

Kayak Essentials BCU 4 / 5 Star sea kayak training courses

Course Staff:

Nick Cunliffe will direct and coach all training courses, unless otherwise declared at the time of booking. Assessment courses require more than one staff member - we only employ active and current suitably qualified local sea kayak coaches.

Course Base:

Kayak Essentials is a non-residential course provider - we work in cooperation with Anglesey Outdoors, our recommended accommodation provider on Anglesey:

www.angleseyoutdoors.com

Penny, Roger & Snowie offer excellent options in an ideal location, just one mile from Holyhead en route to Trearddur Bay.

Accommodation options include private rooms, bunkhouse, camping and yurts.

There is a friendly bar on site, with catered options available - and a drying room.

We meet all training / assessment groups at Anglesey Outdoors at the start of each day, unless specifically stated otherwise at the time of booking.

We recommend that you make use of Anglesey Outdoors for your accommodation needs.

Start / Finish Times:

Unless otherwise agreed, we will meet at Anglesey Outdoors each morning at 9am, to begin the training / assessment day. Training days will typically continue until 5.30pm.

N.B. occasionally we will start earlier, finish later or meet at different rendezvous - according to training aims, tide times and weather considerations.

Such changes will be discussed and agreed prior to each day.

Transport:

We recommend you to bring your own vehicle and encourage car sharing.

Many training / assessment venues are within a 10-minute drive from Anglesey Outdoors.

If we use Anglesey east coast / Menai Strait, travel times can be 30 minutes duration.

If you do not have access to a vehicle during the training / assessment course, please contact us to discuss options. We can arrange transport to / from paddling venues.

Kayak Equipment:

Course fees do not include sea kayak use - we recommend that you bring your own.

If you are unable to bring your own sea kayak, please contact us for rental options.

There are a number of possibilities on Anglesey:

Kayak Essentials - www.kayakessentials.co.uk

We have a limited stock of sea kayaks, which may be available - contact us for further details.

Summit to Sea - www.summittosea.co.uk

Kayak store in Valley Anglesey has rental options, typically plastic P&H sea kayaks.

SKUK - seakayakinguk.com

Romany, Pilgrim and Explorer sea kayaks are occasionally available from this manufacturer.

If you need assistance with sea kayak rental, please contact us for further advice.

Clothing and Protective Equipment:

All training and assessment courses involve some immersion for safety / rescue exercises. It is important to be properly protected from the elements, with air / sea temperatures often around 10C. We recommend dry suits - or at least wetsuit protection.

Please also ensure that you have suitable flotation (PFD) and footwear - Anglesey's rocky shorelines can be harsh on feet.

We recommend the use of helmets for specific activities, including tide race paddling, surfing, rock gardening and safety / rescue exercises.

Please ensure you have suitable head protection available.

Safety Equipment:

On training courses, our coaches will carry the following: VHF radio, mobile phone, distress flares, torch / signalling device, first aid kit, repair kit, group shelter, emergency insulated sleeping bag, spare clothing, emergency food / hot drink, spare paddles, towlines, navigation equipment.

We recommend that you bring your customary safety equipment with you - we will however, have all essential group requirements.

On assessment courses, you will need to provide all safety equipment as listed in the relevant BCU guidelines.

Food and Drink:

Kayak Essentials 4 / 5 Star sea kayak training courses are not catered. You will need to arrange your own lunch / hot drink / personal snacks each day.

There are supermarkets and other services within a 5-minute drive of Anglesey Outdoors.

Maps & Charts:

The island of Anglesey has 1:50 000 and 1:25 000 maps - the 1:50 000 sheet is suitable for most training courses - 1:25 000 sheets are useful for night navigation exercises.

Nautical charts are also available - with 1:25 000 and 1:75 000 scales, depending the specific coastline section. Irma charts include a range of additional tidal information.

We will provide suitable chart / map laminates, and detailed tidal planing information, on all training courses - if you prefer your own maps / charts, they can be purchased locally.

Assessment candidates will need to provide their own resources.

Training / Assessment Program:

Training course content will meet, and exceed, the requirements of the relevant BCU syllabus. Sequence and duration of training sessions will depend on overall course duration, weather and tidal considerations, and other factors.

With this in mind, we do not provide a sample program, given the dynamic nature of the training environment. At the start of each course, we will discuss and agree a detailed program, when all variables can be taken into account.

Other information:

If you have any other questions or concerns, please don't hesitate to contact us at: info@kayakessentials.co.uk Thank you for your interest in Kayak Essentials training courses.