



Drumchapel & Clydebank Kayak Club

Newsletter Nov/ Dec 2009

AGM

The Club's Annual General Meeting took place on Monday the 19th of October with just 11 members turning up for the meeting. With many items being discussed, some of the immediate details are contained within this Newsletter. Sandy finished up the meeting with an excellent video compilation from some of the various recent Club river trips that he has run over the last few months. For a full account of the AGM please see Ron for an immediate copy of the minutes!

Articles Wanted

Any member of the Club how has either run or taken part in any paddle trip could they please submit a short article to either Ron or Rab on how the trip went. Also if you are planning a trip could you let Ron know as soon as possible so it could be included in the trip listing, or even just an quick e-mail to everyone, and that way all the members have a chance to get out on a trip. As this was one of the points brought out at the AGM, was that trips were taking place without all the members be aware of those trips.

DCKC Apparel

One of the items that Sandy brought up was that, would members of the Club be interested in purchasing further items of clothing with the Club's logo on it. It was generally agreed that it was a good idea, and Sandy will bring the list of items and costs per item to the pool side for everyone to see.

Club T-Shirt Order

A range of t-shirts and other clothing items all embroidered with the club logo is now available. The order form can be found with details of the items available at the club pool sessions. Sandy is proposing to collate the final order and obtain the cash due for the items ordered on Tuesday 24th November. This is your opportunity to obtain a unique item of clothing and also support the club fundraising.

Spray Decks

By the time you read this article the Club will have purchased another 12 Spray Decks for the Club. Six of these will be for the Pool side while the other six will be Neoprene Decks that will fit some of the Clubs River Kayaks and Sea Kayaks. This should make a big difference to the comfort level while out on a trip.

Newsletter Deadline.

Some members were indicating when latest dates that articles or information had to be submitted for inclusion in the next Newsletter. Well here are the dates.

December 21 st for the	January/February Issue
February 21 st for the	March/April Issue
April 18 th for the	May/June Issue
June 20 th for the	July/August Issue
August 22 nd for the	September/October Issue
October 24 th for the	November/December Issue

Touring Year 2009

This year was even worse than last year, with very strong winds almost through out the year. As usual the winter and spring and so far the autumn and been fairly good to us, but the summer was a wash-out. We did manage a few good trips this year, but the numbers attending the sea trips have been very low (Around 3 members per trip!) with almost the same people attending each trip!

On the good side several, members ventured of to sunny Sardinia for a paddle. Next years format of trip planning will be changed slightly to see if this encourages other to venture out. Also in the planning stages for next year is a week long trip to hopefully some of the outlying Scottish Islands. This trip will take place around April-May time, and it will be a Grade B/C trip. Watch this space for further details of this trip.

One section of the Club that has proven again to be quite successful has been the Open Canoes. Every trip has gone ahead in a variety of locations with good numbers attending each trip. Hopefully next year will be just as successful.

Club Survey Results

We now have all the returns from the Club Survey, all 12 of them, which to say the least is very disappointing from a membership of around 60 members. That is around 80% of the Club that did not reply. For those that did reply, we will try our hardest to start implementing those trips and skill sessions into the following year's planner. It may take several years for everyone suggestions or goals to come to fruition. Unfortunately; for some of the plans and suggestions, that is all they will ever remain. Not because they were bad ideas but purely because of the limited response we had from the survey we cannot justify pursuing those projects unless more members wish to be involved in those projects. But hopefully the Club will start to see some of the suggestion being introduced early next year. So a big thank you for all your valuable input.

Coast Guard Visit

As mentioned in the previous newsletter the Club was trying to arrange a visit to the Coast Guard Rescue and Co-Ordination Centre in Greenock. However there is still an ongoing dispute with the Coast Guard Unions which will not allow us to attend until, perhaps early

next year! We will try to arrange another visit for around that time, that is if the dispute is finished.

Serious Fun DVD

Ron sent out an e-mail regarding a new DVD from the RLNI titled "Serious Fun". So I sent an e-mailed away to receive my free copy, and it arrived within three days! This is an excellent DVD and I would recommend it to anyone that is interested in any aspects of Canoeing and Kayaking, with plenty of excellent tips and suggestions to make you safer out on the water. This DVD is not just aimed at novices, as there are sections and information that I'm sure that 2* and 3* (Sea) members would find very helpful in there training and assessments. There are other sections in this DVD that cover other various water- sports as well.

As a **FREE DVD** this is an excellent reference item that you should view every now and again just to make sure that your knowledge is constantly refreshed. If you have not got a copy yet you can get yours from the following e-mail address: rmccarthy@rnli.org.uk and ask for a copy of "Serious Fun".

2009 River Paddling DVD

Copies should be available at the pool sessions. Feel free to copy this DVD for your own use but it should be noted that the music on the soundtrack is subject to copyright so don't go putting the footage up on youtube!

Instructor Training

Over the last few months some members have indicated that they might be interested in becoming an instructor. So the following is a brief overview of what is required to gain the very first steps in becoming a kayak or canoe instructor.

The first thing that someone requires is the "**PREREQUISITES**". These are all the various assessments or courses that you need to achieved prior to attending any course. For the New Level 1 training Course, which everyone must now start from, the prerequisites are as follows:

1. The new 2* Award or old 2* in both Canoe and Kayak disciplines.
2. The new Foundation Safety and Rescue Training Module (FSRT)

And although not specifically mentioned, candidates must be seen to be either paddling at or looking to gain a 3* Award, a First Aid Certificate would also be beneficial.

Once this has been achieved the candidate must then select a training & assessment course that will last 4 days. This training course can be either 2 X 2 days or a 4 day course; you can opt for what suits you.

If the candidate is successful in passing the Level 1 Course they can only coach as an assistant under direct supervision. With the addition of a CRB check (Criminal Record Board, and this is only required, if you are working with children or vulnerable adults.) and a 4 hour First Aid Course they can then work independently, in very sheltered water such as Drumkinnon Bay. This will then give you the experience that you need to go on to do you Level 2 Award. Should you have any questions on how to become an instructor you can always ask one of the Instructors at the poolside such as Colin, Donald, Rab or Ron.

Pool Sessions

Over The last few years we have run skill sessions in the pool. This was aimed at everyone, from beginner to advanced paddler to practice their skills and observe variations on stroke applications. However there was never much of an uptake in those skills sessions. One of the main points that members mentioned in the survey was the lack of formal coaching, as a result of this we will do these skill sessions again, and cover all the various strokes covered by the BCU. They will start in January and run through to the End of April. **As you may be aware there is only a limited amount of instructors at the poolside each night, it is therefore up to you, the individual member to seek advice on how to develop your skills.** Ask the instructors at the poolside for help, that is what they are there for.

Regardless of how advanced your paddling skills are; you still need to be coached! Just look at any Olympic athlete or any other sporting person, they always have a coach to help them perform better.

Drumkinnon Bay

As you may now know that the cost of the pool sessions has risen to just under £100.00 per two hour evening session. This has left the Club with only two options, either to put up the costs or reduce the number of pool sessions per year. Therefore the committee decided to reduce the number pool sessions per year. We will therefore start the outdoor sessions at Drumkinnon Bay at the beginning of May this year and then run until the end of August. So this may help you to focus on you skills in the warm(ish) pool session before venturing into the cold wet outside (The normal summer sessions!) There will also be a reduction of evening sessions at the end of the year (December 2010) by several weeks as well. We do appreciate that this is an inconvenience to some, but we think by keeping the cost down will be more beneficial to the vast majority of members, and it gets us outside paddling!

Evening Sessions

Over the next few months there will be a series of evening sessions to be held in the Play Drome covering various aspects of paddling. These will include theory subjects such as the Access Code to Tidal Planning and practical subject such as First Aid. There will also be various slide shows as well. Please look in the diary section of the Newsletter to find out what is on and when it is on. Each session will start at 7pm and last until 9pm. These sessions will be ongoing, so if you wish to see anything covered in particular please let Colin, Donald, Rab or Ron know.

Membership Fees

Annual membership fees are due from the beginning of October. They remain the same as last year. Adult £27 (£25 unwaged), Junior £15 & Family £35 (£25 unwaged)

River Trips

Sandy is planning another series of river trips over the next few months, at this moment we do not have any dates yet. You will be able to find out all the latest information on the planned river trips at the poolside.

Trips

Firth of Forth: And another one bites the dust! On the 29th of August, this trip was cancelled due to Gales. Yet another sea trip is cancelled due to bad weather.

Gorge Walk: The next trip was planned to go Gorge walking on September the 5th, what happened? It was cancelled due to very high water levels in the Gorge with all the rain we have had. What a great summer this is!

Ardlamond Point: This was a trip that I have planned to do several times over the last few years, and every time the weather was bad! This time the weather was perfect, the first time for a long time! And guess what happened? The trip was cancelled due to a lack of interest, not one person responded to this trip!

Solway Firth: Well the weather took its toll again and the planned trip up to the Shaint Islands was cancelled due to Force 7-8 winds that were forecasted for that area. So Plan B came into operation, with winds forecasted to be around the Force 3-4 mark for the Solway Firth area, so that's where we went, just Ron, Julia and Rab.

The paddle started from the Isle of Whithorn, from there we paddled north towards Garlieston. The map indicates a rocky shoreline along this route; it is in fact made up of small cliffs, and rather stunning rock formations, which made the paddle very interesting. From just north Garlieston we crossed over to the east side of Whithorn Bay, then headed south past the Islands of Fleet.

From this point on we felt the full impact of the south westerly wind and swell and the effect that that had on the sea state around the cliffs for the next 11 km, quite sporting and good fun! The sea state calmed right down again once we were inside Kirkcudbright Bay and paddled in tranquil waters up to the get out point at Goat Well Bay. We covered a total of 46km in just eight hours of paddling.

The second day we started across from Goat Well Bay at the RNLI Station, and had a quick look over the Life Boat station as well! We then got on the water and headed south in a somewhat anxious wind and sea conditions. We did make the options of turning back if anyone did not like the conditions once we were out in to the main part of the Solway Firth. Once we were out on the sea, the conditions were much more favourable than we dared imagine, as the sea was producing nice rhythmical sets of waves. We crossed under the military test firing range at Kirkcudbright; thankfully there was no firing that day. Once past the range the shoreline drops back a bit, allowing for just a really nice relaxing paddle and it even allowed us to explore some pretty interesting caves along the way.

The planned finish point for the day was at Southernness Point; if you look at the map for that area you can see plenty of sand; sand bars extending up to 5km from the high tide mark. Thankfully we had worked out the tides and we should be able to cross them! Wrong, we were right out in the mid channel at almost high tide and we had to walk! What

a strange situation to see the end point around 4 km away and we were walking in around 6 inches of water!

We did eventually reach deeper water and made it to the get out point. The total distance for the day was some 41km in 7 hours of paddling and walking! The plan for the following day was to paddle from Gretna down to Southernness Point thus completing that whole section of the Solway Firth. The first problem was that at high tide at Gretna there was only going to be 0.1 of a meter of water! The tide then drops! So the planned paddle was cancelled on the Monday and we returned home early. On the return we could see maize of sand bars and mud flats that surround this area and this was just 2 hours after high water! Clearly this would have to be a very carefully planned paddle at spring high tides to get this section of coastline done, in just one paddle that is if it has ever been done!

This was a really fantastic trip with a lot of interest in very sheltered water as well more interesting waters to be had around the exposed headlands; the area also boast lots of excellent sandy beaches, to many in some areas! This is a very under rated part of the Scottish coastline and we should make more of an effort to explore this area.

Loch Ryan: Into October and the first trip was down to Loch Ryan and then taking the wind and tide up to Ballantrae. However it was only Julia and I that were up for a paddle so we decided to increase the distance by a few miles up to Lendalfoot.

This paddle started in Loch Ryan by the car-park just north of the Cairnryan ferry terminal, from here we crossed over to the other side of the Loch where we had paddled before to view the amazing rock structures again that surround the coastline around the North East side of the Mull of Galloway peninsular. From there we crossed over to what we both thought was going to be a relatively uninteresting stretch of coastline! How wrong were we to be! This was a fantastic paddle with excellent caves and rock structure and a very committing 9km stretch of coastline with very few get out points until you reach Ballantrae. From Ballantrae we headed north past Bennane Head and we even managed not only to find the infamous "Sawny Bean's Cave" but we also managed to explore around the inside of the cave. From here it was only a short paddle to the get out point at Lendalfoot; some 27km from the day's starting point. This was an absolutely fantastic paddle with an excellent coastline with plenty of caves; the sea conditions were also ideal with no more than Force 2 wind conditions all day. This all adds up to being one of the best paddles Julia and myself have had all year.

Paddles to look forward too.

To end October with there is an Open Canoe and River Kayak trip down the River Larig past Balquhiddy and coming out just past Strathyre at Loch Lubnig. This is a beautiful little trip with gentle rivers and small Lochs. Any one interested in this trip should meet at the stores for 8.30am.

On Saturday the 7th of November the Club is taking part in a **Long Term Paddler Development Workshop** in conjunction with the **Scottish Canoe Association** to be held at

the Play Drome and a short paddle coaching session to be held on the Canal. We would like to see as many members as possible turn up for this event, especially Coaches and potential Coaches. The times are as follows meeting at the Play Drome for 8.45am and the expected finish time is around 12.30. From this time on there is a possibility of a paddle further along the Canal or a short drive over to Loch Lomond for a paddle. Anyone interested in attending this day it would be most helpful if you could give your name to Ron by Tuesday evening the 3rd of November at the very latest, earlier if possible. This will help ensure the day will go well and benefit everyone at the Club.

On the Thursday the 12th and Monday the 23rd there is two session to be held in the Play Drome. The first is covering Wild Camping, and all the various aspect that that involves. This will include plenty of tips for those thinking about Wild Camping either for the first time, or even how to improve your experience of Camping. This will be run by Colin. The second evening is a slide show that covers a paddle around the southern area of Greenland, this will be run by Rab, time's for both evening are 7pm until around 9pm.

On the 14th of November there will be a very short paddle on the Lake of Menteith, Scotland's only Lake! Meeting time will be 9am at the stores or 9.45 at Aberfoyle Car-park for a last Toilet stop.

On the 28th of the month there is a trip down the River Teith, again this trip is open to both Canoes and Kayaks. And again we plan to meet at the stores for 8.30am or 9.30 at Callander.

Into December and the first paddle is a short night paddle on Loch Lomond. We plan to meet at the stores at 6.30pm and returning around 10.30pm.

On the 5th there is a planned (?) "Grade A" Sea Paddle to somewhere, and we might even come back! Where we go will depend on either the best weather or suggestion we get. Meeting time will depend on suggestions, so keep in touch.

On the 10th Colin is running another practical workshop, this time it involves the Unconscious casualty and CPR. Both of which is handy if you are out paddling and happen to come across an incident that involves those types of casualties. Meeting time again is 7pm at the Play Drome.

The last planed paddle of the year is the Annual Mince Pie paddle which always goes down well. This trip is open to anyone, and there is also a ferry across if you don't fancy a paddle. Meeting at the store for this trip is 9am.

Into next year and on the 9th, the very first paddle is a trip down the upper part of the River Clyde from the A702 Road Bridge just north of Abington to a get out point just to the west of Bigger giving a paddle of 13km. This is a Grade 1 paddle and is suitable for Open Canoes and River Kayaks. Meeting time at the store is 9am.

On Thursday the 14th Colin is doing a talk on Hypothermia and what we can do to prevent its onset. The Time for this is 7pm at the Play Drome.

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

P.S. As a Look forward to the whole of next years touring trips, the full trip list should be out by the end of December or at the latest early January.

Diary

Date	Location	Grade	Contact
31	River Larig to Balquhidder	Grade 1	Rab Tel: 01877-382141
November			
7	LTPD Workshop	All	Ron 07743342330
12 Thursday	Play Drome - Wild Camping	All	Colin
14	Lake of Menteith	A	Rab
23 Monday	Play Drome – Greenland trip	All	Rab
28	River Teith	Grade 2	Rab
December			
2	Night Paddle	A	Rab
5	Sea Paddle ?	A	Rab
10 Thursday	Unconscious Casualties & CPR	All	Colin
19	Mince Pie Paddle	All	Rab
January 2010			
9	Upper Clyde River	Grade1	Rab
14 Thursday	Hypothermia	All	Colin

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 into your Diary.

Thanks Rab Burns

Autumn/Winter river trips

Unfortunately Sandy's shifts are not the best for river paddling at weekends however he is proposing the following dates for river trips.

Sunday 1 November

Sunday 15 November

Sunday 13 December

Monday 28 December

These will all be suitable for beginners to river paddling.