

# PITT MEADOWS PADDLING CLUB • MEMBERSHIP GUIDE 2018

## Membership Benefits

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Being a member of the Pitt Meadows Paddling Club has many benefits, including:

- Use of the club boats and other equipment (e.g. paddles, PFDs, etc.)
- Ability to participate in any of the PMPC paddling programs (see web site for current schedule)
- Participate in workshops and paddling clinics (some have a small additional costs to cover outside coaching fees)
- Represent the Club at races and race using the PMPC name



## Using Club Equipment

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- Take care of the Club's equipment and treat it even better than you would treat your own
- Always place paddles down carefully, rest them gently on your shoe or foot to avoid chipping the tip
- Put PFDs away neatly. The paddle shed can get messy very quickly – if everyone helps out a bit then our shed will stay tidy!
- When carrying boats to the dock, communicate clearly between all people who are helping.
- Be especially aware of the boats that have rudders – always keep the rudder off the dock or ground surface as they are easily damaged.
- When in doubt, ask for help. From May through August, there will be a PMPC staff member at the Club, let them know if you need a hand.

## Using teampages.com

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Our club uses teampages.com for organizing and communicating with members. This tool has a large range of useful features and helps us stay in touch with members! When you receive an email bulletin from teampages.com, usually the message can be viewed within the email message that is sent to you. If you want or need to reply or respond to the message sent, then you can follow the link to the team pages web site, log in, and then respond online. In addition, from the web site you can 'join' different programs to be in full communication of regular updates for each program.

*Note: If you are not already signed up on teampages.com, please send an email to a member of the PMPC Board to request access.*

## Paddling Schedule, Events and Calendar

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Your membership entitles you to participate in any of the regular paddling programs that are offered at the Club. The calendar is always posted down at the club, and usually updated on the PMPC web site at [www.pmpc.ca](http://www.pmpc.ca). Specific information about programs for members will be communicated through the teampages.com web site, so keep an eye out for emails sent from teampages.com.

## How to Contact Us

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Here are the main contact methods for the club as a whole:

- Club Web Site: [www.pmpc.ca](http://www.pmpc.ca)
- Teampages Site: [teampages.com/clubc/815](http://teampages.com/clubc/815)
- Main Email Address: [info@pmpc.ca](mailto:info@pmpc.ca) (your email will be forwarded to the person directly responsible)
- Main Phone: 778-847-7672

In addition, your paddling club executive works hard to keep the club running in tip-top shape. Board Contact details:

- Club Commodore – Stewart Brotchie – [stewartfrompmpc@gmail.com](mailto:stewartfrompmpc@gmail.com)
- Vice Commodore – Lilian Fuller – [llfuller53@gmail.com](mailto:llfuller53@gmail.com)
- Treasurer & Club Records – Isabelle Hamm – [treasurer.pmpc@gmail.com](mailto:treasurer.pmpc@gmail.com)
- Secretary & Communications – Position Vacant
- Director of Club Programs – Julie Cornell – [juliepmpc@gmail.com](mailto:juliepmpc@gmail.com)

## How to Be Safe

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Safety is not just NOT having accidents...it is a SYSTEM of daily practices, it is an attitude, and it is a mind frame we race and train in, and IT IS SIMPLE: If it is not safe...stop, do not do it. Here are some good practices to follow in order to stay safe:

- Always wear a PFD – you can use your own, or one of the Club's.
- Carry the following equipment in your boat:
  - Throw rope
  - Radio (and leave another radio with an onshore contact at the Club)
  - Carry a plastic pea-less marine whistle (many lifejackets have these built-in – check yours!)
  - Bailer(s)
  - Light(s) and/or headlamps if you are paddling within one (1) hour of dusk/dawn
- Paddle with a buddy – PMPC paddling programs are structured so that groups of paddlers are on the water together.
- Inform the staff of your paddling plan, or write it on the whiteboard. Indicate which boat(s) you have taken, and total number of paddlers.
- Do a boat check before you leave the dock. Check for cracks in the hull, loose connections, etc.
- Discuss a safety plan before you leave the dock. What will happen if you capsize? What can you do if you get stuck or encounter a problem?
- Check the weather forecast before you head out on the water. Know the conditions before you leave the dock.
- If a lightning/thunder storm begins while you are on the water, return to shore as soon as possible.
- Follow the 30/30 rule for stormy weather: If the time between when you see a lightning flash and hear the thunder is 30 seconds or less, take shelter and cease all paddling activities. After the last flash of lightning, wait at least 30 minutes before proceeding with on-water activity. If you are running a practice or scheduled program at the Club, be aware of these guidelines and cancel the practice as needed.
- Winter rules:
  - Stay on the Alouette River (do not go onto the Pitt River between October 1 and March 31)
  - Ensure that somebody on shore is aware of your paddle plan in case of emergency.
  - Be sure to wear winter and weather-appropriate clothing

## What to wear and bring for paddling?

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Remember, paddling is a water sport! You will get wet...but there are some easy ways to help keep you warm and dry as much as possible:

- Layer your clothing so you can be insulated to stay warm, but also remove layers as you generate heat.
- Quick-dry fabric can be helpful as it keeps you warm but dries very quickly so your wet clothing doesn't cool you down.
- Many people find a hat especially helpful – both for protection from cold or wind, but also from the sun!
- Dry bag – many people use a dry bag to keep their keys and valuable dry and in the boat with them.
- Clothing that doesn't 'bug' you – some people find certain snaps, zippers, etc. can be located in a spot that might rub while in a boat – don't invest too much money in something new until you get an idea of what will work for the type of paddling you are doing...
- In the winter months:
  - Toques, long underwear, gloves, wool socks, rain gear are all useful to help you be dry and warm when paddling

If you have your own paddle, bring it! You may also use club paddles if you do not own your own. Once you become more involved in paddling, you might find that you want to make an investment into a paddle of your own. Getting a paddle that is the proper size, and a style that fits you, can go a long way in making you feel more comfortable and have more power in the boat!

Welcome to the  
Pitt Meadows Paddling Club!





# Canoe Kayak BC – ADULT WAIVER



2018 Season (expires end of March, 2019)

The following participant information is collected by Canoe Kayak BC for its own use and must be completed to be properly registered.

CLUB NAME: <b>PITT MEADOWS PADDLING CLUB</b>		PROGRAM: <b>ADULT MEMBERSHIP</b>	
FIRST NAME:	LAST NAME:	ABORIGINAL STATUS:	GENDER: <input type="checkbox"/> M <input type="checkbox"/> F
BIRTHDATE: ____ / ____ / ____ MONTH DAY YEAR	AGE:	EMAIL ADDRESS:	
MAILING ADDRESS:		CITY:	POSTAL CODE:
HOME PHONE:		CELL PHONE:	

THE FOLLOWING INFORMATION IS COLLECTED BY CANOEKAYAK BC ON BEHALF OF YOUR CLUB WHICH RETAINS CONTROL AND CUSTODY OF IT FOR SAFETY AND EMERGENCY PURPOSES.

BC MEDICAL NUMBER:	MEDICAL INFORMATION:		
PARENT/GUARDIAN:	RELATIONSHIP:	PHONE # (IF DIFFERENT THAN ABOVE):	
EMERGENCY CONTACT (OTHER THAN PARENT/GUARDIAN):	PHONE #:	NAME OF DOCTOR AND PHONE #:	

## Recreational Participants (including Dragon Boat Teams)

- Adult Recreational
- Youth Recreational
- CanoeKids / Summer Camps
- School program
- Community program
- Official / non-paddler
- Other: \_\_\_\_\_

## Competitive Sprint Program

Please note that the following insurance costs are not included in your membership or program fee. Please add the amount shown to your payment.

- U13 - \$ 20
- U15 - \$ 30
- U17 - \$ 70
- U19 - \$ 70
- Junior/Senior U25 - \$ 70
- Masters - \$ 45

## Release and signature

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS **ATTACHED**, UNDERSTAND THAT I HAVE GIVEN UP SUSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BLANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

I do NOT consent for Use of Likeness and Information

SIGNATURE (PARENT/GUARDIAN IF UNDER 18):

DATE:

Canoe Kayak BC ♦ Sydney Landing Suite 2003B ♦ 3713 Kensington Avenue ♦ Burnaby, BC V5B 0A7  
P 604-465-5268 ♦ info@canoekayakbc.ca ♦ www.canoekayakbc.ca

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