

Anglesey Sea Kayak Symposium 1-9 May 2010

Main symposium event

Friday 30/4	15-22 Registration and check in. You can sign up for the Main symposium sessions upon arrival. The sessions are not pre-bookable. Amendments to the schedule may occur.	
Saturday 1/5 Half day sessions	8.00-9.00 Rolling session in local pool 9.10 Meeting in the marquee to notify participants of the day's activities and weather. 9.30-12.30 Demo Kayaks Aimed at kayakers who are looking at purchasing a kayak. A representative from each kayak company will be available for advice. 9.30-12.30: Navigation theory It is possible to do the theory part of the navigation session (see below) and then a half day paddle.	13.30-16.30 Slide show / lecture talk on sea kayaking, expedition kayaking and taking dramatic shots 13.30-16.30 Half day paddle This is aimed at the three star + kayaker or someone who has the ability and strength to undertake a 6-7 mile paddle in under F4 conditions. Candidates do not have to roll.
Saturday 1/5 All day sessions	8.00-9.00 Rolling session in local pool 9.10 Meeting in the marquee to notify participants of the day's activities and weather. 9.30-16.30 Navigation This day will include a half day of theory and a half day practical. The day will be aimed at five star but suitable for anyone who is planning to take the new four star, five star and Coach 3 awards. The day can also be logged as a five star training day. 9.30-16.30 Incident management The day will look at rescue and retrieving incidents that may develop within a group on the water. This could vary from capsizes in dangerous locations, tidal waters, rocky landings, members of the group being lost at sea, rafted tows etc. Subject to demand, the group may be split into two groups. 9.30-16.30 Rolling and rescues The day will be split into two. In the morning we will look at rolling on flat water.	

	<p>This is suitable for all levels. The group will then progress to moving/rough water. We will also look at solo re-entries and other methods of self rescue. The following rescues will also be looked at: The Scoop, T, Double T etc.</p> <p>9.30-16.30 Moving water An all day session specifically looking at breaking in and out of flowing water, surfing rescues and towing as necessary. The day will start on protected moving water and progress out into more advanced conditions.</p> <p>9.30-16.30 Tidal races and overfalls Aimed at the three / four star kayaker who has the ability to tour on none tidal waters, will probably not roll in intermediate to advanced conditions. Subject to demand, the group may be split into two groups.</p> <p>9.30-16.30 Tidal races and overfalls Aimed at the four star+ kayaker. This group will operate at an intermediate to advanced level. Group members should be able to roll in advanced conditions. Subject to demand, the group may be split into two groups</p> <p>9.30-16.30 Kayak repair - crash and bash! We will look at on the water and off the water kayak repair. This will involve the group being given kayaks to break on rocky landings etc and then carry out a repair. Helmets are a must! Depending on the make of kayak and your ability to break & smash them a hammer may be needed! Helmets are a must!</p> <p>9.30-16.30 Forward paddling and paddle sizing Aimed at beginner to intermediate kayakers who would like to experiment with paddles and look at improving methods of forward paddling. This will consist of time in a lecture room, on the water tuition and video analysis. This will be a flat water session. In the afternoon you can look at either paddling with wings / the Euro blade (normal) / Inuit blades.</p> <p>9.30-16.30 Paddles for pleasure Aimed at the intermediate to advanced kayaker. This will be a 15-20 mile paddle depending on the weather.</p> <p>19.30 Lecture</p> <p>Meet for a drink and a chat in The Paddler's Return</p>	
<p>Sunday 2/5</p> <p>Half day sessions</p>	<p>8-9 Rolling session in local pool</p> <p>9.10 Meeting in the marquee to notify participants of the day's activities and weather.</p> <p>9.30-12.30 Demo Kayaks Aimed at kayakers who are looking at purchasing a kayak. A representative from each kayak company will be available for advice.</p>	<p>13.30-16.30 Slide show / lecture talk on sea kayaking, expedition kayaking and taking dramatic shots</p> <p>13.30-16.30 Half day paddle This is aimed at the three star +</p>

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<p>Sunday 2/5 All day sessions</p>	<p>9.00 Meeting in the marquee to notify participants of the day's activities and weather.</p> <p>9.30-16.30 Navigation This day will include a half day of theory and a half day practical. The day will be aimed at five star but suitable for anyone who is planning to take the new four star, five star and Coach 3 awards. The day can also be logged as a five star training day.</p> <p>9.30-16.30 Incident management The day will look at rescue and retrieving incidents that may develop within a group on the water. This could vary from capsizes in dangerous locations, tidal waters, rocky landings, members of the group being lost at sea, rafted tows etc. Subject to demand, the group may be split into two groups.</p> <p>9.30-16.30 Rolling and rescues The day will be split into two. In the morning we will look at rolling on flat water. This is suitable for all levels. The group will then progress to moving/rough water. We will also look at solo re-entries and other methods of self rescue. The following rescues will also be looked at: The Scoop, T, Double T etc.</p> <p>9.30-16.30 Moving water An all day session specifically looking at breaking in and out of flowing water, surfing rescues and towing as necessary. The day will start on protected moving water and progress out into more advanced conditions.</p> <p>9.30-16.30 Tidal races and overfalls Aimed at the three / four star kayaker who has the ability to tour on none tidal waters, will probably not roll in intermediate to advanced conditions. Subject to demand, the group may be split into two groups.</p> <p>9.30-16.30 Tidal races and overfalls Aimed at the four star+ kayaker. This group will operate at an intermediate to advanced level. Group members should be able to roll in advanced conditions. Subject to demand, the group may be split into two groups.</p> <p>9.30-16.30 Kayak repair - crash and bash! We will look at on the water and off the water kayak repair. This will involve the group being given kayaks to break on rocky landings etc and then carry out a repair. Helmets are a must! Depending on the make of kayak and your ability to break & smash them a hammer may be needed! Helmets are a must!</p> <p>9.30-16.30 Forward paddling and paddle sizing Aimed at beginner to intermediate kayakers who would like to experiment with paddles and look at improving methods of forward paddling. This will consist of time in a lecture room, on the water tuition and video analysis. This will be a flat water session. In the afternoon you can look at either paddling with wings / the</p>	

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<p>Monday 3/5</p> <p>Half day session</p>	<p>9.00 Meeting in the marquee to notify participants of the day's activities and weather.</p> <p>9.30-12.30 Rescue exercise</p>	<p>13.30-16.30 Half day paddle</p>
<p>Monday 3/5</p> <p>All day sessions</p>	<p>9.00 Meeting in the marquee to notify participants of the day's activities and weather.</p> <p>9.30-16.30 All day paddle</p> <p>9.30-16.30 VHF Operator's course</p> <p>9.30-16.30 CSRT (Canoe safety)</p> <p>9.30-16.30 BCU 2 Star assessment</p> <p>9.30-16.30 BCU 3 Star assessment</p> <p>9.30-16.30 BCU Coastal Navigation</p> <p>9.30-16.30 BCU 4 Star Discipline Specific Sea Assessor Training Day</p> <p>19.00 Meeting regarding Extended symposium event</p>	
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<p>Tuesday 4/5</p> <p>All day sessions</p>	<p>9.30-16.30 BCU 4 Star training</p> <p>9.30-16.30 BCU 4 Star assessment</p> <p>9.30-16.30 UKCC/ BCU Coach 1 or 2</p>	

	9.30-16.30 BCU Open Ocean Navigation 9.30-16.30 BCU 4 Star Generic Assessor Day
Wednesday 5/5 All day sessions	9.30-16.30 BCU 4 Star training 9.30-16.30 BCU 4 star assessment 9.30-16.30 BCU 5 Star training 9.30-16.30 UKCC/ BCU Coach 1 or 2
Thursday 6/5 All day session	9.30-16.30 BCU 5 Star training 9.30-16.30 BCU 5 Star Assessment 9.30-16.30 UKCC/ BCU Coach 1 or 2
Friday 7/5 All day session	9.30-16.30 BCU 5 Star Assessment 9.30-16.30 UKCC/ BCU Coach 1 or 2
Tidal races and overfalls	
Saturday 8/5 All day session	9.30-16.30 Tidal races and overfalls
Sunday 9/5 All day session	9.30-16.30 Tidal races and overfalls