



# Drumchapel & Clydebank Kayak Club

[www.dckc.co.uk](http://www.dckc.co.uk)



## Diary

Sunday 04.05.14  
R. Awe Dam release  
Sandy 07962226280

Tuesday 06.05.14  
Club Night  
Loch Lomond

Saturday 10.05.14  
River Group trip  
Sandy 07962226280

Weekend 10-11.05.14  
St Andrews \*  
A & B sea trips  
Iain 07990840300

Tuesday 13.05.14  
Club Night  
Loch Lomond

Tuesday 13.05.14  
Clyde Sea Rescue  
Session  
Rab 01877382141

Weekend 17-18.05.14  
Gigha B trip \*  
Andy 07866559840

Sunday 18.05.14  
River Group trip  
Sandy 07962226280

Tuesday 20.05.14  
Club Night  
Loch Lomond

Weekend 24- 25.05.14  
Tayvallich  
Sea weekend  
Ron 07743342330

Tuesday 27.05.14  
Gorge walk  
Rab 01877382141

## Out the Pool and onto the Loch!

**May 2014**

Our Tuesday night sessions move to Loch Lomond in May and will continue on the Loch throughout the summer. We meet at the Club's outdoor container which is in Miller Street, Clydebank at the Sea Cadet Hall. Meeting time is at 6.15 pm to try to get to the loch for around 7 pm. Normal finishing time on the Loch for Adults is around 9 pm to get everything back to the store for 10 pm but given that we have a number of the younger members of the club attending, we will make sure that the sessions they are included in finish at 8.30 pm to allow them time to get home on what, after all is a school night.



Come prepared with the right gear (an equipment list can be found later in this newsletter) and we will look forwards to a varied and interesting programme over the summer. We will be offering the opportunity for everyone to gain a BCU qualification (Details of the 1 and 2 star tests can be found in the last two newsletters) and the training for these qualifications will take place on the Tuesday nights along with the usual mix of fun, games and good company.



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## Argyll Sea Kayak Trail

A new sea kayak trail is due to open either in May or June this year (depending on which publication you have been reading) linking Helensburgh to Dunoon, the Kyles of Bute, Ardrishaig, the Crinan Canal, the Sound of Jura, Arduaine on Loch Melfort and the the Firth of Lorne northwards to Ganavan near Oban. This provides about 150km of sea paddling amongst some of the best scenery that Argyll and Scotland has to offer. The development provides safe access points, car parking facilities and camping spots with shelters, composting toilets and fire areas as can be seen below.



(Photo from [Kayak Bute](#))

Roddy McDowall from Kayak Bute said,

This fantastic resource has just been completed at the north end of the Isle of Bute. Along with the shelter, which has a great view of the Kyles of Bute and Burnt Isles, there is a barbecue and fire pit and a composting toilet sited 50m away from the shelter. With the general growth in sea kayaking and the establishing of the Argyll Sea Kayak Trail it's really good to see facilities like this being put in place. Apart from the obvious benefits to kayakers it is great example of sustainability where we take care of the areas we visit with high density usage. It would be great to see more of this sort of forward thinking in other areas.

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## Star Tests

Last month we looked at the two star, completion of which is a good indicator that you are well on your way to becoming a paddler. The next step up after the two star is not surprisingly the three star. There is a difference here though in that this level of award is discipline specific. In other words you can obtain your three star in sea kayaking, or in open canoeing, or in white water kayak, or in touring, in surf and in various other disciplines. Attaining one of these awards takes you from the beginner category to being an intermediate.



As always more information can be found at

<http://www.canoescotland.org/CoursesTraining/BCUStarAwards.aspx#2817156-2-star>

This month we will look at the BCU 3 Star Sea award. Successful completion of the BCU 3 Star Sea Kayak Award demonstrates that the candidate has the level of skill, understanding and knowledge of an able improving sea paddler and beyond that of a beginner. The assessment will take the form of a continuous assessment whilst journeying in a moderate tidal environment as part of a led group with winds of no more than Force 4.

## BCU 3 Star Sea Kayak Syllabus

### Aim

Successful performance at this level indicates that a candidate can consider themselves as an able improving sea paddler rather than a beginner. During assessment the candidate would be able to demonstrate personal competence paddling in wind conditions of no more than Beaufort Force 3 or Sea State 3 as part of a led group.

NB: Wind scales and sea states used here are as advised by the Met Office.

Sea paddlers who use sit-on-top kayaks may be interested in the BCU 3 Star Sea Sit-on-Top

### Assessment Prerequisites

- Provide evidence of at least 3 different journeys on the sea, of about 3 hours duration (8km) each
- A consistent BCU 2 Star standard of performance in the appropriate craft is required for anyone starting to work towards the BCU 3 Star Sea Kayak Award; it is recommended that the candidate holds the BCU 2 Star Award
- The ability to swim confidently in the sea environment, wearing normal paddling clothes



### Craft

A sea kayak suitable for journeying on the sea and one that allows the candidate to safely and effectively complete the requirements of this syllabus. If in a kayak fitted with a rudder it must be disabled for the duration of the assessment. It is required that boats should be fitted with total buoyancy (e.g. watertight compartments or airbags). Candidates must complete all elements of an assessment in the same type of craft.

### Equipment

Personal equipment required by an able improving sea paddler and appropriate to the conditions and the remit of the award.

Assessor - BCU 3 Star Sea Provider.

### Assessment Venue

The assessment venue must give the opportunity for the following conditions, to include:

- Wind up to and including Beaufort Force 3 or Sea State 3
- Simple non-committing coastlines with landings at regular intervals
- Launching and landing through surf up to 1m trough to peak

The nature of assessment is that of continuous evaluation throughout a suitable day journey.

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## Technical Syllabus

It is expected that candidates are able to perform all skills on both sides. The only exception is the roll where one side is deemed sufficient.

### Part A – Personal Paddling Skills

- A.1 Lifting, carrying, launching and landing
- A.2 Efficient forward paddling
- A.3 Efficient reverse paddling and stopping
- A.4 Maintaining direction
- A.5 Changing direction
- A.6 Moving sideways, both static and on the move
- A.7 Supporting, both static and on the move
- A.8 Rolling
- A.9 Securing

### Part B – Rescue Skills

- B.1 Deep-water rescue
- B.2 Contact tows and use of towline
- B.3 Eskimo rescue

### Part C – Safety, Leadership & Group Skills

- C.1 Personal risk management
- C.2 Awareness of others
- C.3 Paddle as part of a led group BCU 3 Star Sea Kayak Syllabus

### Part D – Theory

- D.1 Equipment
- D.2 Sea safety
- D.3 Weather
- D.4 Wellbeing, health and first aid
- D.5 Access
- D.6 Environment
- D.7 Planning, including:
  - Basic knowledge of tidal times, constants and effects of wind on simple tidal water e.g. wind against tide, offshore winds
  - Understanding of spring and neap tides
  - Basic understanding of the effect of topography on tidal flow and relevant hazards, e.g. boomers, shelving beaches, sand bars, etc.
- D.8 Group awareness
- D.9 General knowledge
- D.10 Navigation, including:
  - Basic recognition of main buoyage
  - Ability to identify position by using a grid reference and a latitude and longitude
  - Use a compass to paddle on a bearing



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- Ability to calculate distance and estimate paddling time
- D.11 Basic knowledge of collision regulations and sound signals

Seems complicated doesn't it? However it's all good stuff that should be no problem for the sea paddlers amongst you and it provides a standard for aspiring sea paddlers to aim for. There is a fair 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:

*Sea Kayak*, Gordon Brown, 2006, Peseda Press  
*The Canoe and Kayak Handbook*, Franco Ferrero (ed), 2002, Peseda Press  
*Sea Kayak Handling*, Doug Cooper, 2009, Peseda Press  
*Sea Kayak Navigation*, Franco Ferrero, 2007, Peseda Press  
*Sea Kayaking*, Nigel Foster, 1991, Fernhurst Books  
*Sea Kayaking*, Derek Hutchison, 1994, A&C Black Ltd

The Gordon Brown book is aimed for the more intermediate paddler and the older books although still valuable may have some outmoded technique included so if in doubt check with one of the club coaches or one of the senior sea paddlers.





## 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!

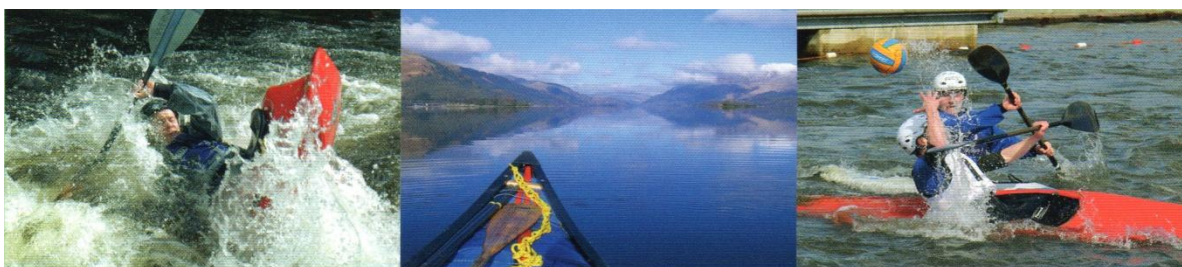
The more advanced will have a better idea of what to bring however remember that conditions can be quite changeable and you should prepare for the worst!

## Deadline for Next Newsletter

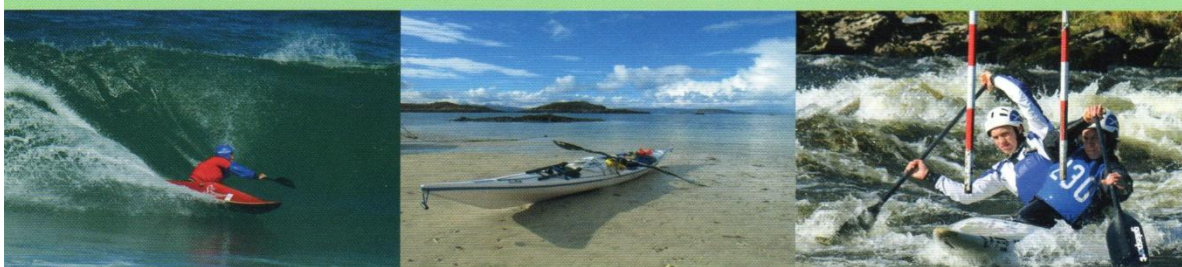
The deadline for the next newsletter is Tuesday 27 May 2014. Anything for publication should be forwarded to Sandy before then. Enjoy your paddling!



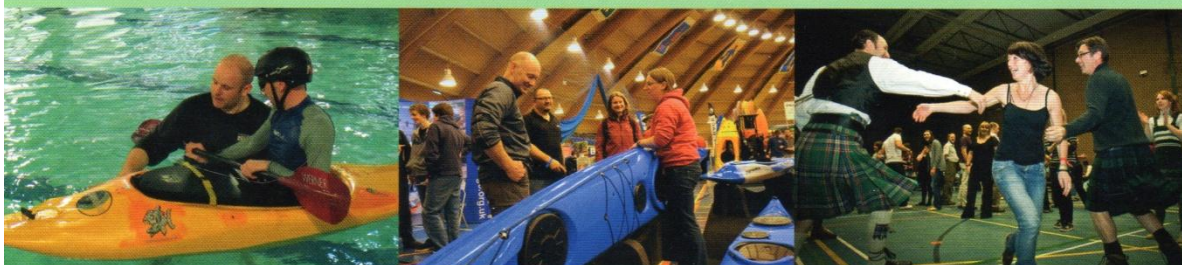




# Tempted?



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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