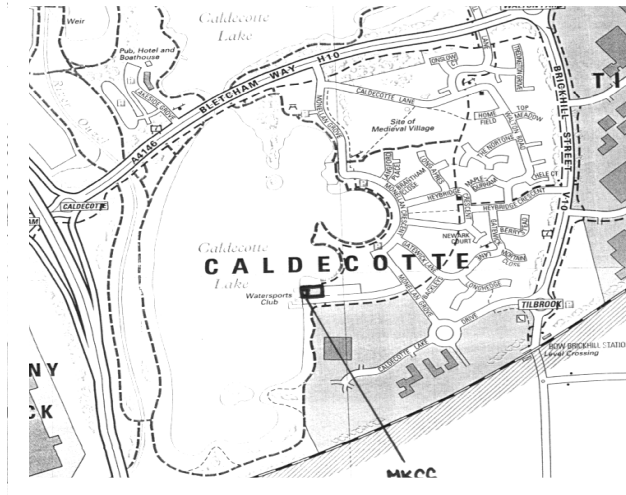


# MILTON KEYNES CANOE CLUB

2008-2009 Season



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**MILTON KEYNES  
CANOE CLUB**

## Milton Keynes Canoe Club

The Water Sports Centre on Caldecotte South Lake in Milton Keynes is the base for Milton Keynes Canoe Club (see location on Map).

Using the large lake and the excellent facilities of the watersports building, the Club meets (2008–2009 season) on Friday evenings from 4th April onwards and Tuesday evenings from 6th May onwards through to the end of September.

The principal activity of these twice weekly sessions is a range of instructional training by our British Canoe Union qualified coaches, to which new members are especially welcome. Opportunity exists at other times for use of the lake and extra activities and events are planned throughout the year for those who are not on courses. There are two other clubs who also use the facilities at Caldecotte South Lake at different times each week namely Milton Keynes Sailing Club and MK Rowing Club.

## Recreational Canoeing

The most widely supported activity of the club is paddling on rivers of all types, canals and occasionally coastal waters, together with a growing interest in freestyle canoeing and surfing on the sea. The Club is recognised as one of the leading clubs in the region and paddles are organised at frequent times throughout the year on Saturdays and Sundays. Weekends away are planned on a regular basis and events take place not only on our local waters but throughout England and Wales. Foreign holidays are also sometimes offered. There are paddles for all levels of ability and preference, and the events programme is offered with this in mind.

## Courses

Qualified coaches within the club organise a series of courses in line with the British Canoe Union coaching scheme. Children taking part on courses must be over 8 years of age. All course times are 6:30 to 8:00 - boats, paddles, buoyancy aids & helmets (where required) are provided as part of the course.

Details of our courses for this season are as follows:

- Friday 30th May to Friday 27th June inclusive - 1 star, 2 star (kayaking module) and 3 star (flat water module) kayak courses and Paddlepower ( for junior members).
- It is anticipated that similar courses will be arranged commencing in early July (exact dates to be confirmed)

Prices as follows:

Paddlepower - £25

1 star - £25 juniors/seniors, £30 adults;

2 star - £35

3 star - £35

Other courses may be arranged during the year. Please see updated versions of this brochure as may appear on our website from time to time and also our "Events Calendar" (a copy of which can also be obtained from our website).

## Membership

	Adult	Junior/OAP	Family*
Membership	£35	£25	£70

*\* Family Membership is for 2 adults and two children in same family*

*N.B. Children under the age of 16 years must be accompanied at all times by an adult whilst attending any session (including courses).*

Members (and parents of Junior members) are required under the Club's rules to help the Committee by adding their names to the rota for duties such as duty officer and tuck-shop. The club reserves the right to allocate duty officer and tuck shop rota times to members (and parents of Junior members) where insufficient people have 'volunteered'.

## Equipment Hire

Members not on one of our courses can use our equipment, when it is not needed by those paddlers under instruction. There will be a small charge of £1.00 per session and per item borrowed (canoe, buoyancy aid and paddle). Non-members to pay £2 per item per evening if permitted to paddle but this is entirely at the discretion of the Duty Officer.

For those wishing to hire equipment for a Club trip, the charges are as follows:

Kayak - £5                      Canadian - £10

A returnable deposit of £50 is also required (to be paid by cheque - banker's card required). Please ensure that you sign for the equipment in the "Equipment Loans Book" and pay the appropriate fee to the Equipment Officer or Duty Officer.

Paddlers will be responsible for repairs and replacement costs of equipment hired for trips (replacement at second-hand value only).

## Safety Procedures

Please ensure that:

- ♦ you have a suitable buoyancy aid
- ♦ you have appropriate clothing/footwear
- ♦ you have the necessary equipment
- ♦ there is a qualified coach on the water before entering the water yourself

**REMEMBER:** Never go out on the water on your own!

PLEASE REMEMBER TO RETURN  
ALL EQUIPMENT TO THE CLUB HOUSE  
AT THE END OF EACH SESSION