



A British Canoe Union award scheme designed to meet the needs of young people.



It's colourful and youth centred approach aims to:

- ◆ Encourage more young people to come into and stay in the sport
- ◆ Provide progression and reward achievement in a wide range of topics
- ◆ Show them all aspects of the sport – both competitive and adventurous
- ◆ Provide signposts into Clubs where their skills and development can be nurtured
- ◆ Provide a flexible structure for delivery according to venue/situation

The scheme has recently been revised and now comprises of 5 Awards to support a young paddler's introduction and progress in Paddlesport.



Paddlepower Start – an entry level award suitable for taster sessions or as part of a series of sessions.

Paddlepower Passport – four progressive levels based on 24 topics which can be grouped into Safety Awareness, Paddling Skills, Varied Experiences, and Supporting Knowledge. The award is equivalent to 1 Star.

Paddlepower Discover – this follows on from Passport with a further 4 levels to take the young paddler to equivalent of 2 star standard.

Paddlepower Explore - Supporting different levels takes the paddler on an extensive journey exploring the great variety Paddlesport, with topics focused on participation in events and journeys in the competitive and non-competitive disciplines.

Paddlepower Excel - three levels to test the paddler on all elements of paddlesport including being responsible for self and others, participation in journeys, coaching sessions, training, events in a variety of disciplines, background knowledge of the sport; access, rules, environmental.

How does it work? At Paddlepower Start there is a certificate which is awarded by the coach. For each award after Start there is a colourful Progress Card for the young paddler to record their progress and to encourage them to move to the next stage with a BCU certificate awarded on completion of each award.

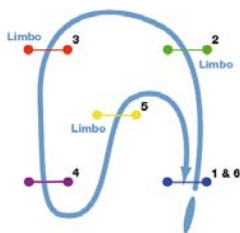
Who can deliver the Awards? A Level 1 coach can deliver Paddlepower Start, after that a Level 2 coach is required. For Explore and Excel a Level 2 coach can deliver with support from a discipline specific coach/s.

How do I get started? All levels are now available. There is no need to register but all coaches must have the Coaches Manual to start delivering the scheme. A starter pack which includes a sample of the progress cards together with the Coaches Manual to support delivery is available to purchase via our E-shop, along with the Progress cards and Start Certificate. The Coaches Manual is available to download from www.canoe-england.org.uk.



For more information contact paddlepower@bcu.org.uk or telephone 0845 370 9520
The British Canoe Union, 18 Market Place, Bingham, Nottingham, NG13 8AP





A FUNtastic Flexible Paddlesport Challenge

Cross Stream Challenge has been designed around the BCU Long Term Paddler Development Programme, offering something for everyone. It aims to develop and challenge boat handling skills, strokes and moves, whilst blending Slalom, Freestyle, Polo, with a touch of Wild Water and Flat Water Racing maybe a bit of surf. Its flexibility in delivery focuses on the paddler, not just the boat, enabling paddlers to develop skills based around a predetermined course in managed and measured environment. The challenges will fully open the doors to our sport for all paddlers, providing an opportunity to experience the many different disciplines and helps coaches spot where an individual is most motivated.

How does it work?

There are 5 starter challenges and a further 25 mover Challenges. Each Challenge has that little extra that will make a difference just when you really need to make that move happen.

- **Team Challenge**, designed for two or more paddlers to paddle together over the same course.
- **Head to Head**, some of the challenges will allow 2 boats (or teams) on the water at the same time. First team across the line is the winner.

Equipment

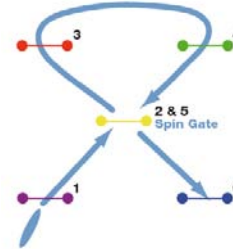
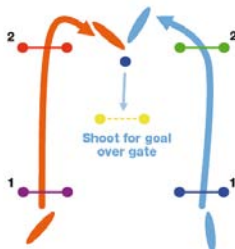
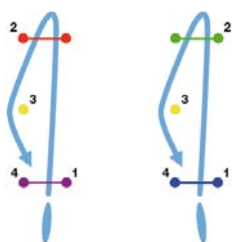
Any Canoe or Kayak will do; single or double. You will also need 5 sets of slalom gates and 3 lines or, 5 sets of buoys if you cannot hang slalom gates.

Where can I deliver the Challenge?

The challenge has been designed to fit in to a variety of environments. The challenge has the flexibility to be adapted for use on your local stretch of water.

Who can deliver the Challenge?

BCU Level 1 Coach under guidance or BCU Level 2 Coach or above.



The new Cross Stream challenge resources can be ordered through the BCU E-shop
For more details contact youth@bcu.org.uk Tel: 0845 370 9520.



Participation Programme Resource Order Form



If you require to be invoiced for your order please attach a **purchase order form**.
 All other orders please go to the BCU E-shop to purchase online www.bcushop.org.uk
 (*discounted price for 50+ packs is not available on E-shop, please use order form)

ORDER DATE:.....
 CLUB/CENTRE/ GROUP.....
 NAME:.....BCU No:.....
 ADDRESS:.....
POSTCODE:.....
 TEL:.....EMAIL:.....

PRICE CODES
A BCU ACCREDITED TOP CLUBS/ CLUBMARK
B BCU AFFILIATED CLUBS/ APPROVED CENTRES/ SCOUTS & GUIDES
C OTHER ORGANISATIONS

PADDLEPOWER RESOURCES

| | | PRICE | QUANTITY | PRICE |
|--|----------------------|--|-------------|-------|
| PADDLEPOWER STARTER PACK (Includes Coaches Manual, 1 of each progress card & sticker) * NOW INCLUDES EXPLORE AND EXCEL PROGRESS CARDS | | £6.80 | | |
| PADDLEPOWER STICKERS (strip of 10) | | £1.00 | | |
| PADDLEPOWER START Certificate (available in packs of 10) | | | | |
| PRICE CODE | Price per pack of 10 | *Price per pack of 10 if ordering 50 or more packs | No of Packs | PRICE |
| A | 2.50 | 2.25 | | |
| B | 3.00 | 2.70 | | |
| C | 3.50 | 3.15 | | |
| PADDLEPOWER PASSPORT Progress Card including 25 stickers per pack (available in packs of 5) | | | | |
| PRICE CODE | Price per pack of 5 | *Price per pack of 5 if ordering 50 or more packs | No of Packs | PRICE |
| A | 10.00 | 9.00 | | |
| B | 12.50 | 11.25 | | |
| C | 15.00 | 13.50 | | |
| PADDLEPOWER DISCOVER Progress Card including 25 stickers per pack (available in packs of 5) | | | | |
| PRICE CODE | Price per pack of 5 | *Price per pack of 5 if ordering 50 or more packs | No of Packs | PRICE |
| A | 10.00 | 9.00 | | |
| B | 12.50 | 11.25 | | |
| C | 15.00 | 13.50 | | |
| PADDLEPOWER EXPLORE Progress Card including 25 stickers per pack (available in packs of 5) | | | | |
| PRICE CODE | Price per pack of 5 | *Price per pack of 5 if ordering 50 or more packs | No of Packs | PRICE |
| A | 10.00 | 9.00 | | |
| B | 12.50 | 11.25 | | |
| C | 15.00 | 13.50 | | |
| PADDLEPOWER EXCEL Progress Card including 25 stickers per pack (available in packs of 5) | | | | |
| PRICE CODE | Price per pack of 5 | *Price per pack of 5 if ordering 50 or more packs | No of Packs | PRICE |
| A | 10.00 | 9.00 | | |
| B | 12.50 | 11.25 | | |
| C | 15.00 | 13.50 | | |
| TOTAL carried forward: | | | | |

Resources and order form continues on the next page




Participation Programme Resource Order Form

PRICE CODES

- A BCU ACCREDITED TOP CLUBS/ CLUBMARK
- B BCU AFFILIATED CLUBS/ APPROVED CENTRES/ SCOUTS & GUIDES
- C OTHER ORGANISATIONS

OTHER RESOURCES

| | PRICE | QUANTITY | PRICE |
|---|----------------|-----------------|---|
| PADDLESPORT ACTIVITY CARDS (per set) | £9.84 | | |
| NEW REDUCED PRICE | A £4.00 | | |
| | B £5.00 | | |
| | C £6.00 | | |
| PADDLESPORT DVD ('Do it now' promotional DVD) | | | |
| CROSS STREAM | PRICE | QUANTITY | PRICE |
|  Booklet | £6.73 | | |
| CROSS STREAM ACTIVITY CARDS | £9.84 | | |
| CROSS STREAM CERTIFICATES (pack of 20) | £3.58 | | |
| CROSS STREAM STARTER PACK (Includes 1 Booklet, 1 Activity cards, 20 Certificates) | £15.59 | | |
| TOTAL page 2: | | | |
| TOTAL brought forward: | | | |
| All prices include VAT and P & P* (UK mainland) | | | TOTAL COST: (Prices correct at time of print) |
| *Orders outside the UK can be made by contacting paddlepower@bcu.org.uk | | | |

**Return the completed order form to Kimberley Walsh,
BCU, 18 Market Place, Bingham, Nottingham, NG13 8AP.**