seafront Centre just after the Pier.



East Sutherland Canoe Club Information

Committee 2022-23

Chair – Gerald Urquhart

(chair@escc.org.uk)

Secretary – Ian Moore

(secretary@escc.org.uk)

Treasurer – Rory Redmond

(roryredmond247@gmail.com)

Secretary Assistant & Equipment – Sandy Macleod

Ordinary members – Sally Ward, Marjorie Dixon, Robert Bell, Kendra Ballantyne

Notes:

Ensure that your and your contact person's details, email addresses and mobile numbers are correct and up to date at all times. Please inform the Secretary and Treasurer of any changes.

See us on Facebook: [@EastSutherlandCanoeClub](#)

Website: www.escc.org.uk

Club forum: <http://clubforum.escc.org.uk>

Once your membership payment has been made as a new member you will be sent your Username & Password by email to access the forum.

Useful Website links:

- **Weather:** www.xcweather.co.uk
- **Maps:** www.walkhighlands.co.uk
- **Tides:** www.ukho.gov.uk/easytide
- **SCA:** www.canoescotland.org



MEMBERSHIP FORM 2023

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P/W

To become a member of ESCC:

Please complete each of the 4 pages and return to:

Rory Redmond, ESCC Club Treasurer

C/O Aulden, Main Street, Golspie, KW10 6TG

Please also email Rory at roryremond247@gmail.com to let him know your form is on its way.

Fees

Individual Member Fee £30

Family Member Fee £50

(limit 2 adults and 2 under 18's).

Each family member must complete each of the 4 individual forms

1.
2.
3.
4.

Please use **Block Capitals** throughout; print clearly, especially email addresses

NAME

ADDRESS

POSTCODE

Tel No's Home

Work

Mobile

E.mail*

Date of Birth

S.C.A NUMBER (if current member)

For SCA (Scottish Canoe Association) IT systems to function, it is best for each individual to provide a separate email address.



MEDICAL DETAILS

NAME

Details of disability, medical conditions including medication or any other information the club should be aware of (if not applicable please write none).

EMERGENCY CONTACT DETAILS

NAME

RELATIONSHIP TO MEMBER

ADDRESS

.....

Tel no Home

Work

Mobile

E.mail

(please write each letter clearly)

Data Protection

I AGREE to the information being shared with the Club Coaches or people organising club activities.

Please sign:



CONSENT TO PHOTOGRAPH

NAME

I give permission for members of the ESCC or other paddlers to photograph/video me during club activities, for the purposes below:

TYPE OF USE

Photographs:

Display in personal photo albums.

Share photographs with other club members.

Display in the club's scrapbook or publish in the club's newsletter.

Use the photograph on the club's website including the club's social networking websites.

Use still photos in promotional materials including press releases and articles.

Use the photographs in presentations about the club.

Permission	YES	NO
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VIDEOS:

Share the video with other club members including the club's social networking sites.

Use the videos in promotional materials.

Display the video on the club's website.

Use the videos in presentations about the club or the sport.

Permission	YES	NO
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I understand that it is my responsibility to update this form in the event that I no longer wish to authorise one or more of the above uses. I agree that this form will remain in effect during the membership of the club.

Signature Date.....

The signature of a parent or guardian is required if the named individual is under 18.
Complete one form per individual.



East Sutherland Canoe Club (ESCC) is committed to protecting the privacy and security of your personal information. Our privacy notice describes how we collect and use personal information about you during and after you access our services, in accordance with the General Data Protection Regulation (GDPR). Our Privacy Notice is available at; www.escc.org.uk

We may change our Privacy Notice from time to time. Please check this policy frequently to ensure you are aware of the most recent version and the date it was last updated.

The ESCC utilises e.mail, social networking and club forum to inform members and those that are interested in joining the club.

MEMBERSHIP COMMUNICATIONS

<p>If you do not wish to receive emails from the club, please tick the box.</p> <p>(Please note if you tick this box you may not be informed about club activities and events)</p>	<input type="checkbox"/>
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Signature Date

The signature of the parent or guardian is required if the applicant is under 18.

Date of birth, if under 18