
Some Golden Rules

1. Be able to swim at least 50 m
2. Use a Buoyancy Aid
3. Stay with the boat if capsized
4. Paddle with others & not alone
5. Make sure you are equipped for the water and weather conditions expected
6. Carry a water bottle & snack

SCA -*Scottish Canoe Association*

Help & represent Scotland's Paddlers

0131 317 7314



Who says that leaning can't be Fun !



Kintyre Canoe Club Campbeltown

Coaches:

Sid Gallagher 01586 552294
Stuart McQuaker 01586 551485

Office bearers

Secretary:
Alix Geyer 01586 553099
Treasurer :
Angus Scott 01586 553481



Kintyre Canoe Club Over 18's Info Leaflet



Sid Gallagher

Tel:
Home 01586 552294
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Paddle Your Canoe

The Adult section of the Kintyre Canoe Club is for male & female members 18 years and over, who want to develop their kayaking skills.

Kayaking and canoeing are exciting activities that open up a new world to anyone who tries them. Sea canoeing, surf kayak, river or white water or kayak polo are just a few of the challenges waiting for those who learn the basic skills.



The club offers a friendly and safe learning environment following the British Canoe Union curriculum and awards system and as a beginner you will learn about:

- Paddling skills
- Equipment
- Safety
- First Aid
- Environment and access
- Group Awareness

Club Membership £15.00 per year

Indoor Pool Sessions The group meet as arranged on Friday nights

September—March 7.45—9.15 p.m. at Aqualibrium Swimming Pool Campbeltown. £5.00 per session

Outdoor sessions as arranged all year round £2.00 per trip .

Key Outcomes

Be Healthy

Canoeing is a great activity for building up your basic fitness especially upper body strength and muscle toning.

Stay Safe

Waterside safety is a thread that runs through the learning curriculum.

Enjoy and Achieve

This club is a fantastic way to make new friends whilst learning new skills.

Each year we have young people who come back to us with some going on to gain higher qualifications/ experience.



What to wear?

- Buoyancy aid
- Wetsuit or dry trousers and thermal leggings.
- Thin or warm fleece top (not cotton)
- Wetsuit booties
- Waterproof/windproof top (Cag)

The following is also suitable

- Thermal vest/ football type top
- Light Fleece
- Tracksuit bottoms (not Cotton)
- Light waterproof bottoms
- Trainers or beach shoes (keep laces short)

Simply increase or decrease the layers until you feel comfortable

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