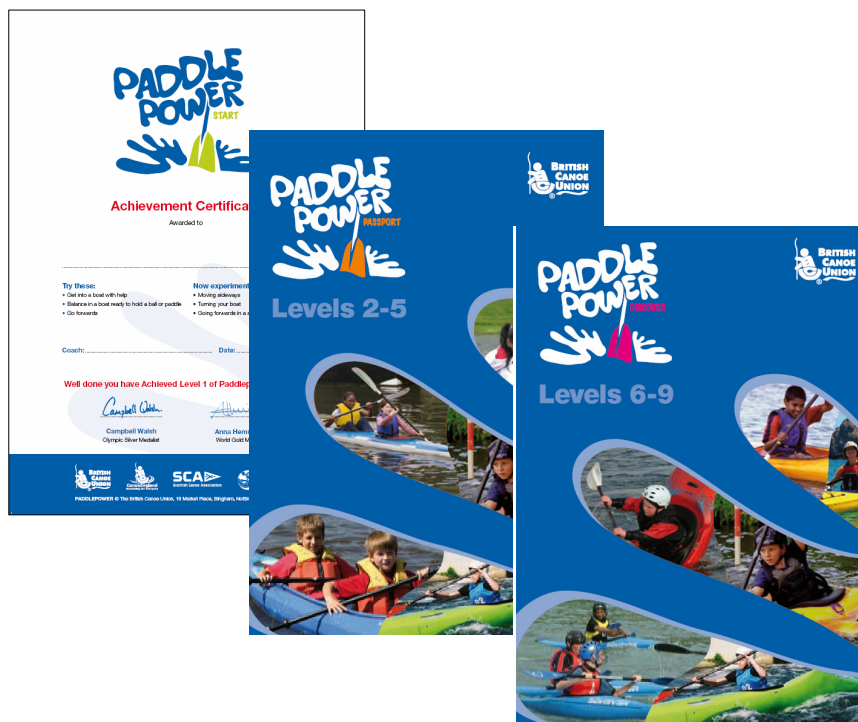




Coaches Manual





COACHES MANUAL

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INTRODUCTION

2007 sees the introduction of the new and updated BCU Paddlepower scheme. The original Paddlepower Awards have now been replaced with this new, improved version. The updated scheme is based on 10 years experience of Paddlepower delivery, feedback from coaches, paddlers and the development of best practice.

The Paddlepower Coaches Manual is designed for any coach wishing to run the new BCU Paddlepower Scheme and is essential to help get the most out of the scheme. In this version of the manual the focus is on the first three awards, Paddlepower Start, Passport and Discover. A second manual will be available for Explore and Excel later in the year.

The first part of the manual contains information about the whole scheme whilst the second part provides guidance on each separate award and how you could include the Paddlepower scheme within your regular coaching sessions.

The manual is designed as a practical tool for you to refer to before and after sessions, so keep it handy! We will be producing further resources to support delivery such as laminated coach crib cards, posters later in the year.

We wish to improve on this manual over the coming months; please send any comments and suggestions for future editions to paddlepower@bcu.org.uk.

Whilst this manual aims to give you some background information to help you deliver the Paddlepower scheme, its success lies in your hands....we hope you enjoy delivering Paddlepower and that your coaching continues to flourish with this structure to support it....good luck and have fun!

ACKNOWLEDGEMENTS

Many people have been involved in the development of the new Paddlepower scheme. We would like to thank the clubs and centres that have piloted the scheme and the children and young people who tested the awards.

Particular thanks go to:

Stuart Briggs, Howard Blackman, Nigel Timmins, Sue Hornby, Lara Tipper, Phil Hadley, the BCU Paddlesport Development Officers, Alan Edge, Richard Ward.

THE PADDLEPOWER SCHEME

Paddlepower's colourful and youth centred approach aims to encourage more young people to come into and stay in the sport by providing a range of opportunities from across paddlesport. Its flexible structure means it can be delivered in any venue or situation. The scheme provides logical progressions through safety awareness, skills, varied experiences and developing supporting knowledge. The scheme consists of five awards:

- ⦿ Paddlepower Start
- ⦿ Paddlepower Passport
- ⦿ Paddlepower Discover
- ⦿ Paddlepower Explore
- ⦿ Paddlepower Excel



LINK TO BCU STAR AWARDS

The Paddlepower scheme has been designed for young paddlers with progressions and developments mapped against the needs of young people. The BCU Star Awards, on the other hand, are better suited to adults. The contents of the two schemes have been compared and the BCU recognises the following equivalents:

Paddlepower Start	is equivalent to	BCU Discovery Award
Paddlepower Passport		BCU One Star
Paddlepower Discover		BCU Two Star

Age Limits?

Whilst there are no minimum or maximum age limits on either Paddlepower or the Star Awards, Paddlepower has been designed to be child friendly and it would normally be best practice to use these awards with the young paddler.



Paddlepower best suits most paddlers aged 14 or under
BCU Star Awards best suit most Paddlers aged 16 or over

Both Paddlepower and One Star have the flexibility in delivery to accommodate paddlers between 14 and 16, the coach will need to make a judgement based on the individual performer and match session content to their individual needs.

SUMMARY OF THE FIVE PADDLEPOWER AWARDS

PADDLEPOWER START

This award is designed to provide a framework for a paddler's first session and provide encouragement and signposting to future sessions. It is intended that coaches will award the "Start" certificate at the end of the first session. This session might be a "taster" or the first of a series of sessions.



PADDLEPOWER PASSPORT

Paddlepower Passport comprises four progressive levels that guide the new paddler from the initial "Start" session through twenty four competencies, skills and knowledge. These encourage each paddler to achieve a recognisable standard. Adults would achieve a similar standard via the "One Star" criteria. A coaching programme of approximately eight hours would be appropriate for most participants.



PADDLEPOWER DISCOVER

Paddlepower Discover comprises four more progressive levels that encourage the young paddler to focus their attention on particular techniques, skills and areas of knowledge. These will significantly develop competences and raise their standard of achievement. Adults would achieve a similar standard via the Two Star criteria. A coaching programme of approximately 15 – 20 hours would be appropriate for most participants.



PADDLEPOWER EXPLORE

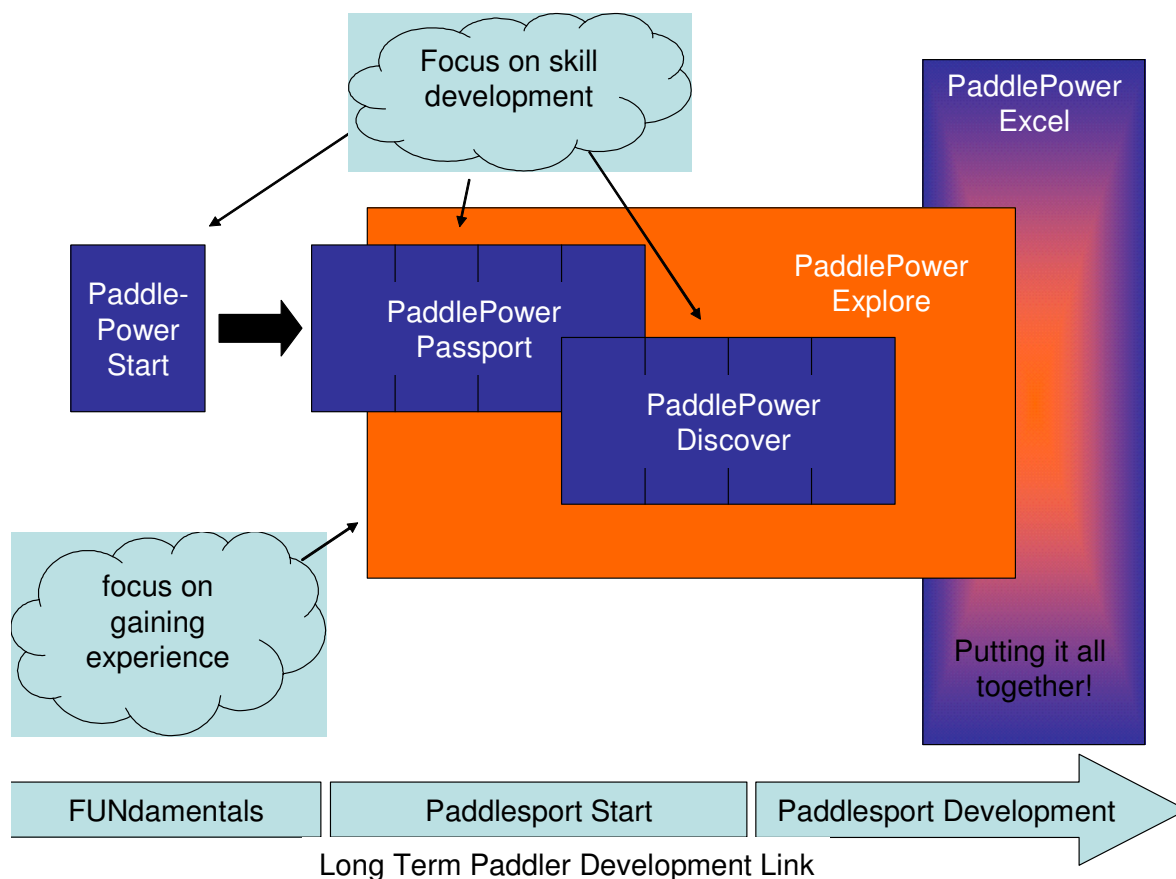
Paddlepower Explore takes paddlers on an extensive journey across three levels, accessing the variety and breadth of paddlesport by participation in competitive and non-competitive events. This is very much a participation award based around the huge variety of opportunities to be found in paddlesport across the regions. An excellent opportunity for coaches and providers to network to benefit the paddlers.

PADDLEPOWER EXCEL

Paddlepower Excel is the award that recognises and celebrates the competent, experienced and committed paddler. There are three levels each level includes aspects such as:

- ⊗ Responsibility for self and others
- ⊗ Participation in journeys, coaching sessions, training, events and competitions in a variety of disciplines
- ⊗ Background knowledge of the sport; access, rules, environmental, nutrition and goal setting

PADDLEPOWER Pathway Diagram



PROGRESSION BEYOND PADDLEPOWER

What next? If a paddler has completed the five Paddlepower awards they will be well on their way to knowing where they want to progress in the sport. It is important at this stage to help them make informed choices about what to do next. For some this will happen naturally, for others they may need some support. Some young people may have shown an interest in one of the competitive disciplines and wish to compete, whilst others may be motivated by the non-competitive disciplines. Some may want to push themselves, whilst others may enjoy the participation element. The bottom line is that it should be the young paddler that makes the choice, as a coach we can help them make an informed decision based on their talents, availability / accessibility and their personal motivation / preferences.

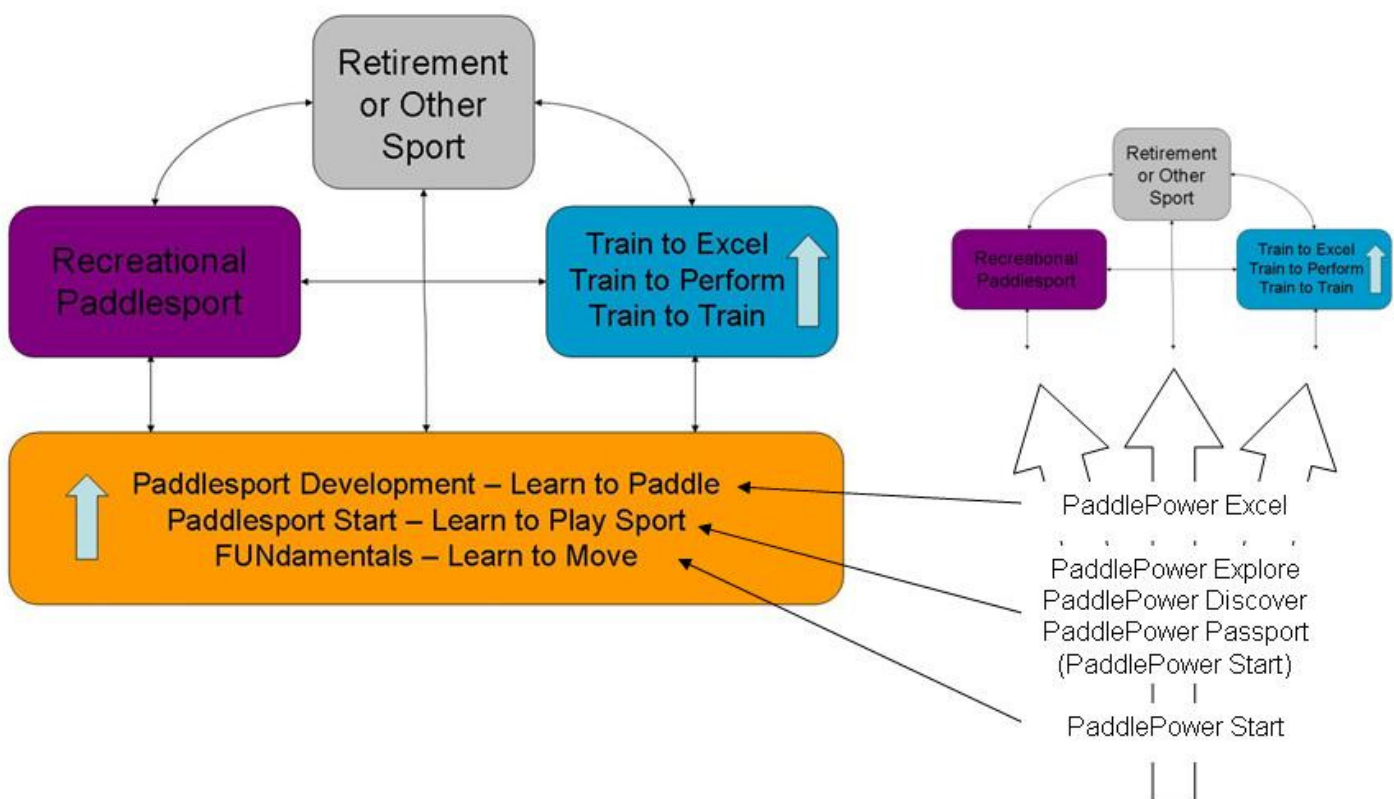
LONG TERM PADDLER DEVELOPMENT LINK

The Paddlepower structure is based upon the principles of Long Term Paddler Development, with a focus on high quality development whilst accessing a variety of experiences and challenges. The structure is designed with the needs of the young person to the fore.

Paddlepower Start supports paddlers in either the FUNdamental or Paddlesport Start Stages. Paddlepower Passport, Discover and Explore all support paddlers through the Paddlesport Start Stage. Paddlepower Excel supports paddlers through the Paddlesport Development Stage.

More information regarding Long Term Paddler Development can be found on the BCU website www.bcu.org.uk.

BCU Long Term Paddler Development Pathway



UNDERSTANDING PADDLEPOWER LEVELS

There are twelve levels in the awards. Each level provides progressive steps through a range of topics. (A 'topic' is a skill or theme: For example 'forward paddling' or 'responsibility for self'). This enables a young person to work through each level with small achievable steps and allows the coach to reward performance at each level.

Paddlepower Start	Level 1
Paddlepower Passport	Levels 2 - 5
Paddlepower Discover	Levels 6 - 9
Paddlepower Explore	Levels 6 - 9 (plus additional topics)
Paddlepower Excel	Levels 10 - 12 (Bronze, Silver, Gold)

In Start, Passport and Discover there are 24 topics to cover:

- ⊙ **Safety Awareness** e.g. dealing with a capsize, use of buoyancy aids, warm-ups and warm downs, looking after yourself and others, and hygiene
- ⊙ **Paddling Skills** e.g. getting in and out, balance, forwards / backwards paddling, stopping, edging, manoeuvring leaning, and recovering
- ⊙ **Varied Experiences** e.g. completing a journey, attending sessions, and making links with clubs
- ⊙ **Supporting Knowledge** e.g. environmental awareness, hydration and nutrition, training and practice

The fourth award in the series, Paddlepower Explore, focuses on a new range of topics and skills that focus around participation in events and journeys in the competitive and non-competitive disciplines. The fifth award, Paddlepower Excel, focuses on a combination of skills and topics introduced in all of the prior awards

Working through the Topics

Although each level has a wide range of skills in the topics, the paddler does not need to tick off each one on their progress cards. Key topics are highlighted in colour, at each level in four areas – Do, Develop, Challenge and Know.

DO	highlighted in blue
DEVELOP	Highlighted in green
CHALLENGE	highlighted in orange
KNOW	highlighted in red

The topics not highlighted will help the paddler get towards the next level. When you look at the extract from the Paddlepower Progression Table below, you can see that at levels 3 and 5 the paddler has to achieve the tasks highlighted in green. The progressions not highlighted will help the paddler to achieve this!

The comprehensive table in Appendix One provides progressive steps to help you plan coaching sessions and to structure progressions. They can also be used to motivate and reward participants by identifying exactly where they are at.

UNDERSTANDING PADDLEPOWER TABLES

Level

Progression

Name of Award

Topic

Topic descriptor

Modified Topic descriptor on Progress Card

PADDLEPOWER PASSPORT

LEVEL 3

Do These:

- Warm up thoroughly, and gently warm down.....
- Get into a boat without any help.....
- Show good balance in a boat whilst doing a simple task.....
- Paddle properly and close to a named point without hitting it.....
- Stop your boat from moving backwards.....
- Use your paddle to turn a boat.....
- Slowly 'wobble' a moving boat (Single hull).....
- Get out of a boat without any help.....
- Paddle the boat a total distance of 500 metres.....
- Complete at least 3 paddling sessions.....

Develop These:

- Paddle backwards on a straight course for about 5 metres.....
- Paddle in time with the crew (Multi-hull).....

These are Your Challenges:

- Fit your own buoyancy aid.....
- Explain the advantages of warm up.....

Know This:

- Know and explain the Safety Drill.....

EXTRACT FROM A PROGRESS CARD – LEVEL 3

UNDERSTANDING PADDLEPOWER PROGRESS CARDS

Each award has a progress card for the paddler to record successful completion of each required topic. Remember, you don't have to complete a level, before you start marking progress on other levels. However, you must complete all levels in an Award to achieve the certificate!

For each level key progressions have been selected for the paddler to achieve. These can be ticked off on the card. As a coach your role is to help them make progress in all the topics, have an overview of the progressions and how they build at each level.

Coaches are required to sign off each level and if appropriate you can add a Paddlepower sticker on the card. When the Award has been completed then the coach must sign off the back page for the youth or coach to send to the BCU. Make sure the details are legible to ensure they receive their certificate! The progress card is returned with the certificate.

ADMINISTRATION

WHO CAN DELIVER PADDLEPOWER?

- ⊙ Paddlepower Start - BCU and BCU UKCC Level 1 Coaches and above
- ⊙ Paddlepower Passport & Discover - BCU and BCU UKCC Level 2 Coaches and above
- ⊙ Paddlepower Explore & Excel - BCU and BCU UKCC Level 2 Coaches and above with support from discipline specific coaches.

RESOURCES

There is no requirement to register to deliver the award, but all coaches should obtain a copy of the Coaches Manual to assist with delivery. The Manual can be downloaded from the website or, a Paddlepower basic pack consisting of the Coaches Manual and a complete set of the Paddlepower Progress Cards and Certificates is available from the BCU or your Home Nation contact – contact youth@bcu.org.uk. Coaches can order resources by phone, email, fax or online.

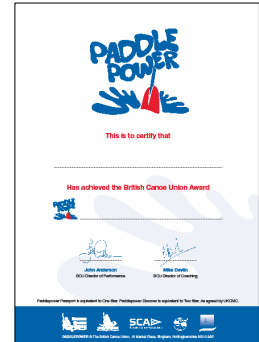
PADDLEPOWER STICKERS



When paddlers complete a level, they can have a sticker! The coach can use their discretion as to how these are used to best effect. For example, you may choose to stick it on their jumper, on their progress card or you could put it on a chart on your club wall.

PADDLEPOWER CERTIFICATES

Certificates are available for each of the five Awards. At Paddlepower Start the coach can issue the certificate. For the other four awards the Progress Card needs to be sent to BCU HQ for a certificate to be sent out (or to your Home Nation office).



GOOD PRACTICE

ROLE OF THE PADDLEPOWER COACH

Children need help, guidance, good opportunities and time commitment from well-motivated quality coaches! Without them the young paddler will not be able to progress or develop within our sport. You are the key to the success of this scheme and to the successful development of young paddlers; be mindful of the impact you have on the young people you are fortunate enough to be able to coach!

COACHES RESPONSIBILITIES

It is quite a responsibility working with young people; you will be expected to fulfil a variety of roles; acting as a teacher, planner, motivator, entertainer, disciplinarian, manager, friend, scientist and student to varying different degrees. As a coach you must always keep your focus on the needs of the participant. Match your coaching activities to their personal needs; i.e. their aspirations, motivations and capabilities. Your participants' enjoyment and well-being should always be your prime concern. The BCU Coaches Code provides more detail about your specific responsibilities; this is available from the website www.bcu.org.uk. Remember your responsibility to ensure the appropriate consent forms have been completed if a child's parent or legal guardian is not present, and that you are meeting your organisations; requirements for health and safety; – in particular child protection. More information on Child Protection is on the BCU website or can be obtained by email on youth@bcu.org.uk.

EQUIPMENT REQUIRED

It is really important that children have appropriately sized and fitting equipment. This applies to the boat, paddles, buoyancy aid and personal clothing.

Boat: If the boat is too big and not adjusted correctly it will not respond to the paddlers actions. You might think that this won't affect the beginner – but it does! A boat that is too big (or small) WILL affect the young person's enjoyment, and in turn, whether they choose to come back for another go! It could make the difference between them becoming a paddler or choosing something else. Selecting a more straight running boat, or adapting a boat to assist this, will help them to learn good forward paddling techniques early on in their skill development.

Paddles: If the shaft is too fat for small hands they will **have to work harder** just to hold on. If the blade size is too big it will require more strength to pull the boat through the water; too long becomes unmanageable and too heavy will cause fatigue. We don't want our beginners to be instantly put off; it is challenging enough for them to learn basic boat control without adding any extra hindrances!

Buoyancy Aid: it is vital from a safety perspective to make sure the buoyancy aid fits properly. If it is too bulky it will become a hindrance restricting the paddler's movement. Not only is this a hazard, but also another obstacle to success and fun!

Clothing: functional and appropriate clothing will help ensure paddlers get maximum enjoyment from sessions! The balance between maintaining an appropriate body temperature and having enough freedom of movement needs to be achieved.

APPROPRIATE VENUES/CONDITIONS

Any venue that is suitable for introducing beginners and appropriate to your coaching remit can be used. Some features will make certain sites preferable, but wherever you are based do use your imagination to get the most out of your venue.

Commonsense and good practice should prevail to determine when and where wet skills are introduced. Sometimes you may want to arrange access to more suitable water, such as a pool or wait for better conditions at your usual venue.

Having FUN whilst Learning

We all learn better if we are enjoying ourselves, so using games to develop learning is a great way to improve skills. A couple of resources that can help with this are Canoe and Kayak Games by Dave Ruse and Loel Collins or the BCU Paddlesport Activity Cards. We have listed some suitable games in the sample session from the book – below are some ideas of how the Paddlesport Cards can support some of the Topics.

Embarking – Card No 5 – Portage Relay

Balancing - Card No 2 – Tag

Forwards – Card No 3 – Crocodiles

Backwards – Card No 9 – Tunnel Trouble

Stopping – Card No 2 – Tag, Card No 7 – Paddling by Numbers, Card No 8 – Imitation

Turning - Card No 11 – Clockface, Card no 13 - Steers

Moving and Turning - Card No 2 Tag, Card No 7 Paddling by Numbers, Card No 8 Imitation, Card No 12 Pals, Card No 14 Follow my Leader.

Sideways – Card No 12 – Pals

Edging - Card No 1 – Topsy

Journeying – Card No 6 – Going Places

Exercise, Fitness and Practice – Card No 4 – The Chase

GENERAL NOTES

A 'single-hull' refers to any canoe or kayak with just the one hull and paddled solo or by a crew. 'Multi-hull' refers to any canoe with two hulls paddled by a crew.

Topics include all types of canoe and kayak, single-hull and multi hull. There are some instances where a variation, according to boat or paddle type, is sensible. This will not always be obvious on the Progress Card e.g. a spraycover is not applicable to all boats.

All sports have their own vocabulary. Some of this is shared with other sports and PaddlePower uses generic and sport specific vocabulary as part of the learning and developmental process. Coaches are encouraged to use this vocabulary and explain it's meaning to paddlers, as necessary, so that it becomes normal to them.

PADDLEPOWER START



AIM

Paddlepower Start is aimed at providing a framework for a young paddler's first session.

VENUE AND EQUIPMENT

A suitably sheltered water venue, or swimming pool, is appropriate.

Paddlers can use any type of paddlesport craft; single/double/crew; kayak or canoe; anything from a Bell Boat or Sea Kayak to a Racing or Playboat Boat. The important thing is that participants use boats, paddles, and buoyancy aids of an appropriate size, with personal clothing suitable for the session and weather conditions. First impressions are so important; they form the initial perceptions of our sport and can make the difference between a paddler choosing to continue or not!



Remember that young people are more sensitive to the cold...plan first experiences in appropriate weather conditions!

TIME TO COMPLETE

Most paddlers would be able to complete Paddlepower Start within an introductory session.

COACH

A BCU and BCU UKCC Level 1 Coach can run Paddlepower Start and sign the Paddlepower Start certificates on completion.

NOTES FOR COACHES:

The Paddlepower Start Award is designed to guide young people starting in paddlesport along the right tracks. Topics that promote safety awareness, paddling skills, a variety of experiences and paddlesport knowledge, are introduced. Participants should be encouraged to have a go and rewarded for positive behaviour. Remember this is an encouragement level, the focus being on fun activities, not about assessment.

The detail of each topic should be introduced as appropriate to the session you are running. For example, the capsizing brief (Know what to do if you or another capsizes) will be different for sessions run on a canal, to in a lake, different for canoes and kayaks, different for open cockpit kayaks to slalom boats. Just include within the

session that is appropriate on the day; please don't add inappropriate detail just because it's in the syllabus!

Choice of Boat - the Scheme is designed so that any paddlesport boat can be used to complete Paddlepower Start (and Paddlepower Passport). This can be solo or crew, kayak or canoe, short or long boat, single or multi-hull, single or double blade. Equally, any type of paddlesport environment can be used: canal, river, lake, estuary, sea, pool etc, subject to the usual considerations by a suitably qualified coach. With just a little imagination just about every paddlesport environment should be useable as a Paddlepower venue!

The following gives a bit more background to some of the topics in Paddlepower Start. The full syllabus and range of topics can be seen in Appendix 1.

© SAFETY AWARENESS TOPICS

Boat Safety – this can be achieved through a simple group 'Water Briefing'. Try to present in a positive way e.g. 'What to do' in preference to 'What not to do'.

Water Confidence - This information can be gathered as a part of the pre-session/course administrative process.

Personal Safety – complete your normal buoyancy aid checks and whilst doing this you can explain why and how a buoyancy aid is worn.

Warm Up / Warm Down - every session should have a warm up of some kind. For a first session this might be an icebreaker activity or a simple game such as a variation on 'tag', or a more paddlesport focussed game. (See Canoe & Kayak Games)

Responsibility to Self / Others – here you could give a simple outline of what is appropriate paddlesport kit and what they should bring along eg change of clothes and footwear, towel. All participants should be encouraged to look after kit and equipment.

© PADDLING SKILLS

Balancing - Every paddler should be shown and encouraged to adopt an effective position with good posture in the boat. From this position sound techniques and skills will develop. The quality of the contact with the boat, according to type, should be checked. Practice can take place without and with the use of a paddle.

After ensuring good fit and posture the emphasis is on movements of the lower body eg raising one leg, either to relax it or physically lift one side of the boat, or lowering the other leg, most likely as a result of pushing firmly on the footrest.

Edging - is about the boat; the body remains centrally placed over the boat. Body composition and suppleness affect the ability to tilt the hips and maintain an upright body.

Leaning - A little lean, a gentle roll, and keeping in balance. This can be used as a positive tool to show how far the boat/body unit can roll before the point of imbalance is reached! Good position, fit and posture (Balancing) should be established. The paddler should be encouraged to be active in the boat (active posture) and to keep balance (important at this stage). Leaning is about the body; the boat may or may not roll onto an edge whereas the body does move away from the centre line of the boat.

© **VARIED EXPERIENCE TOPICS**

Journeying – Paddle the boat 50 metres – if this is in a swimming pool then laps of the pool are fine.

© **SUPPORTING KNOWLEDGE**

Encourage good practice eg disposal of litter - on and off the water (**Paddlesport Environment**) and encourage good eating and drinking habits. Ideally have suitable food and drink available. (**Food and Drink**)

Training and Practice – this section can help to make the link between Paddlesport and a healthy lifestyle. The paddler's attention could be drawn to an increase in breathing rate, heart rate, body temperature, perspiration levels or muscle tone/fatigue.

Know Canoeing – encourage further participation and make sure they know where they can do this. Providing signposts to local clubs or the BCU websites are very important.

REFERENCES:

BCU Coaching Handbook – Section 7 Coaching Novices
Canoe and Kayak Games – Dave Ruse and Loel Collins
BCU Laminated Paddlesport Activity Cards
BCU Coaching Young Paddler Workshop and resource

PADDLEPOWER PASSPORT



AIM

Paddlepower Passport aims to provide a sound foundation in Paddlesport skills based on a flexible approach to suit the coach/venue and paddlers.

VENUE AND EQUIPMENT

A suitably sheltered water venue, or swimming pool, is appropriate.

Paddlers can use any type of paddlesport craft; single/double/crew; kayak or canoe; anything from a Bell Boat or Sea Kayak to a Racing or Playboat Boat. The important thing is that participants use boats, paddles, and buoyancy aids of an appropriate size, with personal clothing suitable for the session and weather conditions. First impressions are so important; they form the initial perceptions of our sport and can make the difference between a paddler choosing to continue or not!

TIME TO COMPLETE

Most paddlers would be able to complete Paddlepower Passport over a 6 – 8 hour coaching programme. This may be an intensive weekend course, or several evening sessions. If you are working with schools it will fit into a typical half-term timescale. The best learning takes place with time to consolidate and practice, don't rush through it!

COACH

A BCU and BCU UKCC Level 2 Coach can deliver Paddlepower Passport and sign the Progress Card.

NOTES FOR COACHES:

The Paddlepower Passport Award is designed to give young people a high-quality start in paddlesport; developing skills and knowledge that will lay the foundation for a future in paddlesport. Topics that promote safety awareness, paddling skills, a variety of experiences and paddlesport knowledge, are introduced. Participants should be encouraged to have a go and rewarded for positive behaviour; remember this is still an encouragement level, the focus being on fun activities, **not about assessment.**

The progress card details the things that need completing for the award, whilst Appendix One provides more detail to the progressions you might go through. Here are some specific points regarding the content and delivery of the award:

© SAFETY AWARENESS TOPICS

Boat & Personal Safety – select a suitable capsize environment – a spraycover is only necessary if part of normal kit. Encourage paddlers to fit and check their own and others buoyancy aids. Other items might include throw lines, helmets – whatever is normally used/available.

Water Confidence – if possible get the paddlers to try different strokes whilst swimming and wearing a buoyancy aid.

Warm up and Warm Down – this will usually be coach led until paddlers appreciate its value and get into the habit!

Responsibility to Self/Others – try and encourage the idea of teamwork eg paddlers asking how they can help another paddler indirectly (equipment put away properly) and directly (paddle reach to assist to bank). Also encourage good personal preparation, off and on the water.

© PADDLING SKILLS

Embarking and Disembarking – ensure good practice in manual handling including alternative methods of carrying boats. Checks might include buoyancy, security of fittings and personal fit of the boat. Encourage a range of techniques and using different places, surfaces and heights from which to embark and disembark.

Balancing - Establishing good posture in the boat. Being able to show simple movements and retaining balance, such as rotating and looking behind. Simple task might be touching deck markings with the paddle, or catching and throwing a ball.

Forwards - good fit and posture in the boat. Showing a cyclical, rhythmic paddling action.

Stopping – maintain balance and directional control.

Turning – select a range of simple and short “courses” using easy markers such as trees, posts, rocks etc. Sweep strokes broken down into bow and stern sweeps with use of rudder as appropriate.

Moving and turning – as for turning but increase the distance so that steering is an element.

Sideways - encourage a range of techniques – ask paddlers to see how many different ways they can use their paddle to move the boat sideways.

Edging –make a strong link here to balancing, leaning, forward paddling and moving and turning.

Lean, Roll, Recover - link this with edging - the similarities and differences. Show how the paddle can be used to assist avoiding a capsize – low, high, sculling recoveries.

☉ **VARIED EXPERIENCE TOPICS**

Journeying - these do not have to be exact distances – you can use convenient markers such as a bridge or lock. Laps of a circuit are fine.

Sessions - this is to encourage regular participation.

☉ **SUPPORTING KNOWLEDGE**

Know Paddlesport – knowing how to get involved further in Paddlesport - being able to communicate appropriately to coaches eg let you know if they will miss a session.

Paddlesport and Environment – Encouraging care for the environment on and off the water

Care for Canoeists - encouraging paddlers to look after themselves in a range of situations including good practice in hygiene, warm ups, manual handling.

Food and Drink - encourage the use of appropriate food and drinks including adequate re-hydration and good choices of food to bring for consumption after exercise.

Training and Practice - encourage an awareness of the physical changes that take place during exercise.

DESIGNING YOUR PROGRAMME:

Paddlepower Passport Award takes the paddler through levels 2-5; it's up to you how you choose to progress through these levels. You may decide in one session to tackle a complete level, alternatively you may pick a couple of topics and take the paddlers through several levels. Ideally, given the attention span of young people and a need for variety, it is good to include aspects from all the topics on land or water.

REFERENCES:

BCU Coaching Handbook – Section 7 Coaching Novices

Canoe and Kayak Games – Dave Ruse and Loel Collins

BCU Coaching Young Paddler Workshop and resource



AIM

To provide a seamfree and continued development of the paddler, with clear progressions, in all topics.

VENUE AND EQUIPMENT

By the end of this level the paddler will be equivalent to Two Star Standard. To provide variety and appropriate of challenges new venues may be sought and considered according to their availability and the paddler's age. Equipment should fit the child but reflect their progression.

TIME TO COMPLETE

This will vary with each paddler – it is anticipated that on average the time to complete will be about 15 to 20 hours.

COACH

A BCU and BCU UKCC Level 2 coach can deliver and sign off the award.

NOTES FOR COACHES:

© SAFETY AWARENESS TOPICS

Boat Safety – steady progress towards completing rescues on the water whilst encouraging team work. At these levels an outdoor environment would be more relevant to most paddlers.

Water Confidence - encouraging a change in mindset from capsize and swim towards self rescue. In open canoes, and some OCKs, rolls to the gunwale but up to 180deg for some CCKs. Decide on the degree of roll according to boat design and normal fit of a paddler.

Personal Safety - creating an awareness of personal safety and some of the issues that might impact on that safety. These are ideal topics, on or off the water, for comment and discussion as the situation arises.

Responsibility for Self – paddlers should be familiar with alternative means of securing boats either by straps or rope -knowledge of one or two suitable knots.

Warm up and Warm down – this will often remain coach led until paddlers get into the "warm up" habit. Developing an understanding of the basic structure to a warm up: cardiovascular/whole body activity, mobility/joint activity, sport-specific warm up. Appropriate warm down and stretching.

☉ PADDLING SKILLS

Embarking - try portage games for fun and to develop this skill!

Balancing – to help improve balance (and for variety and fun) include ergo and “fitball” activities if available and in poor weather conditions.

Forwards – forward paddling is a generic technique that will be modified according to the boat and conditions. All paddlers will benefit from developing good forward paddling and the use of an ergo will help with this at appropriate times and if available. Alternatively other forms of dry land sessions can be very effective and fun!

Backwards - encourage paddlers to be aware of “trim” when backward paddling and to maintain good posture in the boat. Beware of skegs and rudders!

Stopping - keeping control is key!

Moving and turning - encourage the full range of turning strokes and strategies, including edging and use of rudders.

Sideways - encourage the full range of sideways strokes.

Edging - include strong links with forward paddling and moving and turning.

Lean, Roll, Recover - encourage a wide range of techniques, blending strokes together to make combinations best suited to the boat being paddled.

☉ VARIED EXPERIENCE TOPICS

Journeying - these do not have to be exact distances – use convenient recognisable points.

Sessions - evidence of commitment and consistency.

☉ SUPPORTING KNOWLEDGE

Know Paddlesport – develop knowledge at opportune moments or as situations arise. Discussions and Q&A sessions can help paddlers to become more aware of hazards and levels of risk.

Food and drink – reinforce the need to eat well and re-hydrate at frequent intervals. Encourage a look at personal diet and adjusting it to suit activity levels.

Training and Practice – develop exercise vocabulary as applicable to paddlesport and the individual. These terms are used in education and not just for competition eg Overload is a key principle in improving activity levels.



PADDLEPOWER EXPLORE AND EXCEL



These two awards will introduce young paddlers to the great variety of opportunities within Paddlesport. They can be introduced at any point in their skills development – ideally working alongside Discover or Passport. They are designed to be flexible to take account of the range of locations and equipment available.

It is not intended that providers have all the equipment. This can be accessed through clubs and events, as can support with coaching from specific disciplines. Contact your nearest development officer or home nation head office for more details.

A separate set of notes will be available for these Awards later in the year. In the meantime, here is a summary of each award.

Paddlepower Explore

Paddlepower Explore consists of 3 levels and includes three sections for the young paddler to explore. These include Boat Tasks, Event Participation and Goal Setting.

Paddlepower Excel

This is a progression from Explore, with three levels 10 – 12. An additional section is included to reflect their increased knowledge and area of interest within the sport – based on the Safety Awareness Topics from Passport and Discover. To achieve level 12 they would be involved in events that attract paddlers from many regions or nationally.

APPENDIX ONE - PROGRESSION TABLES

PADDLEPOWER START, PASSPORT & DISCOVER

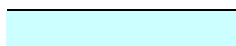
	Paddlepower Start	Paddlepower Passport			
Topics	Level One	Level Two	Level Three	Level Four	Level Five
Boat Safety	Know what to do if you or another paddler capsizes	Know the Safety drill and explain what to do if you or another paddler capsizes	Know what to do, and explain why, if you or another paddler capsizes.	Explain the capsize procedure, including when a spraycover is in use.	In any suitable environment capsize without wearing a spraycover
			Know and explain the Safety Drill		Capsize your boat
Water Confidence	Know how far you can swim with or without an aid	Explain your preferred swimming stroke/method	Demonstrate your preferred swimming stroke/method	Perform a 5 metre swim on your front, and on your back, whilst wearing a buoyancy aid, in any suitable environment	Swim a minimum of 5 metres wearing your typical paddlesport clothes, and a buoyancy aid, in any suitable environment
				Swim wearing a buoyancy aid	
Personal Safety	Know what a buoyancy aid is for.	Put on and attach your own buoyancy aid	Demonstrate checking and adjusting the fit of a buoyancy aid on yourself	Demonstrate checking and adjusting the fit of a buoyancy aid on another paddler. Demonstrate, if appropriate, how to adjust a helmet	Name at least two pieces of safety equipment
			Fit your own buoyancy aid.		Identify two items of safety equipment
Warm Up & Warm Down	Before paddling warm up with a physical activity for a few minutes	Show a warm up for a few minutes and a simple warm down to finish	Perform a warm up for a few minutes and demonstrate two parts to it. Warm down.	Demonstrate, off and on the water, a warm up lasting for a few minutes. Warm down.	Perform an appropriate warm up and warm down for the session.
		Take part in a whole body warm up.	Warm up thoroughly, and gently warm down.	Warm up, and include paddle strokes. Warm down.	Warm up and warm down, including gentle paddling.
Embarking	With help get into a boat	With help put a boat on the water and show how to get into it without help	Demonstrate launching a boat, with help if necessary, and embarking without help	Perform your own checks on a boat. Launch it and embark without help if safe to do so.	Perform your own checks on a boat. Launch it and embark without help from different locations.
		Get into your boat as explained by your coach.	Get into a boat without any help.	Check your boat, launch it, and get into it.	Check your boat; launch it, on a different surface get into it.
Balancing	Balance in a stationary boat, without a paddle. Show an active posture.	Sit in a boat and explore the space around the boat with your hands / arms showing an active posture to remain balanced.	From within a stationary boat demonstrate remaining balanced whilst completing a simple task.	From within a moving boat demonstrate remaining balanced, and maintaining a dynamic posture, whilst performing a simple task.	From within a moving boat explore the space around the boat with a paddle; demonstrate remaining balanced and maintaining a dynamic posture.
		In your boat show good body position, shape, and balance.	Show good balance in a boat whilst doing a simple task.	Show good balance in a moving boat whilst doing a simple task.	Show good position, shape, and balance in a moving boat whilst doing simple paddle tasks.
Forwards	Know how to hold paddles correctly	Show how to push your boat through the water with the aid of a paddle.	Demonstrate forward paddling with a dynamic posture. Move to within about 1 metre of a fixed point, e.g. landing stage, buoy.	Perform forward paddling at different speeds.	Demonstrate an understanding of changes in pace, including short sprints for approximately 5 secs. Demonstrate a quick start from left stroke first and right stroke first
		Hold a paddle correctly and go forwards.	Paddle properly and close to a named point without hitting it.	Paddle properly at two different speeds.	Paddle effectively at different speeds including short sprints.
		Stand up in a stationary boat holding your paddle with both hands (Multi-hull)	Paddle in time with the crew (Multi-hull)	Paddle from a forward position and set the stroke rate (Multi-hull)	Paddle left and right sides (Multi-hull)

	Paddlepower Start	Paddlepower Passport			
Topics	Level One	Level Two	Level Three	Level Four	Level Five
Backwards	Experiment with moving a boat backwards	Show how to paddle a boat backwards	Demonstrate paddling a boat backwards on a reasonably straight course	Perform backwards paddling whilst rotating your upper body to look where you are going. Move to within about 1 metre of a named point, e.g. landing stage, buoy.	Paddle a boat backwards along a 15 metre course maintaining directional control with paddle or rudder.
			Paddle backwards on a straight course for about 5 metres		Paddle backwards along a 15 metre straight course
Stopping	Experiment with stopping a boat whilst moving forwards	Show how to stop a boat when moving forwards	Demonstrate stopping a boat when moving backwards and then paddling away	Demonstrate stopping a boat quickly in either direction	Paddling at speed demonstrate stopping a boat quickly checking with the bank, shore, edge that all progress has halted.
		Stop your boat from moving forwards.	Stop your boat from moving backwards.	Stop your boat quickly - forwards and backwards	Stop your boat whilst moving at speed.
Turning	Experiment with turning a boat	Show the basic way of turning a boat, to the left and to the right	Perform a valid technique to turn a boat a full circle, to the left and to the right.	Demonstrate turning a boat to show a simple shape such as a triangle. Demonstrate with turns to left and right.	Demonstrate turning a boat to show a variety of simple shapes, such as a square, a circle, a letter 'D'. Demonstrate with turns to left and right.
		Turn your boat left and right		Turn your boat around a simple course	
Moving and Turning	Turn a boat whilst it is moving	Show how to use a rudder or how to use your paddle like a rudder	Demonstrate turning a boat whilst on the move using mainly a paddle	Paddle around a variety of courses, such as letters 'N' and 'S', showing directional control	Complete a figure of 8 course using at least 2 different paddling techniques
		Show how to steer a boat with a paddle or rudder	Use your paddle to turn a boat	Steer a boat along a simple course.	Steer your boat using different paddling actions.
Sideways	Experiment with moving a boat sideways	Show how to move a boat sideways	Demonstrate moving a boat sideways with a controlled continuous paddle action	Perform two different methods of moving a boat sideways. Show the effect of one method if used nearer to the bow or stern.	Demonstrate two techniques for moving the boat sideways. Demonstrate one way with good directional control
		Move a boat sideways		Show two ways of moving a boat sideways	
Edging (Single-hull)	Experiment with wobbling a boat without losing balance	Show how to edge a boat whilst stationary	Demonstrate edging a boat whilst it is moving	Edge a boat whilst moving and paddle a few strokes on the low side	Edge a boat whilst moving and paddle a few strokes on the high side, where relevant to the boat paddled
		Show a controlled 'wobble' in a stationary boat.	Slowly 'wobble' a moving boat.	Edge a boat and paddle on the low side.	Edge a boat and paddle on the high side.
Lean, Roll, Recover	Experiment with just a little lean a very gentle rolling action of the boat	Show how to gently roll a boat with a slight lean of the body	Demonstrate recovering from a lean and rolling action by quickly leaning in the opposite direction to return to the start position	Perform two techniques for recovering from a rolling action and a possible loss of balance Show two ways of recovering from losing your balance	Perform two techniques for recovering from a possible capsized. One way shown with a slight loss of balance
Disembark	With help get out at the side, bank, edge, or beach,	Show how to get out at the side, bank, edge, or beach, without help	Demonstrate getting out of a boat without help and, with help, remove it from the water to a safe place.	Disembark without help and, with help, remove it from the water to a safe place and empty it.	Disembark without help at two different locations, and with help remove the boat from the water
		Get out of your boat as explained by your coach.	Get out of a boat without any help.	Get out of a boat and help empty any water from it.	Get out of a boat onto a different surface; help empty any water from it.

	Paddlepower Start	Paddlepower Passport			
Topics	Level One	Level Two	Level Three	Level Four	Level Five
Responsibility to Others	Know how put away a boat and equipment - and help somebody else!	Show how to help put away a boat and equipment - and help others!	Demonstrate responsibility for all equipment you have used. Help others with the boats and equipment.	Demonstrate responsibility for all equipment you have used. Check that it is clean and has been properly put away. Help others with the boats and equipment.	Demonstrate assisting a capsized paddler from the bank
				Check and look after equipment. Help others	
Responsibility to Self	Know what appropriate personal paddlesport kit is.	Bring a complete change of clothes, including footwear and towel, to your sessions	Demonstrate responsibility for your personal kit before and after each session	Demonstrate good organisation of personal kit and personal time	Demonstrate checking and/or adjusting any 2 parts of a boat
					Demonstrate two checks or adjustments to a boat
Journeying	Paddle the boat 50 metres	Paddle the boat 200 metres without stopping	Paddle the boat a total distance of 500 metres	Paddle the boat a total distance of 1000 metres	Paddle the boat a total distance of 2 kilometres
Sessions	Complete your first paddling session	Complete at least 2 paddling sessions	Complete at least 3 paddling sessions	Complete at least 4 paddling sessions	Complete at least 6 paddling sessions
Know Paddlesport	Know the name of your nearest Canoe Club	Know how to contact your nearest Canoe Club	Where and when can you meet at the Canoe Club	What is the name of one of the following (or similar!): the Junior Organiser, Team Leader, Junior Coach, Youth Committee Chairperson	What is the name and contact number of your Coach? In the event of his/her not being available state the name and contact number of another appropriate coach.
		Know how to contact your nearest Canoe Club			
Paddlesport Environment	Leave a clean paddlesport environment	If you have any litter whilst paddling what should you do with it?	What does the term paddlesport environment mean?	Identify two good points about your paddlesport environment	Read a copy of The Canoeist Code
					Look at the Canoeists Code
Care for Paddlers	Know why it is important to wash your hands after paddlesport	Explain why it is good practice to shower after paddlesport	Explain why warm-up is good practice	Explain why warm down is good practice	Consistently perform good practice in the basics of handling boat and equipment
			Explain the advantages of warm up		Handle boats and equipment correctly
Food and Drink	What have you had to drink today?	What have you had to eat today?	Suggest examples of suitable food to support exercise and fitness	What could you bring with you for consumption after your paddlesport session?	Explain an easy method of checking your hydration levels
				Bring food and drink for after your paddling.	
Training and Practice	What changes have you noticed take place to your body during your first session?	What has happened to your Heart and Breathing Rates during your first sessions	How many times per minute does your Heart beat when at rest?	What would you expect your Heart Rate to be after your warm up?	Why does Heart rate increase during activity?
					How can you measure your Heart Rate (bpm) Measure your heart rate

The highlighted boxes are what the paddler has to tick off on their progress card to achieve the award.

Key:



Do this



Your challenge



Develop this



Know this

PADDLEPOWER DISCOVER

PROGRESSION TABLES

	Paddlepower Discover			
Topics	Level Six	Level Seven	Level Eight	Level Nine
Boat Safety	In any suitable environment capsize whilst wearing a spraycover, if appropriate	Capsize; swim to the nearest shore, bank, pool edge; empty, launch, embark Capsize and swim 5m.	Capsize; with assistance empty the boat and climb back in or climb back in then bail out	Demonstrate a method of assisting a friend back into their boat after a capsize Help a friend back into their boat after a capsize.
	Swim with a boat and paddle a minimum of 5m to the nearest shore, bank, pool edge. Swim with boat and paddle 5m	Strategies for climbing back in with minimal help from others	Show how to recover from a loss of balance when holding a fixed object e.g. landing stage, poolside rail, another boat. Maintain appropriate points of contact (e.g. feet & seat). When holding a fixed object show good boat and body action to recover from a loss of balance.	Show how to recover from a significant loss of balance (e.g. the boat rolls to gunwale or 90 and up to 180 deg). Maintain appropriate points of contact (feet & seat).
Personal Safety	Suggest two possible hazards on the water you are about to paddle. Name two hazards on the water.	State and explain a rule of navigation State and explain a rule of navigation.	Explain the importance of boat buoyancy and how this can be provided. Explain boat buoyancy.	Explain the relevance of two of the following to local paddlesport: Weil's disease, river grading, weirs, time & tide, weather conditions. From a list explain two aspects of paddlesport.
	Perform an appropriate warm-up, involving off the water and on the water activity. Finish with a warm down. Consistently perform appropriate warm up and warm down at each of your sessions	Perform a warm-up for a few minutes and demonstrate three different parts to it. Finish with a warm down Consistently perform appropriate warm up and warm down at each of your sessions	Perform an appropriate warm up including on the water activity relevant to the boat being paddled. Finish with an appropriate warm down. Consistently perform appropriate warm up and warm down at each of your sessions	Perform an appropriate warm up for the session. Finish with an appropriate warm down. Consistently perform appropriate warm up and warm down at each of your sessions
Embarking	Perform your own checks on a boat; show 2 different methods for launching and embarking Check your boat. Show two different methods for launching.	Embark without help and without aid from a paddle Get in your boat without help.	With help from a partner show 2 different methods of lifting and carrying a boat to the water's edge over a distance of approximately 10 metres With help show two methods for lifting and carrying a boat.	Without help show 2 different methods of embarking. The boat must be afloat for at least one, of these methods Get in your boat without help using two different methods, one with the boat afloat.
	From within a moving boat remain balanced, maintain a dynamic posture, and perform a range of tasks showing good control of the boat - body unit. Show good boat and body control in a moving boat whilst performing different simple tasks.	Perform all propulsive tasks whilst remaining balanced and maintaining dynamic posture Paddle your boat with good balance and posture	Perform all paddling tasks whilst remaining balanced and maintaining dynamic posture Perform tasks with good balance and posture in a moving boat	Show consistently good balance and dynamic posture in all tasks and throughout regular paddling sessions Show good balance and posture in all paddling sessions.
Forwards	Demonstrate a minimum of 5 good points of technique in your paddling. Demonstrate at least 3 of these at speed. Show five good points of Forward paddling at different speeds	Show the ability to maintain a good speed over a distance of at least 200m using a cyclical and rhythmic paddle action Maintain good technique for 200m	Show the ability to maintain good posture, use of footrest, upper body rotation etc. Paddle within 15cms of a named point. With good posture and technique position your boat accurately.	Show the ability to maintain the distinct elements of a good catch, a power phase and a recovery phase in each stroke Show good 'Catch', 'Propulsion' and 'Recovery' with the blade.

	Paddlepower Discover			
Topics	Level Six	Level Seven	Level Eight	Level Nine
Backwards	Paddle a boat backwards over a prescribed course maintaining directional control with paddle or rudder.	Show the ability to maintain an appropriate speed over a distance of approximately 15m using a cyclical and rhythmic paddle action	Show the ability to maintain good posture, use of footrest, upper body rotation. 'Look where you want to go' and demonstrate looking over one shoulder and/or alternate shoulders	Show the ability to maintain good control over a 15m course and to direct the rear of the boat to within 30cms of a named point.
		Paddle backwards effectively and at appropriate speed.	Paddle backwards with good posture, direction and control	Paddle backwards effectively and accurately.
Stopping	From a short sprint (e.g. 6 strokes) demonstrate stopping a boat quickly, retaining directional control,	Forwards: cruising at a good speed show an efficient stop. Retain posture, control, balance, steerage and appropriate trim	Backwards: travelling a short distance (5m) at appropriate speed show an efficient stop. Retain posture, control, balance, steerage with appropriate trim	In both directions show the ability to stop efficiently and effectively within four strokes. Show visual checks against the bank or shore or other relevant fixed point.
	Stop quickly and maintain directional control	Stop efficiently with good posture, control, balance and steerage.	Travelling backwards stop efficiently with good posture, control, balance and steerage.	Stop effectively and efficiently forwards or backwards in no more than four strokes.
Moving and Turning	Paddle a figure of 8 course showing a range of techniques	Paddle a prescribed course to show a variety of turning techniques and strategies. Typical course shapes: BHKMR48	Show the ability to move and turn over a prescribed course indicated by markers (poles, buoys, boats) such as typically considered in 'diamond s', 'xtreme s' or the 'wiggly t'	Demonstrate three clear techniques including propulsive strokes (sweeps, b & s draws), rudders (b & s), trim (edging &/or dipping)
	Using several techniques steer your boat around a figure of 8 course	Using several techniques steer your boat around a course described to you.	Using several techniques steer your boat around a set course.	Show how to turn using three different techniques
Sideways	Demonstrate two techniques for moving the boat sideways with good directional control.	Show the ability to maintain good posture, upper body rotation, paddle position/angle, blade position/angle, a constantly submerged blade, if appropriate, and directional control. Demonstrate one technique with the boat on the move.	Perform efficient and effective sideways strokes over a distance of 5m and over a lesser distance whilst on the move. Show an understanding of the sculling action. Show an understanding of the effect of bow and stern draws. Show a basic ability to displace the boat sideways after backwards paddling.	Show good use of sideways strokes by moving the boat to a variety of fixed and moving points (land stage, buoy, boat, ball.) Show other options for moving sideways (draws, prys, pushes, crossdeck/offside)
	Move the boat sideways using two different methods		Move the boat sideways over 5m. Demonstrate sculling.	
Edging (Single-hull)	Whilst edging a moving boat continue to forward paddle with alternate strokes, where relevant to the boat paddled	Using appropriate strokes demonstrate the ability to turn with the low edge on the outside	Using appropriate strokes demonstrate the ability to turn with the low edge on the inside, where relevant to the boat paddled	Show the use of edging as a positive and useful strategy during your normal paddling activities
	Maintain forward paddling technique whilst edging	Show how to paddle an outside low edge turn	Show how to paddle low edge turns relevant to the boat type	Show appropriate use of turning with edging.
Lean, Roll, Recover	Show how to recover from a near loss of balance by maintaining appropriate points of contact. Perform two techniques for recovering from a possible capsize and a significant loss of balance. (All relevant to boat type)	Show dynamic posture to show good control of the boat/body unit. Show the use of the non-drive face/blade to offer additional support to the boat/body unit. One technique to be shown with the boat on the move.	Low recovery' to show use of blade in response to loss of balance of the boat/body unit	Low recovery to forward paddle Low recovery scull to high recovery scull High recovery to low recovery to forward paddle On the move (Appropriate to the boat being paddled)
	Show two paddle techniques to recover from a loss of balance.		Recover from a loss of balance by use of low recovery.	
Disembark	Perform 2 different methods of disembarking, and how to remove a boat without assistance	Show consistently accurate approaches to land stage, grass bank, other boats, canalside, beach, stepping stones etc	Show constant control and balance with the boat afloat. Show consideration for equipment and the environment by ensuring no damage to bank or beach, boat, body, blade etc.	Show the use of a variety of techniques and strategies in preparation to disembark, including S & B rudder, draws, edging, l b turn, break o, etc
	Get out of a boat using two different methods	Consistently make accurate approaches to land to get out of a boat	When getting out show consideration for the landing area.	Show different techniques to approach land in order to get out.

	Paddlepower Discover			
Topics	Level Six	Level Seven	Level Eight	Level Nine
Responsibility to Others	Demonstrate assisting a capsized paddler from a boat	Show the willingness and ability to assist in a minor role, from a boat, with the boat to boat rescue of a capsized paddler	Show the willingness and ability to assist in a specific role, from a boat, with a recognised procedure for boat to boat rescue of a capsized paddler	Show the ability to perform one procedure for boat to boat rescue and be able to take a lead role
	From a boat help a capsized paddler.		From a boat use an agreed procedure to help rescue a capsized paddler.	From a boat use an agreed procedure to rescue a capsized paddler.
Responsibility to Self	Demonstrate checking and/or adjusting any 3 parts of a boat	Show consistently sound procedures in checking the safety and suitability of personal equipment used	Demonstrate an understanding of, and the ability to use, straps and similar mechanical devices to properly secure boat and equipment to racking, trailers and roof racks.	Demonstrate the ability to tie the appropriate knot when using rope to secure boat or equipment to racking, trailers or roof racks.
		Make sound safety checks of personal equipment.		Show how to safely secure equipment to storage or roof racks.
Journeying	Paddle the boat a total distance of 3 kilometres	4k preparations for 'out' and 'in' journeys	5k preparations for 'in' journeys	6k preparations for 'out' journeys
	Have you paddled this distance? 3K	Have you paddled this distance? 4K	Have you paddled this distance? 5K	Have you paddled this distance? 6K
Sessions	Complete 10 hours of paddlesport activity.	Complete 15 hours of paddlesport activity.	Complete 20 hours of paddlesport activity.	Complete 25 hours of paddlesport activity.
Know Paddlesport	What is the name of the NGB for the UK? Give its website address.	Recognise three hazards in your normal paddlesport environment. Who is likely to be most at risk?	From three hazards you recognise in your normal paddlesport environment work out the ones you think create the greatest and least risk to paddlers.	What controls are in place to reduce risk. What else might you consider in order to further reduce the risk level?
	Know the website address of your National Governing Body of Paddlesport - England, N Ireland, Scotland, Wales.	Recognise hazards and risks	Recognise hazards and risks	Recognise hazards and risks
Paddlesport Environment	What does the term pollution mean? (links with 'assumed risk' below)	On discovering pollution in a paddlesport environment what should you do?	Identify a range of users in the paddlesport environment. Do any present a risk to paddlers? If yes, what is the risk?	What measures are in place to improve your local paddlesport environment or to avoid damage to it by paddlers?
		To whom do you report pollution?		What is done to prevent damage to your paddlesport environment.
Care for Paddlers	Explain the meaning of "Paddlesport is an 'assumed risk sport' "	Give examples and explain the use of simple hand signals for paddlers	Give a simple explanation of Hyperthermia and how to avoid it in oneself and others	When paddling show an appropriate method to assist a swimmer or a boat to the shore, bank, pool edge.
	Recognise hazards and risks.	Give examples of simple hand signals used in paddlesport.		Help a swimmer or boat to land and get out.
Food and Drink	Show that you are organised to take suitable fluids and food after your paddlesport session	Explain what you understand by a 'balanced diet'.	Suggest examples of Carbohydrates	Demonstrate the use of appropriate fluid and food intake types and levels before, during and after exercise
	Bring suitable food and drink for having after your session			Have appropriate food and drink during your paddlesport session.
Training and Practice	Why does Breathing rate increase during activity?	What do the words stamina and suppleness mean?	What do the words strength and speed mean?	Explain and demonstrate the principle of 'Overload' as related to the desire to improve performance.
	Know the 4 'S' of Fitness and the term Overload - Stamina	Know the 4 'S' of Fitness and the term Overload - Suppleness	Know the 4 'S' of Fitness and the term Overload - Strength	Know the 4 'S' of Fitness and the term Overload - Speed

Key:



Do this



Your challenge



Develop this



Know this

APPENDIX 2

SAMPLE SESSION PLANNER – PADDLEPOWER START

Session: 1 of 6 Date: 01/06/06 Group: Findon Primary School (x8) Ability: First Session Age: 9-11 Medical Considerations: n/a Location: Churton Mill Risk Assessment: ☒ H&S Checklist: ☒ Access: ☒		Equipment Required: Kayaks (Junior Masters with skeg) Paddles (Junior size) Buoyancy Aids Resources Required: Leaders safety kit Sponge (for use as a ball)
Duration: 2 hours Coach: Jane Assisting: Jack	Agreed Goals and objectives: - Safe and FUN introduction to paddlesport - Basic boat control - PaddlePower Start Award	
Time	Content	
0900	Arrive, introductions, equipment and kit-up - (check medical & consent forms with teacher) - Introduce me and Jack - What we are going to do, and where - Start to learn names - How far can everyone swim? - The equipment - how it works & how to wear it	
0920	Session Brief - Check buoyancy aids correctly fitted and explain use - Check everyone is feeling OK and ready to participate	
0930	Preparing for the session - Warm-up, Journey to the moon (p18 canoe & kayak games) - Introduce the boat (front/back, seat, footrest, skeg, rudder) - How to carry it - Match individuals to boat, teach how to adjust footrest/seat	

0940	On the water – Hands only ▪ How to get in and help each other ▪ Safety brief (inc. boundaries, behaviour & capsize) ▪ How to sit in the boat ▪ "Paddle around using hands, do everything slowly... " ▪ 5min experimentation, going forwards, turning etc. ▪ 1:1 Coaching, check posture & balance ▪ Hands only sponge game
0955	Skill Development ▪ Introduce the paddle (link to how used hands to control the boat) ▪ 5min experimentation, with 1:1 coaching, check basic use of paddle ▪ Play same sponge game as above but now with paddles ▪ Use Game no.115 (What time is it Mrs Wolf) and Game no.142 (T Bone) to introduce turning and the basics of sweep stroke ▪ Use Game no.263 (Amazon River Journey) to introduce and practice forward & backwards paddling stopping, sideways, edge and lean. Meet a crocodile and shake him off your boat, lean away from a spider's web....etc etc. ▪ More games / activities as appropriate to further develop general manoeuvrability
1030	Conclusion ▪ Cool down activity ▪ Summary of key learning points ▪ What did you enjoy? What didn't you enjoy? ▪ How to get out, helping each other ▪ Putting kit and equipment away, in pairs ▪ Hygiene (shower & wash hands)
1045	Off water and Changed ▪ Complete PaddlePower Start – Progress Card and Certificates ▪ (Highlight nearest Paddlesport club) ▪ Discuss what we are going to do next week, any requests? ▪ Leave wanting more!
Notes: Remember lots of praise for positive behaviour and good practice. Discuss with teacher at the end of the session any comments and check plan for next week looks OK.	