

Event Program:

2nd -4th October 2020



Shoogly Waters: the *Essential* Scottish Sea Kayaking Weekend

[Shoogle: dialect, mainly Scottish. (ʃʊgəl)
VERB: to shake, sway, or rock back & forth.]

Daily Sessions & Levels

Friday 2nd October 2020

Session Name	Level
Foundation Boat Handling Skills for Dynamic Water	Level 1-2
Moving Water Skill Development: Cuan Adventure	Level 1-2
Rocks, Waves & Tides: Adventure Paddling in Dynamic Water	Level 2
Safer Sea Kayaking: Group Management Skills in Moderate Conditions	Level 2
Falls of Lora Skill Development Clinic	Level 2-3

Saturday 3rd October 2020

Session Name	Level
Introduction to Rocks, Waves & Tides: Dynamic Water Development	Level 1-2
Safer Sea Kayaking: Practical Navigation Afloat	Level 1-2
Moving Water Skill Development: Falls of Lora Adventure	Level 2
Safer Sea Kayaking: Safety & Rescue Skills in Advanced Conditions	Level 2-3
Surviving the Impact Zone: Rocky Landing Tactics & Coasteering for Sea Kayakers	Level 2-3

Sunday 4th October 2020

Session Name	Level
Forward Paddling Clinic: Speed and Efficiency in Dynamic Water	All Levels
Safer Sea Kayaking: Safety and Rescue Skills in Moderate Conditions	Level 1-2
Adventure Sea Kayak Journey: Firth of Lorn Classics	Level 1-2
Rocks, Waves & Tides: Adventure Paddling in Dynamic Water	Level 2
Safer Sea Kayaking: Group Management Skills in Advanced Conditions	Level 2-3
Falls of Lora Skill Development Clinic	Level 2-3

Understanding Levels & Choosing Sessions

We want you to feel safe, happy and challenged at our event. To help you make suitable choices, our program outlines the coaching aims and recommended experience levels for each session. Weather conditions can affect our activities afloat: we aim to deliver coaching sessions to meet your aims, and that also reflect the described activity.

Please read the session descriptions along with the Level descriptions below.

Consider your aims, current experience and desired level of challenge during the event.

Do be realistic: we want everyone to have the ideal activity, the right group and the best experience.

Contact us for further advice and we'll help you make good choices. There will be some flexibility and we'll do our best to provide your first choices during the event.

Many paddlers are around sea kayaking standard and experience of Level 2: most sessions are Level 1-2 & Level 2-3 (colour coded green & blue). Thus, you can choose coaching sessions within your comfort zone or that will stretch your current ability / confidence. It's your choice!

Level 1

If you paddle as a member of a led group and/or have previously restricted your sea kayaking adventures to relatively calm conditions (Bft force 2-3), consider yourself Level 1.

We'll aim to ensure that Level 1-2 sessions offer the right amount of challenge for your current experience.

Level 2

If you're an experienced paddler in moderate conditions (up to Bft force 4), Level 2 sessions are aimed for you. You'll be used to dealing with wind and waves, and may have a reasonably reliable roll. You may have a little river kayaking experience or have ventured onto gentle moving water.

If you join a Level 1-2 session you can expect a more relaxed, comfortable experience; be prepared for rather more challenging conditions on Level 2-3 sessions.

Level 3

If you're used to paddling with independent groups in more challenging conditions (up to Bft force 5) and are confident in waves, surf and stronger tidal streams, you'll be looking for the more challenging sessions. These are suitable for paddlers looking for rougher water, or those simply looking to enjoy the best conditions we can find each day.

We'll try to get the right level of challenge, while placing the safety of the group first each day.

All Levels

These sessions can appeal to paddlers of all abilities and levels of experience. The aims are broad and inclusive and do not require specific sea conditions. The exception to this rule is 'Surviving the Impact Zone: Coasteering for Sea Kayakers': please read the session description for further information.

Foundation Boat Handling Skills for Dynamic Water: Level 1-2

If you want to paddle with confidence and efficiency in moderate conditions, to control your kayak with accuracy and efficiency, this coaching day will focus on essential foundations for dynamic waters. We'll take a progressive approach, building your skills for a variety of conditions.

Venue: TBC, according to conditions

Duration: Full day

Strong wind option: We will choose a venue that is safe and suitably challenging for developing moderate water skills.

Is it for me? This day is suitable for any intermediate sea kayaker aspiring to greater confidence in more challenging conditions

Moving Water Skill Development: Cuan Adventure: Level 1-2

This session is aimed at paddlers seeking to develop moving water skills in sea kayaks, without the complications of open sea conditions. You'll gain confidence and skills in crossing eddy lines, ferry gliding in control, and will develop the foundations for more challenging tide race paddling.

Venue: Cuan Sound

Duration: Full day

Strong wind option: Cuan Sound is a protected venue

Is it for me? To get the most from this session, you should have experience of moderate water on the sea. It's not necessary to be able to roll.

Introduction to Rocks, Wind & Waves: Dynamic Water Development: Level 1-2

We will focus on applying foundation skills to more challenging conditions. You'll develop tactical skills in dynamic situations, good decision making and increased confidence in exciting paddling environments. This is a great introduction to more playful sea kayaking.

Venue: TBC, according to conditions.

Duration: Full day

Strong wind option: We will choose a venue that is safe and suitably challenging for developing moderate water skills.

Is it for me? This day is suitable for any intermediate sea kayaker aspiring to greater confidence in more challenging conditions

Safer Sea Kayaking: Practical Navigation Skills Afloat: Level 1-2

Ever wondered how to unravel the mysteries of coastal sea kayak navigation? Armed with map & compass, we'll show you how to make sense of speed-time-distance tidal calculations on the move, following bearings, aiming off, attack points, tick-off features, crossing tidal streams, and much more. After this day, you'll never need to be lost again!

Venue: A suitable venue, according to conditions.

Duration: Full day

Strong wind option: We will choose a venue that is safe and suitable for the purpose of the day.

Is it for me? This will be an entirely practical day, so you will need to be capable of paddling in open sea conditions. Bring an interest in developing your navigation skills!

Adventure Sea Kayak Journey: Firth of Lorn Classics: Level 1-2

If you've come to explore the jewels in this beautiful area's coastline, in the company of enthusiastic & knowledgeable guides, this is the day for you! Forget skills training for a few hours, let's enjoy the journey...

Venue:	TBC according to conditions
Duration:	Full day
Strong wind option:	We'll find somewhere to paddle!
Is it for me?	This sea kayak journey will remain in moderate sea kayak conditions and will aim to avoid areas of rough water.

Rocks, Waves & Tides: Adventure Paddling in Dynamic Water: Level 2

Dynamic waters are a wonderful way to further develop your paddling skills. Building on your experience of open sea conditions, we'll venture into rock gardens, waves and tidal streams. Focusing on fun, adventure and learning opportunities, we'll guide your paddling to the next level.

Venue:	TBC according to conditions
Duration:	Full day
Strong wind option:	We'll choose a suitable venue to make the best of the conditions on the day.
Is it for me?	To get the most from this session you should have experience of moderate water on the sea. It's not necessary to be able to roll.

Moving Water Skill Development: Falls of Lora Adventure: Level 2

If you want to develop moving water skills in faster moving water, this is the session for you. We'll look at reading the water, crossing eddy lines with control and confidence, and using the environment to get where we want to go.

Venue:	Falls of Lora
Duration:	Full day
Strong wind option:	The Falls of Lora is a protected venue
Is it for me?	To get the most out of this session you should have experience of moderate water on the sea. It's not necessary to be able to roll.

Falls of Lora Skill Development Clinic: Level 2-3

This session will build on basic moving water skills, and look at moving around the features at the Falls of Lora, using the environment to our advantage. We will begin to develop tactical understanding, and use that understanding for efficient and playful paddling at the Falls.

Venue:	Falls of Lora
Duration:	Full day
Strong wind option:	The Falls of Lora is a protected Venue
Is it for me?	To get the most out of this session you will have some understanding of moving water, or some white water kayaking experience. The ability to roll is an advantage.

Surviving the Impact Zone: Rocky Landing Tactics & Coasteering for Sea Kayakers: Level 2-3

If you want to develop your understanding of the unique challenge of rocky coastlines, join us for this out-of-boat experience! We will explore a section of cliff-bound coastline, focusing on safe swimming, accessing rocky shelves and gullies and coping with wind swell and waves. We'll then develop these skills in our kayaks, launching and landing at various challenging points.

Venue:	TBC according to conditions
Duration:	Full day
Strong wind option:	We'll use a suitable venue according to conditions
Is it for me?	Willing to get wet? Dress for immersion and come & join us!

Forward Paddling Clinic: Speed and Efficiency in Dynamic Water: All Levels

A stripped-down, back-to-basics, fundamentals coaching session with a focus on efficient boat speed. If you're looking for more miles for less effort, would like to be able to generate speed & power more efficiently, or are hoping to ready yourself for greater challenges, this is the training day for you. The session will include a short journey to put your newly-honed skills into practice.

Venue:	TBC according to conditions
Duration:	Full day
Strong wind option:	We'll use a suitable venue, protected from rough water.
Is it for me?	Want to further/ faster, or just more efficiently? This is the session for you.

Event Information

Booking:

To book your place for this event, please submit a booking form at: [Insert Link](#)

You will receive payment details via email following submission of your booking form. Do please contact us via the website if you have any questions concerning session choices, or any other aspects of the weekend.

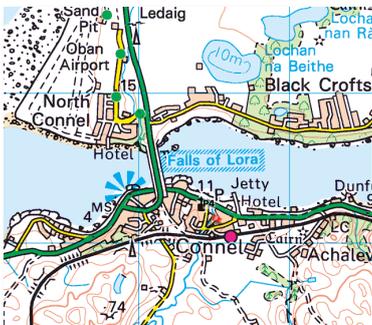
Accommodation:

The event base will be in Connel, close to the iconic Falls of Lora. Connel itself has a few accommodation options, as do other villages nearby such as North Connel, Benderloch and Barcaldine. The main town for this area is Oban, just 6 miles or a 10-minute drive away, with plenty of accommodation options including a Youth Hostel, independent hostels, B&Bs, hotels, campsites and many options for eating out.

For paddlers wishing to arrive before the event or stay on afterwards, the area offers a multitude of options, including ferries to many of the Scottish islands from Oban.

Event Organisation:

The event base will be Connel Hall, where we will meet each morning at gam to welcome you to the event, meet coaches, divide into groups and go paddling:



There is parking at the hall, as well as at the nearby train station. Please be considerate to other event attendees, as well as local residents when parking for our event.

The hall also has toilet facilities and a very small kitchen.

There are no organised evening activities during the event, however it is likely that some of the coaches will be around in one of the pubs in Oban in the evenings, and we will ensure participants know where they can reach us. There are plenty of options for socializing in Oban in the evening.

There is no need to 'register' before the weekend: if you have booked with us, you're already registered. We'll confirm coaches & groups each morning, and our coaches will check that all group members are present before setting off for the chosen venue.

We'll ask you to organize your own travel to paddling venues: please car share if at all possible. Your coach will help to ensure that everyone gets to the paddling venue.

Do please be ready to travel to your paddling venue when we meet each morning at gam. We expect to conclude coaching sessions by around 5pm each day.

Kayaks, Equipment & Supplies:

There is a kayak retail store in Oban: Sea Kayak Oban. Should you wish to hire a kayak for the weekend, please contact them directly.

Oban has an excellent small outdoor shop, Outside Edge, for general outdoor kit.

We ask that you provide your own kayak & equipment for the weekend, but should you need to buy or hire anything there are two sea kayak shops in Scotland: Sea Kayak Oban and Karitek.

There are a number of supermarkets in Oban for anything else you might need.

Safety:

Your safety is extremely important to us. Sea kayaking is an assumed risk sport that takes place in a dynamic environment, and so it's impossible to eliminate all risks. However we will work with you to share and discuss all relevant information, to choose suitable venues, and to organise appropriate activities afloat. Communication is a vital element of our collective safety: we will create an open, supportive atmosphere in which all can contribute to decision-making.

Please be ready to share any relevant medical information with us. There is a relevant section on the booking form and we will also invite updated information during the coaching weekend.

Thanks again for booking a place with us at Shoogly Waters: the Essential Scottish Sea Kayaking Weekend. We look forward to paddling with you and to making it an enjoyable and memorable experience.

Useful Links:

<https://www.zoeneewsamcoaching.co.uk/shoogly-waters-the-essential-scottish-sea-kayaking-weekend.html>

<https://www.kayakessentials.co.uk>

<https://www.rapid-development.co.uk>

<https://www.seakayakoban.com>

<https://www.karitek.co.uk>

Terms and Conditions:

- Places on event sessions will be secured on receipt of both a booking form and payment in full.
- Fees payable are for pre-booked coaching sessions.
- Course fees do not include accommodation, catering, transport or equipment.
- Any cancellations must be confirmed via email.
- Cancellations received more than 2 weeks prior to the event will receive a full refund.
- Cancellations less than 2 weeks prior to the event:
 - If another client can take your place, we will provide a full refund.
 - If we/you are unable to find another client to take your place, we reserve the right to retain payment.
- Cancellation by us:
 - In the highly unlikely event that we have to cancel the event following receipt of client bookings, we undertake to return 100% of all monies paid to us in this respect.
 - We will not be liable for payments made to other service providers, such as travel, accommodation and equipment hire.

Insurance Information

All coaching sessions are protected by professional indemnity cover.

All lead coaches will be appropriately qualified Sea Kayak Coaches, with current British Canoeing membership and first aid qualifications.

This insurance does not cover individual participants for claims arising from personal accident, loss of possessions or inability to attend any or all coaching sessions.

We strongly recommend that participants ensure they have appropriate personal insurance in place to cover them for any such eventualities.