



Drumchapel & Clydebank Kayak Club

www.dckc.co.uk



Diary

Saturday 05.04.14
River Group
Open to Beginners
Sandy

Saturday 12.04.14
Seil Island
Grade B
Sea Kayak Trip
Rab

Sunday 13.04.14
Arrochar to
Lochgoilhead
Grade A
Sea Kayak Trip
Graham Roy

Friday 18.04.14 to
Monday 21.04.04
Spey Descent
Open Boat
Sandy

Saturday 26.04.14
White Water Group
Advanced river trip
Sandy

Sunday 27.04.14
North Berwick to
Bass Rock
Grade B
Sea Kayak Trip
Bernie

Lighter nights, better weather?

April 2012

The clocks have changed and we are now into British Summer Time. It's time to start looking forwards to the summer and what that will bring. For the river paddlers this normally means that there will be less water about in the smaller 'creek-type' rivers but there are scheduled dam releases and still paddling and play boating opportunities in the larger rivers. In addition [Pinkston Watersports](#) is due to open in the next couple of months. Arrangements are in hand to have some of the club members trained as External Operators so that we can use this facility for the benefit of club members.



For the sea paddlers the longer days and the better weather means that more trips can be undertaken. Days or weekends or even longer trips are where sea boats come into their own allowing paddlers to visit islands and places that are just not accessible to most people. Combine that with rough camping and an ethos of leaving nothing behind but ripples, makes sea paddling a very cool way to spend some quality time.

The open boaters also seem to come into their own as the weather improves. After all, in what other paddle craft can you work on your sun tan while you negotiate the river?

So I suppose what I am saying carries on the theme from the last few newsletters. Canoeing and kayaking are all about getting outside, there is something for everyone, beginner to expert, child to adult, it's all about getting out in your chosen craft and enjoying our sport.



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Trip Leader Details

Sandy 07962226280
Rab 01877 382141
Graham Roy 07913653276
Bernie 07753924457



Make, Mend & Paint weekend

Well done to everyone who attended the maintenance weekend held at the club's outdoor store in Miller Street, Clydebank. Renovation work on the outdoor container went on at a good pace with a fair old list of tasks all completed.

Under the guidance of Misha & Iain Mc:- Roddy, Elizabeth & Andy, Jill & Mark and Jo tackled the renovation of the outdoor container. Grinding off rust; welding holes in the roof and sides; rust prevention treatment; painting repaired areas; reworking canoe, sea kayak, river kayak and paddle, raking. By the end of the day we all looked like Victorian children sent up chimneys!



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Misha Somerville wrote:-

Excellent effort by all today at the container! We have Mark, Gillian, Bill, Andy, Elizabeth, Roddy, Iain, Jo and Julia (moral support) to thank for the improvements. As well as the sea cadets for keeping their place open all day so we could get power for the tasks in hand.



The River Ayr in Open Canoes

Last Sunday with just two of the open canoe coaching course guinea pigs fit, there was a change of plan. Rather than a day on Loch Lomond practicing canoe sailing as intended, we headed to deepest darkest Ayrshire to canoe the River Ayr. With Graham Roy, Scott Anderson and myself never having paddled the river we only had the guide book to rely on. The mandatory faff to find the best get in, do the shuttle and for one of us to buy lunch meant we headed off just before midday. Being a chance for Graham S to practice his coaching styles this meant every question asked was greeted with....."that's a good question – off you go and find out" – in the olden days the coach may have even answered a question or two... not any more!

After lunch we played with CLAP... for those in the know this is what paddlers should I think about if they are going to be a useful trip members...

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- C – Communication – let others know what you plan to do/would like them to do.
L – Line of sight (can you see your trip members and what is next on the river)
A – Anticipation – what might go wrong...
P – Position of maximum usefulness – - based on what you think may happen will you be:
a. taking photographs?
b. holding a throwline?
c. in your boat ready to rescue Scott?

After all that good stuff and with the sun poking through the clouds, a kind offer was made to do rescue practice. Scott and Graham both said yes and so began a pleasant mile jumping in and out of boats.

All too soon the final Grade 3 rapid approached. Sadly the man and his son who had been playing with their remote control speedboat in the pool above the drop had run out of batteries so they were not able to show us the line. Graham S. led off with some trepidation and made the main chute look do-able, however Scott and Graham R wisely chose the central chute as a safer but still exciting option.

A short carry up to the cars and off home. A grand day out – just no pictures to prove it. Graham

P.S. Level was medium on the wheresthewater site and we started at Stair and everything to the get out was very mellow. The 2 bigger drops could have been readily portaged too. A great alternative to the mighty Teith.



Star Tests

Last month we looked at the one star which should be able to be completed by most beginners after 6 hours of quality water time. By that the British Canoe Union means 6 hours of being coached outdoors.

The next award is the two star which is an improvement award designed to allow paddlers to develop fundamental paddlesport skills on flat water. The emphasis is on gaining a breadth of experience, creating the desired movement of the boat and developing an understanding into of the paddle, boat and water interact. The award is obtained by taking the assessment in both a kayak and a canoe. Any style of kayak or canoe is permissible e.g. Sea Kayak, River Kayak, Open Canoe, Racing C1 etc.

BCU 2 Star

Aim

Successful performance at this level indicates that the paddler can use fundamental paddlesport skills on flat water to control movement of both canoes and kayaks, and have an understanding of how the paddle, boat, and water interact.

Prerequisites

Candidates must be able to swim 25 metres wearing a buoyancy aid.

Candidates must have experience of:

- Paddling two different craft (e.g. surf kayak, closed cockpit kayak, open cockpit kayak, closed cockpit canoe, solo/tandem open canoe, racing boat, wave-ski, flathulled boat, v-shaped hull, slalom boat, polo boat, or sea kayak)
- Paddling in two different locations (e.g. canal, river, loch/lake, or sea; different parts of large bodies of water can be counted as two different locations)
- Competing in two paddlesport competitions (e.g. club level event, slalom, polo, sprint, freestyle, bell-boat etc.) **OR** completing two journeys of approx. 2 hours duration

Note - If under 14, the BCU Paddlepower program may be more appropriate.

Craft

This award is obtained by demonstrating performance in both a kayak and a canoe. Any style of kayak or canoe is permissible, e.g. open cockpit, sit-on-top, v-shaped hull or flat bottomed etc. (Each person in a doubles crew must perform each task from both the bow and stern).



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BCU 2 Star Syllabus

Part A – Personal Paddling Skills

- A.1 Lifting, carrying and launching
- A.2 Efficient forward paddling
- A.3 Steering
- A.4 Manoeuvring in a confined space
- A.5 Moving sideways
- A.6 Preventing a capsize
- A.7 Turning
- A.8 Returning to the bank and getting out
- A.9 Securing

Part B – Rescue Skills

- B.1 Capsize, swim and self-rescue
- B.2 Rescue a capsized paddler

Part C – Safety, Leadership & Group Skills

- C.1 Personal risk management
- C.2 Awareness of others
- C.3 An assessed accompanied sheltered water journey

Part D – Theory

- D.1 Equipment
- D.2 Safety
- D.3 Wellbeing, health and first aid
- D.4 Access
- D.5 Environment
- D.6 Planning

More information can be found at

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

The club will be moving outside for the Tuesday night sessions in May and we hope to offer star tests and paddlepower awards (for those under 14) during these sessions. We will only do this if there is sufficient interest so let one of the coaches know if you fancy sitting any of the star tests.

Next month we will start to look at the 3 star awards. These are discipline specific to the particular craft you are paddling and attainment of one of these awards moves the holder from being considered as a beginner to being an intermediate paddler.

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Paddling Links

Here are a few paddling links for further information.

<http://www.canoescotland.org/Home.aspx> - The Scottish Canoe Association

<http://www.bcu.org.uk/> - British Canoe Union

<http://www.bcu.org.uk/code/> - Code Coaching Magazine

<https://www.facebook.com/?ref=logo#!/groups/267941769907508/> - Scottish Kayakers Facebook Site

<https://www.facebook.com/?ref=logo#!/groups/140240069430797/?fref=ts>

Sea Kayak UK Facebook site

<https://www.facebook.com/?ref=logo#!/groups/23194780936/>

Song of the Paddle Open Boat Facebook site

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Equipment Lists

The club has the following equipment available for the use of club members.

Kayaks (various)
Open Boats
Sea Kayaks
Paddles
Spray decks
Wet suit long johns
Paddling cagoules
Helmets
Buoyancy aids

If you intend to borrow the above you will need

Footwear for wearing in the boat such as old trainers, wet shoes or wetsuit boots
(an alternative is wet suit socks with old trainers)
Underwear/swimming costume to wear under the wetsuit
Base layer to wear under the wetsuit , e.g. rash vest or wicking t shirt
Warm layer (or two) to wear over the wetsuit and under the cag (old fleece)
Hat
Spare change of clothes and towel to change into at the end of the session
Food and hot drink
A dry bag is good first purchase to keep your food in.

As you develop your paddling you will no doubt start to purchase your own equipment. Remember to speak with the club coaches before spending lots of money on kit. Shops will try to help you make the right purchases but are there to sell equipment. Some advice from a club coach or a senior member of the club may save you from making an expensive mistake!

The choice of different types of equipment often depends on the type of paddling that you want to do. Different disciplines have different types of paddle. Dry suits are often too hot and restrictive for open boating or sea kayaking. Different types of Buoyancy aid also suit the needs of different paddle disciplines. **So before buying – get some advice!**

Deadline for Next Newsletter

The deadline for the next newsletter is Tuesday 24 April 2014. Anything for publication should be forwarded to Sandy before then. Enjoy your paddling!

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