

## Intermediate Surf Kayaking

### Is It For Me?

This course is geared for the surf kayaker who is keen to develop their ability and confidence in moderate size surf (3-4 foot), and gain experience surfing a variety of breaks as well a bigger surf (hopefully!). To get the most out of this course you should have some experience of surfing in moderate size surf, and have done 10 days surf kayaking. The ability to be able to roll reasonable reliably is needed for this course due to the nature of the breaks we will be surfing. So if you want a week where we surf some of the best breaks in Europe and really get to grips with surfing a kayak, then this is the course for you.

### Aim

This course will be dependant on the weather conditions, however it should provide the paddler with plenty of experience of surfing a variety of breaks, and conditions allowing spend time focusing on developing skills to surf bigger waves consistently. We have a good range of fiberglass and plastic specialist surf kayaks, both high performance and international class. As well as spending time helping you with your personal skills we will also look at surf forecasting, weather forecasting, safety and rescue and the competition side of surf kayaking.

### 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 will enable us to plan the weeks' activity with you.

We meet on the Sunday afternoon at 16.00 hrs and this allows us to sort out equipment, pack, have something to eat and then drive to our accommodation and base for the week at Thurso, almost overlooking the famous Thurso breaks. If travelling direct aim to arrive around 23.00hrs.

The first day will often look at introducing some personal paddling skills and coaching, practicing some rescue procedures and of course getting out surfing lots. For the rest of the week the days will be spent developing our personal paddling, looking at surf forecasting and of course exploring as much of North Coasts fantastic surf breaks as is possible.

We will be using video coaching as a key tool to help you develop your skills, and also will make use of video reviews, DVD's and other coaching techniques. It will be an intensive, exhausting, yet a lot of fun learning experience, Surf breaks we may visit during the week could include some of the following: Thurso Pipe, Farr Bay, Strathy, Torriesdale, Meivich and Ackersgill.

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

## **The Accommodation**

TBC

## **Equipment Lists**

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!

### **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.**



Paddle sport courses Equipment list			
Name:		Course & Date:	
Height:	Weight:	Shoe Size:	
<b>PLEASE INDICATE WHICH ITEMS YOU WOULD LIKE US TO PROVIDE</b>			
Item	Size	Pls Tick if rq'd	Pls Tick if bringing own
Boat			
Paddle please indicate splits, cranked or not			
Spray deck			
Wetsuit			
Wetsuit boots			
Cag			
Dry Trousers			
Buoyancy Aid			
Towline			
Dry Bag			
Tote bag			
Dry Suit (only provided for cold weather courses)			
Compass (sea courses only)			
Head torch (sea courses only)			
Flares (sea courses only)			

## 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.

## Useful Websites

<a href="http://www.bcu.org.uk">www.bcu.org.uk</a>	British Canoe Union - Paddle sports coaching etc.
<a href="http://www.boathook.com/tides/uk.html">www.boathook.com/tides/uk.html</a>	Tide Tables
<a href="http://www.magicseaweed.com/">www.magicseaweed.com/</a>	Surf Forecasts
<a href="http://www.metoffice.gov.uk/weather/marine/inshore_forecast.html">www.metoffice.gov.uk/weather/marine/inshore_forecast.html</a>	Inshore Forecasts
<a href="http://www.ordnancesurvey.co.uk">www.ordnancesurvey.co.uk</a>	Loads of info on maps, access etc.
<a href="http://www.ukriversguidebook.co.uk/">www.ukriversguidebook.co.uk/</a>	UK Rivers Guide