



# Drumchapel & Clydebank Kayak Club

www.dckc.co.uk



## Diary

Sunday 02.03.14

OC Training

Graham

Saturday 08.03.14

Grade A loch Trip

Janice

Sunday 09.03.14

River Group trip

Sandy

Saturday 15.03.14

WW Group

Advanced river

Sandy

Saturday 15.03.14

Firth of Forth,

Grade A sea trip

Rab

Wednesday

19.03.14

Committee Meeting

Saturday 29.03.14

River Group trip

OC and Kayak

Sandy

Saturday 29.03.14

Oban – Mull

Grade C sea trip

Rab

## Let's Get Out There!

March 2012

You would think that with the recent bad weather that kayaking and canoeing would not be the top of everyone's list of priorities however there have been a number of trips and training sessions that have taken place over the last month.

Graham's Open Canoe training group have had one session and the Club's White Water Group met twice during February with trips on the River Leny and the Luss Water.

Okay some trips have had to be cancelled, but the organisers don't take this course of action lightly and will normally seek an alternative before resorting to cancellation. However, sometimes it can't be helped and rest assured any such decision is taken with the welfare of the participants being by far the most important aspect.

Anyway there are premium, conditions just now for white water paddling and for the other disciplines my advice is wrap up warm, check the forecast, have a bad weather alternative, and get out there for a paddle.

Canoeing and kayaking is for the outdoors!



## Contact Details

Graham	07968 057934
Janice	07837 402485
Rab	01877 382141
Sandy	07962 226280

Sunday 30.03.14  
OC Training  
Graham



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### Sea Paddling

**Saturday 15<sup>th</sup> March: Firth of Forth**, this is a Grade "A" trip. Departing from Kingshorn and paddling 4km out to the Isle of Inchkeith. If the sea state is a bit rough we may do a trip in the inner part of the Forth. Departing Glasgow at 8.30am or meeting up at 10am at Kingshorn.

**Saturday 29<sup>th</sup> March: Oban to Mull**, this is a Grade "C" trip. Departing from Ganavan Bay, just north of Oban and then heading south to Kerrera before heading over to Loch Don on Mull. We then head north to Duart Castle. From there we head back via Lismore. Departing Glasgow at 7am, and meeting up at 9.30 at Ganavan Bay.

**Saturday 12<sup>th</sup> April: Seil Island**, this is a Grade "B" trip. Departing from Balvicar on the Isle of Seil, then circumnavigating the Island clockwise, and going through the Cuan Sound in the second hour of the flood tide. Departing Glasgow at 7am and meeting up at Oban for 9am.

If anyone requires further information please contact Rab on:

01877 382141

[Rabburns63@googlemail.com](mailto:Rabburns63@googlemail.com)



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## The Spey Descent

If you've had a look at the club calendar you will see that Sandy is organising a trip down the River Spey over the three days of the Easter Weekend, Friday 18 April to Monday 21 April 2012. This is described in *Scottish Canoe Touring* as "one of the 'Big Four' rivers that is a must for the touring canoeist in Scotland, and which normally provides a fast

current, great scenery, and some interesting rapids." This was last done by club paddlers in 2012 when Bill and Rose (see above), Davie Vause, Sandy and Rowan completed the journey from Loch Insh to the sea at Spey Bay in 3 days.

This is a great trip for the intermediate kayaker or open boater. It is also open to less experienced paddlers as you can team up and paddle



tandem open boat (or even double kayak) with someone of greater experience. We will be self sufficient carrying all our food and equipment with us and this adds to the atmosphere of being on an expedition. Costs are kept down by using hostels and a mix of rough and commercial camping but there should also be opportunities for eating out or distillery visits if folk are interested in varying the experience.

The plan, which is open to change depending on weather and river levels, is to start the expedition in Newtonmore. Travel up will be on the Friday night, staying at the Newtonmore Hostel overnight. Saturday morning will then be spent packing and arranging the shuttle so that we have cars at the far end. Saturday afternoon will then be an easy lead-in to the trip by paddling from



Newtonmore through the Insh marshes to Aviemore where we can have a stop at the Bridge Inn for soup and refreshment before paddling onwards to find a camping spot. (approx 30km).

Sunday should then be a longer paddle passing by Boat of Garten, a lunch/provision stop at Granton on Spey and

then an afternoon paddle which should see us through the main white water section at Knockando (grade 2). (approx 40 km). Monday then has a short paddle to visit Charlestown of Aberlour before a longer day paddling approx 40 km past Craigellachie, Rothes, Fochabers and ending at Spey Bay before travelling home.

The trip is timed to hopefully take advantage of the snow melt and resulting swift current. The cost will depend on the number of people going but should be in the region of £100 to £150 per head.

For advice on the trip speak to any of the coaches or to the paddlers who did it last time, Bill, Sandy, Davie, Rose and Rowan.

You will need the following equipment:

Boat, paddle, buoyancy aid, helmet (can be provided by the club)

Suitable clothing and footwear for paddling

Spare clothing for wearing out of the boat including warm jacket, hat and gloves

Sleeping bag

Tent, stove, cooking gear (can be borrowed or shared)

Waterproof bags to pack tent food and clothing in.

Suitable waterproof bags can be purchased at most canoeing shops or from Lomo.

(For advice speak to any of the club's senior paddlers)

If you are interested in taking part, please speak to Sandy at one of the pool sessions or contact him on 07962226280 or email at [sandy.johnston@sky.com](mailto:sandy.johnston@sky.com)  
Closing date for entries will be Tuesday 18 March to allow for bookings.



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For further information, or if you have any questions, speak to Sandy at the Pool Sessions. Also try to attend the River Group trips where you can gain some open boating experience in preparation for what should be a classic canoeing expedition.



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## Facebook

The club's facebook page can be found at:

<https://www.facebook.com/DCKayakclub?fref=ts>

This is the place for photos, video and comments that you can share with other club members.

## Trip Gradings

In order to give you some idea of the type of trip and conditions you might experience trips are graded from A (lowest) to C (highest). They can vary from a day paddle on a sheltered inland loch to the exposed headlands, cliffs, crossings and tide races among some of Scotland's rugged coastline and islands.

If you are a newcomer you should start off on a Grade A trip so that you can judge your capabilities against other paddlers and minimise the risk to yourself.

Grade A is in sheltered water. You should be capable of paddling 20km (12 miles) per day in Force 2/3 conditions.

Grade B is in more challenging waters and may include tidal streams, exposed headlands, and open crossings between islands. You should be capable of paddling 25km (16 miles) per day in up to Force 4 conditions. A Four Star paddler would feel comfortable on such a trip.

Grade C You should be capable of paddling in more difficult conditions than Grade B for a longer time.

River trips take into account 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.

### GRADE 2(II)

Waves, small stoppers and other minor obstructions to avoid. Eddies and cushion waves may be strong.

### GRADE 3(III)

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.

### GRADE 4(IV)

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).



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### **GRADE 5(V)**

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(VI)**

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

The club's White Water Group normally paddles on rivers graded between 3 and 5. The River Group on the other hand paddles on rivers graded from 1 to 3.



### **Star Tests**

Over the next few months we will be looking at the various personal progress awards or star tests. One star and two star can be taken in any kayak, sit-on-top or canoe. This month we'll look at one star. Each test includes practical and theory elements. The BCU Canoe and Kayak Handbook is a useful resource to use when preparing for an assessment.

The one star is a flat water award that show that the individual and basic boat control and foundation skills. It is a stepping stone to becoming a paddler. It is designed as a basic award and is assessed under sheltered water conditions.

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The award should be gained by persons who have experienced at least 6 hours of quality time out on the water. The syllabus is as follows:

### **Part A – Personal Paddling Skills**

- A1. Lifting, carrying and launching
- A2. Forward paddling over a distance of 100m
- A3. Steering and controlling
- A4. Return to the bank and get out

### **Part B – Rescue Skills**

- B1. Capsize the craft and be rescued or capsize and swim to the shore (whichever is the most appropriate to the craft and the conditions)
- B2. Emptying boats

### **Part C – Safety, Leadership and Group Skills**

- C1. Personal risk management
- C2. Awareness of others
- C3. Provide evidence of a journey of about 1 hr (3km) duration. (This could take place during the assessment.)

### **Part D – Theory**

- D1. Equipment
- D2. Safety
- D3. Wellbeing, health and first aid
- D4. Access
- D5. Environment
- D6. General

It should be stressed that this is the basic level of award so the questions asked will be at this level. Further information can be found at

<http://www.canoescotland.org/CoursesTraining/BCUStarAwards.aspx#2817155-1-star>

### **Deadline**

The deadline for the next newsletter is Tuesday 25 March 2014. Anything for publication should be forwarded to Sandy before then. Enjoy your paddling!

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