

Drumchapel & Clydebank Kayak Club

Newsletter

May/June 2011

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 20th of June for the July/August issue.

Loch Lomond

The Club last Pool session will be on the 26th of April and from the following Tuesday, 3rd of May until Tuesday the 30th of August we will be conducting our sessions at Drumkinnon Bay, Loch Lomond and other venues. For each evening session the meeting time will be 1830 at the Club Outdoor stores in Miller St. Please check the Diary to see where the Club is meeting.

The next article missed the last date for the newsletter but is included as folk can see what was done, and some of the information will be relevant once we return to the Pool in September.

What's new in the pool sessions?

We have put together a new program of sessions for both the adults and the kid's sessions. These hopefully will cover a range of skills, themes and disciplines, and let people learn things, try things and add to your range of knowledge and experience in a canoe or kayak. During the adult session taking part is optional (except for one or two sessions where we need the whole pool). During the kids sessions some of the games need everyone to take part as we need the whole pool.

Some of the things coming up...

- We may hang up gates in the pool to use for races or practicing. These are used in "**canoe slalom**" as Olympic sports on rivers where you race down the river through the gates as fast as possible.
- When the balls are being thrown about then this is the skills needed for "**canoe polo**" a 5-side game similar to football or basketball, but in kayaks. In the full version people wear crash hats, face masks and buoyancy aids, and pushing someone in is allowed.

- On a few evenings we will be bringing in some plastic **open canoes** or **sea boats**, to allow people to practice rescues, techniques and more (both adults and children's sessions for some of these)

The program should be printed out on the poolside (on the shopping trolleys) and also on the website diary. For some of these we may be looking for extra helpers in the pool or on the side. We also need any volunteers to run (or help run) some of the sessions and any suggestions and ideas are welcome.

Graham.

Planning Trips at Drumchapel and Clydebank Kayak Club

At the most recent committee meetings we have been discussing how to plan trips and avoid clashing dates to avoid disappointment. To help solve this we have a trip planning sheet which can be viewed at the link below. Trip organisers have the password to update this file. The key thing to remember that it is a "*Planning Sheet*", trips will be published on the Newsletter and the Club Diary on the website.

Trip Planning Sheet 2011 : <http://bit.ly/hdAruo>

We also have a similar planning sheet for pool sessions.

Pool Session Planning Sheet : <http://bit.ly/enIRy3>

Volunteers Needed for Pool Sessions

As part of the pool session we need to have two nominated "pool supervisors" each night, one for the kids and one for the adult session. Their job is to remain on the poolside and ensure no one ends in difficulties in the boat or out of the boat on the poolside. This can be done from the poolside or on the seats.

During the kids session it is likely one person could do the full hour. During the adults session we need a volunteer for each night from now to the end of April. We suggest that the night's pool supervisor arranges to swap at 9.30 with another person so that they get a shot in the boats.

It has been suggested that to be a pool supervisor that the person has one year or more experience attending pool sessions. We will try to arrange further training too.

I am looking for volunteers to add to the rota. The rota (and the pool programme to end of April) can be found at <http://bit.ly/enIRy3> April Newsletter

Foundation Safety and Rescue Training

The club has successfully applied for a couple of grants to help pay the costs of doing the "Foundation Safety and Rescue Training" course, which is the introductory course from the Scottish Canoe Association that trains the key skills to rescue yourselves and others. We are going to book a couple of dates where 6 members could go along for the course. The normal price for the day is £40 but we have funding for half the cost. This is a course that is really recommended and we would love to see everyone getting along who hasn't done it before.

A number of dates and locations will be released soon.

To book your place call or email graham, 07968 057 934 or grahamswanson@gmail.com

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Trips

River Cononish: This was an excellent short Open Canoe trip down the river. We saw plenty of wild life and there was also fantastic scenery to look at. We even manage to have lunch on a small island with a ruined Castle on it.

Leven to Burntisland: This was cancelled due to high winds and heavy snow!

Spring 2011 White Water River Trips: This spring has seen several trips taking in some classic Scottish Rivers. Ian, Andrew, Graham, Shona and Sandy have been braving the snow on the Ness Glen in Ayrshire, the spate conditions on the River Nith, meeting at 7am to do the River North Esk near Dundee, and staying at Graham's cottage to do the classic Middle Orchy section.

From Grade III to Grade IV rapids these have been testing rivers that have needed some skill full paddling to get the line down the rapids right. There is video footage of some of these on the club website. For any aspiring river paddlers, these rivers are within reach with some practice, experience and ideally a bombproof roll!

River Trips: River Leven and River Teith: Sandy recently ran a couple of river trips aimed at those paddlers with less experience of the white water environment. The first of these saw 13 paddlers arriving at our normal put in on Loch Lomond, with a little more trepidation than normal. All on the water and the shuttle completed to get the cars to the bottom of the river at Dumbarton, and then a short paddle on Loch Lomond to the mouth of the River Leven.

Sandy worked with the club juniors, whilst Andy and Ian put some of the mature paddlers in the club through their paces. The River Leven proved to be a fairly gentle paddle on moving water and provided an introduction to the strokes and skills required for rivers. The river flows through Balloch and then eventually comes to Renton. Stories abound of juvenile “neds” lining up on bridges to take pot shots at paddler’s, however these proved unfounded and may be relegated to the realms of urban myth. In fact all the people on the river bank that we encountered were very friendly.

The lunch stop in the spring sunshine was still a wee bit chilly, so the group shelter was deployed to best effect and Ian eventually arrived with Jack’s sandwiches. After lunch a quick capsize from Kevin (purely to test the skills of the rescuers of course), and then a paddle down towards the A82 bridge on a much more meandering, slower river. No more incidents other than a couple of photo stops until we reached Dumbarton where there was a drop and a rapid just below the old bridge. Ian and Andy shot this first and then provided safety cover as the remainder of the group paddled down to join them one at a time, with Sandy directing proceedings from above the bridge. After that a short paddle and then out onto the rubble strewn beach, a group photo and then back to the cars. All in all a good paddle and enjoyed by everyone who took part.

The second trip was not so well attended however there had been a fair amount of rain midweek and this brought the River Teith up to a medium level. You would think this made for a good fast trip with the river flowing quickly enough to do most of the work, however, Sandy had other ideas, and breaking in and breaking out soon became the theme for the day. Low brace turns were dissected, analysed, scrutinised, theorised and occasionally praised! Edging control and timing were all worked on to the improvement of the paddlers and to the satisfaction of the tyrannical coach!

No spills to speak of; however Torrie rapid just above the get out, allowed the paddlers to demonstrate their mastery of their craft. Another good day out.

Paddle’s to look forward to.

As you will see from the Diary there are a number of SCA trips up and coming. Anyone interested in taking part in those trips **MUST** be a current SCA member to take part on those trips. Check the SCA web site for full details of the contact person for the respective trips.

As can be seen from the Trip Diary there are very little Club Trips Organised. It would be nice to see some other members running a few trips.

Firth of Clyde - Late Night Paddle: For those who want a slightly longer paddle than Loch Lomond, on Tuesday the 17th we have a late night paddle around Great Cumbrae. Meeting at the stores for 1830 and getting on the water at Largs Marina for 2000. We can expect to get of the water around 2300 or just after!

Foundation, Safety and Rescue days during May, June and July (see wee article in this newsletter)

5th June Family River Trip. Loch/Grade I/II river venue to be confirmed. Meet at Container 9pm
Graham

18th / 19th June Classic Scottish Rivers...Canoe and Kayak Findhorn Weekend. Graham. Leave Friday evening or Saturday morning.

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 May and June, 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 |
|------------|---------------------|--------------|-------|---------|
| | | At Stores | | |
| May | | | | |
| 3 | Drumkinnon Bay | 1830 | All | |
| 10 | Drumkinnon Bay | 1830 | All | |
| 10-11 | Tayinloan to Crinan | SCA Trip | B | SCA |
| 14-15 | Tayvallich Camping | campsite | All | Phil |

| | | | | |
|-------|--|----------|-----|-----|
| 15 | Stanley to Perth (Open Canoe) | SCA Trip | B | SCA |
| 17 | Drumkinnon Bay/Clyde - Late Night Paddle | 1830B | | Rab |
| 21-22 | Loch Sunart | SCA Trip | A | SCA |
| 24 | Drumkinnon Bay/ Open Canoe | 1830 | All | Rab |
| 28/29 | Skye | SCA Trip | B | SCA |
| 31 | Drumkinnon Bay | 1830 | All | |

June

| | | | | |
|-------|---------------------------|----------|-----------|--------|
| 3-5 | Loch Carron to Poolewe | SCA Trip | C | SCA |
| 5 | River Trip (TBC) | 9pm(?) | Grade 1-2 | Graham |
| 7 | Drumkinnon Bay/Open Canoe | 1830 | All | |
| 7-8 | Mull of Kintrye | SCA Trip | C | SCA |
| 14 | Drumkinnon Bay/Gorge Walk | 1830 | All | Rab |
| 18-19 | Caithness Cruise | SCA Trip | C | SCA |
| 18-19 | Findhorn | | | Graham |
| 21 | Drumkinnon Bay | 1830 | All | |
| 25-26 | Garvellachs | SCA Trip | C | SCA |
| 28 | Drumkinnon Bay | 1830 | All | |

SCA: - sca.touring@canoescotland.org.

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Shona: - 07507 500996

Phil : 07770823087

Graham Swanson: - 07968 057 934 - grahamswanson@gmail.com

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