

# Anglesey Sea Kayak Symposium Weekend Schedule

You can sign-up to these sessions upon arrival at the Symposium. **These sessions are not pre-bookable.** It is important that you register at the Symposium as amendments to the schedule may occur and you will also need to know when and where each activity will be taking place. It is your responsibility to ensure that you are in the right place at the right time for each activity.

There will be a briefing each morning of the Symposium in the Marquee to notify participants of the days activities and weather.

Please note that some of these sessions are on a first come first served basis and have limited spaces.

## Friday

1500hrs: Symposium registration and check in

2200hrs: Registration closes

	0800 0900	0930hrs	1230hrs	1330hrs	1630hrs	1930 hrs	
<b>Saturday</b>	<b>Rolling Session</b> Takes place in the local pool	<b>Demo Kayaks</b> Aimed at kayakers who are looking at purchasing a kayak. A representative from each kayak company will be available for advice		<b>Slide Show / Lecture</b> Talk on sea kayaking, expedition kayaking and taking dramatic shots.			
		<b>Navigation:</b> 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. <b>THEORY</b> <span style="float: right;"><b>PRACTICAL</b></span>					
		<b>Incident Management:</b> 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 <b>SUBJECT TO DEMAND THE GROUP MAY NEED TO BE SPLIT INTO TWO GROUPS</b> <span style="float: right;"><b>FULL DAY</b></span>					
		<b>Rolling and Rescues:</b> 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 <b>ROLLING ON FLAT WATER</b> <span style="float: right;"><b>PROGRESS TO ROLLING IN MOVING / ROUGH WATER</b></span>					
		<b>Moving Water:</b> 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. <span style="float: right;"><b>FULL DAY</b></span>					
		<b>Tidal Races and Over falls:</b> 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. <b>SUBJECT TO DEMAND THE GROUP MAY NEED TO BE SPLIT INTO TWO GROUPS</b> <span style="float: right;"><b>FULL DAY</b></span>					
		<b>Tidal Races and Over falls:</b> 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. <b>SUBJECT TO DEMAND THE GROUP MAY NEED TO BE SPLIT INTO TWO GROUPS</b> <span style="float: right;"><b>FULL DAY</b></span>					
		<b>Kayak Repair / Crash and Bash:</b> 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. The day will start by looking at kayak construction. Helmets are a must! Depending on the make of kayak and your ability to break & smash them a hammer may be needed!!! <span style="float: right;"><b>FULL DAY</b></span>					
		<b>Forward Paddling and Paddle Sizing:</b> 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. <span style="float: right;"><b>FULL DAY</b></span>					
		<b>PADDLES FOR PLEASURE:</b> <b>Full Day Paddle:</b> Aimed at the intermediate to advanced kayaker. This will be a 15-20 mile paddle depending on the weather.					
<b>It is possible to do the THEORY part of the Navigation session and then a half day paddle.</b>			<b>Half Day Paddle PM:</b> 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 Evening:** Meet for a drink and a chat in The Paddlers Return

	0800 0900	0930hrs	1230hrs	1330hrs	1630hrs	1930 hrs		
<b>Sunday</b>	<b>Rolling Session</b> Takes place in the local pool	<b>Demo Kayaks</b> Aimed at kayakers who are looking at purchasing a kayak. A representative from each kayak company will be available for advice		<b>Slide Show / Lecture</b> Talk on sea kayaking, expedition kayaking and taking dramatic shots.		<b>Lecture</b> Nathalie and Alain Antognelli – Greenland		
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**Sunday Evening:** Live music and bar in the main centre.

	0930hrs	1230hrs	1330hrs	1630hrs	1900hrs
<b>Monday</b>	Rescue Exercise		Half Day Paddle		Meeting re: Extended Activities Week
	CRST (Canoe Safety)				
	All Day Paddle				

**There will be various evening lectures throughout the week.**