



Welcome to Lane Cove River Kayakers!

Whilst your Membership is subject to final Committee approval, this leaflet provides a brief introduction to the Club's activity, and deals with some of the more obvious questions. More information is available online (www.lcrk.org.au) or through talking with other Members. We're a friendly bunch, always happy to answer questions!

The Club: We have around 130 Members (and growing!) covering all age groups, individuals and families. There are both active paddlers (almost daily paddling) and those with only sporadic activity. Our Club 'shed' at the Rotary Athletics Field off Mowbray Road is the base for our paddling activities, with river access via pontoon.

Wednesday Evening Time Trials : These are the central activity of the Club starting at 6:25pm on Wednesday evening off your allocated handicap.

- You should arrive early with a view to being on the water by 6:15pm. Please park in the main car park and carry your craft down.
- No boat set up in the main car park.
- Enter at the registration desk (unless you have pre-registered – see below)
- Course options are a 6km, 9km or 12km with maps/details on the website and in the Shed.
- You should be capable of finishing your selected course within 80 min.
- Ensure you can complete 9km within 60 min before progressing to 12km. If in doubt, stick to a shorter course. Emergency procedures are triggered if you have not returned within 90 min.
- Paddlers are generally off the water 7-8pm.
- The club has access to change rooms/ showers for you and boat washing facilities for your boat.
- Time Trial results are recorded on computer then published to the LCRK website, and emailed to you typically within the hour. Individual history, performances, handicaps are all available online

Time Trial Calendar: There's usually something different going on each Wednesday.

- Any boat can paddle in any Time Trial.
- The 1st Wednesday of each month is 'Singles Cup Night' a handicapped start with points awarded for the annual trophies. To be awarded Cup points, you must start on your allocated handicap with points awarded for '1st past the line'. New and improving paddlers can be in the running from the outset – with the best 9 of 12 possible times determining the annual winners.

- The 2nd Wednesday is 'Doubles Cup' night on top of a normal time trial. There is invariably a \$7 all you can eat BBQ after paddling on this night.
- The 3rd Wednesday is 'reverse night' where the courses are run in reverse – for a bit of variety!
- 4th and 5th Wednesdays are standard time trials.

Costs: Once you have joined, there is a \$5 registration fee for each time trial paid by cash/EFT. Or you may have selected the \$70pa pre-registration. If so, you'll receive an email each Tuesday which needs a prompt reply if you intend paddling on the Wednesday. Apart from being great value, this also allows you to avoid queues and get straight out on the water.

Boat Numbers: Membership includes a boat number which will in due course be available with your name on it at the registration desk. You cannot paddle without a number vertically mounted on your rear deck. If your number has not been allocated, or you forget or lose your number, request a temporary number from the registration desk. Replacements (\$15) are available via email to roster@lcrk.org.au

Timekeeping: Every paddler is rostered to assist with timekeeping duty, 1-2 times per year. Please make a note of your dates via the roster published on via [this webpage](#). If you are unavailable, give at least 1 weeks notice to roster@lcrk.org.au or preferably swap with another paddler & advise. Please be considerate to the rosterer as this can be a challenging job trying to keep everybody happy.

Night Paddling: Paddling occurs year round including the winter months & in the dark. When dark (typically when Daylight Saving cuts out), paddlers rely on night vision and ambient light, so kayaks must (in order to be seen) carry a soft white light at the bow and a soft red light at the stern. Paddlers must also wear a lifejacket. Experienced members can explain in more detail. Try it at least once!

Safety: Safety is of course paramount and the website provides details. A couple of key points though:

- Keep to the right when paddling.
- All turns are anti-clockwise.
- When paddling upstream keep red markers to the left & green markers to the right; when travelling downstream the opposite applies.
- Whilst the system used for Time Trial provides assurance paddlers have returned, we need to be personally vigilant for any paddlers in trouble.
- In the event of capsizing, the first kayak 'on site' must stop and render assistance. If assistance is not required/requested, then remain in the vicinity until the kayaker has reboarded and resumed their kayaking. Time Trial results will be adjusted.

- It is a legal requirement that lifejackets are worn year round.
- Ensure protocols for overtaking, collision avoidance and rounding turns are followed.

Regular Group Training: In addition to the Wednesday night paddle there are several informal training sessions open to members, most notably on Tuesday and Friday mornings starting 6:15am at the pontoon. Please read the website for details and contact the committee (committee@lcrk.org.au) about joining in, or simply turn up.

Getting Involved: The time trials are the most obvious activity to get to know the Club, however are by no means compulsory. The Club conducts a range of social (eg Xmas party) and/or community activities (eg Clean Up Australia Day). There are plenty of opportunities to help the Club including working bees, photography, volunteering at kayaking events. If you don't offer, you'll probably be asked!

Other Activities: There are a range of 'external' events that the Club actively participates in. This includes:

- Hawkesbury Canoe Classic – the iconic 111km paddle down the Hawkesbury held around October.
- Myall Classic – the challenging 47km marathon on the Myall River around September
- Paddle NSW Marathon series. 10+ weekend events per year of 5/10/15/20km distance at kayak club venues across Sydney and NSW.
- Paddle NSW Harbour Series. Weekend events of varying distance around Sydney

Whilst these are the activities that see the most Club participation – there are many other opportunities including interstate and overseas. The website tries to keep you up to date on these!

Clothing & Merchandise: There is a range of LCRK branded merchandise available – very good for promoting the club at external events. See the website for range, prices and ordering details.

Boat and Equipment Hire: The club has a fleet of boats available for the use of Members including kayaks, skis, double kayaks, even a K4, but we welcome all paddle-craft including stand-up paddleboards, outriggers and canoes. The club boats provide the opportunity for Members to try new boats, learn new skills. Boat hire starts at \$10 for single use starting from the shed for an LCRK supported activity and availability checks and hire requests can all be made online. The website also describes expectations for care of the boat.

Note most Members have (and are encouraged to have) their own boats. This ensures the hire fleet can be available for newer Members. There's plenty of advice available from Members on suitability of boats.

A limited supply of paddles and lifejackets are also available from the shed (for free although members are encouraged to buy their own).

Boat Storage and Shed Access: The Club has limited capacity to store Members' boats. Applications are renewed and assessed annually on merit (ie priority to active, paddling Members).

After-hours shed access can be arranged typically after a 'qualifying' period. Club boats may only be used by booking in advance. Never use boats or equipment belonging to other Members.

Communications: Member communications are invariably via email/electronic. This includes time trial reports, and ad hoc emails. The Club website is a key medium for keeping you up to date with what might happen, is happening or has happened. Contribution of content is most welcome – articles, reports, photos etc. There is also a [Flickr](#) page, and a [Youtube](#) channel and a Facebook presence.

Upcoming Events & Website: Please check the website www.lcrk.org.au regularly for upcoming events, photos, news and lots more useful information. Contributions welcome!

We hope you enjoy being a member of LCRK; if we can be of any assistance please let a committee member know.

LCRK Committee.