

# Drumchapel & Clydebank Kayak Club

## Newsletter

### March/April 2013

As you can see this is a pretty big Newsletter with a lot of important information in it so please read all. Now that spring is here the rivers should be now in full flow and the air temperature is now warming up as well. So there is even less of an excuse not to get out on the water. Looking at the diary section of the Newsletter it's great to see that it is looking so full with very few weekends with nothing happening. If anyone wishes to put something in the Newsletter, if it's bit of news, an article, or even items for sale please e-mail me at [rabburns63@googlemail.com](mailto:rabburns63@googlemail.com) for inclusion in the next Newsletter.

## Deep Trouble

Over the last few months within the Club there have been at least two Sea Kayaking incidents, and all on "safe" Loch Lomond, one which involved a member having to be taken to Hospital with Hypothermia. In all cases it seems as if paddlers were paddling in high winds and very low temperatures. Another person that ends in the water in those conditions might not be as fortunate as our Club members have been!

**Please be aware that most people can paddle in poorer weather conditions than they can perform an efficient rescue!** You need to make sure that you can perform confidently a rescue in the conditions that you are paddling in. So make sure your Tow Line can deploy properly and you have a transferable hand pump that is both working and easy to reach in rough water. **If you are in any doubt about any of the above concerns, get of the water, It's better to be safe than sorry.**

No matter who you are within a group, if you are out of your comfort zone, **SAY SO**. Tell the "Trip Leader" soon as possible to the about your concerns. (You might think you are the only one, but I'm pretty sure there will be other paddles out of the comfort zone as well.) I'm sure that any trip leader would rather get of the water safely, rather than performing a rescue in difficult conditions. Remember, once back in your Kayak you are still faced with the same conditions around you, and you may have a fair distance to go before you reach the safety of the shore! **(For trip leaders: if the group see someone capsizing in rough water, the remainder of the group is going to tense up and you could be faced with more**

rescues to perform in rough conditions.) **If you are in any doubt about any of the above concerns, get of the water, It's better to be safe than sorry.**

For **everyone** going on a trip, but especially the trip leader please check the weather conditions and the tidal conditions before you go out. They only take a few minutes; either on the internet or with Tide Tables and Pilots. There is no excuse for not doing this. Please ensure that these tally with what you are seeing out on the water. If not, are you ready for a rescue? **If you are in any doubt about any of the above concerns, get of the water, It's better to be safe than sorry.**

For all trip leaders PLEASE ensure that your grade of trip corresponds to the people that are on that trip. If you are out on Grade C conditions with novices, YOU can expect trouble! And it will have to be **YOU** that sort's out the problem on the water! **If you are in any doubt about any of the above concerns, get of the water, It's better to be safe than sorry.**

## **BE SAFE.**

### **“If you don't ask you don't get”**

We have been hard at work trying to get some grant support for the club to help keep up with how busy we are and have had a couple of great successes! The Sports Council for Glasgow have awarded us £360 to help fund the purchase of a new Karnali kayak for the pool and also flatwater use outdoors. The Karnali is the more up to date version of the CK320 that fits the larger paddlers in the club. Thank you to the Sports Council for this help – much appreciated.

**West Dunbartonshire Council** though their “Sustainable Sport, Strong Futures” project have are to helping us set up a new section in the club - focussing on the competition aspects of canoeing. They are helping out with £1420 to fund the purchase of ten sets of helmets with faceguards and buoyancy aids to allow us to play polo! This should be available by the end of March.

The **2014 Communities lottery fund** are also helping with the competition section by purchasing some boats suitable for canoe polo and also to help with the training costs of more club coaches. We have been awarded £2000 to help with this, and wwe are just about to purchase the new boats and also find enthusiastic club members who would like to add some coaching to their skills. See article on coach training in this newsletter. The likely new boats are called a P&H revenge.

# L1 Coach Training

DCKC has grown! Busy pool sessions, lots of trips, better equipment, better coaching, lots of members out enjoying their own paddling, improving their own skills and also helping out other members.

We have a pretty full program in mind for 2013 and as well as developing individual paddling

and group skills with courses such as 2,3,4 star courses we are also keen to encourage anyone

with an inclination to helping others to consider doing a coaching course – if you have helped

out at sessions, given a fellow paddler a bit of advice or would like youth members to come on

your “A” trip then a coaching qualification could be just the thing.

So what’s involved:

- **Time, the Level 1 course is a 4 day course...** but it should be fun!
- **Money – but not lots.** The club has managed to obtain grant funding to pay for a significant portion of the course. Additionally you can top this up by applying directly to sportscotland ([http://www.sportscotland.org.uk/coaching/Funding/UKCC\\_subsidy](http://www.sportscotland.org.uk/coaching/Funding/UKCC_subsidy)) for support at least 4 weeks before the course (need to agree to help coach at the club), or by using ILA money if applicable. With all these sources it is likely that it may simply be the cost of travel.
- **A little bit of paddling.** To do the course as a “boat-based” person you need to be qualified at 2 star. If you are fairly happy paddling in your kayak or canoe general then the club coaches will provide the necessary training and assessments to get 2 star.
- Be old enough (over 16).
- If not already completed then complete the one day Foundation Safety and Rescue Course (FSRT).

- Joining the Scottish Canoe Association is optional as the club will pay the registration fee for the course (£39.00 SCA Member/£55.00 Non-members). If planning to do more courses then SCA adult membership makes sense at £35/year.

There are lots of dates available in Scotland:

10-11, 18-19 May 2013 Castle Semple Watersports Centre

2-6 Sept 2013 Lochore Meadows Outdoor Education Centre

17 – 20 September Glenmore Lodge

22-26 April 2012 Lochore Meadows Outdoor Education Centre

21 – 24 May 2013 Glenmore Lodge

6-9 August Glenmore Lodge

15-18 March 2013 Castle Semple Watersports Centre

## FAQ

**Q:** I might be interested – what to do next?

**A:** Contact Graham grahamswanson AT gmail.com or 07968 057 934

## Would you enjoy helping Out with the Club Tuesday Sessions?

As well as hoping to qualify a few more members as coaches we would also be very happy to have help in the kids session (or with the adults) on specific skills or just to be extra hands and eyes during the session. Whether it is just tipping people in for sculling/support practice or helping Gerry with the people keen to learn to roll if you think this is something you would enjoy then chat to Graham, Sandy or David. We are not looking for every week commitment and having to wear a stylish red t-shirt - just help when you are up for it

## Yet more guinea pigs wanted!

Open Canoe Paddlers looking to improve and willing to be Graham's guinea pigs for his Coach

Training. Ideally with some experience of open canoeing and willing to endure/enjoy:

- 12 to 15 coaching sessions
- Some boring interviews to find out more about your paddling skills, ambitions, learning styles and more.
- Solo boaters preferred but we will be doing some doubles paddling.
- Aiming to achieve 4 star / grade 2 canoeing skills

Days / times. To be confirmed but I am looking to run 12 sessions over the next few months and

could include evenings and Saturdays/Sunday

Commitment - you don't need to make all the days but a good few are needed

Assessment - you must be willing to be a student on my one day assessment ... just turn up and get coached with an assessor watching me coaching you.

## Tide Race Demo Days

[www.kayakbute.co.uk](http://www.kayakbute.co.uk) with "Tide Race" Sea Kayaks is planning a series of "Demo" days at Loch Lomond in March. This is an excellent chance to try out different boat designs to see which type of Kayak suits you're paddling needs. There are several dates on their list; hopefully one of their dates will suit you. Please contact them at their address prior to going along.

# Skye Sea Kayak Symposium

The Scottish Sea Kayak Symposium is being held over the period 24-27 May. If any one is interested in this I would urge you to go along, you will have a great time; there is plenty to do for all abilities, even if the weather is bad. However there are only limited places, so you do need to book as early as possible. Please contact: [www.seasymposium.org](http://www.seasymposium.org) for more info.

## Tidal Planning

Rab will be running the last of his Tidal Planning workshops on the 18<sup>th</sup> of March. This session is intended for anyone interested in more advanced tidal planning. We will be looking at both "Secondary Ports" and how to work out tidal streams. This is essential for anyone planning trips outside the Firth of Clyde area. Session 3 will be on Monday March 18 at 7.30pm at Bill's House. As anyone has attended the previous two workshops, they have found them to be very beneficial to their understanding of tides and how they affect sea kayaking. A very big thank you must go to both Janice and Bill for hosting those workshops.

## Past Trips

**Loch Lomond:** On the 5<sup>th</sup> of January, for the first Club Paddle of the year. Despite the bad weather that was forecasted, 7 hardy paddles turned up for a pleasant paddle on Loch Lomond. Paddling around some of the various Islands we manage a respectable 22km that day. While having lunch on one of the Islands, Ron, with great ease managed to get his "Hobo" stove going in a matter of minutes, to the delight of everyone. We ended the paddle just in time as the forecasted wind and rain came on.

**VHF testing day:** On the 19th of January we had a VHF testing day just to see the limits of performance of our radios. Unfortunately the weather dictated that we did not go for a paddle. However just six Club members did go into Balloch Park to test the Radios out. All radios worked well, which certainly put my mind at ease considering some of the minor problems we have encountered with them in the past. We even managed to contact Belfast Coastguard, now, our nearest Coast Guard Rescue Coordination Centre to Loch Lomond, and the Clyde! Some members even managed to learn some more about their radios. I think this was a very worthwhile exercise, and although we did not paddle I think we all did get something out of the morning.

**Firth of Clyde:** On the 2<sup>nd</sup> of February six members turned up for a paddle from Largs around Little Cumbrae. We were extremely lucky to get out on the water with a small lull in between some very high winds, and the temperature was not even that cold. There was even the odd Porpoise for us to see.

We even managed to bump into Douglas Wilcox on Little Cumbrae. They were planning to paddle around the Heads of Ayr, when they got there it was blowing a F4/5, so they opted not to get on the water there, and travel all the way up to Largs where it was much calmer. Later we heard that another Sea Kayaker had a very lucky escape that day and to be rescued by helicopter around the Head of Ayr!

**Sound of Luig Area:** On the 23<sup>rd</sup> of February we had the first of hopefully several trips to this area in which we plan to do some tidal training for the Orkney trip. Just four members turned up on a cold and very snowy morning! Once on the water we did warm up a bit, we also had to use a compass to navigate at the start of the paddle as visibility was extremely limited due to the snow.

After a while there were a few chinks in the weather and the sun started to appear as we approached Belnahua. The tides are usually quite active around this area, and the changing tidal steams are quite easy to spot. However on this day there was no swell or wind to disturb the waters surface and thus made some of the streams harder to spot.

We still managed to do a fair bit of ferry gilding between islands, but there was no real rough water to play in. But given the low temperatures, perhaps that was just as well!

On the paddle back to Easdale the sunset was just fantastic, and what a contrast to the snow we had when we departed in the morning.

**River Tay Trip Report (Sunday 24th February 2013):** On Sunday 3 of us met for a planned trip to the River Nith. A week of unseasonably good weather meant there was no water anywhere except the river Tay, so we headed off to the Grade 2 (3) stretch at Grantully. In the team were Bernie, Graham and new member David MacDonald. We set off later than the 9am planned, with David having one of those days where he should maybe have stayed in bed. He had thought it was 9.30 start and even better, had left his drysuit hanging on the door in house in Balloch. No amount of encouragement could persuade him to go for a club wetsuit so he drove back to Balloch and agreed to meet us at the river. As we all know, these things come in three, more later... Off we set to the white water course at Grandtully, and once David arrived did a quick shuttle to get Bernie's car to the top and David's to the bottom. We spend an hour within sight of the get-in practicing surfing and learning about edge, trim, position on the wave, the benefits of

rudders v reverse strokes until everyone could surf the wave a bit better. We headed downriver practicing a few other things until the rapid known as "Fisherman's" where a friendly (but quite big) playhole waited. At this point number three happened - David exclaimed "I have left my car keys in Bernie's car" ... which was handily located at the get in. Having finished number three David relaxed as all the bad things for the day were over. We meandered down to Grandtully rapid and bounced down the rapids in the gaps between the Scotland Junior Slalom team's training runs. Thankfully Bernie prevented too much embarrassment with a successful roll (or two). The kind folks from Heriot Watt Uni gave Bernie a lift to his car, we went for a cup of tea in Tully Hotel and then off to home.  
Graham

## **Trips to look forward to**

You should have had by now the clubs touring trip list for this year. You will see on the list that there will be several mentions of The Shiants, Rathlin and Bell Rock. After many years of unsuccessful attempts to get out to these various islands, on just one specific date per year. We have opted to try and do several dates per year and hopefully we might get out to them this year? Should we manage to do these trips earlier in the year different trips will be put in on the later dates in the calendar.

**Bell Rock:** Although some members of the Club managed to paddle out to the Bell Rock Light House last year, some members where disappointed that they did not manage to make it. This is an 11 mile paddle out the Lighthouse. We need winds of around F2 and calm seas to do achieve this trip. Departing Glasgow at 7am and heading for Arbroath, we plan to arrive around Low Water around 1pm "ish". If the weather is not suitable an alternative may be a Coastal paddle around this area, which would be a grade A/B trip. So keep in touch.

### **Dee Trip chat**

16/17 March. River Dee Descent by open canoe. A weekend camping trip down the Dee (Grade 1) (touching Grade 2/3). Details on club calendar or contact Graham or Sandy as soon as possible.

**Sound of Luing:** With the Orkney Trip coming up we are planning to do several trips up in the Sound of Luing area to play in the tides. **These trips are essential for any one wishing to go to Orkney!** Today's trip is on Spring tides, departing Glasgow at 7.30am and heading for Easdale. Depending on the weather we will be paddling around the Cuan Sound or around Pladda where we can paddle in 6-8 knot tides.

**Rathlin Island:** This is one of those places where I have always wanted to go. Lying just off the coast of Ireland and surrounded by magnificent scenery and some very interesting tides! The plan is to leave on Glasgow around 11am and then to head to Machrihanish to be on the water for 4pm and to arrive around 8pm on Rathlin. We then plan to have the next two days exploring the Irish Coastline before catching the Ferry back to Campbeltown.

However we need winds of around F2 and calm seas to do achieve this trip. Also there is a limit to the number of people and Kayaks the ferry can take. (JUST 5 kayaks!) So if you are interested please contact Rab as soon as possible, like now! (Just so I can sort out numbers.)

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**River Tay:** Well not quite, just for some thing a bit different for Sea Kayaks, we plan to paddle from Perth to Dundee, and although this trip is just over 20 miles, it will be a grade "A" trip as we will have the flow of the River Tay plus an outgoing tide to take us all the way down to Dundee. We plan to be leaving Glasgow at 8am or in meeting at Perth at 9.30am.

**Orkney trip:** We now have the dates for the Orkney trip confirmed; the dates are from **Friday the 17<sup>th</sup> of May until Sunday the 26<sup>th</sup> of May.** Just to let everyone know we will be leaving Glasgow at around 0900am to arrive at Gills Bay in Caithness for 1730 for us to catch the 1830 Ferry over to St Margarets Hope on South Ronaldsay, arriving there around 1930.

The driving distance to Gills Bay from Glasgow is just under 300 miles which should take us around 6 ½ hours. Which give us two hours spare for breaks, plus an additional hour to book in before the Ferry departs? The return cost is £94.00 for a car plus two passengers which works out at £47 per head.

We plan to return on the first ferry on the Sunday morning of the 26<sup>th</sup> at 0730. So we all need to be up very early that morning.

The timing of this trip will allow us to catch the most of the Neap tides while we are there, with the strongest tides occurring just after we leave Orkney. Even so I can now say with a fair bit of confidence that this will be an "interesting" tidal trip! Given the location and the tides around this area, everyone that attends this trip must be **very confident in Grade "C" conditions as well as their personal skills for those conditions, so get practicing!**

Anyone that is possibly interested in attending this trip could you please let me know as the **tickets will be booked by early April**, we can also keep you in the loop as to any other bits of relevant information becomes available..



# Diary

Date		Grade	Time	Organiser
<b>March</b>				
2/3	St Andrews	A	TBC	Iain Mc G
9	Loch Lomond	Tide Race demo Day		<a href="http://www.kayakbute.co.uk">www.kayakbute.co.uk</a>
16	Bell Rock	C	0700	Rab
18	Tidal Planning	ALL	1930	Rab/Bill
23	Loch Lomond	Tide Race demo Day		<a href="http://www.kayakbute.co.uk">www.kayakbute.co.uk</a>
23	Lock Eck	A	TBC	Iain L
30	Sound of Luing	B/C	0730	Rab
<b>April</b>				
7	River	2	TBC	Sandy
13	O/Canoe	2* Tranining	TBC	Sandy
13/14	Skye	A/B	TBC	Colin
20/22	Rathlin	C	C	Rab
27	Sound of Luing	B/C	0730	Rab
28	River	2	TBC	Sandy
30	Last Pool Session			
<b>May</b>				
4	River Tay (ish)	A	0800	Rab
4	River	2/3	TBC	Sandy
7	Loch Lomond	All	1830	

Sandy                      Tel: 07962226280  
Bill Davis                Tel: 07831 789215  
Andy Ligethy             Tel: 07866 559840  
Rab Burns                Tel: 01877 382141/ ([rabburns63@googlemail.com](mailto:rabburns63@googlemail.com))  
Shona                      Tel: 07507 500996  
Graham                    ([grahamswanson@gmail.com](mailto:grahamswanson@gmail.com))

Please remember to give the respective trip leader **at least ONE WEEKS** notice if you intend to borrow club equipment. Also please contact the Trip leader the night before to check for any final updates regarding information. (Weather, Meeting points, etc.)