



Hickling Windsurfing Club Newsletter

January 2019

<http://www.hicklingbroad.co.uk>



HAPPY NEW YEAR!!

On behalf of the Committee, I'd like to wish you all a (slightly belated) Happy New Year. I hope that you had a peaceful and restful Christmas.

Although it has been a relatively mild early winter, and many of you have been sailing in recent weeks, this is normally a quiet news period. However, not this month. Read on....

Richard, editorhwc@gmail.com

We have a defibrillator!

Thankfully the recorded cases of serious illness occurring whilst windsurfing are very rare. Nonetheless it is an energetic sport, and our superb location in deepest Norfolk owes much of its attraction to its relative remoteness. This of course means that if something does go wrong, it could be some time before professional medical care could arrive to deal with any emergency.

We have already invested in good quality first aid kits that are kept in various locations, and we recommend that you take a phone to the beach. Last year we also purchased radios so the we can call on the support of the sailing club rescue boats when they are on the water, as well as maintain shore to boat contact with our own boat.

We have now extended our first aid support even further. From this weekend, we have provided an Automated External Defibrillator (AED) at the beach. This is a portable device that automatically diagnoses life threatening cardiac arrhythmias, and treats the heart with an electric shock to establish an effective rhythm.

Recent improvements in technology have made these devices extremely easy and safe to use. Pressing the button to turn it on leads to the device talking you through how to apply the treatment, step by step. If a shock isn't required, it won't issue one, so it is very safe but effective. You do not need to be trained to use it- just follow the instructions.



The device is stored in a separate plastic box within the secure storage box next to the boat. Signs will be put up within the next few days to identify where it is kept. A separate, secure storage box will hopefully be provided very soon.

Also within the box you will find full instructions (although, as I say, you don't need them: the device tells you what to do); a pair of scissors to help with the removal of wetsuits or clothing to access the casualty's chest; a towel to dry the area where the AED pads are to be applied; and a razor, in case body hair has to be removed to allow the pads to fully contact the skin.

I hope that this is one piece of club equipment that we never need to use, but I'm sure that you'll agree that it is a very sensible investment of your membership fees.

Talking of which.....

Please keep an eye on your letter box. Simon (our Membership Secretary) has just posted out the 2019 renewal forms. With membership fees once again frozen at the very low and affordable levels, I'm sure you'll agree that the Club continues to offer exceptional value for money. (Please note there may be a slight delay in receiving the stickers from Simon- there has been a delay at the printers).



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Do you have kit that you would like to sell?

In October's newsletter I advertised some good quality secondhand kit for an ex-member. It sold within 24 hours!

It set me thinking that there is probably quite a lot of good quality kit (not something vintage from the 1980's!) gathering dust in garages that members would like to sell, and which I could advertise in the next newsletter.

February's newsletter will be published in the first week of the month. So, if you would like to spring clean your garage and sell some equipment, please send me a photo and description of the item(s), and contact details for you and I'll do the rest. Deadline for submitting details, please: 31 January.

Dates for your diary

We have just sketched out the planned club events for 2019. There may be a few things to be added, and one or two dates are subject to confirmation, but in the meantime, please pencil the following into your diary.

2 March, 10.30 am: working party. Meet at the club with spades, rakes, brooms, etc. to tidy the beach and car park, check over the club kit and generally get the facilities ready for the season ahead. All welcome, and we'll likely finish in the pub for a pint.

11 May/ 20 July/ 7 September. 2019 Race series. All abilities welcome, with the racing formats decided by the prevailing conditions on the day. Darren has been spotted following a strict winter training regime with a view to retaining his 2018 crown!

18 May. Come and Try Day. One of the highlights in our year. Lots of volunteers required as we attempt to get 30 to 40 new windsurfers on the water.

1/ 2 and 8/ 9 June. Start Windsurfing (beginner) courses.

15 June. Club barbeque. The social event of the season. Can we better last year's fabulous event?

29 June and 31 August. Ladies days.

6 July. Intermediate training day.

17 August. Fun Day.

Saturdays through July and August. Sailing Saturdays. Support provided by experienced members to get the less experienced on the water and build their confidence. As well as having someone to sail with we also hope to guarantee rescue cover on these days.

Having just typed that list out, I'm really excited by such a fabulous list of events. Not bad, considering everything is run by volunteers and most of the events are free (or at worst for minimal cost). Roll on the Spring and the warmer weather (although this weekend looks windy and relatively mild, so I might be tempted on to the water).

That's all for this month!

However, before I finish I'd like to wish John Tuddenham, "Get well soon". You'll all know John as one of the stalwarts of the club, who gives so much of his time and skills to keeping things running smoothly. We were shocked to learn that he was taken very seriously ill just before Christmas. However the excellent staff of the Norfolk and Norwich have patched him up and he is making a good recovery. We're all looking forward to seeing him back on the water before too long.

Otherwise, don't forget to email me details of any kit you have for sale, and you'll hear more from in February. As always, please keep an eye on your emails, our website and Facebook for updates and further news.

With best wishes for a windy 2019.

Richard (editorhwc@gmail.com)