



Club Handbook

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An Introduction from the Chairperson...

On behalf of the members of Salmon Leap Canoe Club I would like to welcome you to our club. Salmon Leap was founded in 1961 by Robin Love and Henry Nelson, Robin continues to be a leading and active member of the club to this day. We moved to our current site in 1972 and the current building is the culmination of three major building programmes, the most recent of which was completed in 2000.

The objective of our club is to “promote canoeing in all its facets and to concentrate on competitive canoeing, i.e. long distance racing, sprint racing, slalom and wild water”. This is our main goal here in Salmon Leap and we are very fortunate with the success that our members have achieved in many aspects of competitive canoeing. Our members have competed at the very top level at domestic, international, world championship and Olympic level. Uniquely, among Irish sports clubs we have had a member of Salmon Leap representing Ireland at each Olympic Games since 1972 when Howard Watkins competed in the men’s K1 1000m sprint event and credibly reached the semi finals. The achievements of other members who have represented the club with distinction are detailed in the handbook.

One of the contributory factors to Salmon Leap’s competitive success is the facilities we provide for our members. Our location on Leixlip Lake allows year round access to flat water canoeing which is essential for paddlers who need to train regularly. Upstream of Salmon Leap we have Castletown rapids which facilitates those paddlers who need access to rough water. We have augmented our excellent location for canoeing with superb land based training facilities such as the heavy weights room and an aerobic gymnasium, both of which offer many canoeing specific pieces of equipment. In addition, the club house has extensive boat storage which allows members to store their private boats and equipment as well as accommodating the club’s substantial set of club boats and equipment.

While we have been very successful in competitive canoeing we have many members who use the club for recreational canoeing or simply for the enjoyment of getting on the water. We encourage these members as canoeing is a sport which can be enjoyed on a “life long” basis. The facilities are equally available to these members as to those who are striving for the very highest level.

The ethos of Salmon Leap Canoe Club has been one of “voluntarism”. The vast majority of progress attained since 1961 has been achieved by members giving freely of their time and talents for the benefit of the club. This is a very important part of our club’s success and I would encourage all new members and existing members to contribute to the upkeep and improvement of the club. Those who do will find that they will, in the long term, gain much more out of the club. For new junior members we would encourage you to get your parents involved in the club.

We would like to draw your special attention to safety. Canoeing is an adventure sport and has an element of danger; however, this can be managed with some simple steps. It is essential that all members have safety as their first priority whether on the water or using equipment in the club. We expect all our members to abide by the club’s safety rules at all times, these rules are detailed in this guide and it is a requirement of membership that you are familiar with these rules. Senior members have the added responsibility to be aware of the “code of ethics” which is also detailed in the handbook.

As a club it is one of our most important goals to encourage young people to participate in canoeing in what ever form they most enjoy it. The continuing success of our club is consequent to us encouraging new, young members to join the club and develop themselves. With this in mind, I would urge all members to be as encouraging as possible to the development of new paddlers in what every way you can assist.

Finally, I would encourage each new member (and some existing members) to read this guide, you will find it a very useful insight into the history, potential and rules of our club. We would welcome suggestions for the development of the club and hope that you thoroughly enjoy your time at Salmon Leap.

Malcolm Banks
Chairperson



WELCOME TO SALMON LEAP CANOE CLUB

As a new member it is necessary that you are familiar with the safety rules and procedures of our club. While these pages cover the main safety issues associated with paddling from the clubhouse, it is important to note that members must use common sense and caution at all times while on the water.

We at Salmon Leap are proud of our safety record which stretches back over forty years. All members are strongly encouraged to paddle safely both on our own waters and when away from base. Good paddlers are aware of their limits. Canoeing is a tremendous sport in which you can participate for the rest of your life. It is full of adventure and brings you close to nature. All this can be enjoyed provided you use common sense and paddle safely.

Read the following and if you have any questions please do not hesitate to ask any senior member of the Committee for advice.



CLUB EVENTS

Summer

During the summer the club is constantly in use. There are courses for beginners on Tuesday and Thursday evenings.

Winter

Training takes place in the gymnasium usually on Tuesday and Thursday evenings. Winter paddling takes place on Saturday and Sunday mornings.

Competitions

The club hosts a number of competitive events

- Sprints
- Upper Liffey marathon
- Summer 10k races
- Slalom
- Inter-club international 10k race.

Other activities

The AGM is held before 31st December annually.

Christmas party.

Summer barbecues.

Trips away

River trips for beginners take place throughout the year, especially when parents can help with the transport.

From March to October members travel to races throughout the country and beginners are encouraged to participate. Juniors are especially encouraged to attend the junior series of marathon races.

Many members travel to Nottingham sprints regatta throughout the racing season.

Members participate in international, sprint, marathon and slalom events every year.



IRISH CANOE UNION

Salmon Leap Canoe club is affiliated to the Irish Canoe Union Limited (ICU). The ICU is the governing body of the sport and recreation of canoeing in Ireland and is a federation of canoe clubs throughout the country. The ICU is governed by a Council and the Executive carries out the day to day running of its affairs.

The objectives for which the Irish Canoe Union is established are:

1. To govern, organise, control and regulate in all its forms the sport and recreation of canoeing and kayaking (hereinafter referred to as 'canoeing').
2. To promote, develop, and advance the sport and recreation of canoeing in Ireland.
3. To provide a positive and safe environment for all its members and in particular to maintain a child-centred focus which emphasises the overall development, safety, health and welfare of children at all levels within the sport and recreation of canoeing.
4. To promote the teaching and practice of canoeing in accordance with current best practice.
5. To develop, promote, and adopt a drug free policy within the sport and recreation of canoeing and in particular to support the Irish Sports Council's National Doping Control Programme.
6. To stimulate public and government opinion in favour of providing and enhancing canoeing facilities.
7. To develop, promote and adopt policies aimed at protecting the natural environment and in particular those areas of the natural environment which facilitate the activities of canoeing and canoeists.
8. To draw up, publish and enforce uniform regulations for the control and regulation of canoeing competitions in Ireland and to deal with any infringements thereof.

MARATHON RACING

Marathon racing is controlled by the Marathon committee of the ICU and is the oldest form of competitive canoeing in Ireland. Indeed the enthusiasm for this sport led to the formation of the Irish Canoe Union in 1960.

Marathon racing developed from canoe touring and this has led to the enormous diversity of courses currently used in Ireland. It is an event combining skill, stamina and tactics and can be enjoyed by paddlers of all ages and abilities and attracts large numbers of canoeists onto our rivers, canals and lakes throughout the year in a wide variety of craft.

Races in Ireland range in length between 4 and 17 miles and may include a number of portages (where competitors must carry their kayak/canoe for a given distance before re-entering the water). Courses vary in nature between the wide flat stretches of the Shannon to the raging flood waters pouring over the Liffey weirs (as the ESB open the supply dams) in the annual International Liffey Descent. Other international races which club members have participated in are the Fish Marathon in South Africa, the Devices to Westminster, England 120 miles and many portages and also the five day 404 km Murray Marathon in Australia.



FLAT WATER / SPRINT RACING

This branch of the sport has been a recognised Olympic sport since 1936. Canoes or kayaks are raced over flat water for 200, 500, 1,000 and 10,000 metres. Single double and four seater kayaks are used and single and double Canadian canoes are also in use. Sprint racing in Ireland is controlled by the ICU flat water racing committee. Ireland has been represented at each Olympic Sprint event since the Munich Games in 1972 by at least one member of the Salmon Leap Canoe Club. Despite the absence of an international regatta course in Ireland, which has tended to retard its widespread development, Irish sprint racing has always been of an extremely high standard.



Sprint or flat water racing has a direct parallel with athletics and Sprint competitors must be extremely focussed, concentrating on the development of a strong, efficient, and consistent forward paddling technique, which can be, sustained over specific distances.

Sprint competitions take place under very controlled conditions with a typical sprint course containing buoyed lanes with electronic starting mechanisms locking a competitor's craft in place ready for the starting blocks.

Salmon Leap Canoe Club is the main base for the Ireland's Olympic sprint squad and training weekends take place at the club throughout the season.



SLALOM

Canoe slalom is defined as a test of the canoeist's control over his boat in agitated water and is one of the most exciting branches of canoeing. The paddler has to steer the boat down a set course as quickly as possible, passing through a series of approximately 25 gates in the process and attempting to avoid a touch with any part of the boat, paddle, or body. Time penalties are incurred by hitting the poles (each gate comprises two hanging poles at a set distance apart) or by missing the gate. The competitor must pass through the gates in the correct order and direction. Green and white striped poles must be passed in a downstream direction and double red poles in an upstream direction.

Each competitor has two timed runs and both are combined to give a final time and result. The course designer's job is to hang the gates in a sequence which forces the competitor to work out best possible route choices and then to select the one which will give the best chance of a fast clean run.

Salmon Leap Canoe Club and Ireland were represented in the slalom event at the Atlanta and Athens Olympics.



WILD WATER RACING

An exhilarating canoeing discipline in which participants race down white-water rivers against the clock. Races are conducted on a time trial basis with each competitor starting at one-minute intervals and racing over rapids of varying difficulties.

The competitor comes to the start line alone with the aim of negotiating the river as fast as possible in order to clock a time which will beat all others. The ability to create a mental map of the river ahead, coupled with an ability to make split second decisions is required to choose a route down. In this discipline considerable canoeing skills are required. Precise control, endurance, and sustained power are needed to negotiate the best line down through the rough water and to overcome the frequently changing water conditions.

The Wild Water boat itself looks very unusual. It is very buoyant with a deep almost square bow and large wing like features behind the cockpit, which aid stability and steering.

SEA KAYAKING

Sea kayaking has become popular amongst members of the club some of whom are members of the Irish Sea Kayaking Association and spend weekends touring our beautiful coastline. Here you will find spectacular sea arches, large dramatic caves, towering cliffs and long white beaches which have been fashioned by the constant buffeting of the Atlantic Ocean.

Each year Ireland hosts an international Sea Kayaking symposium that includes workshops on topics such as safety, navigation, paddling technique as well as the opportunity to meet paddlers who share a similar interest.

Before venturing out to sea it is recommended that one should have the following skills and knowledge Skills (The following list of skills is not all-inclusive or absolute. Judgment and common sense are as important as any of the skills listed below). For the easiest trips in sheltered water:

Previous basic instruction (beginning class or equivalent).

1. Ability to perform basic paddle strokes with reasonably good boat control.
2. A working knowledge of assisted rescues.

For exposed areas including any crossing longer than two miles: The above plus:

1. Ability to paddle with good boat control in 2-3 foot chop and brisk wind while travelling in any direction.
2. Knowledge of tidal currents and overall wind patterns for the area you are paddling.
3. Ability to hold a course during crossings, taking wind and current into account, using ranges and/or compass.
4. Ability to paddle several miles without becoming totally exhausted.
5. Knowledge of shipping lanes and ability to deal with boat traffic; familiarity with 'Rules of the Road'.

For the Open Coast: The above plus:

1. Ability to launch and land though surf.
2. Ability to paddle in large seas (6-8 feet or larger) and strong wind in reasonable comfort. Good boat control in rough water and following seas; good balance and reflex bracing. Eskimo roll or reliable self rescue skills.

HISTORY OF SALMON LEAP RESERVOIR

The Reservoir

This 100 acre reservoir is the property of the Electricity supply Board and forms part of the Liffey Hydro Electric Development. The 25 metre high dam at Leixlip was built in 1948 and has a generating capacity of 4 megawatts. Dublin county council have a water treatment works beside the dam to draw off water for supply to the North county Dublin area.

Salmon Leap Water Falls The Salmon Leap & the Hydroelectric Station

In the 17th and 18th Centuries the Salmon Leap and The Spa to the West were tourist attractions. As a celebrated beauty spot John Bush, author of *Hibernia Curiosa*, recorded a grand waterfall of 20 feet with several lesser falls above it. The total height being the same as at the aqueduct over the Rye Water or nearly 80 feet. Photographs of these falls are rare and from the few that are available it is difficult to decide whether it would have been possible to shoot theme in a canoe. At the site of the water falls stood the Salmon Leap flock mills, the remains of the roof of these mills may still be seen canoeing by when the level of water in the lake is low.

Following World War II the Irish government conducted a policy of self-sufficiency and in 1948 the Electricity Supply Board (ESB) completed the construction of a dam 100 metres long and 24 metres high across the river Liffey below the site of the Salmon Leap weir. The Leixlip power station is only one of three in the country.

In the dam a Kaplan turbine and electricity generator was installed. Its capacity of four megawatts is enough to heat 4,000 single bar electric fires simultaneously. The head of water behind the dam created a 100-acre artificial lake which has become home to the Salmon Leap Canoe Club and a course fishing spot.

The generated voltage is approximately 10,000V which is transformed into 38,000V for transmission to the national grid. The power station is remotely controlled from Turlough Hill and annually generates an average of 13 million units of electricity. This is less than one percent of the ESB's total production but is regarded as a strategic source of pollution-free power.



THE ENVIRONMENT AND CANOEING

Our Waterways

The availability of adequate supplies of clean water is one of the most vital necessities of life. There are few things more pleasing than clean pure water in a beautiful background. Ireland is rich in such settings and it is our duty to ensure that future generations get as much pleasure from them as we do. Canoeing as a sport also depends upon the availability of clean water and we as canoeists should always follow the...

Clean Water Code

- Do not dump rubbish in your Local River or stream.
- The river or lake you paddle on may also be the water supply for your town.
- All wildlife including animals, birds and fish must be protected.
- Influence others to be aware of the hazards of pollution
- Future generations have the right to enjoy clean waterways.
- Notify your local authority of any pollution you may observe.



SALMON LEAP CANOE CLUB RULES

SAFETY

Canoeing is an adventure sport and as such it is extremely important that all members and the parents of junior members know, fully understand and abide by SLCC's safety rules – they exist to protect members and keep them safe.

Canoe Safety Rules

1. All members will comply with the Irish Canoe Union safety rules.
2. All members must be able to swim before they canoe.
3. Buoyancy Aids must be worn by all members at all times when on the water.
4. Those paddling slalom, whitewater or open single type boats must wear a helmet while paddling on rapids or shooting weirs. A helmet must also be worn while canoe surfing.
5. No member should paddle up river alone (exemption in writing may be given by the committee).
6. No junior member should paddle up river unless accompanied by a senior member.
7. No junior member should paddle down the lake past the island alone (exemption may be given by the committee).
8. All canoeists are obliged to help another canoeist who is in distress if it is possible and safe.
9. Paddling after dark is strictly prohibited.

The following activities are forbidden:

1. Diving or jumping into the water from the jetty area
2. Horseplay around the jetty area

DISCIPLINARY PROCEDURES

1. All disciplinary matters are to be dealt with by the executive committee.
2. All appeals to be dealt with by a separate appeals committee appointed by the executive committee.
3. Junior disciplinary matters to be dealt with in accordance with the Irish Sports Council Guidelines.
4. The committee must appoint an outside non-member independent third party to any disciplinary committee should the appellant so request.

Warning Procedure

Step 1 Verbal warning to be recorded in disciplinary file.

Step 2 1st written warning.

Step 3 2nd written warning which may include withdrawal of membership.

Serious breach of discipline

This may result in immediate suspension and or permanent withdrawal of membership in the first instance without going through the three steps outlined above.

EQUIPMENT

1. Members will supply their own boat and equipment.
2. No member should borrow another member's boat or equipment without their permission.
3. Club boats should not be used on rapids.
4. There is some club training equipment available for member's use.
5. Racks for boats will be distributed at the discretion of the committee.
6. No repairs should be carried out inside the club premises.

CLUB AND GROUNDS

1. In keeping with tradition it is expected that every member will contribute to the upkeep of the grounds and club premises.
2. The changing rooms and showers should be left clean by all users at all times, irrespective of ongoing use. Gear left lying around will be thrown into the lost property box.
3. No one should enter the gymnasium or club room in wet or dirty gear.
4. In the interest of safety, children are not permitted in the weights gymnasium and must be accompanied by an adult if on the club room balcony or at the river bank.
5. Junior members are not allowed to use the premises unless senior members are present. (Exemptions from the committee).
6. Cars should be parked in an orderly manner in the allotted parking bays, and are parked at the owners risk. Salmon Leap will not be responsible for any loss or damage how so ever caused. There is a 10mph speed limit on the club grounds.
7. It is important to realise that the club exists under licence from the E.S.B.
8. It is very important that members who are last to leave the club should lock up the premises and car park.
9. Notices on the notice boards in the club are for the benefit of all the members and should not be removed.

CLUB MEMBERSHIP

As defined in the Constitution.

CODE OF ETHICS

Salmon Leap Canoe Club has adopted the Code of Ethics and Good Practice for Children's Sport in Ireland as published by the Irish Sports Council 1998. The Code is designed to cover sporting activities involving children and young people up to 18 years of age.

Note: *Club rules are not part of the Constitution and may be subject to change at the discretion of the Committee.*

FURTHER INFORMATION AND GUIDELINES ESPECIALLY IMPORTANT FOR FIRST TIME CANEOISTS

General Safety

Safety is not a set of rules, but is an attitude or frame of mind. Rules alone will not prevent accidents, but are a great help to those who have the common sense to apply them. Know and observe the safety rules of Salmon Leap Canoe Club and follow the guidelines below to ensure you have a safe and enjoyable time on the water.

Canoe Safety Guidelines

1. Think and practice safety on all waterways and at all times.
2. Do not canoe alone, there is safety in numbers.
3. Wear your life jacket.
4. Wear clothes you will be able to swim in.
5. Use a spray deck; it will keep you warmer and the boat drier.
6. Use proper buoyancy in the front and rear of the boat.
7. Know your ability and the rivers demands.
8. Be sure that you have the right boat for the conditions.
9. Wear proper clothing, including a hat in cold weather. If you end up in the water, do not remove your clothes. They help you float and protect you against hypothermia.
10. Don't stand up in a canoe.
11. Always paddle directly into or away from the wake of larger boats.
12. If you CAPSIZE, stay with the canoe. If you are in strong current or white water, float down river feet first and toes up with the canoe ahead of you.
13. Do not drink alcohol before or while canoeing. Alcohol affects balance, co-ordination, and judgement.
14. Know the conditions before you set out. Always paddle within your abilities.

PARTICULAR DANGERS TO BE AWARE OF WHEN PADDLING AT SALMON LEAP CANOE CLUB

It is not safe for beginners to go canoeing if there are adverse weather/water conditions such as high winds.

Waves may capsize the boat and a beginner will have difficulty keeping their boat on course. Easterly winds, especially, make conditions too difficult for beginners to launch at the jetty. If temperatures are very low there may be wind chill which could lead to hypothermia

Leixlip Dam

Do not paddle within 100m of the Leixlip Dam as you might be a) sucked into the turbines; b) washed over the Dam if the overflow gates are open.

Low temperatures

If there is ice on the lake, beginners should definitely stay on land as a capsize could very quickly lead to hypothermia.

Low water levels

300m upstream of the club lies a submerged weir. This ghost weir appears when the level of water in the lake is low and is very dangerous even to experienced paddlers. Beginners are advised to keep well away from it. The stopper wave looks innocuous enough but is very strong and can suck in and hold a canoe with the canoeist in it, upside down or right way up, the current does not differentiate. The reason why this weir is so dangerous is, that unlike other weirs on the Liffey, the water immediately downstream is very deep i.e. the lake begins here, and the water flowing over the weir is unable to get away.

If the lake is extremely low mud banks appear. Canoeists should not attempt to walk across these as they are very soft and dangerous.

The lake is a man made reservoir. Many buildings, trees, walls are just under the surface of the water and can cause capsize. The safest route along the old river bed should be navigated when conditions are low, ask an experienced member to show you this route and to point out the where the submerged hazards are.

Celbridge Rapids

Beginner canoeists should not attempt to approach Celbridge Rapids (1000 meters upriver from the clubhouse) without the supervision of an experienced canoeist.



Low levels on the lake showing mud banks exposed.

WHERE AND WHEN THE BEGINNER CANOEIST MAY PADDLE SAFELY

Summer

Tuesdays and Thursdays 6.30 pm – 8.00 pm.

Saturday and Sunday mornings 10.30 am – 12.00 pm

Winter

It is not advisable to begin canoeing during the winter months (the water is too cold). Do a course during the summer and then the following winter you will be ready to paddle on Saturday and Sunday mornings 10.30 am 12.00. pm

Once you have completed your introductory course keep the following in mind:

1. Never paddle alone.
2. Never paddle without the company of an experienced canoeist.
3. Never paddle up or down river without the supervision of an experienced canoeist.
4. Junior members may only use the club if a senior member is present.
5. Beginners should never paddle further downstream than the island or upstream under the arches of the bridge without the supervision of an experienced canoeist.
6. Never go within 100m of Leixlip Dam (you do not want to get sucked into the turbines). Do not paddle further than the turning buoy located just after the motorway bridge.
7. Never launch your boat from the bridge, this is extremely dangerous and strictly forbidden.

PROVISION OF EQUIPMENT FOR BEGINNERS

The club has a quantity of general-purpose canoes, along with paddles, helmets, spray decks, cags, buoyancy aids and wetsuits that are stored in the 'cage'. This equipment is intended for participants of introductory training courses and may be used on the lake by new members for a period of up to six months after joining the club. On no account should these boats or equipment be used on rough water such as Celbridge Rapids or removed from the club to paddle on other water unless under the supervision of an authorised coach or instructor. All members must ensure that this equipment is tidied away after use and the 'cage' is securely locked.



SLCC Code of Ethics and Good Practice

This is SLCC's policy document based on guidelines recommended by –

The Irish Canoe Union
The Irish Sports Council

to ensure the safety of children in the sport of canoeing

Policy Statement

Salmon Leap Canoe Club is fully committed to safeguarding the well being of its members. SLCC wishes to ensure that all those taking part in canoeing are able to do so protected from harm both on and off the water.

In an activity such as canoeing, safety and keeping people safe is all about risk assessment and minimising the risks involved at all levels of participation. All members are expected to abide by the club's safety rules and guidelines.

It is expected that every member of the club should, at all times, show respect and understanding for member's rights, safety (both on and off the water) and personal welfare.

The principles of Salmon Leap Canoe Club's policy are based on the moral and ethical duty to ensure our junior members' can enjoy canoeing in a safe environment and as such they reflect current best practice as contained in the Irish Sports Council's and Irish Canoe Union's Child Protection Policy. All SLCC members should make themselves aware of the information contained in these booklets, which are available for reading in the club or on request from a committee member or on the web (see below).

In SLCC we believe that the welfare of children is everyone's responsibility, particularly when it comes to protecting children from abuse. Everyone in SLCC can help – administrator, club officials, coaches, parents, friends and children themselves.

We strongly recommend that you read the following;

The Code of Ethics & Good Practice for Children's Sport
(The Irish Sports Council – available in the club)

Irish Canoe Union Child Protection Policy
(Available in draft form as a PDF to download or view on the ICU website – **www.irishcanoeunion.com** – scroll down the page to "ICU Draft Child Protection Policy")

Code of Conduct for Club Members

All members of Salmon Leap Canoe Club should be familiar with and follow the guidelines recommended by the Irish Sports Council and the Irish Canoe Union. They must also abide by the rules laid out in the SLCC club handbook. These rules and guidelines are intended to minimise risk and ensure safety.

The club encourages its members to “take ownership”, in other words – feel a responsibility toward the club and its members.

The code of conduct for all members is based on RESPECT. Respect for club rules, people and property. If we have respect there will be no bullying, abuse or danger and by default we will fulfil every aspiration, recommendation and guideline for best practice in sport.

Code of Conduct for Junior Members

As canoeing is an adventure sport, safety on the water is extremely important at all times. Junior Members should be especially aware of the safety rules of the club and obey them at all times.

Junior members of SLCC are encouraged to participate in all club activities and in so doing are entitled to:

1. Respect
2. Freedom from bullying
3. To be safe
4. To be treated with equality
5. To confidentiality
6. To have fun

Junior members in turn are asked to:

1. Abide by the rules of SLCC.
2. Respect all club members and officials.
3. Take care of all property belonging to the club or any club members.
4. Look after their own equipment and clothing.
5. Avoid behaviour which may inconvenience or upset others.
6. Never becoming involved in any form of bullying behaviour towards another person or persons.
7. Be considerate and respectful to other paddlers and water users.
8. Abide by the rules set down by SLCC when travelling to away events.
9. Represent the club with dignity.
10. Speak with the CLO, their parents or a committee member if they have any questions or concerns.

Code of Conduct for Parents and Guardians

Salmon Leap Canoe Club is made up of members who voluntarily take up positions of responsibility to run the club. The ethos of SLCC since its inception in 1964 is that all members take ownership of the club, and act in a responsible manner while on club premises. Parents are encouraged to get involved with and enjoy their children's participation in canoeing.

Parents/guardians have the primary responsibility for the care and welfare of their children. As such there are a number of steps you can take to ensure a fun and safe sporting environment for them.

It is expected that:

1. Parents/guardians of junior members take responsibility and are aware of what their children are engaging in while on club premises or at away events.
2. Parents/guardians familiarise themselves with the sport of canoeing.
3. Parents/guardians inform SLCC of any medical conditions or special needs, existing or arising in their child that may affect that child's participation in canoeing.
4. Parents/guardians should make themselves aware of and support the rules and disciplinary procedures of the club.
5. Parents/guardians take responsibility for ensuring that their children are collected from SLCC or a club related event at an agreed time so that the child is not left waiting on its own.

The club will seek your involvement, particularly in relation to issues that directly relate to your child's supervision.

For example, you should:

1. Be informed if your child sustains an injury during activities
2. Be informed of all problems or concerns relating to your child
3. Be informed in advance or have your permission sought in relation to matters regarding away trips or specially organised activities

Some general guidelines are as follows:

1. Teach your child to respect and treat everyone equally regardless of gender, ethnic origin or cultural background.
2. Do not force an unwilling child to participate in canoeing activities or competition.

3. Encourage your child to play by the rules and respect competition officials.
4. Young people are involved in sport for their enjoyment.
5. Never ridicule or shout at your child for making a mistake or losing.
6. Teach your child that effort and teamwork are as important as victory, so that the result of each race/event is accepted without undue disappointment.
7. Support all efforts to ensure that verbal, physical and racist abuse does not exist within canoeing.
8. Remember that young people learn best by example.
9. Do not question publicly the judgement of officials and never their honesty.
10. Recognise the value and importance of volunteer coaches and administrators.

Code of Conduct for Coaches and Leaders

All coaches, leaders and clubs should have a clear understanding of operating within an appropriate code of ethics and SI 921 of 2006, aware of what their 'duty of care' is and how this relates to their position in providing activities and being responsible for others.

As the organisers of activity, there is a possibility of someone being harmed. In a small percentage of cases action may be taken against you if the person decides to make a claim. This action may result in financial losses but can also harm your reputation or the reputation of your club and the ICU itself. A good definition of 'duty of care' is:

"The duty which rests upon an individual or organisation to ensure that all reasonable steps are taken to ensure the safety of any person involved in any activity for which that individual or organisation is responsible."

Coaches, leaders or administrators should all take 'reasonable' steps to safeguard those directly taking part in activities and at any time they may be deemed responsible for those in their charge – in vehicles, during journeys to and from the activity, during events, team training events and camps etc.

Everyone under the age of 18 is classed as a child and all children, have a right to be protected from abuse. By following good practice guidelines, we at SLCC will help to protect both children, (from abuse), and coaches/helpers, (from wrongful allegations).

Some general guidelines for coaches and leaders are as follows:

1. Avoid situations where you are alone with one child. SLCC realises that occasionally there may be no alternative, for example where a child falls ill and has to be taken home. However, one to one contact must never be allowed to occur on a regular basis. Further guidance on this is contained in the Irish Sports Council's and Irish Canoe Union's Policy Documents, available to view in the club and on the web.
2. Another adult should be involved in any demonstrations that require physical contact, explain what you are doing and why to both the child and their parents/guardians.
3. Where there are mixed teams/groups away from home, they should always be accompanied by an adult male and female coach, helper, parent or guardian.
4. Don't allow physically rough or sexually provocative games, or inappropriate talking or touching.
5. Ensure that any claims of abuse by a child are taken seriously and that it is dealt with by people who know what to do. Follow procedures.
6. Ensure that the nature and intensity of training does not exceed the capacity of a child's immature and growing body.
7. Any disciplinary issues should follow club procedure.
8. Never instigate or tolerate any form of bullying behaviour.

Code of Conduct – Bullying

Bullying behaviour can be carried out by anyone, be they adult – the parent or guardian who pushes too hard, the coach who adopts a win-at-all-costs philosophy or adult paddlers who attempt to assert unacceptable behaviour on younger paddlers to make them feel unwelcome or prevent them using club equipment. Bullying can also occur between young people.

All members are expected to:

1. Follow the club's code of conduct which promotes the rights and dignity of all.
2. Never become involved in any form of bullying behaviour towards another person/s.
3. Report any incidences to the children's officer or a committee member.

Code of Conduct for Travelling with Junior Members

Travelling with Young People

1. Ensure adequate insurance cover.
2. Do not carry more than the permitted number of passengers.
3. Ensure the use of safety belts.
4. Agree central pick-up and drop-off points with parents/guardians.
5. Avoid being alone in vehicle with a junior member – seat in the back seat.
6. Seek parental permission to transport an individual junior member on a regular basis.

Away Trips

1. Separate permission forms must be signed by parents/guardians, containing emergency contact number/s.
2. Junior members should sign a behaviour agreement.
3. The roles and responsibilities of adults participating in away trips should be clearly defined.
4. Appoint a trip leader to make a report on returning home.
5. Hold a meeting with parents and participants to communicate details of trip; travel times, competition details, gear requirements, medical requirements, special dietary needs, other activities, costs and any other information necessary.
6. There must be at least one adult of each gender with a mixed party – with an adult-child ratio of 1:5/6
7. There should be proper access to medical personnel – enquire details at venue.
8. Rooming arrangements – adults should not share rooms with junior members other than their own children. Junior members should share rooms with those of the same age and gender. Adults should knock before entering rooms.
9. All group socialisation should take place in communal areas – no boys in girls' rooms and vice versa.
10. Junior members should be under reasonable supervision at all times and should never leave the venue or go unsupervised without prior permission. Supervising members are in loco parentis.
11. Alcoholic drink, smoking or other illegal substances are forbidden to junior members.
12. Ensure adequate insurance cover.

Supervision

1. Ensure an adequate adult:child ratio depending on age of group and activity undertaken.
2. In mixed groups there should be leaders of both genders.
3. Avoid being alone with one junior participant.
4. Clearly inform junior participants and their parents/guardians of start and finish times of activity.
5. Keep attendance records and record any incidents/injuries that occur.
6. Ask parents to assist in supervision of activities.

Code of Conduct for Photography / Film / Video

Salmon Leap Canoe Club maintains photographic albums with many photos dating back to the early days of the club. These are records of events and developments and are readily available for all members to view in the club.

Photography/film/video may be used as part of training/coaching for technique purposes and to assist athletes.

Professional photographers are sometimes present at events. The club will aim to ensure that they are clear about our expectations of them in relation to child protection.

Salmon Leap Canoe Club regards the inappropriate use of photography as a serious breach of discipline and will be dealt with it according to the club's rules and procedures.

Guide to use of photography/film/video:

1. Avoid the use of first name and surname of individual in a photograph. This reduces the risk of inappropriate, unsolicited attention from people.
2. If the player is named, avoid using their photograph.
3. Ask the participant's permission to use their image – ensuring they are aware of how the image will be used to represent the sport.
4. Ask parent's/guardian's permission to use their child's image – ensuring they are aware of how the image will be used to represent the sport.
5. Only use images of athletes in suitable dress, the content of the photograph should focus on the activity and not on a particular child.
6. Parent's/guardian's and junior member's permission should be sought before use of video as coaching aid.

Reporting Procedure

The safety and well being of junior members should be safeguarded by the immediate reporting of any concern to the CLO or a senior committee member, who then reports to the Chairperson.

The committee, following procedure recommended by the Irish Sports Council and the Irish Canoe Union will deal with the issue and seek professional advice if necessary.

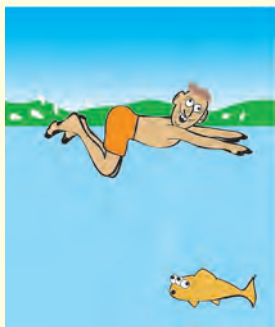
Safety Statement

Canoeing is an adventure sport and as such it is extremely important that all members know, fully understand and abide by SLCC's safety rules (page 3) – they exist to protect members and keep them safe. Further information and guidelines, especially important for first time canoeists, appear on page 5.

Remember! Safety is not just a set of rules, but is an attitude or frame of mind. Rules alone will not prevent accidents, but are a great help to those who have the common sense to apply them.

Please read Salmon Leap Canoe Club's safety rules on page 3 of this booklet, and the additional guidelines which are on page 5.

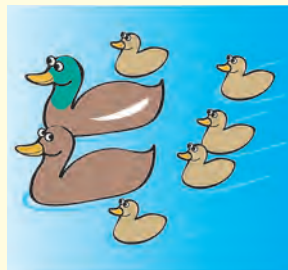
Here are a couple – just to remind you...



**Know how to swim
before you canoe**



Size it right!



**Never paddle alone.
Juniors must be
accompanied by adults**

LEPTOSPIROSIS & WEIL'S DISEASE

What it is

Leptospirosis is a bacterial infection carried in rat's urine which may contaminate water in lakes, rivers, etc. The bacteria do not survive long in dry conditions or salt water. The risk of infection is greater in stagnant or slow-moving water but cases have occurred in swift moving streams and lowland rivers. There is an enhanced risk where flash floods have washed out rat runs.

The infection is caught by direct contact with the urine or polluted environment. Bacteria enter through skin abrasions or via eyes, nose or mouth.

The usual incubation is 2 to 12 days. Usually a 'flu' like illness occurs which resolves in 2-3 weeks. There may be fever, severe headache, pains in the back and calves and prostration. A few cases develop Jaundice, when the condition is known as Weil's disease.

The Level of Risk

Each year an average of 3 canoeists contract Leptospirosis. It is very rare and it's deterioration into Weil's disease even more rare. Weil's disease is however, a serious illness and must be swiftly diagnosed and treated. Death may occur in about 15% of Weil's disease cases (i.e. jaundiced patients) but death without jaundice is virtually unknown. Antibiotics during the first few days help in limiting infection. Many cases recover without specific treatment.

How to prevent it

1. Cover all cuts and abrasions with waterproof plasters
2. Always wear footwear to avoid cutting the feet
3. Where possible shower soon after canoeing
4. If in doubt contact your doctor early.

What to do if you think you may be infected

If you think you may have the infection go to your doctor and explain that there may be a risk of leptospirosis. The diagnosis is by clinical suspicion. Blood tests can rarely confirm the illness in time to affect treatment but are needed to subsequently confirm it.

HYPOTHERMIA

What is Hypothermia?

Hypothermia is subnormal temperature within the central body. When a person is immersed in cold water, the skin and nearby tissues cool very quickly. However, it may take 10 to 15 minutes. before the temperature of the heart and brain starts to drop. When the core temperature drops below 90°F serious complications begin to develop. Death may occur at about 80°F; however, a person may drown at a higher temperature due to loss of consciousness or inability to use the arms and legs.

How Long can I Survive in Cold Water?

Survival in cold water depends on many factors. The temperature of the water is only one. Others include body size, fat, and activity in the water. Large people cool slower than small people do. Fat people cool slower that thin people. Children cool faster than adults do.

By swimming or treading water, a person will cool about 35 percent faster than if remaining still. Drown-proofing – the technique of staying afloat, facedown, with lungs full of air, and raising the head every 10 to 15 seconds for a breath – conserves energy, but also results in rapid heat loss through the head and neck. This technique reduces survival time by nearly one-half in cold water.

An average person, wearing light clothing and a buoyancy aid, may survive 2½ to 3 hours in 50°F water by remaining still. This survival time can be increased considerably by getting as far out of the water as possible and covering the head. Getting into or onto anything that floats can save a life. The following predicts survival times for an average person in 50°F water:

Situation	Predicted Survival Time (hours)
<i>No Flotation</i>	
Drown-proofing	1.5
Treading Water	2.0
<i>With Flotation</i>	
Swimming	2.0
Holding Still	2.7
HELP	4.0
Huddle	4.0

What do I do if an Accident Occurs?

If you fall into cold water, remember that water conducts heat many times faster than air. Most boats will float even when capsized or swamped, so get in or on the boat to get as far out of the water as possible. Wearing a buoyancy aid is a must. It will keep you afloat even if you are unconscious. Remaining still and, if possible, assuming the foetal, or, heat escape lessening posture (HELP), will increase your survival time. About 50% of the heat is lost from the head. It is therefore important to keep the head out of the water. Other areas of high heat loss are the neck, the sides, and the groin.

Note: *It is impossible to assume the HELP position while wearing some buoyancy aids. However, even a partial HELP position gives some protection to the high heat loss areas, thus increasing survival time.*



If there are several people in the water, huddling close, side to side in a circle, also will help preserve body heat. Placing children in the middle of the circle will lend them some of the adult body heat and extend their survival time.

Should I Swim for Shore?

This is a most difficult decision. It depends on many things. Some good swimmers have been able to swim to 0.8 mile in 50°F water before being overcome by hypothermia.

Others have not been able to swim 100 yards. Furthermore, distances on the water are very deceptive. Staying with the boat is usually the best thing to do. This will make it easier for rescuers to spot you. Even a capsized boat is easier to see than a person in the water is. Do not leave your canoe in order to swim unless there is absolutely no chance of rescue and you are absolutely certain you can make it. If you do swim, use a buoyancy aid or some other flotation aid.

First Aid for Hypothermia Victims

Make sure the victim has an open airway and is able to breathe. Then, check for respiration and pulse. Respiration may be slow and shallow and the pulse may be very weak. So check vital signs very carefully. If there is no pulse or respiration, CPR must be started immediately.

Prevent further heat loss:

1. Gently move the victim to shelter and warmth as rapidly as possible
2. Gently remove all wet clothing; cut it away if necessary. The small amount of heat energy the victim has left must not be expended on warming and drying wet clothing.
3. Wrap the victim in blankets or a sleeping bag. If available, place warm water bottles or other gentle sources of heat under the blanket on the victim's neck, groin, and on the sides of the chest.
4. Transport the victim to a hospital as soon as possible. Only a physician should determine when the patient should be released. Incorrect treatment of hypothermia victims may induce a condition known as After-Drop. After-Drop is a continued fall in the victim's core temperature even after he has been rescued. This is caused by improper re-warming, allowing cold, stagnant blood from the extremities to return to the core of the body. When this cold blood returns to the core of the body it may drop the core temperature below a level that will sustain life. For the same reason, hypothermia victims must be handled gently and should not be allowed to walk.

Do not...

1. Do not place an unconscious victim in a bathtub.
2. Do not give a victim anything to drink, including hot liquids and especially alcohol.
3. Do not rub the victim's skin; especially do not rub it with snow.

How Can I Avoid Hypothermia?

Because most boaters who die in water-related accidents had no intention of going into the water, the obvious answer is to avoid those behaviours that cause accidental immersions. Therefore, do not:

1. Stand or move around in a small boat.
2. Overload your boat or distribute the load unevenly.
3. Always wear a buoyancy aid on the water.
4. Follow the safety rules and guidelines of the club.

THE CONSTITUTION

- | | |
|-----------------------------------|--|
| 1. Name | The club shall be known as the Salmon Leap Canoe Club. |
| 2. Objective | To promote canoeing in all its facets and to concentrate on competitive canoeing, i.e. long distance racing, sprint racing, slalom and wild water. |
| 3. Membership | Membership will be open to men, women, and young people interested in canoeing. |
| 4. Condition of Membership | That each member will obey the rules of the club, and the safety rules. |
| 5. Election of Membership | An application must be submitted to the Secretary and on approval of the committee at their next meeting the applicant may by 2/3 majority be elected to take membership in the club. |
| 6. Classification | <p>There shall be four classes of membership:</p> <p><i>Senior Membership</i> – a canoeing member over 18 years on January 1st.</p> <p><i>Junior Membership</i> – a canoeing member over 12 years and under 18 years on January 1st.</p> <p><i>Student membership</i> – a full-time third level student or equivalent.</p> <p><i>Family membership</i> – will include two adults and their children up to 16 years of age.</p> |
| 7. Rights of members | <p><i>Senior</i> – A senior member may use the club premises for storage and training.</p> <p>On successful application a senior member will be given a club crest and will receive the current edition (if any) of the club magazine and all other periodicals produced by the club.</p> <p><i>Junior</i> – A Junior may use the club premises for storage and training.</p> <p>On successful application a junior member will be given a club crest and will receive the current edition (if any) of the club magazine and all other periodicals produced by the club.</p> |

Non-members may use the club premises at the committee's discretion.

All members over 18 years may stand for election to the Committee.

The position of Junior Representative may be held by a member under 18 years.

The position of Chairman will be held by a senior member only.

8. Subscriptions Subscriptions shall be determined at the Annual General Meeting.

Subscriptions must be paid before January 31st of the current year.

Anyone who joins the club between the months of October and April will not be obliged to renew their subscription until January 31st of the following year.

A member ceases to be a member if fees are not paid before March 31st of the current year. Upon such failure it will be presumed that the member has withdrawn from the club.

9. Suspension and Expulsion Any refusal or neglect of the club's rules that is considered by the committee to be disgraceful or any misconduct that would bring disrepute to the club by any member shall by a 2/3 majority of decision from the committee mean permanent expulsion or suspension.

10. Trustees The property of the club shall be vested in not less than three Trustees who shall deal with such property as directed by written resolution of the committee and they shall be indemnified against all liability and expenses incurred by them by reason of their position as Trustees, insofar as the assets of the club may be deficient, by the members for the time being of the club.

11. Committee The working committee of the club shall consist of a Chairman, Secretary, Treasurer, four committee members (one of whom is a Junior representative) and a Competitions Officer.
The Competitions Officer may have an assistant if he desires.

12. Election of Officers

The position of Chairman, Secretary, Treasurer, Competitions Officer, Junior Representative and three committee members are appointed yearly at the Annual General meeting, by a majority vote by members.

A Junior Liaison Officer will be appointed annually by the incoming executive committee within a period of one month after the AGM.

The position of President is honourary and shall be elected by the committee at the first meeting of the year. S/he shall retain the position for the period of 12 months.

The position(s) of Vice President(s) is honourary and the President and Vice President(s) may attend all club functions, including committee meetings if they desire.

Except in the case of President all other officers shall remain in office for the period of one year when, if they desire, they may stand for re-election at the A.G.M.

The Trustees shall be elected by the general meeting and shall hold office until they resign or be removed from office by a resolution of a general meeting of the club.

13. Duties

Secretary Shall keep a register of the members.
Shall keep minutes of committee meetings.
Shall draw up agenda for committee meetings.
Shall handle all incoming correspondence.

Chairman Shall call committee meetings at any time.
Shall be director of proceedings at such meetings.

Treasurer Shall deal with all club financial matters.
Shall give consent for any purchases made by the club.

It is expected that the club committee will be responsible for club activities.

14. Liability

The club is not responsible for loss or damage to member's property. It also accepts no responsibility if personal injury, even if fatal, is incurred.

15. General Meetings

The Annual General Meeting shall be held before December 31st and after the termination of the previous financial year.

All other general meetings, other than the A.G.M. shall be called Special General Meetings.

Junior and Senior Full members may vote at General Meetings.

At least 21 days notice must be given as to when a General meeting is to be held.

Each member is entitled to hear when such a meeting is to be held. Omission to inform a member of such a meeting will not invalidate the meeting.

The Chairman shall chair the A.G.M. up until the election item of the Agenda. Then a chosen member of the meeting shall officiate until a new chairman has been elected. The new chairman shall then chair the meeting.

No person can occupy more than one position as a club official.

Assistants to committee members are chosen by the committee as recommended by the Officer. Assistants may not attend Committee meetings.

16. Constitution

The constitution may only be altered at a general meeting at the request of the members, 2/3 present, and alteration carried by 2/3 of members present, with only full senior members voting. Twenty one-day notice of any such proposals must be posted on the club notice board.

Any matter not covered by these rules and the safety rules or any misinterpretation of these rules shall be dealt with by the committee and their decision is final.



SLCC – HISTORY OF CLUB DEVELOPMENT

1961 A number of people in the Lucan and Leixlip areas were active in the construction of lath and canvas touring canoes. The first two boats of this kind were called Blue Bird and Yellow Bird and belonged to Henry Nelson and Robin Love. These boats were used extensively for fishing and touring. The first base for these would-be canoeists was at Lucan Rectory.

P.V.C. covered canoes marked the next stage of development with two notable designs by Percy Blandford, the P.B.K. and the R.A.K. The framework for these boats comprised of marine ply frames and Gabon mahogany stringers. This timber was always acquired from Cromer's yard in Lucan who often obliged by cutting large planks into stringers and finishing them off on the planing machine.

1963 It was decided to form an official club, some members wanted a speedboat club, others a canoe club. The canoeists won out in the end. Reason – canoeing was cheaper.

Founder Members: Donald Cromer
Niall Fagan
Robin Love
Arthur Nelson (1948 – 26th December 2003)
Henry Nelson

1964 The club moved its base of operation to Nelson's back garden at St. Catherine's Park, Leixlip. Through Niall Fagan's influence as a woodwork teacher in the Lucan Technical School, it was decided to construct a veneer touring single boat. A mould for the boat was assembled in 'Fagan's shed' (Highfield Park) and construction then commenced at laying up sheets of veneer with glue and temporary staples. When the boat was eventually complete it was tested on Leixlip Lake. Unfortunately, the holes left by the temporary staples provided an easy access for the water. However, this problem was soon solved by numerous coats of varnish and the boat was probably the most successful craft of the 'do-it-yourself variety' in the club. The late Arthur Nelson paddled this boat with distinction in the Liffey Descent.

1965 Anthony Maher joined the club as the first 'ordinary' member.

1966 The club acquired its first premises, which was a small two-roomed two-storey building beside the Captain's Inn on main Street, Leixlip. This building was quickly adapted into a canoe club with boat storage upstairs and a club room downstairs. Rent for this building was 2s.6p. per week, payable to Mrs Wardell from the Public House next door (now The Three Sisters).

1967 About this time the club launched into the long distance racing scene. Donald Cromer bought the first K1. It was a Moon Raker kayak and was comprised of a white fibreglass hull and plywood deck.

- 1968 Club members started to build Moon Raker Kayaks. These boats were available from the makers in England in kit form and on h.p. terms. Delivered to Leixlip, the kits cost £30 each. Within a short period the club had a racing team of eight K1s and one K2 and was set on the road to success. After the first full season's racing S.L.C.C. finished in third position in the championship behind Belfast Canoe Club and Wild Water Kayak Club, not bad for a crowd of youngsters!
-
- 1969 The club moved to new premises beside the Ryevale tavern. This building was made available lease free, by Rt. Hon. Desmond Guinness. This new facility boasted a reception room downstairs, a club room upstairs and a boat store for thirty canoes with a small training area. Boats entered and left the building by an upstairs window and this procedure provided considerable amusement to the passing motorists. Club gatherings around the two open fires in this building were numerous and were known to go into the small hours of the morning on a regular basis.
-
- 1970 Ten club members travelled to Denmark in the Irish Canoe Union minibus driven by Rory Farrell and co-driver Dermot Mulligan. They competed in the 70 mile Gudena marathon.
-
- 1971 This year marked a turning point in the club's history as a number of members decided to leave the club and form Grade Ten Canoe Club to concentrate on competitive slalom events.
The E.S.B. indicated that they would give the club permission to build a boathouse on Leixlip reservoir if a suitable site could be found.
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- 1972 This year was probably the most famous year in the club's history as Howard Watkins was selected to represent Ireland at the Munich Olympics. Howard exceeded all expectations by reaching the semi-finals in the 1000m event.
Gerry Collins (a member of Grade Ten Canoe Club, Lucan at this time) also travelled to the Munich Olympics and represented Ireland in the slalom event held in Augsburg, at the first artificial course.
After numerous inquiries the committee found a site and a landowner that was willing to facilitate the club. This is the site that the club occupies today and it was through the generosity of Mrs Maeve O'Loughlin and family that this project was able to get under way.
-
- 1973 A materials grant of £2,000, facilitated by John Colgan, was received by the club from the Eastern Regional Tourism Organisation and was used to construct the boathouse and changing rooms. This work was done by members in their spare time. Anyone who wanted a boat rack at this time had to work a minimum of 40 hours on the project. The job was finished within budget and on schedule. It was officially opened by the then Minister for Agriculture Mr Mark Clinton T.D.

1974	In this period the club continued to dominate the long distance racing events at home with the result that many members travelled to a great number of canoeing events throughout Europe representing Ireland.
1975	Ireland won the Nations Trophy at the International Liffey Descent for the first time in many years. This achievement was due in no small part to members from S.L.C.C.
1976	Another notable year as Howard Watkins, Ian Pringle and Michael Keating represented Ireland at the Montreal Olympics. By this time the club was the dominant force on the L.D. scene.
1978	With a grant of £750 from Kildare county Council towards the materials cost, the club members constructed a wooden clubhouse and a toilet block in the car park. The club is very grateful to members such as Dermot Mulligan who gave countless hours in voluntary work to the various building projects.
1980	Once again a member from Salmon Leap was to represent Ireland at the Olympic Games. Ian Pringle travelled to Moscow to Paddle in the K1 1,000m event.
1981	With an increase in membership and an insatiable appetite for progress, the club decided to extend the canoeing facilities at the New Bridge. Plans for a gymnasium and club room were drawn up and lodged with Kildare County Council for planning permission.
1982	Construction of the new gymnasium and club room project started with the aid of a youth employment grant (£14,000) from the Dept of Education. At the same time a very active campaign was launched to raise additional money for the project. As chairman, Peter Wolfe inspired the committee to run such fund raising events as cabarets, pop concerts, puppet show, raffles and raffles and raffles. The net result was the new club development progressed much further with this additional finance.
1983	The gymnasium and club room project was completed at a cost of £31,000 and officially opened by Dr Hillary, President of Ireland on 28th May. This occasion ranks as the best-organised event run so far by Salmon Leap and was a credit to the many members who rolled up their sleeves to make it a success. Salmon Leap Canoe Club is 21 years old in December this year.
1984	Breda Keating and Eileen Murphy won gold medals at the Marathon Racing World Cup event in the Women's K2 class at Carrick-on-Shannon. Ian Pringle represented Ireland in K1 at Los Angeles – his third Olympic games. Peter Connor also travelled to L.A. having been chosen to represent Ireland on the International Olympic Youth Camp.

1986	Tony Maher managed the Irish team of Pat Holmes, Alan Carey and Peter Connor at the World Sprint Championships at Montreal, Canada. Breda Keating and Eileen Murphy set a record time for the Women's K2 class at the 404 km Murray Marathon in Australia. Ian Pringle won the K1 event at the International Sella Descent, Spain.
1987	The World Cup marathon returned to Carrick-on-Shannon where Breda Keating and Michelle Barry won bronze medals in the Women's K2 class. Tony Maher clinched a sponsorship deal with Jameson for the International Liffey Descent which would last until 2003.
1988	Four club members were chosen to represent Ireland at the Seoul Olympics; competitors: Peter Connor, Alan Carey and Pat Holmes with team manager Tony Maher.
1990	Michelle Barry won a silver medal at the British Championships.
1991	Michelle Barry took another silver medal at the British Marathon Championships at Worcester
1992	Alan Carey and Pat Holmes represented Ireland at the Olympics for the second time in Barcelona, Spain with Martin Burke travelling as team manager. Club members travelled to Brisbane in Australia to take part in the Marathon World Championships. Michelle Barry won her third consecutive silver medal at the British Championships (Chester).
1993	The club's junior paddlers had a most successful year when at the British Sprint Championships in Nottingham John Mawer and Simon Van Lonkhuyzen won the Junior titles in K2 and K4 and John Mawer also won the British Marathon Championships Junior K1 event. Michelle Barry won the bronze medal in the Women's K1 class at the Nottingham British Sprint Championships.
1994	Mr Bill Watkins one of the original trustees of the club sadly passed away this year. Gary Mawer finished 9th in the World Sprint Championships in Mexico. The team was managed by Kevin Murphy. Tony Maher represented the Irish Canoe Union at the ICF conference in Acapulco, Mexico. John Mawer continued to show he had equal amounts of talent as his older brother and had another great year as a junior when he won the K1 event at the Junior World Cup Marathon in The Netherlands.
1995	This year was to mark the first stage in the next phase of the development of the club premises. The catalyst for this development was the decision by Kildare County Council to realign the road leading from Young's Cross to the new Hewlett Packard factory and to widen the bridge over the Liffey next to the club house. On May 25th the first meeting between Salmon Leap Canoe Club and Kildare County Council took place regarding the re-positioning of The New Bridge.

1995 (contd) Competitively club members continued to advance through the international ranks at sprint, marathon and slalom.

Gary Mawer continued to compete successfully at the highest levels of international canoeing when he made the finals of the Pre-Olympic Sprint Championships at Atlanta, USA and won the silver medal in the K1 class at the World Cup Marathon in Portugal.

Andrew Boland became the first club member since Gerry Collins in the 1970s to reach world class level at slalom and represented Ireland at the World Slalom Championships in Nottingham.

1996 This was a very busy year for the club and a great deal of work was carried out by the club's negotiating team of Robin Love, Tony Maher, Mark Clinton and Tom Egan. The team concluded their negotiations with Kildare County Council re the realignment of the bridge. They also got agreement from Kildare Co. Council that a section of the old road would be given over to the club to be used as a new entrance.

The team also concluded negotiations with Hewlett Packard which allowed for the transfer of ownership of the bungalow and lands to the club.

The club development committee of Robin Love, Tony Maher, Mark Clinton, Tom Egan, Ian Pringle and Malcolm Banks appointed architects Lewis Hickey Martin (including club member Eddie Martin) to work on plans for the improvement and development of the club premises.

An application for a grant to enable the club to carry out the planned development was made to the Department of Tourism, Sports and Recreation however, this application was not successful.

On the water club members continued to reach the highest international standards and what a year it was for Gary Mawer! Gary won the silver medal at the marathon world championships in Sweden as well as competing in the sprint event at the Atlanta Olympics. Conor Maloney selected for his first Olympics paddled K2 with Gary while Andrew Boland competed in the slalom event. Kevin Murphy travelled as team manager.

1997 Landscaping and car parking works in front of the bungalow and along the new entrance road were completed in June. In August the bridge works were finally completed bringing an end to the traffic disruption over the new Newbridge.

John Mawer, now a senior, won the K1 500m title at the British Sprint Championships in Nottingham while big brother Gary finished 2nd at the World Cup Marathon in the USA.

Peter Egan and Brendan Maloney won gold and silver medals in the K2 1000m and 500m events respectively at the Mechelen Junior International Regatta in Belgium.

- 1998 Work on the development of the club continued with many false starts and headaches for the development committee of Maher, Love, Egan, Clinton, Banks and Pringle. A major stumbling block was that the original accepted tender had to be cancelled and a new builder looked for. It was also realised that a new planning application for the development had to be placed with Kildare County Council
- Not giving up on the hope and need for a Lottery Grant in March of this year another application for a grant was placed with the Dept. of Tourism, Sports and Recreation. In regard to this an important meeting was held with Mr Charlie McCreevey, Minister for Finance in April and on 13 August a grant of £280,000 was allocated to the club. The club now has the money to go ahead with the development plans.
- Gary Mawer had the best result of the Irish team (many of whom were from Salmon Leap) who travelled to the marathon world championships in South Africa, finishing a creditable fifth. Gary also won both the K1 and K2, with brother John, events at the British Marathon Championships.
- Tom Egan elected National Manager for the national sprint racing team.
-
- 1999 All the hard work of the previous three years began to show progress this year, with the news, in May, that planning permission to carry out changes to the existing premises had been granted. The search for a reasonably priced builder continued and Malcolm Banks came up trumps when D.D. Porter a builder from Halifax, England was engaged to carry out the work.
- On the water Gary Mawer had his first World Cup victory in Italy where he won the Men's K1 event.
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- 2000 The new clubhouse now complete was moved into and the grand opening took place on 21st October by Mr Charlie McCreevey, Minister of Finance. The ESB contributed £5,000 towards equipping the weights gymnasium.
- With the clubhouse now operational this year's committee under Mark Clinton, sports development officer, embarked on a program of youth development, the main aim of which was to attract and retain a greater number of youth paddlers.
- Michelle Barry won her ninth consecutive Liffey Descent title in the Women's K1 class and her thirteenth Liffey gold medal.
- The club continued its representation at the Olympic Games when Gary Mawer was chosen to represent Ireland for a second time and travelled to the Sydney Olympics.
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- 2001 Gary Mawer finished 4th in the Men's Senior K1 event at the World Marathon Championships at Stockton-on-Tees and was ranked as the world No. 1 marathon paddler following victories in World Cup races in Portugal and Spain. Gary also set a new Men's K1 record for the Liffey Descent and earned himself an all expenses paid trip to compete in the Fish Marathon in South Africa.

2001 (contd) As a continuation of the youth development program a fleet of Lightning junior K1s was bought and at the Nottingham inter-club regatta. Salmon Leap, with a team of fifty competitors, was the club with the largest number of participants.

Following the announcement that the Special Olympics Kayaking event would take place at the Salmon Leap Canoe Club, in June 2003, Mark Clinton began coaching potential competitors in the hope of securing their qualification.

2002 The Pre-Special Olympics regatta held in June was a great success with many club members helping out with the organisation.

2003 The club as a top class international venue was greatly appreciated by all involved in the wonderful Special Olympics. For VIPs such as Tim Shriver, the competitors, their families, supporters and the spectators and organisers a very special weekend took place this June which will be remembered by all for a long time.

Gary Mawer won the British Marathon Championships and finished 8th at the World Marathon Championships in Spain.

This was also a very sad year for the club with the untimely death of Arthur Nelson, on 26th December, one of the founding members and a great friend to many members.

2004 With a grant from Kildare Co. Council and sponsorship from Jim Mansfield the final phase of development of the club premises - the building of the club training centre to house all club training kayaks and the club rescue boat - was begun by builder John Watkins.

Eoin Rheinisch qualified for his first Olympics when he was selected to represent Ireland at the slalom event in Athens.

At the World Marathon Championships in Bergen, Norway, the new generation of up and coming paddlers made their mark with Jenny Egan finishing 5th in the Women's Junior K1 event. Barry Watkins making his debut at only 15 years of age in the Men's Junior K1 finished 13th, only 3 minutes behind the winner.

Gary Mawer finished 8th in the Men's Senior K1 at the same event.

On the home front, the club successfully ran an international 10K team event with teams from Spain, England and Northern Ireland competing with clubs from around the country.

2005 Development of the club premises was completed when the new boat storage facility was opened in February. With this extra storage space the club was able to welcome the Special Olympics Free Spirit Canoe Club, through a formal agreement facilitating their use of the club facilities.

The club's first Child Protection Code of Practice Policy was launched at a presentation to parents and all members, by the club's first Junior Liaison Officers.

The junior members of the club put in a great effort and reaped the rewards both at home and abroad. The club won the National Junior Marathon Series Cup for the first time ever. Jenny Egan topped off her final year as a junior, taking a bronze medal at the Marathon World Championships in Australia, following on from her silver medal at the World Cup in Portugal. Barry Watkins continued his progress as a talented junior finishing fifth at the Marathon World Championships and fourth at the Marathon World Cup race in Portugal.

The international 10k team event was again a great success with teams travelling from England and Spain.

2006

International Marathon –The club had another successful year winning both the Senior and Junior National Marathon Championship Series. At International level, Jenny Egan began her senior international career by finishing 13th in the Women's K1 Senior World Marathon Championships in France. Barry Watkins and Brian Keogh finished 4th in the Men's Junior K2 event. Barry was also 10th in the Men's Junior event.

International Sprint (Major Results Only)

European Champs 8th 1000m K2

World Champs 11th 1000m K2

Brendan Maloney - incredible results all year with Neil Fleming of CPCC.

Slalom

Eoin Rheinisch completed a very active year ending the year ranked 7th in the world. Rob Shaw and Steven Quinn showed considerable promise for the future.

National Marathon

1st SLCC 2787, 2nd CPCC 1555, 3rd TPCC 1393

Junior Club Points – 1st SLCC 1127, 2nd CPCC 852, 3rd TPCC 492

Open K2 – 1st Malcolm Banks / Dermot Hudson

DIV 1 – 1st Gary Mawer

Div 2 – 1st Liam McCarthy, 2nd Brian Keogh, 3rd Deaglan O'Driscoll



Originally compiled by Robin Love in 1983. Updated and revised by Breda Keating 2004.