



oceanpaddler.com

The Surf Ski Warehouse

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OPEN EVERY SATURDAY 10-2pm & THURSDAY NIGHTS 6-8pm

Australia's biggest range of new & used surf skis and kayaks, plus paddles & other paddling accessories.

Issue 10.5 The May 2010 Edition

From the President – Tony Hystek

ACAS: The Australian Canoeing Award Scheme.

In essence it is the range of certification needed to conduct on-water activities or education of paddlers under your care. The range of accreditation covers:

Flatwater Guide:

Training leaders in how to conduct club activities safely.

Flatwater Instructor:

Adds technique instruction to the above guide certification.

Whitewater Instructor:

An extension of Flatwater instructor to include whitewater skills

Flatwater Coach:

The entire range of coaching basics, from stroke analysis to physiology, nutrition & racecraft

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Open Water Coaching:

Extending flatwater principles to ocean racing

There are many club paddlers who provide voluntary instruction to others in their clubs. They have been an integral part of club activities for a long while, and the effort of these volunteers has been substantial and appreciated.

However, there is a need to promote the standards of paddler education throughout the paddling fraternity, and ensure that the best current practice in education is administered by all of us at all of the time. Sound technique is critical to injury prevention. PaddleNSW wants to ensure that individuals and clubs are well protected where liability is concerned.

PaddleNSW, and now with an additional grant from Communities – Sport and Recreation, will provide financial support to all Clubs to enable club volunteers to gain accreditation and provide these services in the most appropriate way.

Have you been involved in providing coaching, instruction or guiding services for your club, but are not accredited with an ACAS award? Has your club asked if you want virtually FREE accreditation (for your own safety and that of the club)? **NOW IS THE TIME TO ACT**
Ask your club executive if they have received the most recent newsletter outlining the simple process to get access to training funds. If they haven't acted, remind them. If they have, thank them!

Come and join other experienced paddlers at the PaddleNSW Professional Development Conference on education and training held near Penrith Sydney on May 29 & 30. Enrol here

<https://www.registernow.com.au/secure/Register.aspx?ID=2559>



4 days, 5 islands. July 2-5. Magic!

Special opportunity for PNSW members! Our Recreational Paddle Co-ordinator Tony Carr has put together a once-in-a-lifetime kayak adventure through the Whitsunday Islands. Unique, exotic and spectacularly beautiful - we'll be going to one of those rare, unforgettable places, simply nature at its best. We'll spend our days kayaking, cooking over open fires, camping, snorkelling and learning navigation. Imagine visiting Hamilton, Whitsunday, Henning, South Molle and Daydream Islands with a fun group of fellow paddlers. Safety boat will accompany. Tents will be erected for you and

[Assessor Training](#)

[Working with Children Check](#)

[Recreational Training Trail Booklet](#)

[Lifestart Kayak for Kids- Draw Winner!](#)

[Buy/Sell](#)



all meals are provided. You will feel both challenged and spoiled as this adventure unfolds. Suitable for singles or couples. Quality sit in kayaks. Option to extend your stay on Daydream Island to July 7. \$2,950 per person includes food, twin-share accommodation, travel insurance and GST. Add Sydney to Hamilton Island return airfare.

For full itinerary and other details contact bg@executiveexcellence.com.au or 0400 20 20 80. Trip is a joint venture between adventure travel experts Executive Excellence and FreedomOutdoors.com.au.

Minimum of 8 people required for trip to depart.

Coming up:

MAY Sat 1 –
NSW CHS FW Sprint Grafton

MAY Sun 2 –

- NSW CHS Slalom ,
DR, WW Sprints
Nymboida
- NMS Race 1 – Coffs
Harbour

MAY Sat 8 –

- Harbour Racing Series
– Round 5 Pittwater
Classic

MAY Sat 15 –

- Recreational Paddle to
Central Coast, Pelicans
& egrets as you paddle
Woy Woy to Gosford,
and back via Saratogo
Island Reserve and
ending with BBQ on St

SENIOR FIRST AID CERTIFICATION TRAINING

ESSENTIAL for Canoeing qualifications, or simply for peace of mind.

When? Sat 15 May (DEADLINE FOR ENROLMENT MAY 7)

Where? Sport House, Figtree Drive, Sydney Olympic Park

Cost? \$88



EDUCATION AND TRAINING CONFERENCE – May 29 & 30

PaddleNSW is hosting this event for Clubs and experienced paddlers, coaches, instructors and Guides. Get together with our community's best heads at the conference to help our paddling industry grow.

As part of its Education Initiative, the aim is to help all of you, who sustain our industry, to stay informed of the latest techniques, technologies & qualifications and find new avenues for growth.

If you who are planning to work in the paddle sports business, industry leaders can give you an overview of how to set up a small businesses; update your business & legal information; emerging career opportunities in elite & recreational sports industries; **and renew any lapsing qualifications.**

PaddleNSW will provide **financial support to each club** and their instructors, coaches and guides to raise the standard of paddling instruction, as sound technique is critical to injury prevention.

In short – everything you need to know, in one weekend.

Members will be able to get a free assessment.

Hubert's Island.

MAY Sun 16 –

- [NSW State Sprint 5000m](#)

MAY Sun 23 –

- [Marathon 10 Race 3 – Narrabeen Lake](#)

MAY Sat & Sun –

- [PaddleNSW Professional Development Conference](#)

Details: YMCA Camp, Springwood Rd, Yarramundi (near Penrith)

ONLY \$110 incl. meals & accommodation

EARLY BIRD DEADLINE May 14- \$95

How to enrol

(<https://www.registernow.com.au/secure/Register.aspx?ID=2559>)

ASSESSOR TRAINING:

Communités – Sport and Recreation

Dates: Wednesday 12 and 19 May, 2010 how to enrol

(<http://www.dsr.nsw.gov.au/training/detail.asp?course=1895>)

WORKING WITH CHILDREN?

A new website <https://check.kids.nsw.gov.au/> provides all there is to know about working with children. And there are new forms for volunteers who work with vulnerable children. All forms can be completed online.

Communities NSW – Sport and Recreation is holding a child protection seminar to help organisations understand risk management and the importance of establishing policies and procedures for working with children. The seminar is free and to be held at Sydney Olympic Park on Monday 10th May. Download the Enrolment Form and phone or fax your bookings to the numbers provided. Download an [Enrolment Form](#) and phone or fax your bookings to the numbers provided.

NEW TRAIL BOOKLET to make your recreation paddles even better!

Picking great new spots to explore with a kayak just got even easier.

Trail map kits for the Hawkesbury, Colo & Nepean Rivers are now available for download or booklet form.

Produced by the NSW Land & Property Management Authority, 6 routes are mapped out with notes to:

- Penrith to Warragamba and back
- Upper Colo to Colo
- Colo to Lower Portland
- Yarramundi/Nth Richmond/Windsor

- Windsor/Ebenezer/Cumberland Reach (just downstream from Sackville)
- Cumberland Reach/Lower Portland/Wisemans Ferry

Simply download for free by clicking

http://www.lands.nsw.gov.au/_data/assets/pdf_file/0018/122391/hawkesbury_canoe_and_kayak_trail.pdf

Or choose from trail kits to other NSW areas, from leisurely paddles to 6 days long, also on the www.lands.nsw.gov.au website.

For waterproof hard copy of "Hawkesbury-Nepean River System - Canoe and Kayak Trail", the booklet is also available for \$10 (or \$6 ea. for 20+ copies) from LPMA Map Sales in Queens Square, Sydney (Ph: 02 9 236 7720)

LIFESTART KAYAK KIDS & LUCKY DRAW WINNER ANNOUNCED!

On Sunday 28 March, the Harbour was awash with 700 participants who kayaked their hearts out across the harbour. They raced from Manly to Blues Point. A whopping \$183 216 was raised for children with disabilities.

This huge success could not have happened without the PaddleNSW volunteers from Lane Cove, who directed paddle traffic for many hours along the length of our beautiful harbour. Thanks go to Robert Grozier, Phil Newman, Steve Russell, James Terpen, Mark & Rhiannon Sier, Tom Holloway and scrutineers Roger Deane, Robert Grozier & Karen Grozie.

River Canoe Club member Mercy Kibby (pictured left) retained Queen of the sea kayak class, although Lynn Parker battled the buoys and race rules to steal the crown.

But luckiest of all is our **PaddleNSW WINNER OF THE DRAW** on the day – **Congratulations** Greg Erofeeff who has won a years' free membership - so 2011 is on us!

Has your club been very involved in raising funds for worthy causes?
Keep a record of all your efforts ready for submission to us - and your club could walk away with the PNSW Challenge Charity Cup.

BUY SELL

For Sale:

Rocket Sea Kayak - \$980 Contact Don: W: 029807 7282 (9-5) H: 029484 5008
2 x near new single Prijon Sea Kayaks \$1800 Contact Lauren 0424 302 893

Wanted:


Rudder Mounting for Greenlander 2
Basic beginner training kayaks

For photos & details for all, go to **For Sale & Wanted** on our **Forum**
<http://www.paddlensw.org.au/forum/>

Also in our **Forum**: meet a paddle partner; read about or post your own great spots to paddle; fellow paddlers tell their own stories of their highs & lows in recent races and would also love to hear yours.

If you have any paddle gear you'd like to buy or sell, please email info@paddlensw.org.au to place your classifieds here.

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A decorative graphic consisting of several overlapping, wavy horizontal bands in shades of blue and teal, positioned at the bottom of the page.