

THE CATCH



South Niagara Canoe Club Newsletter Volume 8 Issue 3

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Dressing for Cold Water Paddling

In the very unlikely event that your boat capsizes during the beginning of paddling season, you should dress for safety for extended stays in the water and for comfort in the boat.

When the water temperature is under 8°C, SNCC recommends that all paddlers wear a **personal flotation device**. Underneath the life jacket is a **waterproof layer**; something to protect you from rain and splashes. The **middle layer** should be light, warm, and insulating, such as fleece. The **innermost layer** should be moisture-wicking such as synthetic fabrics. Cotton tends to soak up moisture and hold it against your skin, making it a poor insulator. Layers can be added or removed while you are paddling to accommodate your needs.

Wear a warm hat. Wet hands are a given with paddling. Pogies are neoprene mitts that wrap over your fingers and around the paddle shaft, leaving you with skin-on-paddle contact while full neoprene Wetsuit Gloves offer more warmth but less "feel."

If you have questions, just ask your coach.

The Catch shares news about SNCC and its members so you can stay connected with SNCC and its members.

For more information, visit:

<https://paddling.com/learn/dressing-for-cold-weather-paddling/>

<https://www.canoekayak.com/skills/wear-cold-water-paddling/>

Dress for the water temperature, not the air temperature.

Dress in layers.



Neoprene Pogies

Neoprene Gloves



by Snap Dragon

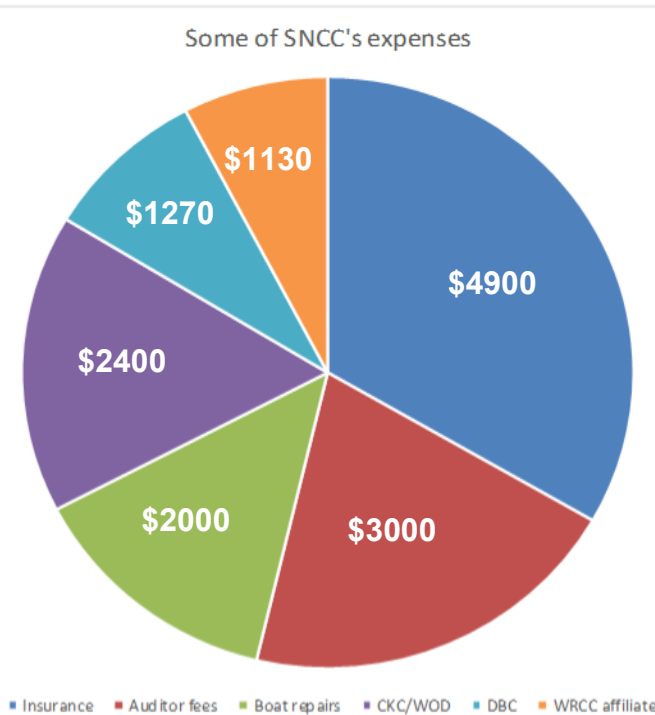
by NRS



We're (hopefully) on the water beginning May 2.

What do you get for your SNCC Membership fee?

It's a fair question. This year the Annual Membership fee is going up from \$80 to \$95. This was not a simple decision for the Board to make. To help members understand some of the costs not covered by your program fees, here is a diagram showing some of SNCC's projected expenses for 2018:



These are some of the more expensive fees for SNCC. Insurance is the biggest cost followed by Auditor fees. Other large expenses are our Affiliation fees with Canoe Kayak Canada, Dragon Boat Canada, and the Welland Recreational Canal Corporation. Rounding out the chart are funds set aside for boat repairs. The fees on this chart alone total over \$14,000. There are still over \$10,000 in expenses that are not accounted for on this chart. These are things like Head Coach duties other than coaching, Hydro, bank fees, fees for PayPal, WildApricot, and Square, and fuel for the Coach/Safety boats.

While the Board can look at ways of reducing expenses, it's more ideal to increase our income by hosting more training camps, by holding more fundraisers, and best of all, by increasing our membership.

So, what do you get for your \$95 Annual Membership fee? You get to paddle on a course that has hosted and been praised by elite athletes at international, national, as well as local events. Our canal has hosted the 2015 Pan-Am games, the 2017 Canadian National Dragon Boat Competition and the 2017 Canadian Sprint Canoe Kayak Championships, and in September it will host the Canoe Polo World Championships. You have the opportunity to be trained by an amazing coaching staff that includes not one but two Olympians. Our experienced coaching staff has prepared many of our athletes for national and international events in both Canoe Kayak and Dragon Boat.

At the Annual General Meeting (AGM), members will see a copy of the Financial Statements from 2018 as prepared by the Auditors. If you want more detail about our actual expenses, you are encouraged to attend the AGM to review the numbers for yourself. You can also volunteer to be on the Board and participate in Budget discussions.

If you have any further questions or comments about the membership fee, please speak to any Board member.

