



Notes for Integrate Paddling training weekends and sessions

Just to give you an idea of the items we are looking to cover in the training sessions, the Club sign off is the equivalent of the British Canoeing (BC) Paddle Explore award, though focussing on the aspects of the syllabus for the closed cockpit craft, i.e. kayaks. Links to the award content are given below.

BC [Personal Performance Awards](#)

The BC Paddle Explore is a framework to allow the paddler to develop fundamental paddle sport skills on flat water, rather than having a check-list of items. The emphasis is on gaining a breadth of experience, creating the desired movement of the boat and developing an understanding into of the paddle, boat and water interact.

Further details on the award at this and the higher levels are to be found on the [BC Personal Performance Awards website](#).

The cost includes all kit hire (boat, paddle, etc) and coaching, with all the monies going back to the club.

- An evening's training would be £10
- A full weekend would be £40 (2 × £20)

Due to insurance considerations we will expect you to join the club (£20/year) prior to the training commencing for insurance purposes and we can supply membership forms for this. The cost of the sessions will have to paid in advance to the club.

The club can supply boats, paddles, bouyancy aids and spraydecks. We also have a few wetsuits and cagoules. We expect you to dress as warmly as possible in clothes that can keep you warm when wet. There will be capsize and rescue practice as part of the training but we will aim to keep these to the end of the session unless there is a heatwave.

Please detail using the list below what kit you have, what kit you are needing and if any what size you are in your reply confirming if you will be attending.

Stuff we can help out with if necessary:

- Boat
- Paddle (if you need one how tall are you?)
- Spray Deck
- Bouyancy Aid
- Wet / Dry suit
- Cagoule



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Stuff you should bring (let us know if you are really stuck but no promises):

- Warm base layers (not cotton - hill walking type)
- More warm layers on top (fleeces etc. are good - So is wool but it gets very heavy when wet)
- A windproof jacket you don't mind getting wet is most likely going to be better than most of the club cagoules.
- Waterproof trousers as above if you have them.
- Towel and dry warm kit to change in to
- Snacks and flask of hot tea.
- Sun cream (If it turns out nice)
- Warm hat (If it turns out to be Scottish weather)
- Warm socks (layers) or ideally neoprene boots (trainers will not fit in the boats if you have big feet (approx Size 9 up), if you have small feet whatever you don't mind getting wet / will not weigh you down when in the water)
- Gloves if you suffer from cold hands. Ideally ones which have grip when wet.

Stonehaven is a great venue for training as we can usually find a sheltered spot no matter what the weather. However, we may need to call off at short notice if the conditions are unsuitable.

Notes for enquiries from new members

The following should be enquired / gained of potential members

- Previous experience / qualifications (anything above a two star should by pass training sessions) – though we should see rescues skills on a club trip to confirm this
- Membership, through webcollect, of the club before attending training or trips
- Payments for training sessions should be completed in advance; there have been some issues with no shows on the training days
- Joining the club is open all year round, though we try to guide new members to join as early in the year as possible so that they can come along to the training sessions and then have the opportunity to get out on the water as much as possible through the remainder of the season