



rockhoppers

kayak club

Secretary: Mairead Barnwell

37 St. Malachys Drive, Greenhills, Dublin 12

e-mail: info@rockhoppers.ie

Phone: (m) 086 809 8229

Membership Form

NAME:	ADDRESS:
Contact No. in case of Emergency:	
Email address:	Home No.:
Mobile No.:	Work No.:
Kayaks Currently Paddled:	Kayak Level:

Please give a short note of paddling experience:

Disclaimer

1. I understand and accept that kayaking can be a dangerous sport, with risks to life and limb. No one but myself is responsible for judging my qualifications for my safety when I choose to challenge my capabilities by boating on a particular body of water, or a particular rapid.
2. I hereby waive, for myself and for anyone else claiming through me, my right to sue the Club, it's members, trip coordinators or any of my fellow paddlers for any injuries to my person or my equipment which may occur during, in preparation for or in transit to or from a Club outing. The waiver applies to any negligent act or omission and to any intentional act intended to promote my safety or well-being.
3. I confirm that I do not suffer from any disability or medical condition which may render me unfit for strenuous exercise**

I have read, understood and will abide by the constitution and rules of the club and will endeavour to have great fun whilst doing so. I will also do my best to look out for my fellow paddlers, their wellbeing and safety & will also look after the best interests of the Club.

Signed: _____ **Parent/Guardian (if member under 18):** _____

Date: _____

** Should a medical condition exist, this does not necessarily preclude you from membership/participation, but it must be declared. Should you be in any doubt, advice should be sought from your family doctor.

Please return this completed form along with your membership fee (cheque to be made payable to Rockhoppers Kayak Club) of €50 Adult/ €60 family to the following address:

Jane Eustace, Treasurer RKC, 42 Alexandra Walk, Clane, Co.Kildare.

Constitution and Rules

1. NAME

The club shall be known as 'Rockhoppers Kayak Club' hereinafter known as THE CLUB.

2. OBJECTIVES

The objectives of the Club are to promote sport and recreation of canoeing.

3. MEMBERSHIP

1. Classes of Membership

(a) Full Member: over the age of 18.

(b) Family Members: the spouse and/or children under 18 years of age of a full member.

(c) Junior Member: under the age of 18. Those under 16 years of age will only be admitted when one or both parents are members.

2. Election

Candidates for election to membership shall make written application to the Secretary of the Club on the form provided. The power of election shall rest with the General Committee, who may refuse to elect to membership any applicant without assigning a reason for so doing.

3. Restriction

A person who has been expelled from, or refused membership of, the Irish Canoe Union, shall not be eligible for membership.

4. Acceptance

The General Committee may at its sole discretion, decline to accept renewal of membership, from any person, without disclosing the reason.

4. ENTRANCE FEE

1. Each applicant for membership shall, if his/her application be accepted, pay an entrance fee, the amount of which shall be determined by the members in General meeting.

5. SUBSCRIPTION

1. The rates of subscription have been agreed to 1st April and in future shall be determined by the members in General meeting and shall be due on election and, thereafter, on or before 1st April in each year.

6. CESSATION OF MEMBERSHIP



1. Any member violating any of the rules or regulations of the Club or being adjudged guilty of unsatisfactory conduct may, by resolution of the General Committee, be suspended or expelled. Any member so suspended or expelled may appeal to a Special General Meeting if such an appeal is sponsored by not less than 50 per cent of members who are entitled to vote.
2. A member shall be deemed to have resigned from the Club if, after due notice in writing, he/she has not paid by end April the then annual subscription which became due on 1st April. He/she may, however, rejoin at any time during that year without payment of any entrance fee, subject to the provision of 3.3 or 5 above.

7. SECTIONS

1. The Club may organise various sections to cover the various activities of canoeing.
2. The affairs of each section shall be conducted by a sub committee of up to 3 members of whom the Chairperson or his/her deputy shall serve on the General Committee.

8. DISQUALIFICATION FROM HOLDING OFFICE

1. Only members entitled to vote are eligible to hold office.
2. Any member who is under the age of 18 years, shall not be eligible for election to the General Committee of the Club.

9. GENERAL COMMITTEE

1. The General Committee shall conduct the affairs of the Club as a whole and shall consist of a Chairperson, Secretary, Treasurer, Safety Officer and other officers as deemed necessary. Additionally, the General Committee may co opt no more than 3 members of the Club to its members.
2. Nominations for the position of Chairperson, Honorary Secretary, Honorary Treasurer and other officers shall be put forward in the form of a motion under the terms of the Rule 12.5.
3. The term of office shall be for one year, and members shall be eligible for re election.

10. DUTIES OF THE GENERAL COMMITTEE

1. Chairperson

The Chairperson will preside at all General Meetings of the Club and at all meetings of the General Committee. He or she will be responsible for guiding the activities of the club in accordance with its rules and general policy as expressed by the majority of its members. The Chairperson shall represent or arrange for the representation of the Club at Irish Canoe Union General Meetings. He/she shall ex officio be a member of any other committee of the club.

2 Honorary Secretary

The Honorary Secretary will be responsible for the organisation of meetings of the General Committee and of the Club, and the recording of minutes relating to such meetings and all correspondence relating to the general business of the Club. He or she shall be responsible for transmitting all correspondence relating to particular activities to the relevant individuals at the earliest opportunity.

3. Honorary Treasurer

The Honorary Treasurer will be responsible for the collection of all monies including subscriptions and shall keep such books of account as required by the General Meeting. The Honorary Treasurer shall audit the accounts of the club annually and shall produce at the AGM balance sheet showing the financial state of the club and where required this to be accompanied by an Honorary Auditor's report. All cheques drawn on the club's funds should have two signatures. The Treasurer must make the General Committee aware of any existing or potential financial or cash flow problems.

4. Safety Officer

The Safety Officer will be responsible for promoting safe practices amongst club members. The Safety Officer will ensure that club equipment complies with all current safety recommendations. It would also be expected that the Safety Officer would be familiar with the Irish Canoe Union's Award Scheme and encourage participation in the Scheme by Club members.

5. Duties of other Officers

Officers may be elected to be responsible for the duties such as **Activities Officer**. The Activities Officer shall arrange a programme of canoeing events and activities.

Social Secretary: The Social Secretary shall organise a programme of social events.

11. GENERAL COMMITTEE

1. The General Committee is responsible for the general conduct of the Club's business and activities.
2. The General Committee shall meet at regular intervals during the year, as required by the business to be transacted.
3. Special meetings of the General Committee shall be called by the Honorary Secretary on instructions from the Chairperson, or not less than three committee members.
4. A quorum shall consist of not less than 3 members of the General Committee.

5. In the case of casual vacancy among the General Committee, the said Committee shall appoint another eligible person to act until the next AGM.

12. GENERAL MEETINGS

1. An Annual General Meeting shall be held each year and no later than 18 months after the preceding Annual General Meeting.
2. An Extraordinary General Meeting shall be called on the instructions of a simple majority of the General Committee, or on a requisition signed by not less than 30 per cent of the members entitled to vote.
3. Not less than 14 days clear notice shall be given, specifying to all members the time and business of the General Meeting.
4. Motions for discussion at the Annual General Meeting, not of origin from within the General Committee, shall be lodged with the Honorary Secretary at least 14 days preceding the AGM, and be signed by 4 members entitled to vote.
5. At any General Meeting, a resolution put to the vote of the Meeting shall be decided by a show of hands, of those entitled to vote, except when more than one nomination has been received for a position on the General Committee, in which case voting will be by secret ballot.
6. At all General Meetings the Chairperson will preside or, in his/her absence, a Chairperson for the meeting will be elected by the voting members present.
7. At all General Meetings not less than 50 per cent of the members of the Club shall constitute a quorum.
8. If after a half hour from the time appointed for the meeting, a quorum is not present, the Meeting, if called at the request of the members shall be dissolved. In any other case, the Meeting shall be adjourned. If a quorum is not present with half an hour of the time appointed for an Adjourned Meeting, the members present shall be a quorum.
9. Accidental omission to give notice of a meeting to, or the non receipt of notice of, a meeting by any member shall not invalidate the proceeding of the meeting.

13. LIABILITY

1. The General Committee shall manage the affairs of the Club. Financial or legal liability incurred in the rightful exercise of their office shall not, however, be the personal liability of the Committee, but shall be the responsibility of the Club as a whole.

2. All members or other persons who attend club tours or meets do so at their own risk, and neither the Club nor its officers can accept liability for any loss or injury of any kind sustained at its premises or whilst on a Club tour, meet or other activity.

14. VOTING

1. Only full members, and members over the age of 18 years are entitled to vote at all meetings.

15. ALTERATION OF CONSTITUTION

1. This constitution shall not be altered, amended, or rescinded except by a General Meeting of the Club.
2. A resolution to give effect to a change must be passed by at least 5% of the members present at the General Meeting.

16. AUDITOR

1. Every Annual General Meeting shall appoint an Honorary Auditor who shall at least once in every year examine the Accounts of the Club, and ascertain the correctness of the income and expenditure accounts and of the Balance Sheet.

17. DISTRIBUTION OF PROFITS

1. In no circumstances can any profit be distributed to members, but any profits earned shall be contributed to a General Fund for furthering the objectives of the Club.

18. TERMINATIONS

1. The Club shall not terminate except by resolution of a Special General Meeting convened for the purpose and, in such an event, any surplus assets shall be handed over to a body or bodies with similar objectives or to a charity or charities agreed by the meeting which formally terminates the Club.

19. POWER OF DECISION

1. Any matter not provided for in this constitution, or any question over the interpretation of it shall be dealt with by the General Committee whose decision shall be final.

20. SAFETY RULES

1. The General Committee shall be empowered to draw up rules for the safe conduct of canoeing activities.

21. DECLARATION

Each member upon joining shall sign an application form containing the following declaration



rockhoppers
kayak club

Name: _____

CHILD PROTECTION

Rockhoppers Kayak Club agrees to adopt the Irish Canoe Union Child Protection Policy. All members are deemed to have read and understood and assented to the Irish Canoe Union Code of Conduct for the Protection of Children and as such recognise and adhere to the principles and responsibilities embodied in that Code.

I the undersigned have read and understood the Irish Canoe Union Child Protection Policy and as such agree to fully recognise and adhere to the principles and responsibilities embodied in the Irish Canoe Union Code of Conduct for the Protection of Children.

Signed: _____

Signature of Parent/Guardian

(if member is under 18) : _____

Upon acceptance into membership of the Rockhoppers Kayak Club I understand that canoeing is undertaken at my own risk. I confirm that I do not suffer from any disability or medical condition which may render me unfit for strenuous exercise**

Signed: _____

Signature of Parent/Guardian

(if member is under 18) : _____

**** Should a medical condition exist, this does not necessarily preclude you from membership/participation, but it must be declared. Should you be in any doubt, advice should be sought from your family doctor.**



Safety Rules

General safety

1. Never go paddling with less than 3 club members. If less than three go paddling, they are not under the auspices of rockhoppers kayak club.
2. All club members must wear C.E . approved Helmets and Buoyancy aids.
3. All club members should have a first aid kit.
4. For every trip there will be a leader assigned and he/she will lead the trip.
5. If a member wishes to bring a friend he/she must check with the leader or safety officer.
6. Rockhoppers will have one official club trip per week unless otherwise stated. Any other trips are personal trips and do not fall under the title of official clubs trips.
7. If a club member is late for a trip they should never get on the water to catch up with the group.
8. Club members should wear suitable clothing for the weather.
9. If a club member is not going to make a trip they must inform the leader or safety officer.

Before getting on the water

1. It is the responsibility of each club member to warm up before getting on the water.
2. Club members must inform the trip leader if they suffer from any illness or disability.
3. The trip leader or safety officer may stop a member from getting on the water if he / she thinks it is unsafe for that paddler.
4. There should be a numbers check before getting on the water, during the trip and at the end of each trip. Each trip member should be aware of this number.
5. It is the responsibility of each club member to check and ensure that all their equipment is in good condition prior to getting on the water.
6. Each club member must have a drink and some food with them.
7. There must be at least 1 towing system per 3 club members.
8. Club members should be knowledgeable of all hand and whistle signals before getting on the water.

On the water

1. Club members must follow the instructions of the leader at all times on the water.
2. Club members should conduct themselves in such a manner as to not compromise the safety of themselves or the safety of other paddlers in their group or any other groups of paddlers.
3. If a club member wishes to join other paddlers while on a club trip they must inform the trip leader.
4. If there is an accident all members must eddy out to a safe spot on the river and wait for instructions.
5. If a paddler capsizes, other group members must help out with any necessary rescues but taking into consideration their own safety first.
6. If a club member is unsure of their ability to safely negotiate any particular feature on the river they should inform the trip leader and portage if necessary.
7. Club members must never move out of sight from the group or paddle ahead of the group leader.
8. All club members must be able to assist in an x-rescue.



rockhoppers

kayak club

SAFETY SIGNALS

HAND SIGNALS

One hand extended above head Distress / Need Attention.

One hand on top of head Okay. I am / Are You.

Two hands extended above head Stop

Two hands extended above head – then
point left / right. Move/ Swim that direction

Two hands extended above head-
Wave arms then point left / right Eddy out that direction.

Both arms crossed in front of chest Need Medical Kit and Help

WHISTLE SIGNALS

1 Whistle blast Stop / Attention

2 Whistle blasts Upstream – Move / Look.

3 Whistle blasts Downstream – Move / look

3 Whistle blasts repeated Emergency – Eddy out /
assemble on bank

I have read and understood these safety signals used by Rockhoppers

K.C.

Name: _____

Date: _____