

M A R C H 2 0 2 3

COLDHAM CHRONICLE

Coldham Hall Sailing Club Est. 1951

'The Heart of Sailing in the Yare Valley'

President: Maurice Ward



Club Officers

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Vice Commodore: Gary Corbett
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Rear Commodore: Vacant

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Treasurer: David Woolston
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www.coldhamhallsailingclub.co.uk



Coldham Hall Sailing Club

As I sit here writing this with snow falling outside the window it is hard to believe that by the time this edition is sent out it will only be around 1 week to the start of the 2023 Sailing season. By now boats should be being taken out of winter storage and prepared for the coming year. Antifoul and varnish would be being applied in vast quantities and those with larger boats would be having them relaunched and sorting out rigging and sails.

Despite the inclement nature of the weather though the behind the scenes work goes on. Social sec, Judith, has been busy planning the Annual Rigging Out Supper, the traditional start to the season, and Vice Commodore Gary is going greyer sorting out the upcoming Try Sailing sessions. Details of both of these events are covered in this edition.

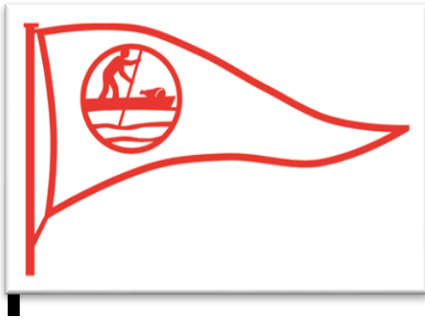
Winter work parties have continued with repairs, refurbishment and a good tidy up. A 'BIG' thank you to all who were able to help out. The club is now looking in great shape to start the 2023 season off.

Speaking of which, sailing restarts on the morning of Sunday 9th, following the 'Rigging Out Supper', and there's lots to take part in this year. The Race Officer and Committee have worked hard to pull together both a full and varied racing and social event calendar, which we hope, will be of interest to you. Details of all can be found on the club website.

We extend a warm welcome to all of our new sailing and paddling members joining Coldham Hall Sailing Club this year, especially those enrolled on our Try/ Discover Sailing sessions.

In this edition we include information about Life Jackets/Buoyancy Aids as well as the usual regular Midweekers, Sailing and Paddle sections.

This year we would like to expand the offering to the paddle and canoe members this year so will be looking for your ideas and help in this.



Notes from The Committee

From the CHSC committee meeting of Tuesday 14th March.

Treasurer, annual membership renewals are beginning to come in with 50 plus people renewed so far. The club's liability insurance has been renewed for the next year although David is still trying to source legal protection as this was not available for renewal.

Bosun, work parties continue with two further days scheduled for March. The access ramp to the clubhouse is now built and a slab pathway to the gate will be constructed by reusing existing slabs taken up earlier on. Repair work to the viewing platform on the start box will be undertaken and the pontoon extension completed. Additional work party to help clear more trees along train reach.

Race Officer, the open regatta sub-committee have agreed that Norwich Frostbites will run the racing registration again this year and CHSC will run the racing programme.

Vice Commodore, an abandoned boat and three trailers have been identified and in accordance with the club rules these will be notified to the membership for removal and disposal if unclaimed. 8 people (now 15) are already signed up for the Try Sailing course. Gary is asking help from dinghy owners and helms alongside the keel boat and cruiser owners to try to boost the dinghy fleet. All help is appreciated.

General, the club house electrical inspection has been carried out and approved. Dave Tait has met with the clubs' new neighbors in the adjacent bungalow. Gary Harris and his wife.

Upcoming Events

April

Saturday 8th Rigging Out Supper
 Sunday 9th 2023 Race Programme Starts
 Sat/Sun 29th/30th CHSC/NFSC Open Regatta

May

Sunday 14th Open day (pm) Push the Boat Out
 19th – 22nd Guest Sailor Event N. Ireland
 Wednesday 24th Oulton Broad team event
 Thursdays 18th & 25th Try Sailing - Land based theory.

June

1st – 29th Thursdays Try Sail - water based.

July

Sunday 2nd Yare Challenge Cup
 Thursday 6th Try Sail – water based.
 Saturday 8th Club Cruise – Hardley Mill
 Thursday 13th Social BBQ (evening)
 Sunday 16th Club Regatta

September

Saturday 9th Open Yare Navigation Race
 Saturday 16th Ramuz Inter Club Challenge
 Saturday 23rd & 24th WOD Invite

October

Saturday 7th Triple B Race
 Sunday 22nd Commodores Day
 Sunday 29th Downriver Series Starts

December

Wednesday 6th AGM
 Sunday 10th Christmas Pudding Race

A full list of all racing and social events is on the club website.



First signs of spring at CHSC

Rigging Out Supper

Saturday, 8th April 2023 at 7 for 7.30 pm
Surlingham Village Hall

This event is a great opportunity to get together, with old and new friends, before the start of the sailing season in a relaxed atmosphere.

Members are asked to bring a savory or sweet dish (homemade or bought), with appropriate serving implements, for a “bring and share” buffet.

Tea and Coffee will be provided (Bring your own drinks and glasses)

There will be a RAFFLE in aid of CHSC

Cost £3 per person

Contact jude_rob2000@yahoo.co.uk

Try/Discover Sailing this summer



CHSC will be running the annual Try/Discover Sailing sessions throughout June and July.

This 6-week program, using a variety of dinghies and yachts on the River Yare, is designed as an introduction to get people on the water and towards sailing independently. If you know of somebody who would like to take up this chance to try out sailing, then this is an ideal opportunity for them.

Sessions will take place on Thursday evenings in May, June and July. The May sessions being land based theory training for those who have not previously had any experience. The on the water sessions taking place on Thursday evenings in June and July.

Cost of the sessions is £85 per person and includes full years membership of CHSC.

To make this work existing members are needed to volunteer their boats and time to host a trainee for each session. Also, volunteers are required to man the safety boat and give other general help throughout the sessions.

Full details are on the club website. Please contact: - Gary Corbett on 07770323433 or by email corbett01@btconnect.com if you are able to help.

The Thorny Subject of Lifejackets – some questions and answers

Are lifejackets compulsory on boats and craft? (Including paddling)?

With the approaching summer season this is always the one question that gets asked more times than any other and causes much debate. The simple answer is **'No'** it is entirely your personal choice unless a local bylaw or racing rule requires otherwise. But ask any serious water sports enthusiast and the advice would be to always wear either a lifejacket or buoyancy aid when going afloat.

Lifejackets are not a fashion statement; they are essential to help and possibly save your life if you inadvertently end up in the water. No matter how good you think you can swim other factors can influence your ability to do so. You could be injured, or unconscious, cold-water shock (even at the height of summer) may affect you, you may not be able to get back onboard and tire quickly or any other unforeseen problem can stop you being able to swim or float.

Also, and just as importantly, don't forget you are providing additional protection for anyone who subsequently tries to save you.

Lifejackets or buoyancy aids - what's the difference?

A buoyancy aid requires the wearer to be able to swim, or continuously move, to help keep them afloat and keep their face above water.



Buoyancy aids are usually best suited for personal watercraft (PWC), dinghies, windsurfing, canoeing and generally for activities where the wearer might reasonably expect to end up in the water on a regular basis. They have the advantage that they do not require an inflation device and apart from needing to dry out are instantly reusable without further maintenance.

A lifejacket provides face-up in water support, even if you are unconscious, by turning you over so you can breathe. In general these are more suited to use in half-decker's, keel boats or cruisers where you would only expect to go in the water accidentally. They usually have automatic inflation devices (sometimes manual) and are fitted with a whistle, lifting loop and retroreflective material. For offshore use they usual are fitted with crotch straps, harness, a light and sprayhood. Lifejackets are normally for one off use only and require repacking once activated and regular servicing.



What do the levels of buoyancy mean?



Buoyancy aids and lifejackets have different levels of buoyancy to ensure safety on the water. There are four main buoyancy levels: 50, 100, 150 and 275. They also have recommended weight limits and chest sizes for their intended user so it is important to read the label to ensure that the one you chose can support your weight. Remember also that if you are wearing a lot of thick clothes when you 'go in' the wet clothes will increase your weight considerably. What may be suitable in the height of summer with T shirt and shorts may not be suitable in the middle of winter with waterproofs and warm clothing on.

In general terms though, Level 50 is a buoyancy aid designed for when help is close at hand whereas Level 150 is a general-purpose lifejacket more suited to offshore cruising and motor boating.

Do I need to professionally service my lifejacket?

For recreational boaters, there's no legal requirement to get your lifejacket serviced. However, lifejacket manufacturers do recommend their products be serviced annually by a professional at an approved service center.

Throughout the season you should regularly check the lifejacket/buoyancy aid for signs of damage to the cover, the webbing straps, stitching, clips, and buckles.

The Thorny Subject of Lifejackets – continued

If using an inflatable life jacket you should also ensure that any 'life' parts (e.g. gas bottle) are in date and regularly check to confirm that the inflation cylinder has not been discharged and that it's fitted properly (tightly screwed in as they do come loose) If you are concerned, replace the parts or get it looked at professionally before using it.



To clean your buoyancy aid/lifejacket, after use, rinse with a damp clean cloth, nobody wants to use a musty lifejacket! Once clean, dry out of direct sunlight. Lifejackets should be stowed completely dry, somewhere cool, and dark.

Lifejackets for children- what do I need to consider?

A Lifejacket of the correct size, not a buoyancy aid, is recommended for young children, toddlers, and babies to support the head and keep them facing upwards in the water. Size is important to ensure that the child does not slip out of the jacket whilst in the water. Never fit an adult sized lifejacket to a young child. If in doubt research or seek guidance. Any older child wearing a buoyancy aid should be a confident swimmer.

When to put them on?

On land prior to approaching your craft, many people fall in from the quay heading/bank, whilst getting on and off their craft. Young children should wear their lifejackets at all times when close to the water edge. It can be tempting to put off wearing your life jacket/buoyancy aid until on the water and on a sunny calm day just chuck it in the boat in case the weather changes. Don't forget though, weather can change and sometimes quite quickly, will you have the time to put it on?. For top tips watch the short video at https://youtu.be/T4v_D8jC4Uk

Disposal of Abandoned Items on CHSC Dinghy Park



Rowing Dinghy, marked 'Up Tide 3'



3 Boat and Launching Trailers

The items pictured above are stored on the dinghy park at CHSC. All are in a poor state of repair, there are no club records of ownership and no payment for storage has been received in the past 12 months.

Under the Coldham Hall Sailing Club Rules 11.2, 11.3 & 11.4 and Club Bylaw 6 it is the intention of the club to officially dispose of these items. (A copy of CHSC Rules and Bylaws are available on the club's website or by request). All reasonable attempts having been previously made to trace ownership.

Notice is hereby given that if no person comes forward proving/claiming ownership within 28days from issue of the notice Coldham Hall Sailing Club has the right to dispose of said items.

Any person claiming ownership is asked to contact Gary Corbett email mooringsecretary@coldhamhallsailingclub.co.uk

Sailing Section

OOD Duties April

Date	Allcomer Race Series	Cruiser Race	1 st Officer	2 nd Officer	3 rd Officer
April 9 th	Local 1		D Woolston	M Woolston	D Durrant
April 16 th	Local 2		D Hickman	D Jaffey	C Logue
April 23 rd	Downriver 1		D Greenacre	M Roll	J Yeates
April 29 th	Open Regatta		Committee	Committee	Committee
April 30 th	Open Regatta		Committee	Committee	Committee

Notes

Cruiser Class races start at 10.20am

Local races and downriver races for Allcomers and other classes will start at 10.30am

Three Officers are required to ensure safe and successful race sailing.

Local Race: Two officers will be designated to the safety boat but may assist in the start box until safety boat is required.

Down River: Two officers will be designated to the safety boat leaving one officer behind to time boats back in. Safety boat team please remember you should be the last boat back make sure no one is left out on the water! Keep a good look out at all times.

1. You are required to attend as shown on the programme to ensure a successful day's racing
2. If you cannot attend- it is your responsibility to arrange in good time to either swop duty or find someone from the list of reserve officers to cover your duty. Please inform the Race Officer.
3. Arrive by 9.00am and study the procedures. A folder containing race sheets is also available
4. Launch the safety boat before other boats prepare to launch
5. Take advice on setting the course, particularly for the Downriver options.
6. OOD's are to have the safety boat ready for all races. Please ensure the outboard has sufficient fuel. Make time to familiarise yourself with safe operation and use of the safety boat. Where possible familiarise yourself with the safety boat procedure prior to your OOD Duty.
7. It is the responsibility of the OOD to ensure that the days race results are handed/forwarded to David WOOLSTON by email who will arrange for them to be placed in the Sport Section of the EDP (Thursdays sailing results)
8. Officer of the day - please bring sufficient milk for drinks and cakes/biscuits if possible.

The 'Midweekers' - Sailing during the week

Leisure sailing is very important to the 'Midweek' group with hopefully being able to achieve a sail at least once a week. Additionally, there is some weekend leisure sailing included in this year's programme and which falls outside of the weekly Sunday Morning racing.

We hope this will help newer sailors to enjoy their sailing and develop their skills and encourage those who do not wish to race but want to sail in company and enjoy the club surroundings, usually with a stop for a 'snack and drink'.

If this is of interest please contact Judith by email on jude_rob2000@yahoo.co.uk to be included in the weekly emails.



Canoe and Paddle Board Section

Gary Corbett

With the coming of spring the paddlers and canoeists are once again preparing to launch their, kayak, canoe, paddleboards on our lovely stretch of river. In the two years since Coldham Hall Sailing Club introduced and welcomed members to the club numbers have certainly grown.

Now I would like to ask what can the club do to help active paddlers and canoeists to enjoy the club and facilities more? We are conscious that there are no specific events planned for you, partly because the clubs long history primarily as a sailing club, but we are keen to change this if you are.

Maybe with the many varied craft it would be difficult to introduce racing or maybe it's not, perhaps we should talk social paddling. The thing is can you and would you like to get more involved together? To do this we need your involvement, and more importantly, your help.

1. Do you have a paddling skill or experience you can help pass on, are you a kayak or paddle instructor for example, we know there are many people who would love and benefit with a get together advice/ instruction.
2. Would you like to join other paddlers, for example social paddle Tuesday evenings, where you turn up and paddle within a group- together. Not just for safety in numbers but to join like-minded people enjoying a paddle. Last year we regularly had 12 paddlers. Let's not limit this to just Tuesdays.
3. Will you help set up a group, plan a paddle together, we will assist and promote.
4. Would a paddle member like to submit information in the Chronicle. Do you have or can you take photos for use in the Chronicle and on the CHSC website or Facebook page.

Your, club is asking for your ideas and suggestions on what we can do for you, importantly what you can do for us and others; please get in touch.

Important, as a paddler you need either a Broads Authority Toll for your craft or membership of British Canoeing*. Insurance is also essential which is included if you have British Canoeing membership.

"British Canoeing membership includes waterways license's covering all the major waterway authorities, including the Canal and River Trust, Environment Agency, Broads Authority and many more.

Sailing Burgees.

Do you have a burgee where the flag is a bit worn and tatty in need of refurbishment? If so either leave it at the club (for/ or) speak with club secretary Judith, it will save you buying a new one. Judith will sew in a new flag. The shaft needs to be in a reusable condition.



and enjoy the sailing and social get together. Book the days.

Open Regatta with Norwich Frostbites Sailing Club

Our first interclub and club event will be on Saturday (2pm) 29th April, and all-day Sunday 30th April. The full programme will follow by email, please pop down



Winter Work Parties

At CHSC we enjoy a full and long sailing season with racing over nine months from the beginning of April to the end of December. The downside is that we have only three cold, wet winter months to complete any maintenance and improvements to club facilities. For those who haven't been down to the club lately you will notice some major improvements and tidying works that have been carried out in the last two months.

The access ramp has been completed and a new pathway constructed to connect the ramp to the main carpark so that wheelchair users can easily access the clubhouse without getting bogged down in mud. The disabled toilets are now completed and fully functional within the clubhouse, just a couple of coats of paint to go to finish them off when the weather gets a bit warmer for the paint to dry - let me know if you would like to help out.



The floating pontoons have been extended by a further 35ft along the quay heading and the quay heading repairs completed. As well as providing safe access to moored boats, the pontoon will provide a degree of protection from wash and erosion for the quay heading itself, thereby extending its life. The start box has had a refurbishment of the balcony area to replace the rotting timbers and to make it safe to walk on, and the walkway to the start box has been refurbished. We've installed new life buoys on quay heading and also installed no fishing or swimming notices.

The never-ending job of repainting the fence has been carried out (it has been compared to painting the Forth Road Bridge) and the palings refitted to the rear fence following the installation of the cargerster for the toilets.

The Clubhouse floor has been repainted, and the clubhouse, storerooms and boatshed tidied from top to bottom, well back to front!

In addition, a second attempt at tree clearance along train reach by the RSPB was helped by club members, who seem to enjoy a good bonfire.

I would therefore like to thank all the volunteers who joined the four scheduled work parties in February and March to address a long list of tasks. We spent a little over £2,000 on materials but benefitted from the time and effort of more than fifteen volunteers for each of the four scheduled work parties and over 360 hours of labour. We've still got much to do but, thanks to a fantastic club effort, we've already made a great impact. Many thanks



All members are invited to submit articles, photographs, comments, items for sale or anything they feel suitable to be considered for publication. Email to Gary Corbett corbett01@btconnect.com or Dave Durrant davidkdurrant@yahoo.co.uk The editors reserve the right to delay publication or amend/reformat/correct submissions as deemed appropriate.