

## **Kayak Essentials / Nick Cunliffe**

### **British Canoeing Sea Kayak Leader Training / Assessment courses**

#### **Course Staff**

Nick will deliver all sea kayak leader training courses, unless otherwise stated at time of booking. We sometimes involve extra trainers, all of whom are highly qualified and experienced.

#### **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: [www.angleseyoutdoors.com](http://www.angleseyoutdoors.com)

There is a range of accommodation options, a drying room, self-catering facilities, and an onsite bar with meal provision - please contact the centre for availability and other information.

The following link contains further possible accommodation options:

[www.kayakessentials.co.uk/accommodation/](http://www.kayakessentials.co.uk/accommodation/)

#### **Start of Course**

We will meet all our course clients at an agreed location, confirmed before the start of the course. This is often Anglesey Outdoors, depending on accommodation choices.

We also sometimes meet at the Summit to Sea kayak shop in Holyhead: [www.summittosea.co.uk](http://www.summittosea.co.uk)

We will confirm our day one rendezvous before the start of the course.

#### **Start / Finish Times**

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

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 can provide transport for up to four group members from our meeting point to our paddling venues each day. You are also welcome to use your own vehicle and we encourage car sharing. If you do not have a vehicle, please advise us - we can usually transport you to / from coaching venues during the course.

#### **Kayak Equipment**

We can provide sea kayak / paddle / spraydeck during the training course at a cost of £10 / day. If required, please select this option at the time booking - payment is included at time of booking. We have a small range of sea kayak options - our fleet includes:

- Valley Sirona RM 15.10 / 16.1
- Valley Gemini SP RM
- P&H Delphin 150 / 155
- P&H Virgo S / M / L
- Dagger Stratos 14.5

We also have a range of sea kayak paddles, including Werner, Celtic and Mitchell models. We have a small stock of other equipment - if you need specific items of kit, please let us know.

British Canoeing Leader assessment candidates will need to provide their own kayaking equipment. If this is a problem for you, 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.

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**

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 one of our sea kayaks, we will provide a suitable spraydeck.

### **Helmet**

You will need to wear a helmet for some training sessions - rock gardens, surf, tide races, rescues. 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 needs

### **Group Safety Equipment**

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

- VHF radio, PLB, mobile phone, emergency signalling devices
- First aid kit, repair kit, group shelter, emergency insulated sleeping bag
- Spare clothing, emergency food / hot drink
- Spare paddles, towlines, navigation equipment

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

## **Food & Drink**

Our sea kayaking courses are not catered - please bring your own food / drink 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 on sea kayak leader training courses - we do recommend that you have your own Anglesey 1:50 000 OS Map & map case.

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

## **British Canoeing Leader Training / Assessment Courses**

Training course content will match the relevant British Canoeing syllabus. Sequence / duration of training sessions will depend on any weather / 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 tailored program of coaching sessions.

Assessment courses will follow the most up to date British Canoeing syllabus guidelines. Specific pre-assessment information is available - please contact us for details.

## **British Canoeing Course Registration**

British Canoeing no longer require formal training course attendance to register a sea kayak leader assessment – course attendance is optional. If you wish us to register your course attendance with British Canoeing (optional), a £10 fee is payable – we will take payment during the course.

Registration of course attendance with British Canoeing is recommended for anyone wishing to obtain credits towards BC Coach / Leader award revalidation. Please check British Canoeing information sources for further details.

There is no need for you to register your intention to attend a British Canoeing Leader Training course - as Course Providers, we will register your course attendance (if you request this).

## **British Canoeing Resources**

The following links contain the latest course guidelines / assessment

<https://www.britishcanoeingawarding.org.uk>

<https://paddlesuptraining.com/courses/sea-kayak-leader-tidal/>

<https://paddlesuptraining.com/courses/advanced-sea-kayak-leader-tidal/>

## **Coastal / Open Water Navigation courses**

Our 2022 4-day BC Sea Kayak Leader training courses do not include the BC Navigation Training course - we cover planning / navigation elements that support and develop this area of knowledge.

There are numerous available online courses - please contact us for advice if you require this award prerequisite for a future sea kayak leader assessment.