

## How the Coronavirus Pandemic May Affect the 2020 Paddling Season at SNCC

At the time of writing, it is unknown when the Canadian government and Public Health Officials will lift restrictions on social distancing and start allowing non-essential businesses and services to resume operations. Thus, South Niagara Canoe Club is not able to state when the 2020 Paddling Season will start.

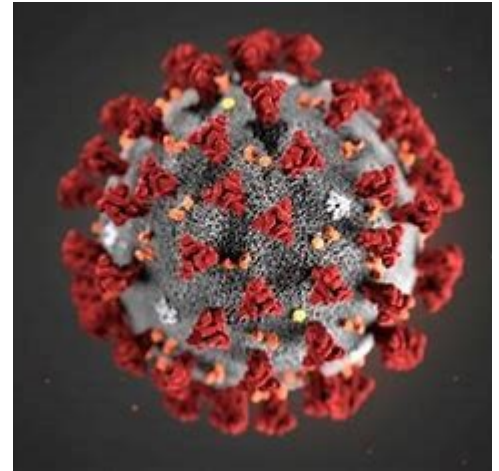
The Board of Directors at SNCC, with input from the Safety Officer, the coaches, and the SNCC Covid-19 Standing Committee will look to Canoe Kayak Canada and Dragon Boat Canada for direction and we will make decisions

for the club that are based on expert advice from Public Health Officials. We are keeping the well-being and safety of our members and our community in mind.

You will soon receive an email to renew your membership with SNCC. The Board of Directors understands that some members may not want to renew their membership if there may be a shortened season of paddling or if they are facing financial challenges at this time. As a not-for-profit club, membership fees help keep SNCC running while we navigate through the covid-19 global crisis. We encourage all members to renew their annual membership so that we can pay ongoing costs such as insurance and auditors.

Membership fees alone will not cover all of our fixed costs, so we would also look for other sources of revenue until programming can resume. The Board would like to thank all members and non-members that have already donated back their credits/refunds to South Niagara Canoe Club from the canceled Winter Programming Sessions.

The Board of Directors will promptly inform the membership via email, via our website SNCC.CA, and via our Social Media when programming will resume in 2020. Stay safe everyone.



*Image of coronavirus from PBS.org*

**THE CATCH**  
shares news about  
SNCC and its  
members so you can  
**stay connected**  
with SNCC and its  
members.

# Ten years of The Catch!

We are all hoping to begin another season of paddling soon, however we must be safe when preparing for paddling in cool air temperature and even cooler water temperatures. Until the water temperature reaches 8°C, Cold Water Rules apply and thus all paddlers must wear a Personal Flotation Device. Our Safety Officer, Sally Rennick, will keep us informed when Cold Water Rules no longer apply. Here are some tips from years past on dressing for Cold Water Paddling.

## From May 2016

First: Everyone wears a personal flotation device (PFD).



Second: Clothing should be bright and visible, with several layers to reduce heat loss.

- Clothing should be close-fitting, to avoid getting caught up in equipment.
- Waterproof fabric is advisable for the outer layer.
- Hats should be worn.
- Paddling gloves, mitts, or pogies will keep hands warm. Pogies cover both your hand and your paddle.

Also: always listen to the advice of your coach.

## From April 2017 — Layers

The inner layer, or base layer should consist of wicking synthetic fabrics. A thin base layer is best because a thick base layer will prevent you from adjusting to warmer temperatures.

The second layer is for insulation, so it can consist of fleece, wool, or other insulating, non-absorbing materials. Again, one or two thin layers is ideal.

The outer layer is for protection from the elements. Here you can chose a paddling jacket or whatever you need to avoid the rain, sun, wind, spray, surf, and anything else that comes your way.

If you have other questions, just ask your coach.

## From April 2018

Cotton tends to soak up moisture and hold it against your skin, making it a poor insulator. Try not to wear cotton for cold water paddling.

If you have questions, just ask your coach.



## From April 2019

**Pogies:** Pogies are special mitts designed to Velcro onto a paddle that allow the user to slip their hands inside and be able to still grip the paddle directly, unlike gloves that create a layer of fabric between the user and the paddler and decrease the effectiveness of the grip. Both are good options for cold water paddling. Both are usually made of neoprene which when wet, can still keep the hands warm.



# Welland Warlocks



## THANK YOU!

With the unexpected but necessary end to our winter training, Warlocks wish to thank everyone who took part in our program at WIFC this year. We had a record **41** paddlers, 16 more than anticipated: **17** SNCC paddlers, (including 15 Warlocks, 1 Canal Dragon, 1 Hope Floats); **21** Knot-A-Breast paddlers, and **3** paddlers from other crews.

### **Our 2020 winter training program at WIFC included:**

**3 full-day training camps** with in-depth video reviews by coaches, demonstrating paddlers' on-going technique improvement; special guest **Kelly Neale**, physiotherapist, who designed excellent dragon boat stretching exercises for warm ups /cool downs at practices and races; and **Tammy Larder-Jeffery's** effective yoga stretches.

**11 ninety-minute practices** with **Coach Kathy**, 45 mins of 3 rounds of 16 cardio exercises in the gym and **Coach Doug**, 45 mins in the tank of stroke technique and drills to increase endurance each month

We thank you all for the excellent turn-outs every week, your genuine enthusiasm to train together and your enduring friendship.

And to our coaches, **Doug Jones and Kathy Levy**, thank you for your patience in supporting our efforts to improve our stroke and helping us to maintain our fitness during the winter.



**A Special Recognition to KAB Coach Kathy Levy and KAB crew!**

Your participation in our 2019 & 2020 winter programs has provided much needed additional revenue to support our SNCC programs including:

- **Canal Dragons**, recreational dragon boat, and **Hope Floats**, breast cancer survivor dragon boat crew, coached by former Warlock, **Sally Rennick** .
- **Paddles UP Special Needs Dragon Boat Crew**, a program run by SNCC volunteers.
- **Canoe/Kayak crews** coached by **KC Fraser**, former Olympic Kayak competitor, whose paddlers are now competing internationally!

On behalf of SNCC members, the Warlocks thank our KAB friends for your valuable contributions to South Niagara Canoe Club.

*Corrections and additions to this page provided by Brenda Arndt, Commodore.*



Knot-A-Breast Coach Kathy Levy

# And to our Coach Doug Jones!

The Warlocks crew truly appreciate your interest in coaching us and others during the winter to prepare us for our on-water season. You ensure our success and the success of South Niagara Canoe Club. Thank you!



# News from your Board of Directors

**New Board Members:** Welcome to Alan Wright, Masters Canoe/Kayak and Competitive Dragon Boat paddler, and Mark Swan, Recreational Dragon Boat paddler who joined the Board of Directors. Other interested members or parents of members are always welcome.

## Current Board of Directors:

Commodore: Brenda Arndt, Recreational Dragon Boat paddler

Vice-Commodores Canoe/Kayak: Tracey Pigeon, parent of paddlers

Vice-Commodore Dragon Boat: Mark Swan

Secretary: Liz Guitard, Recreational Dragon Boat paddler, Masters Canoe/Kayak

Registrar: Liz Guitard

Treasurers: Annie Eckhardt, Recreational Dragon Boat paddler, and Tracey Pigeon

Directors at Large: Carolyn Swan, Alan Wright

Non-voting Board Member: Richard Dalton

## Other Important SNCC Roles:

Volunteer Coordinator: Shelley Gilbert, Para Canoe/Kayak

Fundraising Coordinator: Liz Guitard

Safety Officer: Sally Rennick, coach of Recreational Dragon Boat

Social Events Coordinator: Carolyn Swan, founder of Hope Floats

## Upcoming Events

**SNCC Board Meetings:** Thursday April 2 and Thursday April 16 via ZOOM. Times and Agenda to be determined.

**Annual General Meeting 2020:** Has been indefinitely postponed due to the Covid-19 Pandemic.

*Photo provided by Audi Johnston*



*Pictured in happier, non-pandemic times at Pelham Family Day Community Expo from left to right: Colleen, Masters Canoe/Kayak; KC, Head Coach; Kim, Recreational Dragon Boat; and Paulette, Recreational Dragon Boat.*

  
**KEEP ALL IN THIS  
CALM TOGETHER**

Next issue: May 2020

Pictures and story ideas for **The Catch** can be emailed to Kathleen: [kat\\_reardon@hotmail.com](mailto:kat_reardon@hotmail.com)



Facebook



Instagram



Twitter



YouTube

**SNCC.CA**