
Introduction to Sea Kayaking – 2 Days

Is It For Me?

This course is aimed at anybody who is keen to develop the skills to kayak on the sea. To get the most out of this course then you should be water confident, but there is no requirement to have been in a kayak before. As part of the learning process getting wet and capsizing is possible, so come prepared for a bit of getting wet as well as a lot of fun and learning. So if you want two days with plenty of opportunity to learn to paddle a sea kayak as well as the skills to safely plan and paddle your own future sea trips, then this is the course for you.

Aim

This course will be dependant on the weather conditions, however it should provide the paddler with experience of paddling a local section of coastline. In addition to this the course will focus on tidal planning, seamanship and weather forecasting, safety and rescue, as well as of course developing your ability to paddle a sea kayak. At the end of the two days you should be aware of how to plan and paddle your own trips and getting out sea kayaking.

Course Content

You will usually be in a group of no more than six with one instructor, often 2 instructors and a group of 10 people. Meeting your instructor on the first morning provides an opportunity to discuss people's experience and aspirations, which along with the weather forecast will enable us to plan the days activity with you.

The first day will often start in our indoor kayak pool to look at capsize drills and gain confidence in the kayaks. We then sort out any equipment you need to borrow from us and head to Loch Morlich to introduce some personal paddling skills and coaching and practicing some rescue procedures.

Once off the water and fuelled with tea and cakes, we will introduce some tidal planning. This will help prepare for the next day when we will head to a section of the Moray coast. This will allow us to do a day journey, and of course continue to develop your paddling skills en-route. On the course we are able to supply all the maps, charts, pilots and other tidal planning resources you may need. If you have your own though, feel free to bring them along.

In addition to this you will benefit from your instructors wealth of knowledge of additional sea kayaking 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.

What Will I Need?

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:

- ✓ Bouyancy 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
- ✓ Personal toiletries & medications (towels are provided)
- ✓ Suncream – you just never know! ***
- ✓ Sunhat and sun glasses & cord
- ✓ Insect Repellant – 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!

Sea Kayaking

- ✓ Compass - Silva type 4 recommended ***
- ✓ Personal Towel if staying at Inchree on Intro Sea Kayaking Course
- ✓ For 5 Star courses please bring headtorch & light sticks for night paddling***

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

Useful Reading

Sea Kayak Navigation by Franco Ferrero

The first edition rapidly became a standard text for sea kayakers. This new edition builds on that success. It is recommended as support material for the new British Canoe Union navigation courses that have been introduced.

Sea Kayak: A Manual for Intermediate & Advanced Sea Kayakers by Gordon Brown

Gordon Brown is a BCU Level 5 sea coach. He shares his knowledge with you in his own succinct humorous style and very visual approach. Over seventy photographs and illustrations help to make this an essential modern manual for the sea kayaker

Sea Kayak Handling: A Practical Manual for Beginner & Intermediate Paddlers by Doug Cooper

This is a practical guide that will help the reader to master the skills needed to manoeuvre a sea kayak efficiently. For beginner and intermediate paddlers. Doug draws on his personal and coaching experience to help the reader master sea kayak handling skills and techniques. Accurate sequential photos and simple concise language make the descriptions easy to follow and understand.

Scottish Sea Kayaking – 50 Great Voyages by Doug Cooper & George Reid

Scotland's first guidebook for sea kayakers wishing to explore its amazing coastline and magical islands. It brings together a selection of fifty great sea voyages around the mainland of Scotland, from the Mull of Galloway in the SW to St Abb's Head on the east coast, as well as voyages in the Western Isles, ranging from day trips to three day journeys

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

www.animatedknots.com/index.php	Animated Knot Tying
www.bcu.org.uk	British Canoe Union - Paddle sports coaching etc.
www.boathook.com/tides/uk.html	Tide Tables
www.canoescotland.com/	Scottish Canoe Association
www.metoffice.gov.uk/weather/marine/inshore_forecast.html	Inshore Forecasts