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## Intermediate White Water Kayaking

### Is it for me?

This course is geared for the paddler who is starting to get to grips with white water. To get the most out of this course then you should be comfortable on Grade 2 with some experience of Grade 3, a minimum of about ten days paddling on a variety of rivers would be ideal. To have a reliable roll is not essential on this course, it will of course help, however we will be able to help you with your roll during the week. So if you want a week with plenty of opportunity to paddle Grade 3 and are keen to develop in that environment, then this is the course for you.

### Aim

This course will provide the paddler with plenty of experience of paddling a variety of Grade 3 rivers, we may also look at paddling harder rivers if the conditions are appropriate and the group ready for it. In addition to this the week will focus on safe river running strategies, white water safety and rescue as well as of course developing your personal paddling on intermediate white water.

### Course Content

You will usually be in a group of no more than six with one instructor. Meeting your instructor on the first morning provides an opportunity to discuss people's experience and aspirations, which along with the weather forecast and water levels will enable us to plan the weeks' activity with you.

Day one we will help you sorting out any boats or paddling gear you need to borrow from us, and then we will head off to a local river. This could well be a section of the Spey or Findhorn that will give a good Grade 2/3 warm up day and enable us to introduce some coaching and safe river running themes. For the rest of the week we will paddle the rivers that offer us the best water and are at the appropriate grade for the groups needs. This will include plenty of rivers with Grade 3 and could include harder sections if appropriate. The following rivers may be paddled during the week: Spey, Findhorn, Tay, Roy, Spean and Garry.

Whilst on these rivers we will be able to spend time coaching and developing your personal paddling, there may be an opportunity for video coaching as well. In addition to this we will be looking at developing your safe river running skills to help you leave the course feeling confident to safely paddle a similar grade of river with friends. As part of this white water safety and rescue is essential, there will be an opportunity to look at a variety of aspects of this during the week as well, as is needed.

Glenmore Lodge has a purpose made kayak rolling pool, this will be available for use every evening, so if your roll is needing sharpening up we can help you with this.

In addition to this you will benefit from your instructors wealth of knowledge of additional white water paddling venues around the UK, and more than likely the rest of the world!! Stories will be told and hopefully you will leave inspired and with knowledge to confidently take your paddling to other parts of the UK and rest of the world.

## Equipment List

Glenmore Lodge has a large, and very comprehensive store of up to date clothing and equipment. You are welcome to use your own equipment and pick and choose odd items from the store. Your instructor will want to check that personal equipment is appropriate for the activity.

If you are thinking about buying equipment but are not too sure what to get we would advise you to come and try our equipment and then make your purchases after the course. We have a range of most equipment items you can try during the course and there is advice on hand from other students as well as the staff.

We have a range of some of the latest river kayaks from Pyranha and other top manufacturers. All our Sea kayaks are this years models from P&H, Valley and North Shore. Our Open boats are all new from Mad River, Wenonah and Venture. The surf kayaks are from Valley and Mega including high performance and international class.

Our paddling clothing is from Peak and we have a wide range tailored to your discipline.

We use a range of paddles depending on the activity, Lendal and Werner for sea kayaking and Werner for river/surf kayaking and canoe. There are specialist additional open boating items such as paddles, poles and sails.

### **GLENMORE LODGE CAN SUPPLY:**

- ✓ Buoyancy aids
- ✓ Helmets
- ✓ Spray decks
- ✓ Cags
- ✓ Wet suits
- ✓ Wet suit bootees
- ✓ Small drybags
- ✓ Dry suits (only for out of season kayak courses)
- ✓ Paddling Trousers
- ✓ Pogies
- ✓ Paddling Neoprene Gloves/mitts
- ✓ Towlines
- ✓ Split Paddles

### **White Water and Swift Water Rescue**

- ✓ Dry suits
- ✓ Throw lines
- ✓ Knives
- ✓ Karabiner
- ✓ Slings/Tape
- ✓ Pulleys
- ✓ Prussiks



## EQUIPMENT YOU NEED TO BRING WHICH WE DO NOT HAVE IN THE STORES.

Listed here are the essentials, this is not an exhaustive list.

- ✓ Informal clothing for leisure wear
- ✓ Insulating layers – at least two mid weights
- ✓ Fleece/insulated jacket
- ✓ Waterproof jacket
- ✓ Hat & gloves\*\*\*
- ✓ Vacuum Flask & Water Bottle \*\*\*
- ✓ Box or bag for packed lunch.
- ✓ Blister kit/ small first aid kit
- ✓ Personal toiletries & medications (towels are provided)
- ✓ Sun cream – you just never know! \*\*\*
- ✓ Sunhat and sun glasses & cord
- ✓ Insect Repellent – it may be midgey!\*\*\*
- ✓ Spare towel
- ✓ An alarm clock
- ✓ Glenmore Lodge also has a pool, sauna, gym & climbing wall - so don't forget your swimming/gym/climbing kit!

### Rolling

- ✓ For courses using the pool for rolling we advise the use of a nose clip. These are not provided but can be bought in our shop.\*\*\*

Items marked \*\*\* are available in our shop subject to availability.

## Some Useful Books

### **Scottish Canoe Touring: An SCA Canoe and Kayak Guide by Scottish Canoe Association**

This guide is aimed at those looking for calmer waters ...rivers, canals, inland lochs and sheltered sea lochs. Routes described cater for all tastes, from those seeking an idyllic afternoon's paddle to those looking for a multi-day canoe-camping expedition

### **Canoe & Kayak Games by Dave Ruse**

This book is a completely new and updated fourth edition of Dave Ruse's original 'Canoe Games'. It includes the best of the original Canoe Games, but has been completely revised and radically updated, with a huge number of new games contributed by BCU coaches. These games are grouped and linked to the BCU Coaching Scheme

### **British Canoe Union Coaching Handbook by BCU**

This book is a mine of useful information and practical tips. If you aspire to be a better canoe or kayak coach, this is the book for you.

### **White Water Safety & Rescue by Franco Ferrero**

This work includes white water safety and rescue for canoeists, kayakers and rafters. This is a completely revised new 2006 2nd edition now in full colour throughout.

### **Kayak Rolling: The Black Art Demystified by Loel Collins**

Loel Collins draws on his experience to help the readers learn to roll a kayak or improve the roll they already have. The approach is to illustrate the ideas with clear photo sequences, keeping the text to a minimum.

## Scottish White Water: The SCA Guidebook by Bridget Thomas

Welcome to the wonderful world of Scottish white water, which has inspired many people to get out there, get off the beaten track and paddle something new. In an age where park and play is becoming ever more popular, it's been great to see paddlers once again seeking out the wilderness experience an important part of what makes paddling special.

## Useful Websites

<a href="http://www.animatedknots.com/index.php">www.animatedknots.com/index.php</a>	Animated Knot Tying
<a href="http://www.bcu.org.uk">www.bcu.org.uk</a>	British Canoe Union - Paddle sports coaching etc.
<a href="http://www.canoescotland.com/">www.canoescotland.com/</a>	Scottish Canoe Association
<a href="http://www.ordnancesurvey.co.uk">www.ordnancesurvey.co.uk</a>	Loads of info on maps, access etc.
<a href="http://www.outdooraccess-scotland.com/">www.outdooraccess-scotland.com/</a>	Scottish Access Code
<a href="http://www.theaward.org/scotland">www.theaward.org/scotland</a>	Duke of Edinburgh's Award scheme
<a href="http://www.ukriversguidebook.co.uk/">www.ukriversguidebook.co.uk/</a>	UK Rivers Guide