

Bendigo Canoe Club

Information Brochure for Prospective Members



Club History

Bendigo Canoe Club was first established in 1974. The Club has approximately 60 plus members and caters for recreational paddlers, right through to the more serious competitors of various ages and abilities. Bendigo Canoe Club has been successful in all three (3) disciplines of marathon, sprint and wild water racing.

Our clubhouse is located at the Pavilion at Lake Weeroona.

Bendigo Canoe Club holds a regular event on a Saturday afternoon. This is a great way to meet new Club members and be actively involved at Club level. We try to include a social component to our activities and hopefully this will lead to peoples getting involved in trips or other events.

Bendigo Cup

The Bendigo Cup is our Club's main fundraiser for the year, consisting of a marathon race held on the Saturday and a sprint regatta on the Sunday. The Cup is held in October. Club members are encouraged to participate by either paddling or helping out on one or both days during the weekend. This is a fun weekend and a great way to meet other paddlers from different clubs. It is expected, as a part of your membership, that you either participate or assist in the running of the weekend, as this is our Club's primary fundraiser for the year.

Requirements for Membership and New Applicants

All new prospective members need to complete an application form for new membership and receive approval from the Committee to join the Club.

All members are required to attend the AGM held in July.

Members are required to also participate in Club working bees prior to the Bendigo Cup.

The Club encourages prospective members to have 3 free trial sessions prior to becoming a fully paid Club member. Usually new members can have the use of club equipment for approximately 12 months before purchasing their own equipment.

Lake Rules/Codes of Behaviour

The Bendigo Canoe Club shares its facilities with the Bendigo Rowing Club and also with Dragons Abreast. Bendigo Canoe Club has the use of the Lake in a clockwise course around the islands. When rowing boats are not on the Lake, the entire Lake can be used.

Life jackets must be worn by all members.

The Club is a smoke free zone and smoking is not permitted in and within 10 m of the pavilion.

The Bendigo Canoe Club is a Sun Smart Club and sunscreen is provided.

In becoming a member of Bendigo Canoe Club, you are bound by the constitution and policies, as set by the membership. The Club has adopted the Australian Sports Commission's "Codes of Behavior" which apply to all members and associated non-members (Family and Friends). Failure to comply with the constitution, Policies and/or "Codes of Behaviour", may lead to your membership being revoked.

Borrowing of Club Equipment

The Club has a small range of TK1s, TK2s, K1s, K2s and whitewater boats for use by prospective and current members, as well as life jackets and paddles. Users are responsible for proper care of the equipment and ensuring it is returned to its appropriate place in the pavilion. All equipment **must** be signed out/in in the equipment borrowing book located under the white board. All boats/paddles **must** be washed prior to being put away. Any damage must be recorded in the book and verbally reported to the Commodore. Anyone wanting to borrow equipment for a race must book that equipment one (1) week in advance with the Commodore. No equipment is to be taken away from the Club without the permission of the Commodore. Under no circumstances can other Club member's equipment be used without clear permission.

Storing Your Boat at the Pavilion

There are limited racks available and it is recommended that if you do not paddle frequently, you store your boat at home. Sharing a rack with another Club member is also recommended. A rack criterion is in place to ensure that the most active members of the Club are given priority. For further information regarding the criteria, please contact the Committee. Rack: \$50 (conditions apply).

Security

Members are responsible for their own valuables and ensuring the pavilion is locked if you are the last to leave. **Please** ensure there are no other canoeists or rowers still on the water.

- As the pavilion has many user groups, we cannot guarantee security. The building is often open to the public.
- The BCC does not provide insurance cover for any equipment, nor take responsibility.
- We recommend that all your equipment is labelled (paddles, pfd's) and stored in your kayak or taken home.

Notice Board

A notice board is located at the entrance of the pavilion.

Uniforms

Bendigo Canoe Club has a uniform and items can be purchased through the Club. For details, contact via email at bcc@live.com.au

Important Websites Links

Email bcc@live.com.au

www.bendigocanooclub.com.au

www.vic.canoe.org.au

www.canoe.org.au

Bendigo Canoe Club can also be found on Facebook.

For further information please contact the Canoe Club via email at bcc@live.com.au.

Types of paddling activities

In most cases, the craft is adapted or designed to fit the demands of the intended environment. Some of the different types of canoeing and kayaking activities include: **Flatwater recreation** – this is what most people imagine when they think of canoeing or kayaking. You can take a gentle paddle down a calm river, do some sightseeing in calm ocean waters or explore an inland lake system.

Whitewater recreation –paddling on grade 2 and above whitewater, negotiating rapids or surfing waves. Surf kayaking – similar skills to whitewater and the kayaks may be fitted with a fin.

Sea kayaking – this is paddling in the sea. Sea kayaking is becoming a popular water sport in Australia.

Wildwater – is the ultimate combat, human versus river. Athletes must manage a 4.5 metre-long, 11 kilogram, very unstable, composite craft down a river anywhere from flatwater up to grade 4 rapids. There are two (2) disciplines, the Classic event is raced down a river over 4-5 km, and the Sprint event is raced over approximately 400 m. Downriver events conducted on easier grade 1-3 whitewater and generally open to all classes.

Marathon- Commonly held over 8-40 km on lakes and rivers, with various challenging conditions, in racing boats, touring boats, ski's and other craft.

Sprint- Explosive speed, fast and competitive over 1000 m, 500 m, and 200 m.

Ocean racing – this is a race in white water (ocean). This discipline requires extreme skill and fitness.

Slalom – the person must, against the clock, negotiate a white water course. This includes steering around obstacles (typically, poles suspended over the course).

Canoe polo – two teams of five players each must compete to score the most goals using a water polo ball.

Freestyle – is a whitewater canoe discipline where the paddler performs a range of acrobatic tricks and manoeuvres on a river feature such as a wave or hole.

Please refer to three Bendigo Canoe Club Guidelines for Use of Boats, located on the notice board.