

## Kayak Rolling Clinic – Beginner

### Is it for me?

This course is geared for the paddler who has got some paddling experience and has never rolled before. Ideally you have never tried, or if you have tried or had lessons you have not had any success. The course will be starting from the basics and then work from there towards developing a successful roll. The course is designed for white water, sea or surf kayakers alike.

### Aim

Learning to roll is always going to be a challenge for the majority, yet once mastered really starts to open up the possibilities in the world of kayaking.

For many two days will not be enough to master the art of rolling, however our coaches will get you as near to rolling as is possible, and in doing this give you plenty of exercises, action points and advice to help you to continue to develop your roll after the two days.

Our aim is of course to try and get everyone rolling, this we cannot guarantee – what we can guarantee is that you will have solid foundations for a roll for life and have a clear idea of what you need to do to develop a confident roll in the future.

### 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 will enable us to plan the days' activity with you. The entire course will make the best use of our purpose built kayak rolling pool.

Each day will usually be spent with a number of 2-3 hour session in the pool being coached and practicing. Whilst in the pool you can make use of our pool white water boats (Pyranha Microbat, Pyranha Acrobats and Dagger Pool bats) or plastic pool sea kayak (P&H Capella), along with other paddling gear and rolling aids. If you would rather use your own boat this is no problem, once it is washed out it can be used in the pool.

Video coaching will be a key part of the course and this will take place in the pool, but also in between pool sessions we will be reviewing video footage and making use of Kayak rolling DVD's. As a group the coaching in the pool will involve helping each other out a lot and maybe even giving each other feedback and coaching yourselves. In this it speeds up the learning process, but also gives you the tools to continue developing your roll after the course. Each day will finish with a review and some clear action plans to help you take you developing roll forward as quickly as possible.

To make the rolling more pleasant in the pool we would advice you bringing your own nose clips (these may be available in the Lodge shop to buy)



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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

### **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



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- ✓ 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**

### **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.

### **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.