

**SUNCOAST SENIOR'S RECREATIONAL KAYAK CLUB  
(SSRKC)**

**MEMBER'S INFORMATION  
BOOKLET**

VERSION 8 - 22 SEPTEMBER 2014



# SUNCOAST SENIORS RECREATIONAL KAYAKING CLUB INC (SSRKC).

<http://www.ssrkc.org.au/>

## WELCOME TO OUR CLUB

The SSRKC is a group of over 50's who share a common interest in kayaking around the diverse waterways of the Sunshine Coast, Queensland. Our aim is to stay physically fit, enjoy other like minded kayaker's company and create a safe paddling environment.

As a member of the club, you are required to be familiar with this booklet and acknowledge that you have read and understand its contents, which include the following topics:

1. Club objectives
2. Club History
3. Club membership
4. Club management
5. Club outings
6. Club property
7. Insurance
8. Self Assessment/ Peer Activity
9. Club Policies
10. Club documentation

Additional information about the club is available from the [Club's Website](#).

We hope you enjoy being a member of the Suncoast Seniors' Recreational Kayaking Club Inc.

Happy Paddling.

## 1. CLUB OBJECTIVES

- To promote social kayaking in the Sunshine Coast area.
- To arrange kayaking trips to other areas.

- To liaise with other clubs to share ideas, company and different paddling venues
- To establish a non-sectarian, non-political social club where over fifties may participate in kayaking and recreational activities.

## **2. CLUB HISTORY** (Compiled from information supplied by Ron & Dot Larkings).

Club formation began on 17th November 1993 when a group of approximately forty U3A (University of the Third Age) Sunshine Coast members participated in a trial paddle at Dunethin Rock. This led to the formation of the U3A canoe group at a meeting chaired by Frank Ross-Sampson on 20th January 1994.

Initial training was one day a week for 6 weeks, which included theory and practical training. Frank Ross- Sampson was the trainer and he continued in this capacity until early 1997. In these early days about 40 people attended. This eventually became 20 – 30 regulars. Canoes were hired from the scout group at Dunethin Rock.

Some members provided finances for the club to purchase of 6 canoes, 12 personal flotation devices (PFD) and 12 paddles and the materials for the canoe trailer, which was built by members. These borrowed funds were eventually repaid with proceeds from the hire of canoes.

The group was dissolved due to insurance concerns and a new group was formed at a meeting on 21st March 1996.

Further insurance issues prompted another change and in July 1997, the club known as Suncoast Seniors Recreational Canoeing Club, was incorporated. In July 2001 the club changed its name to its present name of Suncoast Seniors Recreational Kayaking Club Inc. (SSRKC) to reflect the change from canoeing to kayaking.

The club further developed and in 2014 members voted that club paddling activities be restructured as Peer Activities as defined by the Australian Canoe guidelines.

## **3. CLUB MEMBERSHIP**

Membership is open to over 50's, under the following guidelines

- Completion of a signed Membership Application/Indemnity form – indicating an acceptance of the club's Policies and conditions
- Successful completion of the Basic Skills assessment process, conducted by the club and being granted Paddling Rights
- Payment of the membership fees – which are set annually by the Management Committee as per the constitution
- Each member provides their own kayak and safety equipment
- The club Management Committee's acceptance of the new membership application.

#### **4. CLUB MANAGEMENT**

The Management Committee consists of the President, Vice President, Treasurer and Secretary, elected at the Annual General Meeting (AGM) held each year in January.. Additional ordinary members are also elected to the Committee. The committee meets at least four times a year to plan the paddling activities, safety days, 'away' camps and general administration of the club operations. The club financial year begins in December. Members of the management committee take on specific roles which include – finances, correspondence, assessment and training of new members, paddle venues, club camps, publicity, safety and training and social events. Each year the incoming committee reviews the above roles.

#### **5. CLUB OUTINGS**

A paddling venue sheet is produced every three months by the Management Committee and is available on the club's website under the heading '[Events](#)'. It provides dates, locations and coordinator contact details.

**MONDAY PADDLES** – take place at various locations on the Sunshine Coast and are approximately two hours in duration.

**THURSDAY PADDLES** – take place at a broader range of venues and are four hours in duration with a morning tea break .

**CLUB CAMPS** – occur four times a year, where accommodation is often cabins or sites at a local caravan park. The camp details are posted under [Events](#) on the club web site.

Visitors from other affiliated canoe clubs may participate in club outings. Other persons known to be in good standing in the sport may be allowed to paddle with the approval of the president or his nominee. A prerequisite of participation in outings is the maintenance of craft in a safe condition; carrying of safety equipment; maintenance of paddling skills and fitness; involvement in club safety activities.

#### **6. CLUB PROPERTY**

The club owns a limited amount of equipment which is for the members use, on club outings:

- First aid kits (3) and a throw bag
- Tow ropes (3) and emergency paddles (3)
- EPIRB (3) and 'gas' horns (3)

- Heat gun to repair plastic kayaks

## **7. INSURANCE**

The club has Public Liability Insurance in place. It is up to individual members to assess their own insurance requirements and take out any insurance appropriate to their needs.

## **8.SELF-ASSESSMENT/PEER ACTIVITY**

At the annual general meeting held in January 2014 the members voted unanimously “that the club be restructured as Peer Activity as defined by the Australian Canoeing guidelines. That is *“a paddling activity where no formal instruction or guiding exists. It is the responsibility of each member of the group to ensure the suitability of their equipment and themselves for the activity.”*

Members are therefore required to self-assess their suitability and their craft’s suitability for each outing, based on a personal judgment about prevailing conditions, personal health and fitness levels on the day.

The club has developed a Risk Management Plan and a set of guidelines to assist members self assess in varied conditions. See [self-assessment guidelines](#) and [Risk Management Plan](#).

## **9. CLUB POLICIES**

The SSRKC maintains a series of club policies see [Club Policies](#) in the areas of:

1. Health and Safety
2. Training and Assessment of Applications for Membership
3. Risk Management
4. Duties and Responsibilities of paddle coordinators
5. Participant Responsibilities
6. Club camps.

## **10. CLUB DOCUMENTATION**

To view the following club documentation click [here](#).

- Self assessment Guidelines
- Risk Management Plan
- Basic Skills Assessment

- Co-ordinators checklist
- Trip sign on
- Membership application and indemnity form
- Visitors indemnity form