

Essential Women's Sea Kayak Coaching Weekend - June 2019

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7-9 June 2019



Event Program - Coaching Sessions

Essential Information

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ESSENTIAL WOMEN'S SEA KAYAK COACHING WEEKEND

FRIDAY 7 JUNE 2019

SESSION NAME	LEVEL
FOUNDATION BOAT HANDLING SKILLS FOR DYNAMIC WATER	LEVEL 1-2
MOVING WATER SKILL DEVELOPMENT: SWELLIES ADVENTURE	LEVEL 1-2
ROCKS, WAVES & TIDES: ADVENTURE PADDLING IN DYNAMIC WATER	LEVEL 2
SAFER SEA KAYAKING: GROUP MANAGEMENT SKILLS IN MODERATE CONDITIONS	LEVEL 2
TIDE RACE SKILL DEVELOPMENT CLINIC	LEVEL 2-3

ESSENTIAL WOMEN'S SEA KAYAK COACHING WEEKEND

SATURDAY 8 JUNE 2019

SESSION NAME	LEVEL
INTRODUCTION TO ROCKS, WIND & WAVES: DYNAMIC WATER DEVELOPMENT	LEVEL 1-2
SAFER SEA KAYAKING: PRACTICAL NAVIGATION SKILLS AFLOAT	LEVEL 1-2
INTRODUCTION TO TIDE RACE SKILLS - ANGLESEY ADVENTURE	LEVEL 2
SAFER SEA KAYAKING: SAFETY & RESCUE SKILLS IN ADVANCED CONDITIONS	LEVEL 2-3
SURVIVING THE IMPACT ZONE: ROCKY LANDING TACTICS & COASTEERING SKILLS FOR SEA KAYAKERS	LEVEL 2-3

ESSENTIAL WOMEN'S SEA KAYAK COACHING WEEKEND

SUNDAY 9 JUNE 2019

SESSION NAME	LEVEL
FORWARD PADDLING CLINIC: SPEED AND EFFICIENCY IN DYNAMIC WATER	ALL LEVELS
SAFER SEA KAYAKING: SAFETY & RESCUE SKILLS IN MODERATE CONDITIONS	LEVEL 1-2
ADVENTURE SEA KAYAK JOURNEY: ANGLESEY CLASSICS	LEVEL 1-2
ROCKS, WAVES & TIDES: ADVENTURE PADDLING IN MODERATE CONDITIONS	LEVEL 2
SAFER SEA KAYAKING: GROUP MANAGEMENT SKILLS IN ADVANCED CONDITIONS	LEVEL 2-3

ESSENTIAL WOMEN'S SEA KAYAK COACHING WEEKEND
Understanding Levels & Choosing Sessions

We want you to feel safe, happy and challenged at our Essential Sea Kayak Coaching Weekends. To help you make suitable choices, our program outlines the coaching aims and recommended experience levels for each session.

Weather conditions can affect our activities afloat - we aim to safely deliver coaching sessions to meet your aims and that also reflect the described activity.

Please read the session descriptions along with the Level descriptions below.

Consider your aims, current experience and desired level of challenge during the event.

Do be realistic - we want everyone to have the ideal activity, the right group and best experience.

Contact us for further advice and we'll help you make good choices.

There will be some flexibility and we'll do our best to provide your first choices during the event.

Many paddlers are around sea kayaking standard and experience of Level 2 - most sessions are Level 1-2 & Level 2-3 (coded green and blue).

Thus, you can choose coaching sessions within your comfort zone or that will stretch your current ability / confidence. It's your choice!

LEVEL 1

If you paddle as a member of a led group and/or have previously restricted your sea kayaking adventures to relatively calm conditions (BFT. force 2-3), consider yourself Level 1

We'll aim to ensure that Level 1-2 sessions offer the right amount of challenge for your current experience.

LEVEL 2

If you're an independent paddler in moderate conditions (up to BFT. Force 4), Level 2 sessions are aimed for you. You'll be used to dealing with wind and waves and will have a reasonably reliable roll.

If you join a Level 1-2 session you can expect a more relaxed, comfortable experience; be prepared for rather more challenging conditions on Level 2-3 sessions.

LEVEL 3

If you're used to paddling with independent groups in more challenging conditions (up to BFT. Force 5) and are confident in waves, surf and stronger tidal streams, you'll be looking for the more challenging sessions. These are suitable for paddlers looking for rougher water, or those simply looking to enjoy the best conditions we can find each day.

We'll try to get the right level of challenge, while placing the safety of the group first each day.

ALL LEVELS

These sessions can appeal to paddlers of all abilities and levels of experience. The aims are broad and inclusive and do not require specific sea conditions. The exception to this rule is 'Surviving the Impact Zone: Coasteering for Sea Kayakers' - please read the description below for further information.

Other sessions, such as 'Forward Paddling Skills Clinic' and 'Open Crossings - Tactics & Techniques' require a specific interest in these aspects.

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Foundation Skills for Dynamic Water (Level 1-2)

If you want to paddle with confidence and efficiency in moderate conditions, to control your kayak with accuracy and efficiency - this coaching day will focus on essential foundations for dynamic waters. We'll take a progressive approach, building your skills for a variety of conditions.

Venue:	TBC according to conditions
Duration:	Full Day
Strong wind option:	We will choose a venue that is safe and suitably challenging for developing moderate water skills.
Is it for me?	This day is suitable for any intermediate sea kayaker aspiring to greater confidence in more challenging conditions.

Introduction to Rocks, Wind & Waves: Dynamic Water Development (Level 1-2)

We will focus on applying foundation skills to more challenging conditions. You'll develop technical skills in more dynamic situations, good decision-making and increased confidence in exciting paddling environments. This is a great introduction to more playful sea kayaking.

Venue:	TBC according to conditions
Duration:	Full Day
Strong wind option:	We will choose a venue that is safe and suitably challenging for developing moderate water skills.
Is it for me?	This day is suitable for any intermediate sea kayaker aspiring to greater confidence in more challenging conditions.



Rocks, Waves & Tides: Adventure Paddling in Dynamic Water (Level 2-3)

Dynamic waters are a wonderful way to further develop paddling skills. Building on your experience of open sea conditions, we'll venture into rock gardens, waves and tidal streams. Focusing on fun, adventure and learning opportunities, we'll guide your paddling to the next level.

Venue:	TBC according to conditions
Duration:	Full Day
Strong wind option:	Depending on wind strength and direction, this session may take place at any venue around the Anglesey coastline.
Is it for me?	To get the most from this session, you should have experience of moderate water on the sea. It's not necessary to be able to roll.

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Moving Water Skill Development - Swellies Adventure (Level 1-2)

This session is aimed at paddlers seeking to develop moving water skills in sea kayaks, without the complications of open sea conditions. You'll gain confidence and skills in crossing eddy lines, ferry gliding in control, and will develop the foundations for more challenging tide race paddling.

Venue:	The Swellies
Duration:	Full Day
Strong wind option:	The Swellies is a protected venue
Is it for me?	To get the most from this session, you should have experience of moderate water on the sea. It's not necessary to be able to roll.

Introduction to Tide Race Skills: Anglesey Adventure (Level 1-2)

Tide race paddling on Anglesey is a fun, absorbing and sometime challenging adventure. We'll focus on technical, tactical and psychological skills tholepin you take the next step in your dynamic water kayaking development. If you're looking to develop confidence in faster water and bigger waves, come join us!

Venue:	A suitable Anglesey tide race, according to conditions
Duration:	Full Day
Strong wind option:	The Swellies is a protected venue
Is it for me?	To get the most from this session, you should have experience of moderate water on the sea. It's not necessary to be able to roll.



Tide Race Skill Development Clinic (Level 2-3)

If you want to develop tide race paddling skills, this session will provide a safe and enjoyable skill development day in moderate conditions. We'll focus on crossing zones of faster water in confidence and control, dealing with bigger conditions and will develop tide race surfing skills.

Venue:	Penrhyn Mawr (if light/moderate winds)
Duration:	Full Day
Strong wind option:	Depending on wind strength and direction, this session may take place at other venues around the Anglesey coastline.
Is it for me?	Aimed at experienced sea kayakers, confident in rough water and wanting to develop their tide race paddling. We recommend that you have rolling skills.

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Surviving the Impact Zone: Rocky Landings & Sea Kayaking Coasteering Skills (Level 2-3)

If you want to develop your understanding of the unique challenge of rocky coastlines, join us for this out-of-boat experience! We will explore a section of cliff-bound coastline, focusing on safe swimming, accessing rocky shelves and gullies and coping with swell and wind waves.

We'll then develop these skills in our kayaks, launching and landing at various challenging spots.

Venue: TBC according to conditions
Duration: Full Day
Strong wind option: We'll use a suitable venue with moderate sea conditions

Is it for me? Willing to get wet? Dress for immersion and come join us!

Adventure Sea Kayak Journey - Anglesey Classics (Level 1-2)

If you've come to explore the best of Anglesey's fantastic coastline in the company of excellent local guides, this is the day for you! Forget skills training for a few hours, let's enjoy the journey...

Venue: TBC according to conditions
Duration: Full Day
Strong wind option: We'll find somewhere to paddle!

Is it for me? This sea kayak journey will remain in moderate sea kayak conditions and will aim to avoid areas of rough water.



Forward Paddling Skills Clinic (all levels welcome)

A strip-down, back-to-basics, fundamentals coaching session, with video analysis of your performance and a focus on efficient boat speed. If you're looking for more miles for less effort, or are hoping to ready yourself for greater challenges, this is the training day for you!

The session will include a short journey to put your newly-honed skills into practice.

Venue: TBC according to conditions
Duration: Full Day
Strong wind option: We'll make use of a sheltered venue, protected from sea conditions

Is it for me? Want to go faster/longer - or just more efficiently?
Book this session now!

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Safer Sea Kayaking: Group Management Skills in Moderate Conditions (Level 1-2)

This coaching day will focus on useful group management skills in simple and moderate sea conditions. We'll make a journey along a suitable stretch of coastline, exploring planning, communication, route choice and positioning principles.

Venue:	TBC according to conditions
Duration:	Full Day
Strong wind option:	We will choose a venue appropriate for the aims of the session.
Is it for me?	This day is suitable for any intermediate sea kayaker, seeking input on practical leadership skills.

Safer Sea Kayaking: Safety & Rescue Skills in Moderate Conditions (Level 1-2)

If you're looking to develop your safety and rescue techniques in moderate sea conditions, join us for this excellent coaching day. We'll work on problem solving in a wide variety of conditions. This is a practical session, so come prepared to get wet and learn!

Venue:	TBC according to conditions
Duration:	Full Day
Strong wind option:	We will choose a venue that is safe and suitably challenging for developing moderate water skills.
Is it for me?	This day is suitable for any intermediate sea kayaker aspiring to greater confidence in more challenging conditions.



Practical Navigation for Sea Kayakers (Level 1-2)

Ever wondered how to unravel the mysteries of coastal sea kayak navigation? Armed with map and compass, we'll show you how to make sense of speed-time-distance, tidal calculations on the move, following bearings, aiming off, attack points, tick-off features, crossing tidal streams - after this day, you'll never need to be lost again!

Venue:	A suitable Anglesey venue, according to conditions
Duration:	Full Day
Strong wind option:	The Menai Strait or Holyhead Harbour
Is it for me?	This will be an entirely practical day, so you will need to be capable of paddling in open sea conditions. Bring an interest in developing your navigation skills!

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Essential Information:

Safer Sea Kayaking: Group Management Skills in Advanced Conditions (Level 2-3)

This coaching day will focus on useful group management skills for paddlers responsible for others in moderate and advanced conditions. We'll make a journey along a suitable stretch of coastline, exploring CLAP in action, planning/anticipation, communication/group management, route choice and positioning.

Venue: TBC according to conditions

Duration: Full Day

Strong wind option: A venue appropriate for the aims of the session.

Is it for me? Suitable for any experienced sea kayaker, confident in open sea conditions, seeking input on practical leadership skills.

Safer Sea Kayaking: Safety & Rescue Skills in Advanced Conditions (Level 2-3)

If you're looking to develop your safety and rescue techniques in more advanced sea conditions, join us for this excellent coaching day. We'll work on problem solving in rougher sea states. This is a practical session, so come prepared to get wet and learn!

Venue: TBC according to conditions

Duration: Full Day

Strong wind option: We will choose a venue that is safe and suitably challenging for developing advanced water rescue skills.



Essential Women's Sea Kayak Coaching Weekend - June 2019

Who are the coaches?

We are working with **Zoe Newsam Coaching & Guiding** to create our essential sea kayak coaching weekend. Zoe is a wonderful coach with an infectious enthusiasm for sea kayaking - and a great asset to the organising team!

Zoe will be leading coaching sessions on each day throughout the weekend.

<https://www.zoeneamsamguiding.com>

We are also excited that the following amazing sea kayak coaches will provide coaching sessions at the weekend:

Eila Wilkinson

All the way from Holyhead Anglesey, Eila has immense experience of sea kayak coaching, expedition paddling and tide race play - in our local Anglesey waters, throughout the UK and in wild coastlines of the world. An advocate for women's paddling, Eila's passion for sea kayaking lights up her coaching sessions.

Trys Burke

The first female British Canoeing sea kayak coach, Trys has blazed a trail for female paddlers for many years. A talented and inspirational outdoor educator, with a wealth of sea kayak coaching and expedition experience around the world, we're delighted that Trys will be sharing her exceptional coaching skills with us.

Lizzie Benwell

An experienced sea kayak and white water coach & paddler, outdoor educator, and ski instructor, Lizzy splits her year between the Alps and Scotland. Her enthusiasm for all things outdoors is infectious, and confidence-inspiring, and her sense of fun seems never-ending.

Sue Couling

A true all-rounder on the water, Sue has spent over thirty years exploring many areas of the world by boat. An inspirational coach educator and very active coach, she delights in helping paddlers to develop confidence on the sea.

Anita Daimond

An Anglesey-based outdoor educator and sea kayak coach, with many years of experience in the challenging tidal waters of North Wales, Anita's passion for sharing her sea kayaking skills will be a wonderful asset to our coaching program.

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Booking:

To book your place at our coaching weekend, please submit an online booking form at:

<http://www.kayakessentials.co.uk/essential-womens-weekend-booking-form/>

You will receive course payment details via email, following submission of your booking form. Do please contact us if you have any questions concerning session choices, or any other aspects of the coaching weekend.

Accommodation:

We are based at Anglesey Outdoors for the duration of the coaching weekend.

www.angleseyoutdoors.com

The centre is located on near Trearddur Bay on Anglesey's Holy Island, only one mile from the A55 and Holyhead Station. Perfectly situated for the west coast of Anglesey, it's a great venue for our Essential Sea Kayak Coaching Weekends.

The centre has private rooms, bunkhouse accommodation, camping, self-catering facilities, drying room and a great onsite bar serving evening meals.

Throw in a welcoming atmosphere and there's no better place to stay!

You can contact Penny and Snowie directly, to arrange your preferred accommodation.

The essential sea kayak coaching weekend will begin at 09:00 on the first day of the event.

Event Organisation

We will meet outside the main building at Anglesey Outdoors, to welcome you all to the weekend, meet coaches, divide into groups and go paddling.

There are no organised activities on the eve of the event, although you are welcome to meet up at the onsite Paddlers' Return, to socialise and 'prepare' for the weekend.

There is also no need to 'register' before the weekend - if you have booked with us, you're already registered. We'll confirm coaches and groups on Saturday morning - our coaches will check that all are present before setting off for the chosen venues.

If you have booked accommodation at Anglesey Outdoors, please go to the office to announce your arrival and to collect your keys. If the office is closed, go to the 'Paddlers' Return' to check in.

If you have made your own accommodation plans elsewhere, simply meet us outside Anglesey Outdoors at 9am each morning.

We ask you to organise your own travel to paddling venues - please car-share if possible. Your coach will help to ensure that everyone get to the venues OK.

Do please be ready to travel to the paddling venues when you meet us at 9am each morning. We expect to complete coaching sessions each day by about 5pm.

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Kayak Retail Store

There is a local kayak shop near Anglesey Outdoors - Summit to Sea, Holyhead, Anglesey. Run by the excellent Pete Baars, the shop is open until 9am-5pm each day.

We will be available to discuss your day, answer any questions, solve problems, drink tea, admire photos... 6pm to 7pm each evening, in the Anglesey Outdoors centre, or in Paddlers' Return bar. Come and find us there.

Equipment:

Most paddlers attending our sea kayak coaching weekends will have their own sea kayaks. If you need to rent a sea kayak for any reason, please contact us for advice. We have a limited stock of available sea kayaks, principally Valley and North Shore.

Sea kayak rental is also available from Pete at Summit to Sea (P&H / Valley / North Shore)

All participants should bring suitable sea kayaking clothing and equipment, for the conditions, time of year and paddling activities. Many coaching sessions will require the use of a helmet.

Safety:

Your safety is extremely important to us. Sea kayaking is an assumed risk sport that takes place in a dynamic environment, and so it's impossible to eliminate all risks. However we will work with you to share and discuss all relevant information, to choose suitable venues, and to organise appropriate activities afloat. Communication is a vital element of our collective safety - we will create an open, supportive atmosphere in which all can contribute to decision-making.

Please be ready to share any relevant medical information with us. There is a relevant section on the booking form and we will also invite updated information during the coaching weekend.

Thanks again for booking a place with us at the Essential Women's Sea Kayak Coaching Weekend - we look forward to paddling with you and to making it an enjoyable and memorable experience.

Useful links:

www.kayakessentials.co.uk

www.angleseyoutdoors.com

www.summittosea.co.uk

Terms & Conditions - see next page

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Terms & Conditions:

Thank you for booking coaching session(s) with Kayak Essentials.

You are invited to make the relevant payment (50% deposit of full course fee) via online banking, to our nominated bank account. Upon receipt of your online booking form, we will send you the relevant payment details.

Online banking is our preferred option. Please use your own name as payment reference.

If you are unable to make online banking payment, please email us for further options:
info@kayakessentials.co.uk

Upon receipt of your payment, we will email you acknowledgment of funds received. We are also able to provide invoices / receipts, upon request.

Terms and Conditions of Booking

- A place can only be reserved on receipt of an online booking
- 50% deposit is required for confirmation of booking
- Full payment one month before the event (7 May 2019)
- The fees payable are for access to pre-booked coaching sessions
- Course fees do not include accommodation, catering, transport or equipment

Cancellation by You

- All Cancellations must be via email.
- Cancellations > 2 weeks before the the festival date will receive a full refund
- Cancellations by the client less than three weeks prior to the course date:
If another client can take your place at the event, we will provide a full refund
- If we are unable to find another client to take your place, we reserve the right to retain 50% deposit payment

Cancellation by Us

- In the highly unlikely event of event cancelation following receipt of client bookings, we undertake to return 100% of all monies paid to us in this respect
- We will not be liable for payments made to other service providers, such as travel, accommodation and equipment hire

Insurance Information

All coaching sessions are protected by Professional Indemnity cover.

All lead coaches will be appropriately qualified Sea Kayak Coaches, with current British Canoeing membership and first aid qualifications.

This insurance does not cover individual participants for claims arising from personal accident, loss of possessions or inability to attend any or all Festival sessions.

We strongly recommend all participants to ensure that they have appropriate personal insurance in place to cover them against such eventualities.