



410 Pittwater Rd, North Manly NSW P: 0414 45 46 48 E: [contact@oceanpaddler.com](mailto:contact@oceanpaddler.com)  
 Open: Monday to Friday 9am - 5pm and Saturday 10am - 5pm

## Welcome to the April issue of Paddle News

### FROM THE PRESIDENT: Tony Hystek

#### President Focus

As promised last newsletter, we have the full analysis of the recent survey into paddler safety on Sydney Harbour contained later on in this issue. In summary, the results show there is much work ahead of us in improving safety for paddlers on the Harbour. It involves both educating other users, and improving the conditions and knowledge of current paddling users.

The largest percentage of respondents paddled in the main harbour, from the Bridge to Manly, with the next preferred area being Middle Harbour. Most also paddled there several times a week, with others paddling at least once a week. From a users perspective, paddlers contribute a substantial percentage of overall use of this waterway.

Only 30% of paddlers also used other types of craft (sailing, and to a lesser extent, power boats) on the harbour, meaning that most paddlers had no alternative means to learn navigation and harbour rules.

Although only half the respondents indicated they knew the speed limits in the areas they were paddling, most cited lack of signposting as the main cause of speed related problems with other craft.

They also said they thought most other users obeyed the speed limits, and suggested that problems with harbour safety were more likely to be the result of inattentiveness by other boat users (or themselves) or deliberate acts of aggression, than speed alone.

And the safety hotspot: Spit Bridge and surrounds. Most paddlers cited problems in this area where excessive wash, a narrow channel and a large

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number of boating movements contributed to a higher than normal risk to paddlers.

The survey has provided valuable information to be put before Mosman Council

in considering an application to extend three of the Middle Harbour Yacht Club's pontoons, by up to 45 metres. Narrowing the navigable channel in this location won't necessarily increase the hazard for passing paddlers. But without this survey, we would not have been aware of the potential difficulties this development may cause. Our recommendation will be to support the development while proposing that the 4 knot speed limit in this area is extended from Spit bridge to the southern end on the Marina.

### **Tony Hystek**

President  
PaddleNSW Management Committee

- [Athlete Assistance](#) - Apply now for funding
- [Membership](#) - Renew now for discounted membership

## ***Coming Up in May***

[Click here](#) for the PaddleNSW calendar:

- 01-May Northern Marathon Series - Race 1 Bonville Creek, Coffs Harbour
- 07-May Marathon 9 Race #3 Nepean River
- 07-08 May Sea Kayak Instructor Assessment
- 14-May HRI Pittwater Challenge:
- 22-May Marathon 9 Narabeen
- 28-29 May FW Instructor/Guide Skills Training (Sydney)
- 28-29 May Open Water Surf Ski Coaching Level 1 (Sydney)

## **News**

### **Sydney Harbour Speed Review**

The survey was very well supported by PaddleNSW members. One hundred responses were received within 6 days, most from regular users of the Harbour, and most with very valuable comments. Areas west of the Harbour Bridge were also well represented, though there seemed to be fewer problems with speed and general paddler safety in that area of the Harbour.

Over-riding concerns were the level of attentiveness displayed by other boat users, especially on busy weekend days, and in the most crowded areas of the Harbour, from Spit Bridge around to Bradleys Head, then on to the Harbour Bridge. This is coupled with a perceived lack of adequate speed signage, and education of other boat users to the effects of wash on paddlecraft.

Most thought that paddler safety was predominantly the responsibility of the paddler, from the wearing of high visibility clothing to being responsible for keeping out of harms way, by keeping out of shipping channels and away from faster boats.

Some very sensible suggestions like a 4 knot limit up to 100m from shore. And many requested general speed restrictions early in the morning when paddlers and rowers were traditionally out training.

An additional benefit of the survey was to allow PaddleNSW to respond to a proposed development of Middle Harbour Yacht Club, involving the extension of three of their 4 finger wharves. While initial concerns revolved around a reduced width of the navigable channel in this area, further investigation revealed that there would be no undue effects of this proposal, provided that the existing individual moorings were replaced by the wharves, and not relocated further into the channel.

With the reduction in paddleable width of this channel, it is proposed that the speed in this area to Spit Bridge be reduced to 4 knots from the current 8 knots.

For the full survey results [click here](#)

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## **Slalom Action**

Slalom junior development is having a fresh intake in Penrith and Sydney is looking for children between 10 - 14. A recruitment drive is presently on and proposed to be held

Entries can be accessed through Penrith Valley Canoeing Website. This will be the first in a series of 9 races with an overall ranking to be determined from all 9 results. Races will run through to December 2011. There will be a plastic class subject to sufficient entries.

All slalom persons interested in gaining coaching and instructing qualifications please forward information to Chris Thompson: ([gwynthom@ozemail.com.au](mailto:gwynthom@ozemail.com.au)). The NSW Slalom Committee are in process of organising suitable courses for people interested.

[Click here](#) for more information on the Penrith Whitewater Stadium 2011 Slalom Series and to register your interest for becoming a qualified slalom instructor..

*(Chris Thompson)*

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## **Womensport NSW update**

Here at Womensport NSW we are putting together a new series of Social Media Workshops and would like your feedback as to what, if any, Social Media training your sport requires. Do you need ...

- Facebook – which specific topics would you like us to cover?
- Blogging – Podcasting and You Tube
- Social Media Strategy
- Other

Your feedback greatly appreciated.

We will be putting together a program of workshops in the coming months.

[Alison Moss](#) | [Administration Manager](#) | [Womensport and Recreation NSW](#)  
[Facebook](#) [Twitter](#) [Myspace](#)

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## **Education, 3,2,1!**

### **3. Sea Instructors weekend course**

When: May 6 & 7

Where: South Coast.

Go to website under Education/current PaddleNSW courses for all details.

### **2. Flat Water Instructor/Guide Skills Training**

When: May 28 – 29 2011

Where: Sydney Cooks River Tempe

Description: Go to website under Education/current PaddleNSW courses for all details.

### **1. FW Instructor/Guide Skills Training**

When: May 28 – 29 2011

Where: Sydney

Go to website under Education/current PaddleNSW courses for all details.



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## **For Sale: Blue Earth**

Blue Earth has established itself as a leading retailer in the paddlesports industry and the Business offers a prospective purchaser with some marketing expertise great potential for growth. [Click here](#) for more information.

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## **Kayak For Kids - Thank you from all the Kids!**

THANKS to LANE COVE RIVERS KAYAKERS who ran safety boaters at Kayak for Kids.

Numbers were down a bit because of the ominous weather, but we still had some great results with PaddleNSW member Mercy Kibbey winning the ladies Sea Kayak category for the third year in a row. We also had members lead by Andrew McKay from Dubbo come to Sydney to enter the race. Clubs, don't forget to keep your tally of support for this Charity event and enter the PaddleNSW Club Charity Cup for the Club that raises the most for charity during this year.

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## **GST**

PaddleNSW is now registered for GST as it is expected that in the 2010/11 financial all sources of income will take us over the \$150,000 threshold.

The Management Committee have determined to hold all memberships fees at the current cost for the remainder of the 2010/11 financial year.

Should you have any queries concerning this matter could you please email David Lunn at [david@paddlensw.org.au](mailto:david@paddlensw.org.au)

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## **Upcoming Recreation Paddles - add spice to winter kayaking**

PNSW's popular Recreational Paddle programme continues with more free paddles to fascinating places. Crowds and boat traffic are down and the water's still warm - Sydney's water temps run a season behind. So join us and discover it's lovely out there!

### **Westward Ho! From Akuna Bay to Bobbin Head – Sun June 5**

Sutherland Canoe Club's **Michael Perry** takes us on a journey into history. Starting at Akuna Bay, we'll make our way to Cottage Point then head west to Cotton Tree Bay and Smiths Creek to Bobbin Head. In 1889 it was proposed that this area be named Pacifica and become the capital of the new Commonwealth of Australia, complete with antipodean versions of Windsor

Castle and the Tower of London! Michael will show us where Governor Jersey declared Ku-ring-gai Chase the worlds 4th National Park. Easy.

### **A Taste of Sea Kayaking: in search of humpbacks - Sun July 10**

Taking in some spectacular shoreline on exposed parts of Sydney Harbour, paddlers are likely to experience the fun of chop and swell, rebound from cliffs, probable beach landings and breakouts through small surf. Level 2 Sea Kayak instructor **Adrian Clayton** will lead the charge over 20kms in search of humpbacks heading north – and more. Genuine sea kayaks only - spray skirts essential. Numbers limited. Medium-hard.

### **Hawkesbury Magic: follow the route of the Classic – Sat July 30**

Tim Dodd from Lane Cove River Kayakers, leads a recreational paddle from **Wisemans Ferry to Gunderman**, about 20kms. We'll stop for breaks and make it cruisey (it's not a race, a familiarisation or even a training paddle)! If you've never thought of entering the famous Hawkesbury Canoe Classic, you may want to once you've experienced this magnificent waterway. Car shuffle - the paddle is one way, with the tide. Medium. THIS PADDLE ORIGINALLY SCHEDULED FOR MAY 1

### **Forster Frolics on the mid North Coast – August 6&7**

Join **Elizabeth Van Reece** and the Just Paddlers team for a great weekend on the pristine, clear waters of the Wallis Lake and Wallambah River areas. Sandy beaches, great wildlife viewing including hopefully some dolphins - and a tour of a working oyster farm. Group barbecue Saturday night. Contact Great Lakes Caravan Park to book accommodation. Easy/Medium.

### **Lake Macquarie (incl Pulbah Island) – Sat August 27**

Experience Australia's largest coastal lake with **Marg and Rob Cook** from Lane Cove River Kayakers. They live there and know the area well. Starting at Cam's Wharf we'll cross the lake to Point Wollostoncraft, Dora Creek, Wangi Wangi and Pulbah Island. Route subject to conditions. Suitable only for sea kayaks – leave the narrow racer at home. Easy to get to on the F3. Medium.

To register for any of these paddles go to the PNSW website, click on Recreational Paddles and follow the prompts. [You must register](#) – don't just turn up on the day.

For more information contact Tony Carr, PNSW Recreational Paddle Co-ordinator at [tonycarr@ozemail.com.au](mailto:tonycarr@ozemail.com.au)

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## **Discounts, discounts**

Blue Earth Paddlesports in Drummoyne is now offering an 'across the board' 10% discount to all card-carrying members of PaddleNSW.

It is a great incentive; you could easily recoup your membership fees in a single boat purchase. You have to be there in person, and you must have your membership card with you.

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## **Its easy. \$\$\$ for your club!**

DSR Facility grant program now open

<http://sportandrecreation.createsend2.com/t/y/e/fikujt/bldjhdjiv/>.

The primary focus of this program is to assist with the funding for the development of local and regional level sport and recreation facilities. The aim of this program is to increase the availability, standard and quality of sport and recreation facilities in NSW.

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## ***Regulars***

### **Trip Profile - Towra Point Aquatic Reserve. Good Friday**

It was a fun day. The weather was beautiful "Just the way that I ordered it" when 15 paddlers met at Sylvania Waters for our trip to explore the Heritage listed wetlands of Towra Point.

We paddled under the Captain Cook Bridge across Woolaware Bay to a beautiful little beach on Pelican Point for Morning Tea before meandering around a white sandy bottom lagoon. The water was crystal clear in various colours Aqua, blue and soft green. Magic.

Cruising around Towra Beach we had a great view of the City looking across a sparkling Botany Bay before heading into Quibron Bay We dawdled single file through the dappled light of Mangroves spotting little stingrays on the sandy bottom.

Lunch was on the white sand of Silver Beach, Kurnell. Sooo relaxing.

As we finished lunch there was a weather change so we headed on back. The wind and waves came up and the Sun disappeared so that we saw another side to The Bay. Although the waves were fun Lea and myself happily accepted a tow halfway back as we would have been a bit too late getting back.

We all agreed that it was a perfect day out. Even the waves were an extra bit of excitement.

Thank you to Tony, Adrian, Debbie, Rhea, Gray, Janet, Gary, Garry, Claire, Diane, Duncan, Kyla, Lea and Clayton for helping to make the day a memorable one. Welcome back to paddling Rhea after a 2 year break.

The only disappointing thing was very few birds. They had taken off on their migration to Asia and as far as Alaska. Unlike the previous Sunday when Michael Perry and I paddled over.

In Banjo Patterson's words.....You should have been there last week... There were flocks of them there last week.

*(Trish Hamilton)*

Following are some emails from members that took part in the Towra Point recreation paddle.

Thanks for your good company and the paddle. Attached are a couple of images showing where we went. It was 18.2k. Those who did the Quibray Bay part can add a couple of km. I had a cheap GPS logger strapped on my kayak.

Thanks Gary for these maps. They are very interesting and now I know why I felt so tired and sore afterwards. What a fantastic day we had on Botany Bay! It is good to push yourself and have an adventure with great people. I hope you are all having a good Easter break.

See you all on another fabulous Paddle NSW Recreational paddle!

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## **Adaptive Paddling part 2.... From the Boardroom and into the water**

Following Andy's diary in the March newsletter, David Lunn, PNSW Management Committee member and Adaptive Paddling Pioneer's shares his experiences.

"In recent times I have been challenged to develop a program at Penrith Valley Canoeing that will provide opportunities for people with adaptive paddling needs to participate in kayaking and canoeing as a sport or past-time.

(Just for the record it is my personal pet peeve to "label" the program as paddling for people with disabilities, or paddle ability, or other labeling names)

From my experience most paddlers adapt something about their boats, technique, clothing, technology and accessories to give them an edge or increased comfort, whether it's to get a faster time or increased comfort on a recreational paddle.

I made contact with Samantha Jones (Sam) from Northcott House who had contacted PaddleNSW and we set up a "Come and Try Time". Out of this Andrew whose story is above and Tony whose story is to come have stuck with it and are paddling successfully.

I have been privileged to be part of the process and to see the tenacity these men have displayed in their determination to give paddling their best shot.



Overcoming their restrictive mindsets including fear of water, fear of falling out (or in), fear of success was more of a challenge than any physical limitations these guys had. Together we focused on what they could do rather than what they thought they couldn't!

We started in December 2010 and building on the successes already achieved we are in the process of developing more exciting activities for 2011. These include a multiple night kayaking and camping trip, a training routine on and off the water, getting Andrew ready for the PaddleNSW Sprint Series in the K1 and the Vajda Marathon 9 Series in something a little more stable. Encouraging more paddlers to join the program, and passing on knowledge and experience to other clubs all fall into our future goals.

If you want more information or can offer assistance give me a call on 0408 283 553."

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## **Athlete Assistance**

"The sport canoeing is offered at my school on a Wednesday afternoon. I started canoeing in year 7. I have competed every year since at the CHS Regional and State Championships. My first CHS Nationals and Australian Nationals were in Tasmania 2008, when I was in year 8. I have competed in all Nationals since. My hopes are to compete in Tasmania again in 2011 Schools Nationals and 2012 Australian Nationals. I am a member of Big River Canoe Club, which regularly holds Northern Zone Events. I am part of the State team 2011, Vice Captain of the Bonalbo Central School Canoeing Team and the oldest girl canoeist.

We train every Wednesday in our school sport time, on the Clarence River in Tabulam and travel to the site by bus and then paddle for 2 hours on a little rapid. Some days we have sprinting races on the flat, the races are fun but the aim is to look at our techniques. We are given a set of paddle techniques we have to work on for each session. As there are beginners every year the experienced paddlers help out and encourage them to stick with the sport. I also attend training camps during the school holidays. Before any school competition I usually attend a Northern Zone competition this is great preparation.

For other fitnesses I swim every Tuesday morning before school and Thursday afternoon at swimming club. I participate in Karate every Wednesday and ride my bike to school on a regular basis, which is 10 kilometers. I play netball and horse ride when I am not paddling.

Thank you for accepting my application and I am grateful that my application was successful and I am eligible for the grant. By receiving this grant it helps towards traveling expenses and more paddling in the future" *Anna Bain*

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## **Memberships**

Best wishes to all our paddlers representing Australia in 2011. All overseas athletes are required to renew their PaddleNSW membership before/during traveling in May- June.

If you lose your membership card, worry no more! Go to [www.paddlensw.org.au](http://www.paddlensw.org.au) and click on MEMBERSHIP and you will find the membership list for 2010/2011. Let admin know if you change your details and let your paddling friends know if their name is missing.

Please note all memberships are up for renewal from June 30th 2011. Membership renewals for 2011-12 are now open, so please renew online at [register now](#). For Boat insurance enquiries for PaddleNSW members contact [admin@paddlensw.org.au](mailto:admin@paddlensw.org.au).

For more details, checkout <http://www.paddlensw.org.au> or call PaddleNSW on 02 8116 9730.

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## **General Positions**

Thanks to all of our volunteers and their tremendous efforts over the season..

We are currently looking for a number of members who would be interested in assisting with the conversion of the Canoeing Guide to NSW to an electronic format. This would involve validating part of a scanned copy of the Guide Book and copying the information into an online system.

Does anyone have any experience in developing a content management system using a product called Drupal.

Please contact us at PaddleNSW if you can help with either of these tasks.

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## **Useful Links**

You Tube on the water action on <http://www.youtube.com/user/AustralianCanoeing>

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