



Kayaking is a high risk sport. Injuries can occur

Pool Sessions

The club meets every Tuesday, September - May, 8 - 10 p.m. in the Play Drome, Abbotsford Rd, Clydebank.

8 – 9pm is for juniors/family

9 – 10pm is for adults

Members can practice skills on their own or seek help from the qualified instructors present. Sessions will be run concentrating on specific strokes.

Prospective members are welcome to attend the pool sessions. If you intend to come along please email us so we know to expect you. If, after 3 pool sessions, you wish to continue then the club membership fee should be paid.*

Costs

The current cost of a pool session is : £4 Adult / £3 Child / £6 Family, £5 Family (unwaged).*

*If membership is not taken out after the first 3 visits, an additional £2 on top of the normal pool session cost will apply.

The current annual fee is: £35 Family / £25 Family (unwaged) £27 Adult (waged) / £15 Adult (unwaged) or Junior (under 16).

As a member of the club you will receive a 15% on certain purchases from Cotswold Outdoors

Trips

A list of trips on rivers, lochs and sea is circulated bimonthly in the club Newsletter and posted on the website on the Events Diary Page. Club Website is dckc.org.uk

To book a place on the trip, call the organiser a week before to allow for equipment and transport to be arranged.

The club is affiliated to the SCA ([Scottish Canoe Association](http://www.scacotland.org)). Any member can attend a SCA trip.

Qualifications

The club instructors can provide the following:

- 1 to 3 Star training and assessment
- 2* = Open Canoe
- 3* = River
- 3* = Sea
- Canoe Safety test
- Aquatic First Aid Certificate (approved by SCA/BCU)





Equipment

In addition to the pool boats the club has:

- 7 sea kayaks and a double sea kayak.
- several general purpose river / loch boats
- several play boats.
- 16 new pool boats
- 5 children's boats
- 3 open Canadian canoes.
- a selection of paddles, spray-decks, buoyancy aids, wetsuits, cags, etc.

A complete set of equipment can be borrowed for £4 per week or part of a week. To borrow equipment to paddle unsupervised you must be at least 3 Star level ability for safety reasons.

Committee Members

Chairperson – Colin Adam

Vicechair – Rab Burns

Secretary – Ron Downie

Treasurer – Donald Smith

Equipment Officers – Barry Edmunds & David Vause

Child Protection Officer – Colin Adam (07790079676)

General Members – Janice Gow & David Vause

Junior Representative – David Gow

Beginners Guide to Kayaking Equipment

Rab Burns 12/12/03

Over the last few months the club has seen a large increase in new members, many of whom are new to the sport. Some of the questions I get asked most often prior to a paddle is; "What should I wear?" or "How much does that cost?" The answer will never be the same, because two people are never the same. I have listed below most of the major items of clothing or equipment that as new members you might be looking at acquiring over the next few months or years. If asked what are the three most important items of equipment that you should buy, I would say a wetsuit, cag and buoyancy aid. I would state those because they are your personal clothing items, and that includes your buoyancy aid. But, before you rush of out to buy them; please ask at the club for advice. Some items have more advantages than others; quiz people to find out what is the best. Learn from other people's financial mistakes. And also remember there are sometimes items for sale in the club newsletter or kayak magazines.

Hat / Helmet

A hat is something that everyone should possess while paddling, it keeps you warm, and a skip cap can keep the rain off or stop the sun blinding you. (The latter is rare in Scotland!) Hats come in all shapes and sizes, and prices ranging from about £1.00 to around £50.00. The main thing is that it works for you. Helmets are mainly worn while on the river, or the surf. With open canoeing there is no real requirement to wear a helmet until you are paddling Grade 3 water or above as a paddler tends to fall out of their boat, with their head above the water rather than capsized. Helmets can cost from around £20.00 to around £100.00.





Cags

Cags are one of the first things as a paddler you should consider buying. They come in a wide variety of designs, for river kayaking, sea kayaking, or just touring. They are the main piece of clothing that will keep the water and elements away from your body thus keeping you warm. Cags come in long sleeves and in a variety of thin materials for summer use. They usually have neoprene cuffs and a neck seal. A cag can also have a "double seal" which refers to the seals around the paddler's waist. River paddling cags will tend to have a latex seal around the neck, and are made from slightly thicker material. Touring or sea cags are much the same as the river cags, but tend to have open neck seals, reflective tape to be seen at night, pockets and a hood! The cost of a cag can be from around £30.00 to around £250.00, and it is very much a case of what you pay, is what you get! But in general, for a river paddling cag, double sealed and a latex neck seal you can pay anything from around £70.00 upwards. For a sea cag double sealed, hood, pockets & reflective tape you can expect to pay around £100.00 and up.

Clothing

Clothing is a very personal thing. What might feel cold to one person; might be comfortable to another person. For sea kayaking or open canoeing "Ron Hill" type jogging bottoms or fleece bottoms type are fine, along with a T-shirt, light fleece top and a heavy fleece top. For river paddling, the upper body clothing is the same as for the sea paddlers.

Waterproof Trousers

Waterproof trousers are mainly used for open canoeing or sea kayaking. Waterproof trousers can also be used once you are off the water, for lunch, to keep the wind and rain at bay, and this includes river paddling. Again the cost in general reflects the quality. A pair of waterproof trousers can cost from £20.00 to well over £200.00.

Wet Suits

A wet suit is something that everyone should possess and is one of the first items of clothing you should acquire. They are mainly 3mm neoprene "Long John" type for paddling. Again they come in a wide variety of designs, the main thing is that a wetsuit fits tightly over your body with nothing under it. However, if you are borrowing a wetsuit from the club please wear some form of swimwear underneath for your own personal hygiene. Wet suits cost from around £35.00 upward. Ask for advice on what you should look for in a wet suit.

Drysuits

Dry suits are what they say - a dry suit. Therefore you can keep the clothing on that you have arrived in and just put the suit on. You can even go for a swim in them and your clothing is dry. Prices start from around £200.00. There's always a catch!

Buoyancy Aids

These are very individual and depend very much on what type of paddling you are doing. Basic buoyancy aids have no pockets on them. Other buoyancy aids are designed for river paddling or for touring. Buoyancy aids for the river tend to have a large pocket at the rear for a throw-line, and a large zipped pocket at the front and are sometimes fitted with a "cow's tail". Touring buoyancy aids tend to have more pockets all around for spare film, cameras, more spare film, flairs, etc. Whatever design you are looking at, the most important thing is how it fits. The buoyancy aid can restrict your paddling movements if it's the wrong design and shape for you. TRY BEFORE YOU BUY. Don't try them on wearing just a t-shirt; keep your jacket on to get the feel of the movements. Prices range from around £30.00 to around £150.00.



Footwear

What to stick on your feet while on the water? Some people will wear old training shoes, flip-flops or wet-boots for on the river. Whatever suits you and works is fine but remember you might have to cross slippery, sharp rocks!. Sea Paddlers and open canoeists, but not all, might wear sailing Wellington boots to help keep their feet dry. Wet-boots can cost from around £15.00 to around £70.00, and sailing Wellingtons will cost around £20.00 to £50.00.

Gloves

Gloves can be used for paddling, however, how much of a feel do you get for the paddle? If you are unsure, use them in the pool! Another item of clothing is the "pogie". The pogie is similar to a mitt that covers the hand, but is attached to the paddle. They help keep the hand a bit dryer and it helps to keep the wind chill off. Some pogies are also fleece lined! Another pair of dry gloves is always handy once you are off the water to warm your hands up. The cost for a pair of pogies starts at around £15.00 and rises to around £40.00.

Dry bags

The dry bag is a very valuable item of kayak equipment. It can keep your food, clothing or First Aid kit dry if sealed properly. They can come in different sizes ranging from 5lts to 100lts and prices range from around £10.00 to £60.00.

Paddle

The last three items including this one I would leave to last on your purchase list, unless you happen to come across a bargain (then let me know first!!) There are many different designs of paddles to suit your type and style of paddling and the costs for each paddle reflects this from around £30.00 to around £200.00. One thing about a paddle is that this is the only item that propels you through the water. The lighter and stronger a paddle is the less work for you to do. (Except in paying for it!) Try different paddles, see which one you're happy with.

Kayak / Canoe

This, in my book, should be your second but last item to buy. You should have been in the club for some time and have a feel for different boats. You should ask yourself, how do I feel sitting in the cockpit, too tight, too slack, back rest, etc, etc? Does the boat meet your requirements? There is no point buying a squirt boat if you want to do big rivers or buy a day touring boat if you want to do multi day trips. Kayaks can cost a lot of money, YOUR MONEY. A river kayak will cost from around £350.00 to £700.00. Sea kayaks cost from around £500 to around £1500. Open canoes cost around £400 to around £1200. Various outlets will also provide "Demo" boats and this is a good way to get the feel for a new boat at little expense to yourself. You can also buy second hand boats from the magazines, river boat are most common, therefore cheaper; open canoes are next, at around half price, depending on condition. Lastly sea kayaks are rare, especially in good condition, therefore not that much cheaper than a new boat. However, see Alexis on this last point to prove me wrong!

Spraydeck

I put this item last, as there not much point in buying a spraydeck if you don't have a boat! However, if you happen to paddle a certain club boat, and like it, then get a deck for it. Remember that spray decks come in nylon and are mainly adjustable to fit different types of boats, but make sure it fits yours! Neoprene decks are more watertight and are designed to fit only one or two types of boat, so make sure it fits yours. The cost for a nylon deck is around £25.00 and for a neoprene deck they are around £50/60.00.

So, I hope this quick guide has been of some use to you, if you have any questions please ask. And remember try before you buy.

Rab

