

CANOE FOCUS

**Just Because It's
Rare, It Doesn't
Mean It's Not
There!**

Read more on page 8

**How To
Adventure
With Less
Plastic Waste**

Read more on page 12

**Membership
Survey
Results 2018**

Read more on page 10

I am Chris

This is my outdoors

“Swapping walking for paddling allowed me to look at the map anew and get a different experience of the outdoors. You’re no longer linking woodlands with ridges and footpaths, you’re linking them with lakes and rivers. Being on the water gives you a different perspective of the land and you interact with the outdoors in a completely different way.”

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for members of British Canoeing

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COTSWOLD
outdoor

Let's go somewhere

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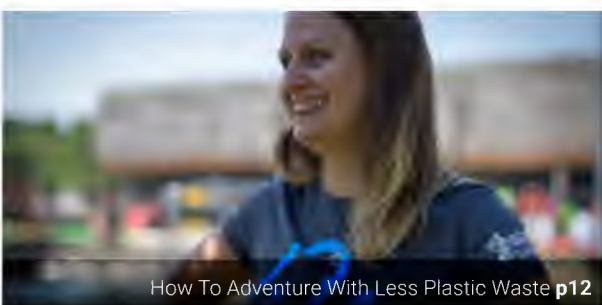


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Welcome

to the early spring edition of Canoe Focus.

If we thought that 2018 was fast paced for British Canoeing as an organisation and our community, overall the way 2019 has started looks set already to make 2018 seem leisurely. It is a great feeling to have such momentum in all areas – competition, recreation, adventure, events, coaching, access and inclusion to name but a few, and you will see this reflected fully in the current content of Canoe Focus.

As a Board charged with the responsibility of leading the organisation we have been focused upon ensuring that we see everything through the lens of our members, our clubs and our community. We have paid particular attention to ensuring that in 2019 we deliver the key components of our strategic plan and demonstrate by touch and feel what ‘Stronger Together’ really means.

The re-launch of ‘Go Paddling’ may seem to be just a name change, but we are using it to energise our offer and be even more inclusive in attracting people to the joy of paddling. Already record numbers of events have been scheduled for Go Paddling week but it is not too late to put forward your own ideas. Close to home our Paddle in the Park will be bigger, broader and brighter than ever before.

We appreciate the support of all our partners and Chris Hopwood, ambassador for one of our longest standing partners, Cotswold Outdoor, gives his insight into the essential kit for enjoyment of the outdoors. His appreciation of nature is a characteristic that binds our community: the love of the outdoors and an appreciation of the natural environment where you can enjoy a waters’ eye view - leaving no trace behind.

And it is vital that we don’t leave a trace. As we enjoy paddling we must also promote our environmental responsibility as we campaign for greater access to our waterways. It is what adds ethical strength to our case. Clare Osborn’s article combines passion and practicality in advising how we tackle waste. I am certainly taking to heart tip 10 – I never miss an opportunity to encourage and promote our responsible community.

This year will see us host the first World Cup Slalom of the season at Lee Valley on June 14th – 16th. We have been delighted at the early ticket sales, the meticulous organisation and being able to welcome a new principal partner in Jaffa. An iconic ‘brand’ for the mighty orange and a great fit for our sport. We have an ambition to host more international events and to ensure that the quality and appeal of all our domestic events continues to grow. To this end we have formed a new events management company as a wholly owned subsidiary, British Canoeing Events, to which we have recruited first class events expertise – all adding to our volunteer pool.

An exciting summer programme for our highly successful Polo community is covered in this issue with great competitions in prospect. Now that our new coaching structure is in place we will be working hard to promote it and let it ‘bed in’ – our coaching community needs the space to breathe as they give great service to paddlers. We have also launched, in our online store, bespoke clothing to further emphasise our links into the coaching community.

A great start to the year and a terrific paddling year in prospect. There is much to look forward to and we shall be working to ensure that our members and stakeholders continue to get the service they require from us. A great opportunity to meet will be at our conference, AGM and awards event in March – work to be done but a genuine celebration of our community too.

Professor John Coyne CBE
Chair British Canoeing





For the latest news from British Canoeing head to our website! If you're not a member sign up for free updates through regular newsletters

www.britishcanoeing.org.uk/news

www.britishcanoeing.org.uk/membership/join-us-online-here

British Canoeing supports Surfers Against Sewage on The Big Spring Clean

British Canoeing will once again be supporting Surfers Against Sewage on The Big Spring Beach Clean: Summit to Sea between 6-14 April. It's the UK's biggest beach clean event and this year, mountain cleans are included for the first time, alongside beach, river and city locations.

Alongside British Canoeing, **The Canoe Foundation** will once again be supporting the initiative by funding a number of paddler clean up kits which will be available to clubs.



New Year Honours for Services to Canoeing

Claire O'Hara and Ray Goodwin have both been awarded an MBE for services to canoeing in the New Year Honours list.



Club+ portal available to all clubs

British Canoeing has made available an online portal to help make managing your club quicker and easier. The entry level is available to all clubs as part of the affiliation, at no extra cost, and means you can keep you club details up to date, complete your affiliation online and register your club members as Club Associates with British Canoeing.

We have recently launched Club+ as part of the portal to manage your own club membership, events, communications and finances through the same portal.

This costs from £12 per month for clubs, but will put you in full control of your club administration no matter your club size.

All club secretaries can access the entry level system via the GoMembership Portal already, and if you are interested in learning more about the Club+ portal, visit the Club/Centre Resource section on the website, speak to your Area Development Officer or contact:

membership@britishcanoeing.org.uk

What's On?



Scottish Women's Paddle Symposium:
Findhorn

Friday 17th - Sunday 19th May 2019

Join your fellow women paddlers at this year's Scottish Women's Paddle Symposium for a weekend of inspiration, confidence boosting, skill development and most importantly FUN!

The SWPS is returning to the beautiful Moray coast and the fishing village of Findhorn in May 2019.

Whether you want to try a new discipline, increase your confidence in a specific area, or improve on a specific skill or technique, there is a workshop for you. There are sessions in Sea Kayaking, White Water and Open Canoe, and new for 2019 is Stand Up Paddleboarding, Surf Kayak and Yoga.

British Canoeing and National Association members are also entitled to discounted entry.

For more information on the weekend and to book, visit the SCA website www.canoescotland.org or follow this link tinyurl.com/swps2019



Paddle to the Heart 2019
West Midlands

Saturday 8th June 2019

West Midlands annual mass paddle.

Organised by West Midlands Regional Development Team, finishing in Brindley Place.



2019 ICF Canoe Slalom World Cup:
Lee Valley

Friday 14th - Sunday 16th June 2019

The countdown is on for the ICF 2019 Canoe Slalom World Cup presented by Jaffa!

Taking place from the 14th to 16th June you'll be able to watch some of the world's best slalom athletes compete on the international stage.

Head over to www.britishcanoeingevents.org.uk for tickets and more information!

2019 ICF LONDON
CANOE SLALOM WORLD CUP

Lee Valley White Water Centre
14-16 June 2019

Visit www.britishcanoeingevents.org.uk for tickets!

Presented by

PART OF THE HOLME PIERREPOINT OPEN WEEKEND

European Open

AUGUST 31ST & SEPTEMBER 1ST

HOLME PIERREPOINT NATIONAL WATERSPORTS CENTRE

<https://tinyurl.com/euro-open>

SWPS **SCA**

SCOTTISH WOMEN'S PADDLE SYMPOSIUM 2019

A WEEKEND DESIGNED FOR WOMEN PADDLERS TO SOCIALISE, IMPROVE THEIR SKILLS AND HAVE FUN!

17th May | 19th May
Findhorn

BOOK ONLINE AT WWW.CANOSOTLAND.ORG

1st - 2nd June 2019

National Water Sports Centre, Notts

**Paddle in the Park is a weekend
full of paddling activities for
EVERYONE!****'Have a go' PASSES FOR BEGINNERS****SKILLS CLINICS & Demos****Raft RACING****BOATER X & SUPX races****10k SUP CHALLENGE****6K DISTANCE challenge****White Water WORKSHOPS**

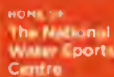
Plus: music & camping,!

**For more information visit
britishcanoeing.org.uk**

PADDLE IN THE PARK



Holme
Pierrepont
Country Park



HOME OF
The National
Water Sports
Centre



Nottinghamshire
County Council



**GO
Paddling!
WEEK**



**DESPERATE
MEASURES**



Palm



red paddle CO



WAVE SPORT



pyranha



tootega



JUST BECAUSE IT'S RARE, IT DOESN'T MEAN IT'S NOT THERE!

Rae Baker is a paddler on a mission to raise awareness of Weils disease after the condition, which was misdiagnosed as exhaustion, nearly cost her her life.

We Check, Clean and Dry our boats and equipment to ensure they are removed of invasive species, we wear buoyancy aids, helmets and spray decks, and ensure we follow basic safety precautions, but the threat of waterborne diseases often goes unmentioned, and it's this that Rae Baker is wanting to change!

If you **feel ill after paddling** you should **tell your Doctor as soon as possible** and let them know where and when you have been on the water.

Refer to **Paddesafer guidance** on the BC website

What is Weil's disease?

Weils disease is a bacterial infection believed to be spread by infected rat urine, though it can also be transmitted by cat, fox and rabbit urine.

Transmission is usually through an open wound or abrasion but can also be caused by ingestion of contaminated water.

Symptoms include lethargy, diarrhoea, headaches, vomiting and muscle pain; sometimes referred to as flu like symptoms, if untreated it can be fatal.

For NHS guidance on Leptospirosis and Weil's disease visit:

www.nhs.uk/conditions/leptospirosis/

British Canoeing advice on prevention

Prevention measures against water borne infection are largely common sense, however they should be exercised at all times:



Cover all cuts and abrasions with waterproof plasters



Always wear footwear to avoid cutting the feet



Avoid capsize or rolling practice in suspected waters



Where possible shower soon after the activity



As a minimum always wash your hands or use antibacterial gel after paddling and before eating or drinking

Prevention is key

Rae Baker of Royal Sutton Coldfield Canoe Club shares her story...

“When I first started feeling unwell, I assumed it was flu and I didn't associate it with paddling at all.

“As I had been on a bike ride the weekend before and initially had pain in my legs, I was firstly diagnosed with exhaustion, but over the coming days things were getting worse and I knew something wasn't right.

“My partner insisted on getting me further help when I started to change colour - I turned yellow!

“In the space of a week I went from feeling a bit off colour, to being unable to walk, having dialysis and blood transfusions as my organs began to fail, to being put in an induced coma as a result of having seizures.

“I did know of Weil's disease, but because of the rarity, you don't hear about it, and because you don't hear about it you don't know how to spot the symptoms and assume it will never happen to you.

“I have always made sure I have all the equipment I need. When you think of paddling precautions you think of spray decks, helmets and buoyancy aids but even so, you never think you're going to get ill like that.

“I didn't fully understand the symptoms and had no idea how serious it could be. I've been ill from paddling before, the usual 24 hour bugs we've probably all experienced at some point, but this was totally different.

“My aim isn't to scare people, it's to inform people of simple steps they can take to protect themselves. Water is a fantastic medium for sport and leisure but it is only fun if you respect all of it's prospective hazards and play safe. People can't see what Weil's disease can do and it's not at the forefront of their minds, this needs to change.

“My partner was told if I'd got to hospital 4 hours later than I did I most likely would have died. What is more scary is that many medical professionals haven't even heard of it because it's so rare. They did lots of tests and asked all the questions, just not the right ones. We went through many different scenarios from gallstones to a reaction from a protein drink, but nothing was adding up. I nearly died and I had no idea how serious it could be.

“Eventually my partner insisted they tested for leptospirosis (the bacteria that causes Weil's disease) and they eventually agreed. We were told that hospitals don't keep the testing kits to hand as it's so rare.”

Despite making a good recovery from her ordeal, Rae is yet to return to the water. Weil's disease has left her with a serious lack of physical strength which means she is currently unable to paddle safely, and worries about putting others at risk.

“I haven't paddled since this happened because it's taken my core strength. I'm used to doing long trips and big events, but I can't do that because my physicality has gone. Luckily my organs are good, but all my muscles have deconditioned, so I have to be reconditioned and that's the frustrating part.

“My canoe club were shocked when they found out what it was. Not only that I had Weil's disease, but at actually how serious and life threatening it turned out to be. As paddlers we are part of a community, which needs to be informed about the risks, no matter how rare they seem to be.

“I want to say a huge thank you to the staff at Leicester Royal Infirmary who saved my life. My consultant told me that I was as close to death without dying.

“I look back at the photos of me in hospital and can't believe that it was me. I feel so lucky to have come through it, and I am incredibly grateful to those who saved my life.”

“Despite everything that's happened, I can't wait to get out there on the water. Of course I will be apprehensive but I can't let this stop me.”

Please help us to raise awareness!

If you become unwell and Weil's disease is suspected let us know as soon as possible via our incident reporting form.

We will use this information to advise members and improve safety for everyone.

www.britishcanoeing.org.uk/go-canoeing/access-and-environment/access-to-water/incident-reporting



Membership Survey Results 2018

In September 2018 we invited all members to complete a survey on your membership experience, involvement in paddling, coaching and competition experience. Members also provided lots of feedback on what we are doing well, and where we needed to improve.



Number of Members completing the Survey:
1026 members completed the survey

Membership Fulfilment

- ↑ Satisfaction with membership fulfilment has improved since last year
- Still more to do to improve administration

How satisfied are you with the fulfilment of your membership?



2017 5.9/10
2018 7.2/10

YOU SAID

Look at reducing plastic in line with articles published and campaigns being run

WE DID:

We have introduced biodegradable membership cards - the cards are produced from a "Natural Plastic" and under normal conditions they perform exactly like standard cards but when introduced into a fertile environment (eg compost, landfill, rubbish dump, the ground) the break down process starts, completing in 1-5 years.

We've also introduced e-certificates to reduce the amount of printing we do.

Coaching

- ↑ Improved satisfaction with the level of service received
- % of respondents who are "Extremely or Very" satisfied with the level of service has increased from 28% to 32%
- ↑ E-learning has been received positively with over 30,000 people accessing courses
- Still more to do to provide support for Coaches and Leaders to reduce calls being passed around.

YOU SAID

There's been a lot of change over a 2/3 year period and it needs to consolidate.

WE DID:

Continue to develop the e-learning platform to provide a range of resources.

Introduced e-certificates to reduce printing.

Awarding Body website launched.

Introduced a "Find a Provider" tool to make it easier to find British Canoeing qualified paddling training providers.

Places to Paddle

YOU SAID

To tell you more about where to go paddling

WE DID:

We have our 150 canoe trails to give you ideas of places to go, and we also have a number of challenge routes and paddle challenges. In 2019 we are working on providing you with even more information and maps on where to go.

Check out gopaddling.info to search for trails, paddle awards, clubs and centres

Communications

↑ Improved satisfaction with the communications we produce and what you receive.

How satisfied are you with British Canoeing communications as a whole?



YOU SAID

You'd like more local and personalised content, rather than receiving information on everything that is taking place.

*You'd like us to cover more disciplines and provide more information on non-competition paddling
Improve the website to make it easier to find information*

Lots of members have been asking for a printed version of Canoe Focus.

www.britishcanoeingevents.org.uk

gopaddling.info

www.britishcanoeingawarding.org.uk

WE DID:

In 2019 we will begin to send out information based on your interests or location. **Action - help us by logging in** to your membership area and selecting your areas of interest!

We are publishing more articles on the website covering a wide range of topics.

Visit www.britishcanoeing.org.uk/news/ or Facebook to see all the latest news.

In February 2018 we launched a partnership with the Paddler magazine. We now include Canoe Focus as part of the magazine. All members receive a digital copy, plus members can choose to purchase an annual subscription at a reduced rate of £20.99.

We have launched the British Canoeing Awarding Body website, the British Canoeing Events website, and the Go Paddling website to improve how information is shared.

Access & Environment

YOU SAID

There's been an increase in the information shared on access campaigns and environmental awareness

But you have also said you want this to continue and for us to do more.

WE DID:

In November 2018 we launched our Access and Environment Charter - Clear Access, Clear Waters - a campaign which sets out a vision to confirm access to the rivers and inland waters of England and to protect the environment.

It brings together the views of members, the wider paddling community and other key stakeholders to clarify our vision for fair, shared, sustainable open access to water.

Visit www.britishcanoeing.org.uk/go-canoeing/access-and-environment/access-charter-campaign to find out how to get involved.

How To Adventure With Less Plastic Waste

by Clare Osborn

Clare Osborn is a British Canoeing Women's Paddling Ambassador with a huge passion for the environment.

Clare's enthusiasm for sustainable paddling and adventuring is infectious! As well as the awesome **Clare Talks Rubbish** website and public speaking, she has also started the **#PaddleCleanUp** movement, to empower paddlers to clean up our waterways.

The article below is reproduced from Clare's great blog, where you can find buckets of inspiration and a little more about Clare herself.



We are all more aware now of the impact of single use plastics / plastic waste and the fact that we can't carry on consuming it in the way we have done. The great thing about this pandemic is that it is so easy to do something about it and to make your actions and choices create a wave of change. I tried to use as little single use plastic as possible on the last Paddle Pickup Expedition and I keep seeing posts in forums asking how we can reduce our impact so I thought I would share what I have learnt.

As for adventuring plastic free, I just want to expel that instantly. Plastic itself is not a bad material indeed many of our adventure safety gear and vital kit that helps us to do the adventures we do in this new ultra light world are made from plastic. It is not plastic itself that is our enemy, only the way we use it and the way we value it.

Here Are My Top Ten Tips For Adventuring With Less Plastic Waste:

Tip#1. Buy Good Quality Gear

Support ethical brands that are leading in the way in waste reduction and providing quality products that last. Brands like **Patagonia**, **Finisterre** and **Craghoppers** have a return and repair lifetime guarantee on their products so if it is damaged you can contact them and they will help you fix it, often for FREE!

Tip#2. Buy Gear That Is Not Made From Virgin Plastic

Fourth Element, **Ruby Moon**, and **GRN Sportswear** all make performance wear from upcycled fishing gear, and **Riz Boardshorts** are made from upcycled plastic bottles. Yes I admit that these products do not solve the microfibre problem but they do reduce the use of virgin materials and highlight the possibilities if we embrace a more circular solution.

For washing these products I would recommend using a **Guppy Friend Bag** or a **Cora Ball** to reduce the release of microfibres into our waters.

If you are a kayaker, check out the awesome upcycled marine plastic kayaks made by **Palm Equipment** and **Odyssey Innovation (aka Fathoms Free)**. I paddled one on **Paddle Pickup** and it was great!



Tip#3. Buy/Sell Secondhand or Borrow/Share

How often have you had a whim to take up 'X' activity, bought all the kit and hardly used it only for it to sit around in cupboards? With the digital age now there is no excuse not to put this stuff back into the secondhand market or to use this resource to grab yourself a bargain. If your trip is short and a one off then try forums like **Yes Tribe, Love Her Wild** and **Adventure Queens** to see if there is someone local to you that you can borrow gear from.

Tip#4. Cut Single Use Plastic Out Of Your Wash Kit

This is becoming easier and easier as more products come onto the market. You can see below, my wash kit for Paddle Pickup and also the wash kit for my fellow team mate and Plastic Free Ovingdean champion Jessie. A quick list of tips are below, I haven't listed brands as there are a lot of options out there at the moment and I haven't tried them all yet:

1. Metal or Metal and bamboo safety razor
2. **Moon cup** or similar for the ladies (these take a bit of getting used to but once you do, you never look back. Also think of all the money you will save!)
3. Flannel (no more wet wipes please!)
4. Shampoo/conditioner bars are the way forward
5. Bamboo toothbrush
6. Toothpaste in a jar or tablets
7. Soap or solid shower gel (for adventures I just cut off a smaller piece instead of taking the whole bar)
8. Deodorant in a jar or in a stick in a cardboard tube
9. Refills (this is another option for trips where weight isn't an issue. I buy some products in bulk and then decant it)

Tip#5. Make Your Own Snacks

This avoids unnecessary food wrappers, one of the main polluters of our waterways. I made my own energy balls and granola bars for Paddle Pickup. Top tip: make the 'balls' into a brownie type slab in a tupperware for adventuring as otherwise the balls can turn into gunk.

Lots of recipes out there but I like the Ultimate Energy Bites by **Deliciously Ella**. The ingredients I buy at a local unpackaged store.

You can always try dehydrated fruit and veg too. I haven't tried it yet but after reading a blog by Cal Major – **Paddle Against Plastic** I am inspired to give this a try in the future.



Tip#6. Food Shop Wisely

It depends on the type of adventure you are doing and your dietary requirements as to the type of food you need to take with you, but my main advice is to shop wisely.

Try to support unpackaged stores, try to buy produce that is not wrapped in plastic and take your own bags and containers with you when you shop.

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Tip#7. Buy Food In Compostable Packaging

I found **Outdoor Food** super helpful when I enquired about plastic clever expedition food. Recommended to me by the amazing **Sian Sykes** just before she set off to circumnavigate Wales. I tried a variety of flavours and have been told that they have added more vegan options so there are now even more choices. It comes in compostable packaging and in my opinion is a winner for those trips that need a lighter weight alternative.

Disclaimer: I am not vegan – I strive to be for environmental reasons but I believe if I tell myself I can't ever have meat and dairy I will want it more. I would say I am a reduceatarian/flexitarian – some call it a conscious eater but that isn't a label I identify with.

Tip#8. Take Reusables With You

If you are adventuring in places that you can restock then take reusable bags with you, take a refillable coffee cup, take your own cutlery with you. Take a refillable water bottle – I use **Water to Go**. The filters used in their BPA free water bottles are created based on technology originally developed for the NASA space programme, and their filter removes over 99.9% of all microbiological contaminants in water.

**Tip#9.** Take 'Leave No Trace' To The Next Level

Not only do I take my waste home with me but I pick up whatever rubbish I can along the way. If it is plogging, paddling against plastic, diving or hiking I tend to pick up what I can carry.

For tips on what to do with the waste that you find see my blogs on what I did with the waste on Paddle Pickup.

Tip#10. Talk about it!

The more adventurers tell their followers about these tips and any others they are using, the more we can spread awareness.



If you're thinking of doing a river clean up head to the Access & Environment section of our website for some top tips and to let us know what you're doing: britishcanoeing.org.uk/go-canoeing/access-and-environment

**Can't get enough of Clare's wisdom?**

If you loved what you read today don't forget to head to the Clare Talks Rubbish website for more articles and links to her social media: claretalksrubbish.com

Love what you read?



**TAKE
TIME
TO JOIN IN**

**25TH MAY
TO
2ND JUNE**

**GO
Paddling!
WEEK**



Time to get fit



Time to explore



Time for fun



Time to relax



Time to learn



Time for adventure

For events, activities and adventure ideas visit gopaddlingweek.info

A STEPPING STONE INTO COACHING & LEADERSHIP

Although the warm summer days still seem far away, we know that lots of you will be preparing to become Instructors, Leaders and Coaches no matter what the weather.

With a range of direct entry awards now available, you have the choice of how you upskill your personal paddling ahead of the course to ensure you can focus on the course content.

The NEW Personal Performance Awards are a great stepping stone for those looking to undertake Coaching and Leadership qualifications and provide appropriate milestones and acknowledgement of personal skills. These are not compulsory but act as a guide of your development.



 For full details on the recommended awards, please view **the Personal Performance Awards FAQs.**

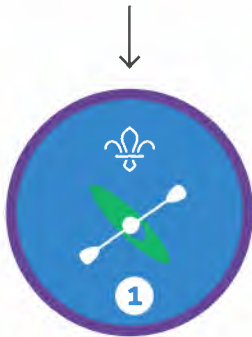


New Personal Performance Awards and the Scout Paddle Sports Activity Badge

The NEW British Canoeing Personal Performance Awards have been mapped with the exiting Scout Paddle Sports Activity Badge Scheme. If you achieve the Personal Performance Award, it would allow you to gain the relevant Scout Badge.

Paddle

Paddle Start Award



Canoeing

Canoe Award

Freestyle

Flat Water Freestyle Award

Polo

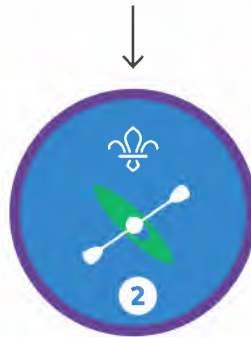
Polo Explore Award

Racing

Racing Explore Award

Paddle

Paddle Discover Award



Rafting

Flat Water Raft Racing Award

Sea Kayak

Sea Kayak Award

Slalom

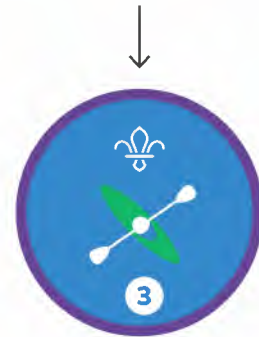
Slalom Explore Award

Stand up Paddleboard

SUP Sheltered Water Award

Paddle

Paddle Explore Award



Surf Kayak

Surf Kayak Award

Touring

Touring Award

White Water

White Water Award

Wild Water Racing

Wild Water Racing Explore Award



For further information visit www.britishcanoeingawarding.org.uk/scouts



Jaffa®

Jaffa are delighted to be partnering with British Canoeing for what promises to be an exhilarating 2019.

We are committed to inspiring and enabling both adults and children to stay active, through being involved in all types of physical activity. We believe our partnership with British Canoeing is a demonstration of the way in which we continue to achieve this ambition.

In the coming year we look forward to being involved in the 2019 ICF Canoe Slalom World Cup at the Lee Valley White Water Centre. Our teams will be present at the event, on hand to supply both athletes and spectators with juicy, citrus treats throughout the competition.

Exclusively available in Tesco stores nationwide, Jaffa is one of the leading fresh produce brands in the retailer's fixture. We have experience of supporting both top class sporting events & teams, through to projects in schools and Tesco stores to educate on both the quality and health benefits of Jaffa products.

So why not give us a try? **Please find enclosed a 50p voucher** so you can get ahead of the crowd and fall in love with the taste before we see you at the Lee Valley White Water Centre in June.

You can also use your Jaffa oranges to create these delicious Jaffa recipes... Enjoy!

Team Jaffa

www.jaffa.co.uk





Jaffa Orange Smoothie

PREP TIME 5 mins

SERVING 2 portions

METHOD

1. Combine all ingredients in a blender and blitz until smooth

INGREDIENTS

- 2 ripe, frozen bananas (peeled, cut into 1-inch pieces and frozen for at least 2 hours)
- 225ml orange juice (we use freshly squeezed Jaffa oranges)
- 1 orange, peeled and cut up into chunks
- 170ml cup almond milk
- 1 tsp vanilla extract
- 1 carrot, peeled and cut up into 1-inch pieces



Jaffa Orange Granola Bars

PREP TIME 20 mins

COOK TIME 30mins

SERVING 18 Bars

METHOD

1. Preheat the oven to 170°C (150°C fan), and line an 8-inch square baking tin with greaseproof paper
2. In a large bowl, mix together the oats, sunflower seeds, orange zest, dried fruit, almonds, sesame seeds and crispy cereal together until combined
3. Now pour the sunflower oil, honey and sugar into a small pan and melt together on a medium heat until boiling
4. Stir the hot liquid mix into the dry ingredients straight away, stirring until everything is coated
5. Pour out into the tin you prepared earlier, pressing it down firmly
6. Bake in the oven for 30/35 minutes until golden. It may help to mark the lines where you'll cut your bars into shape whilst they're still warm
7. Leave to cool and then remove to a board and cut into 18 bars

INGREDIENTS

- Zest of 2 Jaffa oranges
- 225g rolled porridge oats
- 100g dried fruit
- 50g roughly chopped almonds
- 25g sesame seeds
- 25g crispy cereal
- 75ml sunflower oil
- 75g runny honey
- 50g light muscovado sugar



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At Jaffa we are committed to offering quality citrus fruit, available year-round in Tesco stores across the UK. We are also intent on encouraging healthy, active lifestyles amongst children and adults alike.

By partnering with British Canoeing, we are excited to share this message together, by sharing knowledge and enthusiasm about the importance of fueling the body with healthy foods, whilst sharing plenty of juicy oranges and easy peelers along the way!



Chris Hopwood, Cotswold Outdoor Expert
📍 Betws-y-Coed, Wales

I am Chris

This is my outdoors


Chris believes that being outdoors is all about finding new ways to journey. With the mountains and rivers on his doorstep, he and his family can simply open the door and walk straight into adventure.

Heading out on the water is one of Chris' favourite ways to explore. Chris takes any opportunity he can to get out there and experience the incredible outdoors every day, whether it's on the water, in the mountains or undercover of woodlands.

There are a wealth of ways to get outside and a whole host of kit to help you prepare for adventure.

Off paddling? Here are some of our favourite adventure essentials and a few of Chris' too.

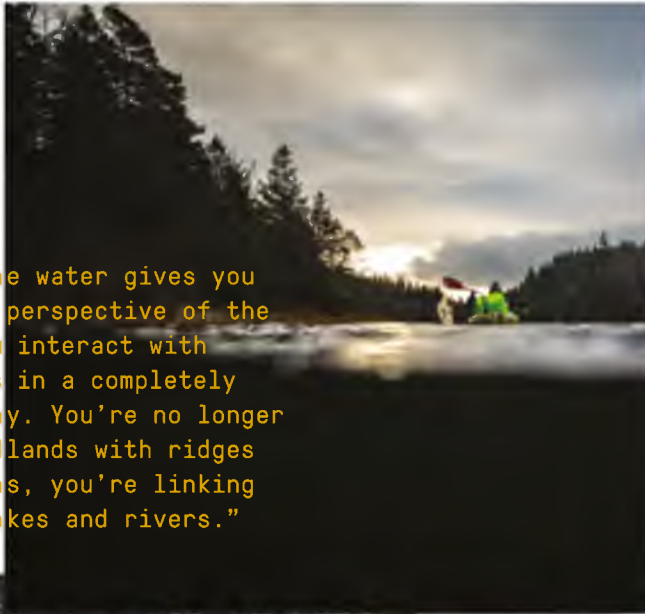
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COTSWOLD
outdoor

Let's go somewhere

Top Tips for a River Clean Up

Following on from a hugely successful Autumn campaign we've joined up with Surfers Against Sewage for their Big Spring Beach Clean: Summit to Sea! It's the UK's biggest beach clean event and this year, mountain cleans are included for the first time, alongside beach, river and city locations.

River clean ups are a great way to do something good for our environment whilst having fun with fellow paddlers!

Here's a few tips to get you started...

- Agree a date time and location
- Prepare your risk assessments and permissions; British Canoeing public liability insurance covers affiliated club events
- Arrange disposal of your litter
- Invite your MP to come and join in
- Share details of your event with local press, they may wish to come along and report on it!
- Have your kit ready— pickers, gloves, eco bags, first aid kit
- When on the water use an open canoe to carry the eco bags and use kayaks and SUP's to ferry the litter back and forth
- Thank your volunteers for their time and effort
- Let us know how many bags you collected and send us some photos so we can share the good work with government and inspire others!

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www.britishcanoeing.org.uk/go-canoeing/access-and-environment/river-clean-ups#waterways-clean-up-online-tracker

- For clean ups in March, April and May register your event as part of the Surfers Against Sewage Big Spring Beach Clean Summit to Sea; and receive a clean up kit, a limited edition SAS insulated Hydroflask and a step-by-step guide to organising your clean. Register at www.sas.org.uk or by emailing beachcleans@sas.org.uk.

For top tips including a template letter to send to your MP and information on how to produce a press release, take a look at the environment pages on the British Canoeing website.

www.britishcanoeing.org.uk/go-canoeing/access-and-environment/river-clean-ups



Access and Environment - how you can help!

Help British Canoeing stop the spread of invasive plants and animals around the UK




Why?

1. Invasive non-native species can have a damaging impact on native British plants and animals by spreading disease, competing for habitat and food and preying on our native species.
2. Plants that grow profusely can block waterways and damage riverbanks. These have economic impacts on our environment and add significantly to management costs for navigation authorities.
3. As canoeist, you may unknowingly be helping to spread invasive species from one water body to another on your equipment or clothing.
4. Help stop this happening by following 3 simple steps: **Check, Clean** and **Dry**

British Canoeing is providing practical measures to prevent and tackle invasive non-native species, including the provision of washdown facilities at the 2019 national sprint regattas.

If you are attending a Sprint Regatta this year:

Before you leave home and arrive at the regatta, please ensure that all your equipment is **Check, Cleaned** and **Dry** by:

-  **CHECKING** there are no visible plant matter or animals on or in your boat – put them in a bin!
-  **CLEANING AND WASHING** your boat inside and out away from any watercourse.
-  **DRYING** your boat thoroughly.

There will also be wash down stations, please visit them before you leave to learn more about biosecurity and have your boat washed down.

For further information please follow
www.nonnativespecies.org/downloadDocument.cfm?id=1780
www.nonnativespecies.org/downloadDocument.cfm?id=1790

Now is your time to help us with Clear Access, Clear Waters!

Thinks you can do NOW:



- 1** Organise or join a River Clean up this spring, as part of our joint campaign with Surfers Against Sewage. (Apr 6th-14)
- 2** Ask your MP to write to the Secretary of State with your concerns
- 3** Write to or meet with your local MP to talk though the campaign & Charter
- 4** Ask your MP to table a written question to the Minister
- 5** Ask your MP to sign our 'Early Day Motion' (#2056) edm.parliament.uk/early-day-motion/52552/access-for-canoeists
- 6** Ask your MP to sign the Gareth Thomas MP amendment to the Agriculture Bill

WHY POLO PLAYERS LOVE SUMMER

By David McBay

David McBay from British Canoe Polo shares why, despite a packed winter schedule, polo players love the summer and why the warmer weather is the best time to come and see polo in action!

Over the winter months, the National and Regional canoe polo leagues take place in swimming pools across the country. With the growth of the Women's, Youth and Regional leagues, between October and March, over 140 tournaments took place! Despite the action packed schedule of the colder months, if you ask any polo player they are always counting down the days until summer starts.

These tournaments are much more than just an opportunity to play the sport we love; they are a chance to spend quality time with teammates and adversaries alike that goes missing over the winter. Many teams, including the GB international sides, will often travel further afield to take on the best club teams in Europe before the national teams come together, this year in Portugal for the European Championships.

If you've never tried your hand at polo or seen it in action, summer is the best time to get yourself or your family down to a session or one of these spectacle events and see what you have been missing!



The warmer weather (and longer days) shifts training from sparse club pool sessions, gym work and frozen fitness sessions (for the most committed!) to regular outdoor training sessions in the evenings and weekends. The summer also brings the big outdoor competitions, both at home and abroad with our friends in mainland Europe.

Closest to home are the 4 long-running competitions in Hull, London, Wales and Liverpool that bring together teams of all ages and skill levels for a weekend of intense games in a relaxed community atmosphere.

Upcoming events

30th Liverpool International

1st - 2nd June

Princes Dock (part of the River Festival)

29th Joy Davis Hull International

22nd - 23rd June

Dacre Lakeside Park

21st London International

27th - 28th July

Danson Park

24th Welsh International

3rd - 4th August

Cwm Hedd lakes



For more
information on
Polo visit:

Canoe polo.org.uk



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