

## Improver White Water Kayaking – Two Day

### Is It For Me?

This course is aimed at anybody who is keen to develop and consolidate their skills to kayak grade 2 white water rivers, as well as developing the ability to paddle Grade 3. To get the most out of this course you should have some experience of paddling Grade 2 water, having completed our Introductory White Water kayaking course is ideal. So if you want two days with plenty of opportunity to hone your whitewater skills and develop your confidence on Grade 2 with possibly a bit of Grade 3 water, then this is the course for you.

### Aim

This course will provide the paddler with experience of paddling a variety of Grade 2/3 rivers. In addition to this the two days will focus on safe river running strategies, white water safety and rescue as well as of course developing your personal paddling skills for white water. Getting solid white water kayaking skills from our top coaches will ensure a lifetime of white water adventures; there is no better way to improve your paddling and white water confidence.

### 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 day's activity with you.

Day one we will help you sorting out any boats or paddling gear you need to borrow from us. Then we will usually make use of a local Grade 2 river section of river to work on those essential skills and start to progress your paddling. For the next day we will paddle a river that offers us the best water and are at the appropriate grade for the groups needs, but hopefully should include some Grade 3. The weekend could involve the following rivers: Spey, Tay, Spean and Findhorn.

Whilst on these rivers we will be able to spend time coaching and developing your personal paddling. 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 may be an opportunity to look at a variety of aspects of this during the weekend as well, as is needed.

Glenmore Lodge has a purpose made kayak rolling pool, this will be available for use in the evening, so over the weekend we can help you start to develop a roll or make a roll more 'bombproof', which is a essential skill for any white water paddler.

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.



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## 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**

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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