YOUR ULTIMATE GUIDE TO

Manvers Waterfront Boat Club





















PADDLE SPORTS

SWIMMING

WINDSURFING & SAILING

TRIATHLON

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ANG

LING DRAGON

AGON BOATS MODE

ATS PHOT

HOTOGRAPHY NEWFOUNDLANDS



Manvers Waterfront Boat Club Ltd

The Boathouse, Station Road, Wath-upon-Dearne, Rotherham, South Yorkshire S63 7DG



Welcome

to Manvers Waterfront Boat Club



Operating 365 days a year, we are currently one of the best multi-sport clubs in the country!

Offering a wide range of activities we really do have something for everyone and look forward to welcoming you down at the lake. We currently have sections dedicated to paddlesports (canoeing, kayaking and stand-up paddle boarding), triathlon, running,

dragon boating, open water swimming, angling and model boating.

The club has the use of a purpose built boathouse which is owned and operated by Manvers Lake & Dearne Valley Trust Ltd, a charitable company which looks after the lake and surrounding area. Since its formation, the club has grown rapidly to its current size of over 2000 members.

You will find us friendly and ready to help whether you be starter or expert, avid or returnee, junior or senior.

Your membership allows you to partake in any of our activities and sports at any levels. Hence in addition to trying different sports, different members of the same family can take part in different sports at the same time.

We always keep your safety and security in mind and try to operate all our activities to the highest ethical and professional standards for your and our peace of mind.

Over the following pages we hope that you will find all of the information you need to make the very most out of your membership. We look forward to seeing you soon!



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Manvers Lake & Dearne Valley Trust. Registered Charity - No. 1150159.

Manvers Lake & Dearne Valley Trust Ltd. is a company limited by guarantee and not having a share capital, registered in England & Wales, Company Number 07521620. Registered Office: The Boathouse, Station Road, Wath-upon-Dearne, Rotherham, South Yorkshire S63 7DG

How the club operates

The club is run by a team of skilled volunteers who provide a range of activities for members - which is why we can keep the price so low!

Each discipline has it's own dedicated facebook page upon which sessions will be posted weekly once the availability of our volunteer coaches is known - links to book on the sessions via our booking portal 'WebCollect' will be displayed. Don't have facebook? It's not a problem, you can book on direct via our portal at WebCollect

WebCollect is where you purchased your initial membership. This is where you can maintain your membership e.g. to renew your membership and to book onto a session. Once you have joined you will need to book onto a session every time you wish to participate (currently, this does not apply to model boating). See page 5 for details on how to do this.



Club Support Officer

We have a dedicated 'Club Support Officer' who will be able to help you with any general queries and offer guidance where needed. You can contact him via email at info@mwbc. org.uk. In addition to this each disipline has a 'Section Leader' who can help with sport specific queries. You will find a wealth of infomation on our Downloads and FAOs page on the website, including our Club rules and policies.

In this guide you will find further information on each sport, contact details for the leader and links to the relevant facebook groups

and web pages. Please also see our club rules on the downloads page of our website

























PADDLE SPORTS

SWIMMING

WINDSURFIN & SAILING

TRIATHLON

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ANGLING

DRAGON BOATS

MODEL BOAT

BHOTOCRAPHY NEWFOLINDLAND

What your membership covers

Your annual membership fee allows you to access all sections of the club, both water and land based

Session spaces are allocated on a first come first serve basis. There may be restriction to numbers due to equipment availability or coaching ratios.

SPECIAL SESSIONS

Different sections also hold special sessions throughout the year such as the Halloween Paddle and the End of Season Twilight Swim which are always great fun!







How to book onto your sessions

You need to book onto every session you attend via 'WebCollect'. This can be accessed via the link below or from our website at www.mwbc.org.uk

WebCollect



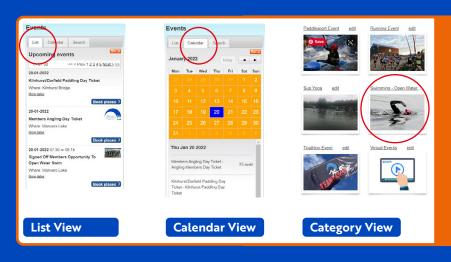
1. Sign in

It is important that you sign in as otherwise you won't have access to all of the available sessions.



2. Browse

This page is where you will find the details of your subscription, where you can renew your annual subscription and see what sessions you have booked. Importantly, this is where you can click to browse the upcoming sessions in order to book on.



3. Select your activity

You can search for the activity you wish to book in several ways.

- Via the list view which is on the right hand side of the page. This will show every session available
- Via the calendar view: select your chosen date and all sessions available for that particular day will appear
- Via the category image which is towards the bottom of the page. This will narrow the list and calendar view down so that you only see the sessions available for the sport you have chosen.

continued



4. Add to basket

Once you have clicked 'Book places' on the previous step you can select your date, type and 'Add to basket'.



5. Checkout

Don't forget to checkout to secure your booking!

That's everything completed, you should now be booked onto your session.

You will receive confirmation of your booking via email so do please check this has come through - if nothing has arrived you may not have completed the booking procedure. Please also check your junk/spam email box for a webcollect.org.uk email address as it maybe in there.

If you need to cancel your session then please email the section leader to let them know (WebCollect will not allow you to cancel it yourself). All of the email addresses are on the following pages for the different activities.





Paddlesports

We have an extremely active paddlesport section offering kayaking, canoeing and stand-up paddle boarding (SUP). Manvers Lake is the ideal venue for newcomers to try the sport and to learn the fundamental skills in a safe environment.

ABOUT

We have a wide range of craft available for members to use on any of our sessions including sit-in and sit-on kayaks, open canoes and stand-up paddleboards. All of our paddlesport sessions are supervised by experienced British Canoeing qualified coaches and instructors.

Now that you have become a member you are allowed to paddle in the designated 'general paddle' area. If you wish to advance your paddling from this area you then book onto an introduction with an instructor or coach. We use British Canoeing 'Start', 'Discover' and 'Explore Awards' to progress you through your personal paddling journey. We encourage all members to come onto one of further paddling courses.

If you have your own equipment, once the instructors are happy you are competent then you can then use the lake outside of club sessions on our 'Paddle for exercise' sessions which are every weekday 9:00am - 16:00pm, Saturdays 13:00pm - 16:00pm and Sundays 10:00am - 4:00pm. Please see our Paddlesports

WHEN

The club aims to run regular club paddlesport sessions on the days and times below:

Saturday: 10.00am - 13.00pm

Tuesday evening: 18.00pm - 20.00pm (mid April to mid September)

Thursday evening: 18.00pm - 20.00pm (mid April to mid September)

These sessions are where any coached sessions and new paddler Start Awards are held.

Please Note: Everything at the club is run by volunteers. Coached sessions are run by volunteer instructors who give up their time for free, so are subject to their availability.

FURTHER INFORMATION

We also aim to run regular trips away from the lake catering for all tastes and abilities. All club trips are led by qualified and experienced coaches, instructors and activity assistants.

SECTION LEADERS

Yvonne Merrills-WhiteOn-site Co-ordinator

Jane Burren

Progression Co-ordinator

Bob Mawson

Off-site Co-ordinator







CONTACT EMAIL Paddlesports

FACEBOOK LINK

Manvers Paddlesport

Section

WEBSITE LINK

Paddlesports

PADDLEUK







Open Water Swimming

Why not join us for a dip? Open water swimming has some fabulous benefits. Not only is it good for your physical and mental health, it can be a great thrill if carried out in a safe, fun and responsible way.

ABOUT

Manvers has some of the best facilities in the country for open water swimming. We have clean clear water all year round, showers and changing facilities, slipway access to the water and a clearly marked swim course.

WHEN

We have sessions every morning 365 days a year, although the timings vary slightly according to the time of year. The summer season generally runs from mid April to September depending on water temperature and conditions. More experienced swimmers continue to swim at Manvers Lake all year round.

Summer Season Only

Lifeguarded "Open to all" sessions: Wednesday evening and Saturday morning.

"Assessed" Members Only sessions: Monday to Sunday mornings and Wednesday and Friday evenings.

See webcollect swim bookings page for session times, details, guidance and session rules

https://webcollect.org.uk/mwbc/category/swimming-event

RULES

For safety reasons you will need to complete an induction* and be assessed before being allowed to swim on the daily sessions

Please wear a brightly coloured swim hat for all sessions. If you're swimming without a wetsuit, you must use a tow float. Please see our FAQs and Rules for more detailed information.

Winter Swimming Rules | Summer Swimming Rules

* Please note: There is a small charge for these.

SECTION LEADER

Amie Ledger



CONTACT EMAIL
Open Water Swimming

FACEBOOK LINK

Manvers Open Water

Swim Section

WEBSITE LINK

Open Water Swimming







Life Saving

Lifesaving is one of the only activities that delivers both the physical and mental benefits of sport and physical activity whilst at the same time providing a skill for life that both enriches and could save lives.

ABOUT

Manvers Lifesaving is based at Manvers lake in the summer and Wath-upon-Dearne Leisure Centre Pool* during the winter. Our aim is to teach first aid, personal survival and rescue skills to children from 8 years and older. The club is an affiliate of the Royal Life Saving Society (RLSS) and teaches the society's Rookie lifeguard and National Lifesaving Academy awards. We are also a Children's University learning destination and can sign off passports when children attend a session. For older members, we can also sign Duke of Edinburgh awards.

WHEN

Manvers Life Saving operates on alternating weekends through the summer and winter months.

Usually we have Sunday sessions but occasionally we can offer weekday or Saturday morning sessions. Please see our Webcollect page for exact dates and times.

Bookings are put onto Webcollect weekly – If the booking you are trying to make is not available yet, please try booking later. Most of the booking slots for the week ahead are done on a Sunday evening.

RULES

Children must be able to swim 25m without swimming aids to attend. Please wear a brightly coloured swim hat and wetsuit for all sessions.

* Please note: There is a small charge for these.



FACEBOOK LINK

Manvers Life Saving

WEBSITE LINK
Life Saving





Windsurfing & Sailing

Sailing is a great way to relax, stay active, and challenge yourself. It helps you build confidence, clear your mind, and enjoy the outdoors.

ABOUT

Manvers Lake is in a comparatively sheltered spot which makes it ideal for beginners and intermediates and does not get a lot of gale force winds and benefits from the wind usually blowing from the same direction. At the moment we are only running sailing sessions for members, however more experienced signed-off windsurfing members can access club equipment within any organised club sailing sessions. Our aim is to get as many as possible on the water and having a go!

As we're affiliated with the RYA the sessions are led by an RYA Dinghy instructor. We will start to work through the five essentials or the five main controls; Course Made Good, Balance, Trim, Sail Setting and Centreboard, you will learn the different types of boats and how to rig them that we have as a club. You will learn the points of sail including the No-Go Zone, turning through (Tacking) and away (Gybing) the wind and what to do when capsized, with the goal to have you sail around a triangular course. The sessions are open to beginners and those that have sailed before or elsewhere and want to practice / advance their skills. Sessions are tailored to suit all ages and abilities.

WHEN

Saturday Session 1: 1:30pm to 3pm

Saturday Session 2: 3pm to 5pm

Alternate Mondays Evenings: 5:30pm for a 45 min session

(mid April to mid September)

FURTHER INFORMATION

Although there is no minimum age for sailing, typically 8+ years is best, to ensure there is suitable equipment available.

Thomas Flewitt



CONTACT EMAIL

Manvers Waterfront

Boat Club

FACEBOOK LINK

Manvers Windsurfing

& SailingSwim Section

WEBSITE LINK MWBC







Running

Just grab a pair of trainers and go! Running burns calories, builds muscle, busts stress, and boosts your heart health. Join our warm and welcoming running section who will accommodate all levels and abilities.

ABOUT

From beginners to ultra-marathon runners, or those who simply want to run socially and make new friends, we cover it all. We organise events across the country, including 5K parkruns, 10K charity events, half marathons, and even ultra-marathons. We also offer Couch to 5K beginner courses at various times throughout the year. Plus, we're fortunate to have the Trans Pennine Trail nearby for off-road running.

WHEN

As a club we have 3 main run sessions per week, plus 1 coached session which is for runners of all abilities and alternates between various locations.

Monday night: 6.00pm - Beginners run, any ability. See WebCollect

Tuesday night: 6.15pm - See WebCollect

Thursday night: 6.15pm - See Manvers Runners Facebook page for details

Saturday morning: 9am - see Manvers Runners Facebook page for details

FURTHER INFORMATION

"Running is for everyone" no matter of your speed or ability. Our EA Coaches and Run Leaders will help you get the most out of your running journey.

SECTION LEADER Wayne Hubery



CONTACT EMAIL Running

FACEBOOK LINK
Manvers Runners

WEBSITE LINK **Running**





Cycling

Cycling is great for fitness, legs and mind! As well as all of the benefits that physical exercise brings, cycling within a group broadens your social circle too.

ABOUT

Here at Manvers we have are a very friendly, supportive group. We offer various cycling sessions aimed at all abilities both on and occasionally off road. We also have cycle track sessions and TT sessions each month in the summer and turbo sessions in the winter. We have something for everyone - beginner sessions aptly named new and nervous and sessions for experienced riders to develop their skills and road craft.

WHEN

Track sessions - see Facebook and book on webcollect. Various ad hoc sessions maybe available depending on coach availability.

Thursday night: 6.30pm see Facebook and book on WebCollect

Sunday morning: 9.00am see Facebook and book on WebCollect

FURTHER INFORMATION

Pop along for a chat or email the section lead with any questions.

SECTION LEADER

CONTACT EMAIL Tri

FACEBOOK LINKS Manvers Cycling Section

WEBSITE LINK Cycling





Triathlon

Triathlon is a multi-discipline sport consisting of swimming, cycling and running. It is a great sport to keep active and all 3 elements keep training fun and varied too.

ABOUT

We are all about multisports at Team Manvers (our competitive name). Our aim is to help you achieve your Triathlon goals. Along with our own open water swim venue we also have access to a 5k cross country loop around the lake.

As well as sessions listed on the Swim, Run and Bike page we offer specific race training with:- brick sessions, virtual races, bike track sessions, strength and conditioning to get you ready for your event. Go on you know you want to give it a Tri!

Coaching is done by fully qualified BTF coaches and activators who will help you get the best out of your swimming biking, running and of course, the forth discipline, transition. Due to the location of the club and it's facilities we are also able to offer coached full "sprint triathlon distance" training early on Sunday mornings from 7am, this can involve a swim, a bike and a run.

WHEN

Swimming: See Open Water Swimming (page 8). We have sessions every morning 365 days a year.

Running: See Running (page 9). We run several times a week at various distances and aimed at all abilities and have coached interval sessions each week.

Cycling: See Cycling (page 10). We have various sessions available for all abilities.

FURTHER INFORMATION

We provide coaching and training for all no matter your age, ability, speed or distance. From just wanting to have a go all the way to full Ironman.

SECTION LEADER Wayne Hubery



FACEBOOK LINKS

WEBSITE LINK

Triathlon







Angling

Time spent outdoors is calming and relaxing. Every angler remembers their first catch. Just look at the way their eyes light up when they talk about it.

ABOUT

Manvers lake is fast becoming a specimen water and has a healthy stock of quality carp to over 30lbs, bream over 13lbs, tench over 10lbs (a rarity for a Yorkshire water), roach over 2lbs, perch nudging 4lbs and large pike. There's also the odd surprise brown trout, the best caught to date being over 8lbs and a number of years ago a small head of crucian carp were introduced, which have been steadily growing on.

To compliment the lake fishing we have now acquired for members 3 river stretches of angling water:

- 1.5 km of River Don at Kilnhurst
- 1.5 km River Dearne at Darfield
- 3km of River Dearne to the rear [North] of Manvers Lake

WHEN

All sessions must be booked on via WebCollect.

365 days a year: Please note: Night fishing is available for an extra subscription once an induction has taken place.

FURTHER INFORMATION

No fishing is allowed from the rocks on the beach to the bridge at the boathouse between 8.00am and 8.00pm. All anglers are reminded to carry a valid Environment Agency (EA) rod licence(s) that cover the number of rods you are using. Please follow the link below to see our official Angling Rules

SECTION LEADER Thomas Hill



CONTACT EMAIL
Angling

FACEBOOK LINK

Official Angling Section

WEBSITE LINK

Angling





Dragon Boating

Dragon Boat Racing is a competitive sport, it is a whole-body workout that builds strength, stamina, and endurance. Whether you are looking to improve your fitness, push your limits, meet new people, try something new and fun, any, or all the above, THIS is the sport for you!

ABOUT

We are always looking for new members to be part of the club. We offer recreational and beginner sessions, training alongside our current members. Come along to one of our sessions and get involved with the dragons!

WHEN

Our typical training takes place on the following days. Each training session usually lasts for approximately 1 hour on the water.

Mondays: 6:00pm - 7.30pm (10 man boat) Summer only

Thursdays: 6:00pm - 7.30pm (20 man boat)

Sundays: 1:30pm - 3:00pm (20 man boat)

FURTHER INFORMATION

All members (ages 10 and above) are welcome to attend our club sessions, from beginners to the more seasoned pros amongst you.

Please note: We also have small 10 man boats and you need to aged 14 and above to book onto these sessions.

SECTION LEADER

Caramia Muffett



CONTACT EMAIL

Dragon Boating

FACEBOOK LINK

Team Manvers Dragons

WEBSITE LINK

Dragon Boating





Model Boats

Manvers Waterfront Boat Club has a small but active model boating section. Sailing takes place most Wednesday, Saturday and Sunday mornings and into the early afternoon - weather permitting.

ABOUT

Types of models sailed include yachts, scale, steam and fast electrics - tunnel hull, Vs, and hydroplanes. There is a wealth of experience and knowledge in most facets of modelling.

No matter if you are experienced or a new starter, come on down and have a look. We welcome new members, young and not so young!

WHEN

Come along and meet members, view the range of models on display and talk about your interests. Members are always willing to help.

Sailing is available every day from 10am - 12noon, although weekends are the most popular times. No need to book online - as long as you are a member then you can just turn up to any session.

FURTHER INFORMATION

Please don't hesitate to contact us if you have any questions, we will be glad to help.

SECTION LEADER Stephen Perkins



CONTACT EMAIL

Model Boating

FACEBOOK LINK

Manvers Waterfront Boat
Club

WEBSITE LINK

Model Boating





Photography

Photography adds so much value to our lives – by recording special events, people, and places, while also helping us learn and grow as people.

ABOUT

Our group here at Manvers is friendly and open to all ages and all abilities. There is something for everyone, be it beginners or experienced photographers, all are catered for, with a monthly learning element and workshops planned around the monthly topic. Come along and enjoy a photography workshop in a relaxed friendly environment with like-minded people.

We are photographers who like to learn, improve, and share our skills and experiences with others while having some fun along the way. So, come along and take those first steps on your personal, supported photography journey, everyone is welcomed.

WHEN

Each month we feature a different monthly topic. Details of the month ahead can be found on the booking page in WebCollect.

Friday evenings: 6:00pm - 8:00pm

SECTION LEADER

Ali Mahdavi



CONTACT EMAIL
Photography

FACEBOOK LINK

Manvers Lake

Photography Section

WEBSITE LINK **Photography**





Newfoundlands

Newfoundland excel at water rescue/lifesaving because of their muscular build, thick double coat, webbed paws, and swimming abilities.

ABOUT

The group is all about working our Newfoundland's focusing on their natural abilities, these being, Water Rescue, Hauling Carts and Obedience, we occasionally practice Nose Work and Man-Trailing. Our aim is to encourage working with your dog, building, and enhancing your bond, as well as preserving the working traits of the breed. Socialising our dogs is as equally important, so we attend meet and greets with our Newfs, introducing them to members of the public and receiving many cuddles!

WHEN

We hold training sessions almost every Sunday, except for adverse weather conditions or for group activities such as water demonstrations, group holiday and/or water/draught test weekends. Water season usually begins March/early April and ends September/Early October. Draught season (hauling carts, obedience, nose work, man-trailing) begins October and ends March/early April.

Sundays: 10:00am - See Webcollect for details

SECTION LEADER
Nicola Wheeler



CONTACT EMAIL

Newfoundlands

FACEBOOK LINK

Manvers Lake

Newfoundland Dogs

WEBSITE LINK

Newfoundland Dogs



Safeguarding

Manvers Waterfront Boat Club is fully committed to safeguarding the well-being of its members. All members should show respect and understanding for the rights, safety and welfare of others, and conduct themselves in a way that reflects the principles of the Club. We believe that taking part in sport should be a positive and enjoyable experience for everyone. To support this, we have outlined a list of aims on our Safeguarding page, where you can also find further information and useful links.

Meet our Safeguarding Team



Gavin King Safeguarding Office



Teresa Hubery Safeguarding Office



Sarah Valentine-Bull Safeguarding Office

Anyone with concerns with respect to Safeguarding should contact a member of the Safeguarding Team. You can do this in person, or by using the Safeguarding Report Form.



Manvers Lake Café

Brew with a view!



We have a great little takeaway café on-site which offers a selection of drinks and snacks

Whatever the season we have it covered. From hot drinks and bacon sandwiches to icecreams and juice, whatever the weather we can keep you fed and hydrated. Our specialities are homemade cakes and soups, all delicious and homemade on the premises. www.manverslaketrust.co.uk/cafe.

Opening Times

Our opening hours vary, depending on the time of year but we are open 7 days a week. Updated opening times can be located on our <u>facebook page</u>.



Support Us

Manvers Lake & Dearne Valley Trust was formed in 2011 to look after Manvers Lake and the surrounding area, including managing the Boathouse and it's facilities. We are always striving to improve these facilities and are currently working towards completing the upstairs floor of the boathouse. Any donations help fund and subsidise many of our community activities.

You can support us in several ways - please click on the link below for further information.



Registered Charity No. 1150159

Click here











Team Building & Corporate Days



See our 'Manvers Activities' website for more information

Room to Hire



www.manversactivities.co.uk/room-hire



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