

AOAC Sea-kayaking opportunities for beginners / Intromediates, 2010

Would you like to learn to paddle Britain's stunning coastline, have close encounters with marine wildlife, or just do something more adventurous with your kayaking? This summer you can enjoy an exciting course on the North Wales coast and take your sea-kayaking experience to the next level.

We are putting together the sea-kayaking programme for summer 2010.
We plan a 5-day course in September that includes an overnight expedition.
To take part, you will need to do some sea-kayaking this year.
You can acquire the basic skills from the Salford sessions (BCU 1 and 2 Star).

Summer Training Program

There are several training opportunities this year to develop skills for the September course. You need to attend a reasonable number so you have the experience and paddling fitness for the week:

- Weymouth w/e in April – already booked up (with a reserve list) – sorry!
- 2 Star courses and recreational paddling at Salford on Monday evenings to improve your skills
- Introduction to sea-kayaking weekend, 2-4 July, in Dorset / South Devon
- Sea-kayak and touring boat skills training, 9 May and 25 July, on the Sharpness Canal, Glos.
- Other beginners' courses may follow

The Intromediates Sea-Kayaking Course

AOAC will initially book a course exclusively for 6 AOAC members at the National Watersports Centre, North Wales, on 5-10 September (Sunday – Friday); we hope that there will be enough interest that we can book a second group of 6.

The centre is at Plas Menai on the banks of the Menai Straits. The aim is to introduce you to tricky locations, tidal races and offshore islands. Throughout the week your coach will develop your boat-handling and confidence so that you feel safe on the open sea. You'll be encouraged to get involved in all aspects of trip planning and on the water we'll help you develop your practical navigation. There will be workshops on safety and rescue skills; the centre has a pool where you can improve skills such as rescuing and rolling in a protected environment. We have specially requested an overnight expedition, which will pave the way for longer self-supporting trips next year.

To be eligible for this course, you need **by 15th July** to:

- Hold at least BCU 1* or equivalent experience from the 2009 season
- Have previous sea-kayak experience
- Paddle on a regular basis throughout the summer
- Have attended / booked on at least one sea-kayaking event this summer
- Satisfy the organisers of your skills, which must be of 2 Star standard for:
 - Efficient forward paddling
 - Support strokes
 - Turning sea-kayaks

The course will include **all** tuition, equipment, accommodation and food. We have included YHA accommodation for the Friday night after the course. **The total cost will be £510 per person (BUT if we get 6 people, the cost will only be £430; you will get a rebate. The difference applies if we don't fill the course). We will need full payment by 15 July.** We recommend that you have holiday insurance to cover for the eventuality of cancellation as the full payment is not returnable unless your place is filled by someone else. If you have to cancel, there will be an admin charge.

Future plans

We hope this programme will act as a springboard for you to the BCU 3 Star Sea Kayak next year; we would like to organise a sea-kayaking week in September 2011 in Scotland, potentially off the fabulous coasts of Applecross, Wester Ross.

If you would like to discuss the summer's plans, or if you are not sure whether this course is for you, please feel free to contact us: David Murdoch (damurdoch@hotmail.com) / Keith Chant (keith.chant@blueyonder.co.uk) / Elin Elin Jones (elindubai@hotmail.com). (Please email all three of us)