



The following is a list of useful Club policies, strategies and resources for new members when joining the Club. You will also find these documents on the River Canoe Club website for easy retrieval.

1. ***The Safety Competencies*** outline the minimum basic skills and equipment for each level of trip in the Club. If you are new to paddling, then you must be taken through the competencies as outlined for flatwater before taking flatwater trips. These basics may take no more than a couple of hours by a Club Instructor or experienced Club paddler, but are essential to ensure that you safely enjoy your first experience in the Club. ***The Introduction to the Flatwater Guide*** is an excellent resource for all paddlers when getting started. It goes through all sorts of things like the kind of boats, how to fit them out, your personal equipment all the way to a lesson on Navigation. The ***AC Safety Guidelines*** also spell out the guidelines for the conduct of organized trips, run by Clubs and Commercial groups.
2. Club trips can be as small as a trip up Wolli Creek, or as large as a five-day moving trip down the Shoalhaven. It has a start and finish and is organized by a club representative. Club members can post impromptu trips to the yahoo group. They will identify the Grade of the trip, a description and their skill to lead this trip. Skill level can vary according to the complexity of the trip. Members can organize their own trips, and are required to observe all of the safe paddling recommendations. In doing so the AC Insurance will kick in should an incident occur. A summary brochure outlining the insurance policy can be found on the PaddleNSW or AC website. www.paddlensw.org.au Boat insurance can also be purchased via PaddleNSW.
3. From time to time the Club will run invitational trips, where they will invite members from other PaddleNSW membership. In return, RCC members are invited to participate in similar paddles organized through PaddleNSW. It's a great way to meet new people and visit other popular spots. RCC members are also invited to participate in PaddleNSW Paddle sports, like Canoe Polo run at the Auburn Aquatic Centre, numerous races like Marathon, sprint and open water. These are advertised on the PaddleNSW website,
4. The Club Calendar would advertise most RCC and PaddleNSW recreational trips, Club meetings and training opportunities.
5. Club boats are available for a "come and try paddling" experience and are free of charge. Members are most welcome to introduce friends to the sport this way. And family and friends are most welcome to join all events socially. Come and Try Paddling is a taster and not a trip and usually lasts

only a couple of hours and is covered under PaddleNSW. Names and contact details are to be kept and forwarded to the Club Secretary. **Club boats** are available for loan on Club trips, and fees are listed in Splash. The full policy for loaning boats is available on the website.

6. Single event members who are competent paddlers are welcome on all trips however a single event registration must be completed and a payment of \$10 either online or to the trip leader before commencing the trip. There is no limit to the number of single trips taken however a new form and payment is to be used for each new trip. This rule is a condition of the Clubs affiliation with the State Body, PaddleNSW.
7. Member's boats can be stored at the Clubhouse. The policy can be found on the website under forms and documents. In summary, it will cost \$100 per year and you will be provided a Clubhouse key for access at your convenience.
8. The Club strives to deliver quality training and trip leading and supports the accreditation of members who are prepared to step up to take these leadership rolls. Qualified members who assist the club in this way can have their Australian Canoeing Registration reimbursed by the Club. Details of this policy can also be found on the website. A full list of qualified members can be found on the website under contacts.
9. **Checklists** can be found for preparing yourself as a participant and a trip leader. The trip leader is required to have completed a **Float Plan** that includes an emergency management plan for each trip that they lead. PaddleNSW conducts Courses for Guiding, Flat & White water Instructors, Sea kayaking and Rescue.
10. Trip reports are welcome and should be provided to the Magazine Editor by the 20th of each month.
11. Finally, the Club provides each new member two books and a DVD on the **history of the Club**. Please ensure that you pick these up at the **CLUB MEETING** – held on most first Friday evenings of each month at the Clubhouse situated at Richardson Crescent Marrickville – opposite Tempe Railway Station and right next to the Concordia Club.

All the best for a great membership and let a Committee member know how you are going in the Club. Constructive feedback is always welcome.

Lynn Parker
Secretary