

# Drumchapel & Clydebank Kayak Club

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## Newsletter

### January/February 2012

Welcome to another year and hopefully this dreadful weather can only get better to allow the sea touring side of the Club to get more trips in than last year. The weather can't be that bad again this year, can it? Well one side of the Club is now up and running better than it has for many years now and it's great to see the river paddling side of the Club flourishing again. Hopefully Sandy and Graham will continue to run just as many successful river trips for the Club this year.

### Newsletter Deadline

Any information such as trip reports or items for sale that is due for the next Newsletter must either be sent to Rab or Phil by the 21st of February for the March/April issue of the Clubs Newsletter.

### Sea Touring Trip List 2012

In the next few weeks or so everyone should have the new sea touring trip list for the year, so hopefully people can start to plan their time away!

### BCU First Aid Amendments

The BCU have recently updated the level of First Aid requirements for paddlers and coaches. As of the beginning of January this year anyone wishing to update their First Aid Course or attend a new BCU course the following is now the very minimum the BCU will recognise.

Any paddler up to a Level 1 Coach working under supervision, a First Aid Course is not required.

Any Level 1 Coach up to a Level 2 Coach working without Supervision a 1 day First Aid Course is required.

Above this level a minimum of a 2 day course is required for all Coaches and any BCU 4 and 5 Star Paddlers.

## Items for sale

Rab also has for sale a copy of the "IMERYS" pilot "Clyde to Colonsay" which covers the area from the Mull of Galloway up to the Sound of Jura and out to Islay and Colonsay. Only £10.00, normally this costs around £17.00. See Rab at the Pool or give me a call. This book is **essential** for any trip planning in this area.

## DCKC Coach and Trip Leader Training and Planning

### Meeting Sunday 15th January 11-4pm

We are hoping to have a get together for all the club people who are thinking about or are already doing some trip leader/ or assisting with coaching at club sessions. The planned date is Sunday 15th January from 11 to 4. The venue is still be decided and will depend on numbers. A possible agenda is pasted at bottom. If you are interested please contact Graham at [grahammswanson@gmail.com](mailto:grahammswanson@gmail.com)

#### Agenda

- Coaching and Trip Leading in the Club
- Overview of Star Scheme, Coaching Scheme and DCKC Approved Coach & Leader Scheme
- Club Pool and Loch Nights
- Club trips
- Discussion... Where Might you Fit In?
- Experienced Coaches Sharing Thoughts
  - Sea trip planning and running
  - Inland Water key Considerations
  - River trip skills (Sandy)
  - Safety Starts early
- Opportunities for Personal Development
- Useful Handouts Time
- Diary Time 2012
  - Any big trips people fancy doing (2 days or more)
  - Any day trips
  - Any pool or loch sessions you fancy running?
  - Any specific areas you would like to help coach...

## **Trips**

**Stirling to Edinburgh:** This trip took place on the 5<sup>th</sup> of November and the most disappointing thing about this paddle was that just 4 people turned up for this paddle. What a fantastic paddle this was. Although I live in the Stirling area, this was a new paddle for me, and we saw Stirling from an entirely new perspective. The Wallace Monument was looking impressive with clear blue skies above and mist below the cliffs. The amount of wild life that was also seen was also very surprising, as were the several Grade 1 rapids near the start of the paddle! Great fun a Sea Kayak!

One problem that we encountered on this part of the river was that there absolutely nowhere in which to land, the banks of this part of the river are just covered in very thick mud. So just after 20 km or so we stopped at a small rocky outcrop on the river banks in the Village of Fillan for lunch. This started alarm bells going off in my head. We had just paddled around 20km, but we had still at least another 30km to go! This was supposed to be a nice gentle paddle! We latter worked out what I had done wrong, the paddle was around 30 miles long, but somehow I had it in my head that it was 30km! OPPS! Sorry.

So the best decision was to cut the paddle short at that point, which was very unfortunate. However this does not detract from the fact that this was beautiful paddle that we all had. This was truly a stunning paddle and a version of this trip will be run again later this year in Open Canoes or Sea Kayaks. Meanwhile, I think I need to go on a Trip Planning Course!

## **This year's Big Sea Trip**

At the moment this trip is in the advance stages of being planned. And the trip will take place on and around the beautiful Isle of Lewis and Harris. We are planning to "cherry pick" parts of these islands that offer the best weather and sea options for paddling. Therefore we may end up doing just day trips or short multiday trips. The trip will be a camping trip so please prepare for this.

As you may well be aware the West Coast of these islands is totally exposed to the Atlantic Ocean, and therefore you can expect fairly large sea swells that may not allow us to land due to surf conditions. Therefore paddlers must be able to keep a pace of 7km per hour for at least 6 hours without a possible landing. This will be similar to the sea conditions that we encountered around Barra Head several years ago.

If the weather and sea conditions are right, there may be a chance for paddlers to attempt to paddle out to some of the more distant outlying islands such as the Shiant's or the Flannans. The duration of the trip we are planning will run from Friday the 4<sup>th</sup> of May to the following Sunday, the 13<sup>th</sup> of May. But this may change slightly due to conformation of ferry

times, so please expect to be away for around 10 days. At the moment the estimated costs for the trip is around £250 for car fuel and Ferries' on top of that, there is your food costs and possible camping fees! No one needs to commit to this trip until the beginning of April.

Several members have already asked what will be involved in the training. The training for this trip will mainly revolve around building up everyone's stamina to enable us to paddle a larger distance without getting out of the kayak for breaks. We will also try to get out on the East Coast to get used to the bigger swell that that coastline tends to get during training. There will also be some training sessions in the pool as well. If you look at the Diary section of the Newsletter you will see several mentions of "Training Paddle". We are planning at the moment to paddle a Friday, Saturday and Sunday this may be made up a just one single paddle and probably staying in hostels or just single days, just depending on the weather! Where we plan to paddle, again will be weather dependant. So the best thing to do is phone either Rab or Julia on the Thursday prior to the trip. Please remember that the training paddles are open to anyone, even those members who are not going on the trip, but please note the level of the training as they are all grade C trips,. Again if anyone has any questions please ask.

## **Paddle's to look forward to.**

Just into the New Year and Rab's first planned paddle is a Night Paddle on Loch Lomond on Monday the 9<sup>th</sup> and hopefully it will be a clear sky and light winds. Launching at Balmaha and paddling around some of the various islands. We plan to meet at the stores for 6.30pm or 7.30pm at Balmaha. We should be of the water for around 10pm(ish?)

The next trip is a short gentle trip on the Forth and Clyde Canal. On the 14<sup>th</sup> of January we have a trip suitable for all. Launching near Kirkintilloch and then heading towards Cadder, before returning to the days starting point. This trip is suitable for Open Canoes, Kayaks and Sea Kayaks. The meeting time is 9am at the Stores or 10am at the put in point at Glasgow Bridge near Kirkintilloch.

On the 28<sup>th</sup> we have the first training paddle for those who are interested in the week long trip in May. One advantage that Loch Lomond offers is that members who would like to do some of the training, but unfortunately cannot take part in the trip can still do just a part of the days distance and return early if they wish. The meeting time is at 8am at the stores, or 8.45 at Balloch. We will also include a more detailed outline of the trip and what is expected of everyone, Today's trip will be a gentle introduction to the training that we will be doing, but still expect to paddle at least 25km today.

Into February and on the 3/4/5 we have another training paddle. For further information please read the information on the "Big Sea Trip".

**The ARRAN paddle has been postponed until April this year, as the Hostel was full booked.**

The next trip is another training trip which will happen over the 17/18/19<sup>th</sup> of February. For further information, again please read the information on the "Big Sea Trip".

**Remember, if you have any questions on any aspect of the trips or information given, please ask.**

There may be further trips planned over the period of January and February, but at the moment I do not have any further information on these, so please check at the Poolside for the latest information.

So hopefully the above information is enough to "WET" your appetite for a paddle and we will hopefully see you out on the water.

## Diary

Date	Location	Meeting time	Grade	Contact
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At Stores

### January

9 Monday	Loch Lomond Night Paddle	1830	A	Rab
14	Forth and Clyde Canal	0900	A	Rab
15	Planning Session		All	Graham
28	Loch Lomond Training Paddle	0800	C	Rab

### February

3/4/5	Training paddle	TBC	C	Rab
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17/18/19

Training Paddle

TBC

C

Rab

SCA: - [sca.touring@canoescotland.org](mailto:sca.touring@canoescotland.org).

Rab: - 01877 382141 - [Rabburns63@googlemail.com](mailto:Rabburns63@googlemail.com)

Shona: - 07507 500996

Graham Swanson: - 07968 057 934 - [grahamswanson@gmail.com](mailto:grahamswanson@gmail.com)

Phil Hyde: 07770823087 [secretary@dckc.co.uk](mailto:secretary@dckc.co.uk)

NOTE: Please look at the grading of the trip, if unsure about the grading system, either ask or check the web site for further details.

***Please remember to phone up the night before a sea trip to check up for the trip status. (Between 7pm-9pm) If you require equipment or a lift, could you please contact the trip organiser at least a week prior to the trip?***

**Remember to print and pin this list up, or mark the dates and times into your Diary.**

Thanks Rab Burns