

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.

We also frequently meet at the Summit to Sea kayak shop in Holyhead, to make use of their classroom facilities: www.summittosea.co.uk

We will advise you of our first-day rendezvous before the start of your coaching course.

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 6-seat vehicle 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 15-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 usually transport you to / from paddling venues.

Kayak Equipment

Our course fees include use of our sea kayak fleet - we have a selection of Valley, P&H and North Shore sea kayaks, Werner / Celtic / Mitchell blades and kayak trailer, including:

- Valley Sirona 15.10 / 16.1 / 16.4
- Valley Gemini SP
- North Shore Atlantic
- P&H Delphin 150 / 155

If you are unable to bring your own sea kayak, and wish to use a sea kayak model that we cannot provide, the local kayak store has a range of sea kayaks available at a cost of £25 / day (paid directly 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. If you are travelling to Anglesey by public transport and are unable to bring a sea kayak for your assessment, please contact us to discuss options.

Other Equipment

Clothing

Please bring clothing for cold water protection - air / sea temperatures can be 10C or less.

A dry suit is an excellent choice in most conditions. A wet suit / paddle jacket is also a good option. Separate top / bottom layers are comfortable, but give less protection when practising rescues.

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

We recommend neoprene boots; Anglesey shorelines are rocky and the water is cold.

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.

Please also bring these personal items:

- Water bottle & contents
- Flask & hot drink, if required

- Food (lunch & snacks) for the day
- Cap & sunglasses for sun protection
- Hat & spare layers for cold protection
- Small first aid kit for your own requirements

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 usual safety equipment with you - we will also have all essential equipment for group needs.

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 sea kayak training 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.

If attending a course that includes British Canoeing Coastal / Open Water Navigation training, there is an additional certificate fee of £5 (members) / £10 (non-members).

Please bring this sum in cash.

If you have any other questions or concerns, please contact us at: info@kayakessentials.co.uk