

Kayak Essentials Sea Kayaking Courses

Essential Information

Course Staff

Nick Cunliffe / Matt Giblin will direct / coach all sea kayaking courses, unless otherwise stated at the time of booking. We occasionally provide alternative coaching staff, all of whom are highly qualified, experienced and motivated sea kayak coaches.

Course Base

Kayak Essentials is a non-residential course provider - we work in cooperation with various accommodation providers in North Wales.

We can recommend Anglesey Outdoors, just one mile from Holyhead.

www.angleseyoutdoors.com

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

The following link contains further information on possible accommodation options:

www.kayakessentials.co.uk/accommodation/

Start of Course

On the first day we will meet all our course clients at an agreed rendezvous, confirmed before the start of the course. This is often Anglesey Outdoors, depending on your accommodation choices.

If you have made a group booking, we are happy to meet you at your chosen accommodation.

We will agree meeting places during the course, on the basis of forecast conditions, training aims, accommodation choices and transport needs.

Start / Finish Times

Unless otherwise agreed, we will meet at our agreed rendezvous each morning at 09:00, to begin the course. Coaching days will typically continue until 17:30.

N.B. we may start earlier, finish later or meet at different rendezvous - according to course aims and forecast conditions. Such changes will be discussed and agreed prior to each day.

Transport

We have a comfortable 5-seat van that is available to transport group members from our meeting point to our paddling venues each day.

You are also welcome to bring your own vehicle and we encourage car sharing.

Many coaching venues are within a 10 minute drive of Anglesey Outdoors.

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

If you do not have a vehicle during the course, please contact us to discuss options.

We can help to arrange transport to / from paddling venues.

Kayak Equipment

Our course fees include use of our sea kayak fleet - we have a selection of Valley & North Shore sea kayaks, and trailer, including:

- Valley Sirona (various sizes)
- Valley Gemini SP
- North Shore Atlantic

If you prefer to arrange an alternative sea kayak option, the local kayak store has a range of P&H sea kayaks (and other models), available at a cost of £25 / day (paid to the kayak store). You are welcome to contact the business owner, Pete Baars, to discuss your options:

Summit to Sea - www.summittosea.co.uk

British Canoeing Coach / Leader assessment candidates will need to provide their own kayaks.

Other Equipment

Clothing

We recommend clothing that will provide cold water protection - air and sea temperatures, at any time of year in the UK, can require protection from the elements.

A dry suit is an excellent choice in most conditions.

A sleeveless wet suit and paddling jacket is also a good option.

Separate top / bottom layers are comfortable, although offer less protection when swimming.

Suitable base layers - wool or synthetic - will provide comfort and warmth. Avoid cotton layers.

It is a good idea to carry some spare base layers during each paddling day - in case replacements are needed. You should also bring an extra outer layer, to remain warm during off-water breaks.

Footwear

Neoprene boots or shoes are ideal; alternatively, an old pair of trainers will suffice.

Avoid shoes with bulky soles - they are less comfortable and fit less well inside the kayak.

Buoyancy Aid

There are many designs and most options are OK - avoid excessively high-volume / bulky models. If you do not have your own buoyancy aid, let us know and we will provide one during the course.

Spraydecks

If you are bringing your own sea kayak, please also bring a correctly-fitting neoprene spraydeck.

If using a Kayak Essentials sea kayak, we will provide a suitable spraydeck.

Helmet

You will need to wear a helmet for some sea kayaking activities.

If you have a paddling helmet, please bring it. If you do not have your own, please let us know.

Other items

Please also bring the following personal items each day:

- Water bottle and contents
- Flask and hot drink, if required
- Food (lunch & snacks) for the day

- Cap and sunglasses for sun protection
- Hat and spare layers for cold protection

If you have any questions regarding recommended / required / provided equipment, please contact us at: info@kayakessentials.co.uk for further equipment advice.

Group Safety Equipment

On all sea kayaking courses our coaches will carry the following:

- VHF radio, mobile phone, distress flares
- 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.

British Canoeing Coach / Leader assessment candidates will need to provide their own equipment.

Food & Drink

Kayak Essentials sea kayaking 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

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

British Canoeing Coach / Leader assessment candidates will need to provide their own resources.

British Canoeing Coach / Leader Training / Assessment Courses

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

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.

Assessment courses will follow the most up to date British Canoeing syllabus guidelines.

Specific pre-assessment information is available - please contact us for details.

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 sea kayak leader training / assessment courses.