

CHELMARSH SAILING CLUB
SOFA2SUP
Standard Operating Procedures

Chelmarsh Sailing Club

Chelmarsh Reservoir

Hampton Loade

Bridgnorth

WV16 6BL

Overview

In addition to the current SUP SOP, the below is to enable race & fitness training at Chelmarsh for members paddling progression.

Sofa2SUP is aimed at intermediate and advanced paddlers who wish to train for racing, train to improve their paddling fitness, wish to progress their paddling in a fun, supportive, social and friendly way.

As well as fitness, the underlying themes of the paddle are safety & support. Paddlers look out for each other, make sure everyone is feeling well and keep an eye on each other to keep each other safe.

Sofa2SUP is not a race, there are no prizes.

Sofa2SUP will run on a winter schedule with a 9:30am – this may change in line with British Summer Time.

It is advisable for paddlers to warm up prior to participating in Sofa2SUP.

Booking

Those wishing to take part are encouraged to book on software (this will be Facebook to begin with but may move to a different system). This is to ensure the volunteer timekeeper is aware of numbers to aid managing the session.

Briefing

There will be a short briefing on the beach by the volunteer timekeeper to advise paddlers on safety, conditions and course route as appropriate.

Starting procedure

Sofa2SUP is a 5K paddle with 2 starts 1 minute apart or a mass start.

Start 1 – for fast, racer paddlers who wish to sprint the whole 5K

Start 2 – for those who wish to build their fitness with interval training. This can be a shorter distance in order to aim for the full 5K over the coming weeks.

Anyone who wishes to join on the back of the paddle for a slower 5K is also very welcome.

Finishing procedure

Timing will be taken when the paddler crosses the set finish.

There is no pressure to complete 5K.

The session ends when all the paddlers have crossed the finish line.

Paddlers can then either return to shore or commence in a regular buddy paddle.

Course

Course will be set on the day based on conditions. There is a selection of 5K courses to choose from.

All paddlers will be in the line of sight of others taking part as per race training rules.

Paddlers who finish first are encouraged to paddle out to those still paddling to offer support and boost morale.

Music/training apps

For motivation, music and training apps can be used.

If using earbuds, only one ear bud is to be used so the paddler can hear other water users/instructions

Timekeeper

One volunteer timekeeper is required to select the course (with help from others if needed) for the paddle.

The timekeeper will manage the start using an imaginary start line, using a stopwatch, & signal (such as a whistle).

Scanning software is still being investigated.

Scanning software is the preferred method to use as this enables the volunteer to also paddle after all the other paddlers have started.

Timekeeper will brief the paddlers of the starting and finish procedures as well as the chosen course and direction of paddle.

Other water users

Paddlers to consider other water users when on the water and on the beach for launching and landing.

What to bring

Paddlers to bring –

Water in reuseable water bottle to keep hydrated whilst training

Towel/dry warm clothes for post training session

Clothes to wear on the water – dress for the conditions. Keep extremities warm

Pre/post session

It is recommended to eat & drink prior to the session

Warm up before session

Cool down post session