



Drumchapel & Clydebank Kayak Club

www.dckc.co.uk



Diary

Sunday 01.06.14
River Group trip
Sandy 07962226280

Tuesday 03.06.14
Club Night Loch Lomond

Wednesday 04.06.14
Club Night Pinkston

Saturday 07.06.14
Ayrshire Coast Trip
Grade A
Colin 07748966873

Tuesday 10.06.14
Sugar Boat Trip
Rab 01877382141

Tuesday 10.06.14
Club Night Loch Lomond

Wednesday 11.06.14
Club Night Pinkston

Sat 14 - Sun 15.06.14
Glen Uig Weekend
A and B trips
Janice 07837402485
(2 weeks notice required if
taking part)

Tuesday 17.06.14
Club Night Loch Lomond

Wednesday 18.06.14
Club Night Pinkston

Fri 20 - Mon 23.06.14
Shiant Isles Trip Grade C
Rab 01877382141

Tuesday 24.06.14
Club Night Loch Lomond

Wednesday 25.06.14
Club Night Pinkston

Tuesday Nights Going Strong

June 2014

The Tuesday night sessions have been going well with a good attendance at Loch Lomond. The senior sea paddlers group have been going off doing their thing while Sandy has been working with a group intent on gaining the BCU 3 Star Sea award.



Graham and Bernie have been working with the beginners groups and it is heartening to see the effort that everyone is putting in, and the steady improvement in everyone's paddling.

Of course there is still plenty of paddling going on at the weekends. The river paddlers have been out on the River Awe on a dam release - fantastic! They have also been on the Doon and the Clyde. All fairly easy trips but enjoyable and visiting good venues to practice their skills.

The sea paddlers have been at St Andrews and Tayvallich, at the opposite sides of the country! I'm told these have been excellent weekend trips. And the best thing... there is lots more to come. Just keep an eye on the website!



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Star Tests

Last month we looked at the three star sea kayak syllabus. This month we are looking at the three star in white water kayak.

As always more information can be found at

<http://www.canoescotland.org/CoursesTraining/BCUStarAwards.aspx#2817158-3-star---white-water>



Successful completion of the BCU 3 Star White Water indicates that paddler can consider themselves an intermediate kayaker, as they can now paddle on moving water. They can do this in a competent manner as part of a led group and have the knowledge and ability to help in the smooth running of a trip while being led down a section of a grade 2 river.

BCU 3 Star White Water Kayak Syllabus

Assessment Prerequisites

- Candidates should provide evidence of at least 8-10 paddling sessions (minimum 40 hours) in varied locations where possible; this should include evidence of having paddled grade 2 water
- A consistent BCU 2 Star standard of performance in the appropriate craft is required for anyone starting to work towards the BCU 3 Star White Water Kayak Award; it is recommended that the candidate holds the BCU 2 Star Award
- The ability to swim confidently in moving water, wearing normal paddling clothes

Craft

A kayak that is safe and fit for purpose for the remit of the award and the assessment tasks. This may include for example:

- White water kayak
- Sit-on-top with suitable footrests, knees straps and seat
- Suitable white water inflatable kayak

Equipment

Personal equipment appropriate for the candidate as a competent member of the assessment group.

Assessor

BCU 3 Star White Water Kayak Provider.

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Assessment Venue

Assessment takes place on a section of white water that needs to include a river journey. The stretch of water must be up to grade 2 and include:

- Sections of deep moving water and eddies (deep enough to safely roll and capsize)
- Wave trains and downstream Vs that allow the full skills to be evidenced
- A wave suitable for surfing with sufficient depth to be safe

The assessment will typically take place over a day river trip.



Technical Syllabus

Part A – Personal Paddling Skills

The emphasis for the candidate is that they have a holistic approach to running the river. The manoeuvres and strokes should be blended as appropriate. The assessment should not be seen as a tick box of skills. It is expected that candidates are able to perform all skills on both sides, on moving water:

- A.1 Lifting, carrying, launching and landing
- A.2 Efficient forward paddling
- A.3 Moving sideways on the move
- A.4 Supporting
- A.5 Rolling
- A.6 Breaking in and out

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- A.7 Ferry gliding
- A.8 S-turns
- A.9 Maintaining direction
- A.10 Changing direction
- A.11 Reverse paddling and stopping
- A.12 Surfing

Part B – Rescue Skills

The emphasis for the candidate is that they can be an effective member of a group. This would include that they can look after themselves and others while paddling white water (candidates to act as the rescuer, and be rescued):

- B.1 Use of tape and karabiner
- B.2 Eskimo rescue
- B.3 Throwline rescue
- B.4 Capsize, swim and self-rescue
- B.5 Rescue a capsized, swimming paddler and their equipment

Part C – Safety, Leadership & Group Skills

During the assessment the candidates should show they have the ability to contribute to the successful descent of the river. These skills will be blended throughout the assessment.

These skills will include:

- C.1 Personal risk management
- C.2 Awareness of others
- C.3 Paddle a section of grade 2 water as part of a led group

Part D – Theory

The emphasis of the assessment is that the candidate can show the knowledge required of an intermediate white water kayaker. This should be blended throughout the assessment.

- D.1 Equipment
- D.2 Safety
- D.3 Weather
- D.4 Wellbeing, health and first aid
- D.5 Access
- D.6 Environment
- D.7 Planning
- D.8 Group awareness
- D.9 General knowledge
- D.10 Navigation
- D.11 Etiquette
- D.12 Personal paddling skills

Like the other three star awards, there is a bit of theory involved which requires a bit of preparation in the form of some light reading. I would recommend dipping into some of the following:

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The Canoe and Kayak Handbook, Franco Ferrero (ed), 2002, Peseda Press
Kayaking Manual, Bill Mattos, 2013, Haynes Publishing
White Water Kayaking, Olli Grau, 2004, La Ola Verlag Bei Blue and White GmbH
White Water Kayaking: The Ultimate Guide, Ken Whiting & Kevin Varette, 2008, Heliconia Press



Equipment Lists

For beginners attending club nights on Loch Lomond you should consider the following:

Shoes (to wear in the boat) or wet suit boots or socks	Wet suit (from club store)
Swimming costume and base layer for under the wet suit,	Canoe Cagoule (from club store)
Towel and dry clothes for when you come out	Boat and paddle (from club store) Coaches can help with sizes
Flask containing hot drink	Spray deck
hat	An open mind
Warm layer for wearing above the wet suit but under the canoe cagoule	A sense of humour and a readiness to get wet!

The more advanced will have a better idea of what to bring however remember that conditions can be quite changeable and you should prepare for the worst!

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Other News

Scottish Paddler has been in contact with the club looking for information for a feature article. Photographs have also been requested so you might see yourself in a glossy magazine!

Pinkston Watersports

The club has organised a regular evening training session at Pinkston Watersports between 07.30 and 21.30. The first half hour of this will be a flat water session although the group using the course before us may have the pumps running so there will be some flow in the basin and then we can use the artificial white water course. This session will be open to anyone from the club who wants to attend. There is scope to provide a little something for everyone no matter what discipline of the sport they are involved in. This includes the open boaters and the sea paddlers (although the clubs plastic sea boats might be a better choice for this rather than a shiny composite boat.)



We have three people trained that can operate the course which I am sure will provide an excellent facility for the club.

The only down side is that we will have to pay for the booking on a block basis up front. This has been agreed by the Club Committee

but we will have to make sure that we have sufficient numbers to cover the cost of each session. We hope that we will have a sufficient number of people attending so that we can deliver these sessions for £7 per head but depending on who turns up this could vary!

Trip Gradings

All sea trips are graded either A,B or C with A trips being of shorter duration, in calmer weather conditions and relatively easy sea conditions. C trips on the other hand are to much more exposed areas where the wind/weather and sea state can be much more challenging.

Loch trips tend to be graded A, but wind and weather can affect these so a weather forecast is essential before venturing onto a large body of water like Loch Lomond!

River trips are either designed for the White Water Group, paddling in advanced conditions of Grade 3 plus or the River Group, paddling in less challenging conditions up to and including Grade 3.

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The following is taken from the UK Rivers guidebook web site and describes the international river grading system:

GRADE 1 - Moving water, unobstructed and without technical difficulties. There may be small waves and riffles to challenge the paddler. e.g. The section of the [lower River Nevis](#) which is shown here.



GRADE 2 - Waves, small stoppers and other minor obstructions to avoid. Eddies and cushion waves may be strong. e.g. The [River Washburn](#), shown here.



GRADE 3 - Waves, stoppers and technical difficulties are more severe. There may be drops and powerful constrictions. The main distinguishing factor of Grade 3 water is that the paddler will have to follow a recognisable route to avoid obstacles and hazards. e.g. The River Tay at Grandtully.

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GRADE 4 - Severe waves, drops, stoppers and other obstructions. The route is not easily recognisable and will usually require careful inspection from the boat or bank. Grade 4 encompasses a wide range of rivers, from those with pool-drop rapids to those with extended continuous rapids; so there is a huge variation in difficulty. It is common to distinguish easier grade 4 rapids by grading them as 4- and harder rapids as 4+ (or in some cases, 3/4 or 4/5). e.g. The [River Luss](#) shown below.



GRADE 5 - Extremely difficult rapids with precise and technically demanding routes to be followed. Stoppers, currents and waves will be powerful and inspection is essential.

GRADE 6 - All of the above carried to extremes. Grade 6 usually means unrunnable rapids, which may just be possible in certain conditions.

see

<http://www.ukriversguidebook.co.uk/reports/general/grades-in-the-guidebook>

for further information.

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Volunteer Rescue Kayakers Wanted

If you are interesting in being a safety kayaker, the Lomond Masters open water swimming club (one of our partners in the Loch Lomond Sports Hub project) are looking for kayakers/canoeists to provide safety cover at an open water swim on Loch Lomond on Saturday 19th of July. They will have have 300 swimmers, going in 3 waves about 20 minutes apart, 100 swimmers in the water at one time so we were hoping to have a ration of 1 kayak to 10 swimmers, so 10 kayaks & kayakers. If you are willing to volunteer you would get a 1/2 pint, free entry to Loch Lomond Highland Games and a goodie bag. If interested, please contact Graham.

St Andrews Trip

Thanks go to Iain McGee (Organiser) regarding this outing from Saint Andrews to Anstruther, a distance of 30 Km. We started off with a force four broadside wind in choppy water which gave us all a good workout as we hugged the coast and caught some surf just to make it more than interesting!

The crew consisted of Ron, Bill, Andy, Kevin, Rose, Janice ,Elizabeth, Bernie Eva, Joacholm and myself with Iain doing some nifty shuttling due to his sore wrist. We stayed in a very comfortable cottage arrange by Iain who practically slaved over our every needs from breakfast through to lunch and dinner. Day two's trip went from Anstruther to Ellie Beach. Again a very scenic paddle with much calmer conditions. As always the company was great and everyone enjoyed themselves. A very big thanks to Iain McGee and looking forward to the next trip. Regards Tony

Permanent Equipment Amnesty and Equipment Donations

Just a quick note that we are always happy to have any DCKC equipment returned to us, even if it has been hidden in the back of a cupboard for a year or two! We also are happy to receive any donations of people's old kit that they no longer use/need. From buoyancy aids, to cags, old paddles to air bags. Please contact one of the committee when handing something in as we will need to check them out and get them marked up.

Website Update

In the last update of the club website a couple of changes were made:

- under the news tab you can find the club calendar, forum and any trip reports in adrop down menu.
- The login on the right hand side should be easier to find!

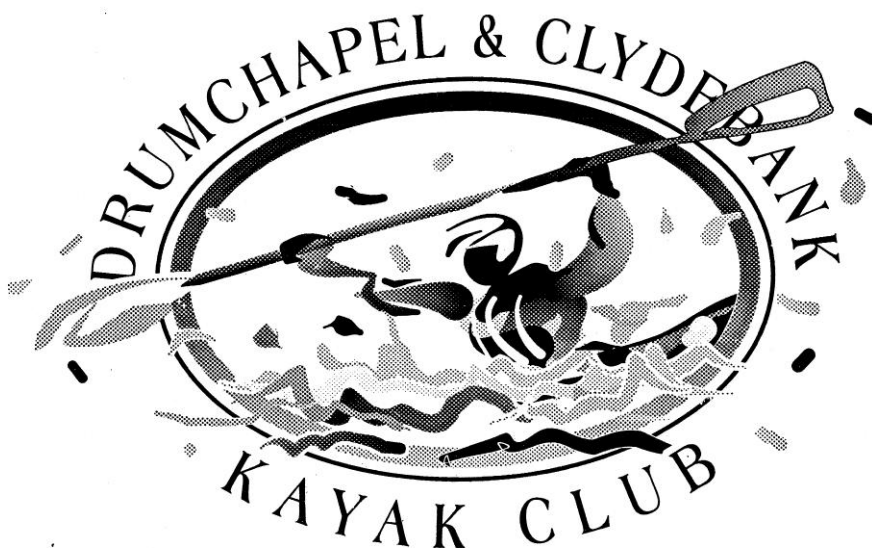
A new page is available under the “club member pages tab” called club contacts. As well as the committee contacts and trip organiser there is a space for any club member who is

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happy to have their phone number and email available for other club members then please contact Graham at grahamswanson@gmail.com to get it added. The page is password protected so should only be seen by other club members.

The screenshot shows a web browser window displaying the forum page for the Drumchapel and Clydebank Kayak Club. The browser's address bar shows the URL <http://www.dckc.co.uk/forums/topic/newsletter-contributions-required/>. The website header features the club's name, "ONE OF GLASGOW'S LEADING RECREATIONAL CANOE AND KAYAK CLUBS", and a "QUALITY CLUB" logo. A navigation menu includes links for HOME, NEWS, ABOUT, DISCIPLINES, NEW MEMBERS, CLUB MEMBER PAGES, and CONTACT US. The main content area is titled "NEWSLETTER - CONTRIBUTIONS REQUIRED" and shows a post by Sandy Johnston, dated May 25, 2014. The post text reads: "If anyone wishes to contribute to the newsletter please forward any copy as a word document to sandy.johnston@skv.com. Photographs can also be emailed to accompany any submissions. I am aware that there is a lot of paddling going on but not a lot of it being reported in the club newsletter. I would like to rectify this so if you have been on a trip drop me a few". To the right of the post are sections for "RECENT FORUM TOPICS" and "RECENT FORUM REPLIES". Further right is a "TRIP REPORTS" section with links for "SEA" and "RIVER", listing reports such as "River Ayr in Open Canoes, April 2014" and "Make, Mend & Paint weekend". At the bottom right, there is a "CLUB MEMBER LOGIN" section with fields for "Username" and "Password".



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Loch Sessions

The Loch Lomond evening sessions have got off to a flying start with over 40 people out on a Tuesday evening. We normally have a few options available-

- **going for a paddle in sea boats**, heading up the loch. Ideally you will have paddled a sea kayak before and have practiced capsizing and being helped back into your boats (e.g. an x-rescue). If you need to practice and x-rescue we can arrange this at the end of the night.
- **A sea kayak skills session** with Sandy, practicing the skills needed for some of the Scottish Canoe Association (SCA) star awards.
- **A shore group of kayaks and canoes**. What we do varies each week depending on any planned events, how many coaches are there on the evening and the weather but the group may be divided into canoes and kayak, kids and adults, novices and “experts”.

Some evenings there may be other activities available away from the loch - see the calendar for more info.

Words and more words...

Here are some useful (and not so useful) words that you may hear some of the coaches use....

Trim - often used to mean whether your body weight (or equipment) in a canoe or kayak is towards the front(bow) or back (stern).

Fetch – A posh word for the distance the wind blows over a loch or sea to create waves where you are. For example when the wind blows from the north there can be a 20 mile fetch at Loch Lomond, leading to bigger waves where we practice.

Capsize – to turn over the canoe or kayak so it is upside down. Often done on purpose to practice and make sure paddlers are confident if it were to happen by accident. Also know as half an eskimo roll!



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Official Opening Event!

Pinkston Watersports, Glasgow



Saturday 31st May 2014
10am – 4pm

- Canoeing taster sessions – Children and Adults, no equipment necessary!
- Got your own kayak or canoe? Try 'Park & Play' in the sheltered flat water basin. Already a competent river runner? Try our artificial whitewater course!
- Meet your local watersports club – get on the water this summer...

Also throughout the day - professional displays of:

- Canoe slalom
- Canoe polo
- Freestyle kayaking
- Whitewater rescue training



Get involved!

Come along and experience
Scotland's first artificial whitewater
centre in the heart of North Glasgow!

- Free entry
- Find out how to get on the water this summer!
- Meet other enthusiasts

Pinkston Watersports
North Canal Bank Street
Port Dundas
Glasgow
G4 9XL

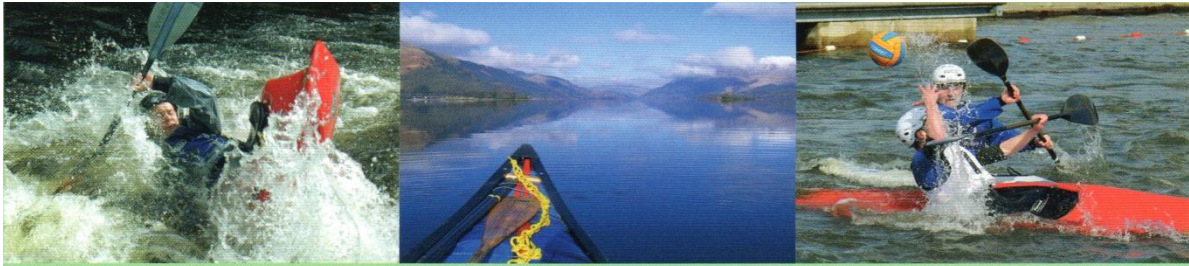


Email: info@pinkston.co.uk
Web: www.pinkston.co.uk

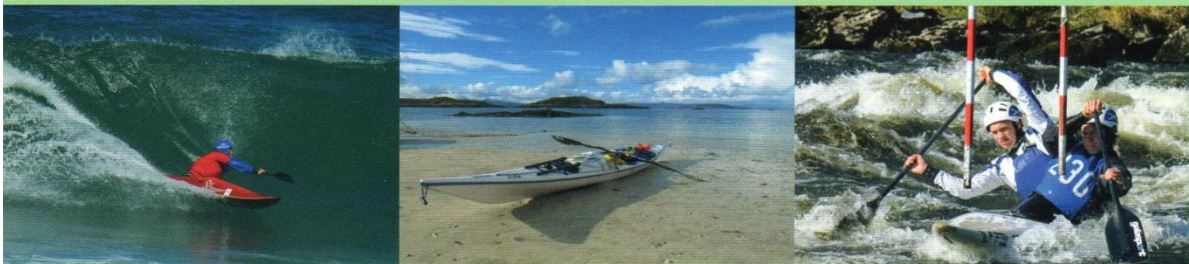
Find us on **facebook**
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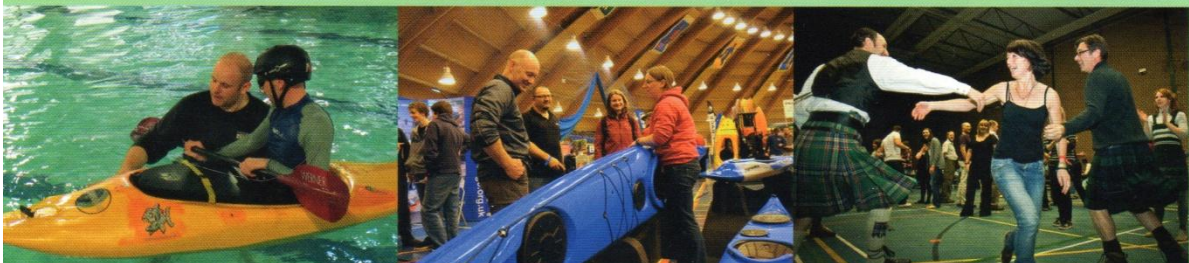




Tempted?



Come and join us at
An Fhèis Mhòr
 Scotland's Festival of Paddlesport



24th-26th October, Dewars Centre & Leisure Pool, Perth PH2 0TH

FREE ENTRY Friday 6-9pm (no retail), Saturday 10-6, Sunday 10-4

Come and try sessions for all - bring swimwear!

Talks, workshops, pool demonstrations and all the latest gear

SCAPaddleshow.org



SCAPaddleShowTayDescent



@SCAPaddleshow



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