

Sea Kayaking Courses with Kayak Essentials

We aim to provide high-quality sea kayak coaching courses - combining the best sea kayak coaches, excellent venues and dedicated programmes that seek to enhance the learning experience for all our clients.

Course Tutors:

Nick Cunliffe will direct all Kayak Essentials sea kayaking courses.

His 20 years' sea kayak coaching experience includes UK National Centre, National Governing Body and Technical Advisor work, with diverse groups of clients at all levels within the sport.

Nick is a BCU Level 5 Sea Kayak Coach (since 1999) and is very active in his personal paddling, coaching and expedition leadership. His overseas paddling experience includes Arctic Norway, Southern Chile, SE Alaska, Canada, Mexico and the Aegean Sea - plus of course his more "local" waters of Wales, Scotland and Ireland.

Nick is also a BCU Level 5 white water kayak coach and BCU Level 3 surf kayak coach.

This breadth of experience in a wide range of kayaking disciplines enhances the coaching experience for all his clients, from newcomers to the sport to experienced sea kayak leaders and rough water paddlers.

When courses require two coaches and/or assessors, we will ensure that we provide comparably qualified and experienced sea kayak coaches.

Venues:

Our sea kayaking courses in North Wales are based on the west coast of Anglesey, within five minutes' drive of excellent paddling venues. The use of a central base close to a variety of paddling venues ensures minimum driving time to and from the water, with maximum time available to focus on training content.

Anglesey offers 360 degrees of coastline, with suitable paddling venues, at the correct level for the aims of each course, in almost all weather conditions. We will choose locations that offer the best range of conditions for the course/group aims and paddling conditions.

Group Sizes:

We aim to offer high quality training and assessment experiences for all our clients.

With this in mind, we restrict coaching ratios to 4:1 for all intermediate/advanced training courses.

This in turn allows us to tailor course content to meet the specific aims of individual clients.

Equipment:

Course fees are based on the assumption that clients will provide their own sea kayaking clothing and equipment. We can arrange sea kayak equipment rental at an additional cost of £15-20 per day.

Course Programmes:

BCU 3-5 Star training and assessment courses follow a syllabus determined by the British Canoe Union.

Prospective candidates for all BCU courses should access this information before booking a course.

Up to date syllabi and guidance notes can be downloaded at:

<http://www.bcu.org.uk/tests-and-awards/>

The detailed programme for each training/assessment course will also be influenced by group size/ability, client aims/objectives and weather/tidal considerations.

At the start of each course, an appropriate programme for the course will be discussed and agreed in the light of these considerations.

Accommodation:

Anglesey has a wide range of accommodation options, although we do recommend the following places, which will act as a central base for our courses:

Anglesey Outdoors: Porth Dafarch, Holyhead, Anglesey (bunkhouse accommodation)
Tel: +44 (0)1407 769351

<http://www.angleseyoutdoors.com/accommodation.php>

Valley of the Rocks: Porth Dafarch, Holyhead, Anglesey (campsite)
Tel: +44 (0)1407 765787

We will meet, unless otherwise agreed, at Anglesey Outdoors each day. These neighbouring accommodation options are ideally located and avoid unnecessary travel time at the start/end of each day.

Transport during the course: course fees are based on a vehicle-sharing arrangement to reach training/assessment venues each day. We will also make our own vehicle available for this purpose.

Bookings:

We recognise that it can be frustrating for clients to book courses that are subsequently cancelled at late notice. To avoid this situation, we will commit to the following:

Course dates will be advertised several months in advance, to allow plenty of time for potential clients to make their decisions; we will only advertise the courses that we fully intend to provide, and will avoid offering an excessive number of dates for the same course; we will aim for a minimum of three clients, a number that will guarantee the course will run; three weeks prior to the course date, we will contact clients to confirm bookings or to discuss if insufficient numbers have been reached.

We would ask potential clients to check their other commitments before booking a course; we also require a 50% deposit for courses of less than three days' duration - at the time of booking - with the balance payable three weeks prior to the course date.

Cancellation by the client:

More than three weeks prior to the course date: we will provide 100% refund of monies paid.

Cancellation by the client:

Less than three weeks prior to the course date: if this cancellation affects the running of the course and/or impacts upon other clients' bookings, we reserve the right to retain 100% of monies paid to that date.

Cancellation by Kayak Essentials:

In the event that we have to cancel any course, we will reimburse clients 100% of monies paid to that date.

Group Bookings:

If you are a group of three or more and wish to arrange a course on alternative dates to those advertised, please contact us to discuss your preferred options.

We can also provide specialist courses for personal development or to prepare for future BCU assessments. Examples of possible training courses include:

Introduction to tide race paddling; intermediate/advanced skills in tide races; sea kayak surfing; open crossings - techniques and tactics; sea kayak skills for adventure racers; expedition leadership; expedition preparation - essential skills for overseas trips; coastal and open water navigation training; pre-assessment preparation for BCU moderate water endorsement, Level 3 coach, BCU 4 and 5 Star leader; incident management and avoidance; leadership skills for club paddlers.

1:1 Coaching

We also recognise that many paddlers wish to invest in specialist coaching specifically dedicated to their aims and objectives. Please contact us to discuss your plans at: info@kayakessentials.co.uk