

CANOE FOCUS

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An athlete's life in
lockdown**

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Welcome

As I write this at the end of April, we are five weeks into the Coronavirus lockdown and it is clear that we are still a few weeks away from any relaxation of the situation. Government advice is still to stay at home other than for essential reasons.

The lockdown is impacting on all aspects of our lives including our paddling and our paddle sport community. Thousands of people have been unable to paddle, clubs and commercial centres remain closed, hundreds of self-employed providers have had their businesses disrupted and paddle sport trade and retail companies have also been seriously affected.

At British Canoeing, our staff have been working from home and we have had to cancel many of the events planned for the summer. We are projecting our income from non grant sources will halve in 2020. The impact has been similar across all sport and leisure activities in the UK.

I would like to take this opportunity to thank the thousands of members who have supported us by renewing their membership in the last few weeks, despite being unable to paddle. This has made a huge difference to our organisation and has allowed us to keep working hard, to develop new products and services which we have shared with you recently or which will be launched later this year.

British Canoeing is a membership organisation, created by and run for the benefit of members. Thanks for showing this solidarity when we need it most.

I hope you have seen some of the great content we have provided over the last few weeks.

We were thrilled to bring you the incredible 45 paddling films to watch during lockdown, share our elearning centre with you and to promote our coaching podcast series. These are promoted within this edition of Canoe Focus and can be found in our new Paddler's Portal. Head to the British Canoeing home page to see more.

No one had ever envisaged that something as big as the Olympic and Paralympic Games could be postponed, but once the Games in Tokyo were rearranged to 2021 due to COVID 19, we had to consider whether the athletes already selected for the Games would remain selected. It wasn't an easy decision to confirm their selections and you can find out how they are getting on, on page 16.

I want you to be assured that we are engaging with government agencies to explore how and when people can start to paddle again. We believe there is a strong case for socially responsible paddling, as soon as the restrictions on sport and recreation are relaxed a little and when participation in activities other than running walking and cycling are encouraged. We will of course keep you informed of the latest developments through all of our channels.

Stay safe and I really hope it won't be too far in the future before we can once again enjoy happy paddling.

David Joy



**CEO
British Canoeing**

NEWS NEWS

Receive regular updates plus exclusive discounts for our partner products with a British Canoeing membership.

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

www.britishcanoeing.org.uk/news

Five Ways to Stay Happy and Healthy When You're Off the Water

Life can be pretty frustrating when you're a paddler who can't paddle. Luckily we're here with some top tips to keep you happy and healthy until you can get back on the water.



<https://www.britishcanoeing.org.uk/news/2020/5-ways-to-stay-happy-and-healthy-when-youre-off-the-water>

45 Films to watch whilst you're off the water

Travel the world on all manner of paddlecraft by diving into our selection of the 45 best paddling films to watch.

<https://www.britishcanoeing.org.uk/news/2020/forty-five-paddling-films-watch>



Pulling their weight for the NHS

JCB sponsored athlete Adam Burgess attempted to lift the equivalent weight of a JCB 220X digger, weighing 22 tonnes, in pull ups to raise funds for the NHS.

The Canoe Slalom athlete was joined by British Athletics' Ben Williams (also sponsored by JCB) who completed the challenge by doing squats and deadlifts. Together they have raised over £2300 for the NHS.

Watch Adam in action here



Athletes confirmed for the Tokyo 2020 Olympic Games



The British Olympic Association (BOA) and British Canoeing have confirmed that the five canoeing athletes already nominated for the Tokyo 2020 Olympic Games will remain as selected to represent Team GB at the rescheduled Tokyo Olympic Games in July - August 2021.



<https://www.britishcanoeing.org.uk/news/2020/british-olympic-association-and-british-canoeing-joint-statement-on-athletes-selected-for-the-tokyo-2020-olympic-games>

Fundraising appeal launched for urgent repairs to land at the River Dart

British Canoeing volunteers and the South West Regional Development team have set up a fundraising campaign in order to raise money for urgent reinforcement work required at the River Dart near to Holne Bridge.

The bank erosion which was also impacted by the recent floods has become a serious problem. Can you help us to save this popular piece of water?

<https://www.britishcanoeing.org.uk/news/2020/fundraising-appeal-launched-urgent-repairs-to-land-at-river-dart>



Paddler's Portal



Check out our new Paddler's Portal, providing British Canoeing members and the paddle sport community with a range of free digital resources, webinars, podcasts and content.



British Canoeing maintains paddling access on the Cam

British Canoeing has been working closely with the Cam Conservators to extend the licence agreement for a section of the River Cam in Cambridge which comes under their jurisdiction.

The popular paddling spot was up for renewal and thanks to the hard work of our volunteers in the region, we are pleased to announce an extension has been agreed.

This means that once the current restrictions are lifted, paddlers will have access to the waters between the Mill Pond in Cambridge and Bottisham Lock until the end of March 2021 with no additional charge.

This will come as welcome news to the many people who expressed their concerns to the Places to Paddle team, over the potential loss of this waterway from our block licence.

Regional Waterway Volunteer, David Savage said: "The Cam is a wonderful, historic stretch of water, it is extremely scenic and many paddlers value this section being covered by the British Canoeing block licence. It is a really popular trail and I am pleased that an agreement has been reached."

The agreement is subject to the following conditions:

- The licence extends to individual 'on the water' British Canoeing members only. (Members of clubs or paddlesport providers must make arrangements with the Cam Conservators directly to cover their vessels)
- Paddlers must adhere to the Conservators' by-laws and conditions of registration (see camconservancy.org) which includes clearly displaying an identification number (British Canoeing membership number) on both sides of the craft at all times.
- Paddlers must carry their British Canoeing membership card with them at all times and present if requested by a member of the Cam Conservancy.



Photo: David Savage RWA East

British Canoeing works closely with navigation authorities such as the Cam Conservators, Canal & River Trust, Environment Agency and others to combine all the main licensable water under our membership. This gives members the ability to paddle on over 4,500km of our waters, without having to seek separate licences.

Places to Paddle Manager, Ben Seal said:

“The waterway licence is cited by our members as one of the main reasons they join British Canoeing.

“It is a fantastic asset and we are really pleased that we can continue to work with the Cam Conservators. The money that goes into the Navigation Authorities helps preserve and protect our waterway network; from maintaining our heritage to preserving the natural environment.”



Photo: David Savage RWA East

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Clear Access, Clear Waters

Our Places To Paddle

British Canoeing continues to maintain a portfolio of sites across England that provide paddlers with fantastic places to get on the water. The organisation is extremely proud to be the custodian of 'Places to Paddle Sites' on behalf of the paddlesport community. In the current climate the management of these sites is, however, a significant challenge and one which could not be met without the amazing local volunteers on the ground.

The portfolio of assets British Canoeing maintains today has grown in number over a couple of decades. No two sites are the same and range from an arable field on the Wye, to a dam release river in Yorkshire; from a flood release channel in Bedford to a small haven of woodland on the Dart. Each of these sites presents a unique set of challenges and opportunities, so here is an update on the current state of play.

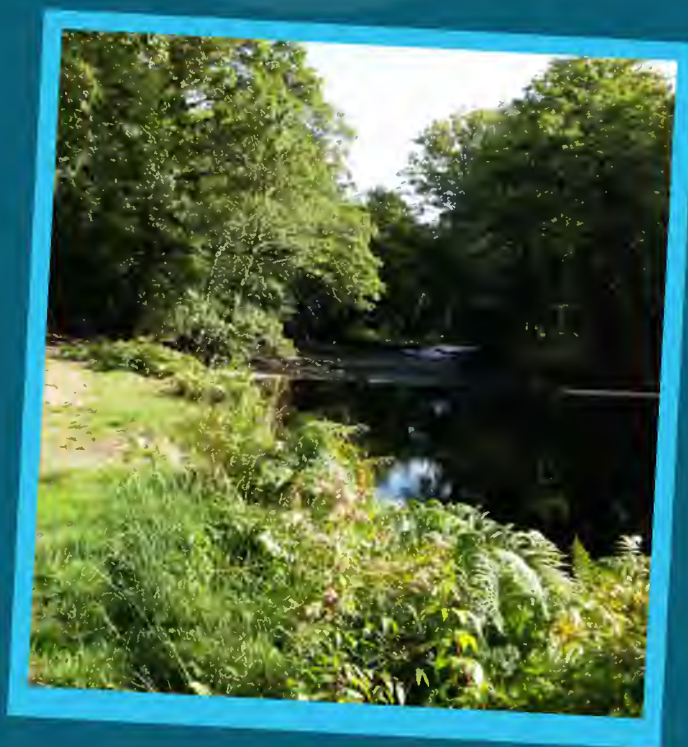
Holne Bridge, River Dart

The land, situated within the beautiful setting of the River Dart in Devon is a very special location, popular with paddlers, swimmers and anglers alike. Importantly, this small section of woodland is a crucial access point to the River Dart loop and lower Dart. Holne Bridge was purchased in 1991 by two local paddlers and although the site is owned by British Canoeing, it is currently cared for by dedicated local volunteers, Pete Thorn and Brian Taylor.

Used by hundreds of paddlers every year, it is a valuable access point to the river for those tackling the popular 'Dart Loop'. Bank erosion has in recent years however become a serious problem and with the recent flooding in the area worsening the problem, work is more urgently needed now than ever.

A target of £15,000 has been set by the South West Regional Development Team to undertake the work, although they have already received sums from Sport England and Regional Development Team Reserves, donations are still needed.

[The link to donate to the fundraising cause can be found here.](#) Donations close on 30th June 2020.



Ripon

In 2010, British Canoeing purchased a piece of land on the banks of the River Ure at Ripon. As a result, canoeists have enjoyed a guaranteed access and egress point, plus wild camping by arrangement. The site also plays host to a local piece of unique World War One art, installed as part of the centenary commemorations.

In Spring 2019, British Canoeing received a significant number of reports of access issues on the Ure around Ripon, largely from organised groups complaining of receiving threatening letters by the Piscatorial Association. Paddlers using the Ripon site are always reminded to be mindful and respectful of other users along the banks and to always maintain good environmental practice by avoiding gravel banks, where fish may be spawning.

Halton Rapids

This site has been used by paddlers since the 1970's and is still a great venue for practicing white water skills, with access to parking, changing and showers!

This year, volunteers have been busily replacing access steps and a ramp down to the water's edge, which had become dislodged by flooding. Funding for the new structure has been entirely sourced by the volunteers and will hopefully continue to provide access to the Lune and Halton Rapids for years to come.

Access to the site at Halton is largely due to the dedication of two people: Pat and Norman Green, who have managed the relationship with Lancaster Co Housing and the Anglers for decades. Without Pat and Norman, it is unlikely paddlers would have access to the facilities we do today.

Washburn

Working in partnership with Yorkshire Water, British Canoeing leases the Washburn River and owns an area at its southern most end, commonly known as 'The Woodyard', where you can find basic facilities and parking.

The Washburn site is managed by a subcommittee of the Yorkshire and Humberside Regional Development Team. Throughout the year, the Washburn committee coordinates a calendar of events and competitions for recreational, slalom and playboating. Each event is run by volunteers from local clubs on behalf of the committee. During an event, water from Thuscross Reservoir is released down the river, turning a shallow, rocky stream into a fast flowing, 2.5km grade 2-3 river.

Since 2016, Yorkshire Water has been working hard to recover the river to a 'good' ecological status. Restrictions on release events during spring and early summer has for the last four years helped significantly improve fish spawning. In recent months, major capital works in the reservoir chain below the River Washburn has caused the cancellation of many release events. Extreme weather has also played its part, with dry summers and extremely wet winters limiting the Washburn committee to only a handful of releases in 2019.

It is uncertain as to when the Washburn calendar will carry out a full year of events. Volunteers and staff are working hard to secure the future of the Washburn as a valued regional asset for paddlers.



Linton

Linton White Water Course has been in development for many years. The project is part of a groundbreaking hydro scheme at Linton Weir, north of York. The facility combines fish passage, energy generation and a four pool white water training facility for paddlers.

Since the main part of the hydro scheme was officially commissioned in 2019, efforts to get the course up and running for paddlers have been ongoing. Safety testing of the features has been hampered by a series of setbacks, including high water, maintenance work to the innovative inlet gate, plus issues with certain sections of the design.

Volunteers and British Canoeing staff are continuing to work hard to get back to testing as quickly as possible. The fish migratory season and Covid-19 crisis has created a further set back, but all efforts are being made to make the course open to the public as soon as is safe to do so. For now, the facility remains closed.



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FIVE IDEAS FOR YOUR LEARNING AND DEVELOPMENT DURING SOCIAL DISTANCING

Lockdown has been a difficult time for everyone and is having an enormous impact on the paddling community and Instructors, Coaches, Leaders and Guides in particular.

That's why we've developed some top tips and recommendations for you to keep your passion for paddling alive by developing your knowledge and coaching skills further. So whilst we kick back to stay safe, you can still maintain your learning and development from the comfort of your sofa.

1

Delve into the digital library Our free digital library includes a wide range of resources to support your learning and development across the different disciplines. From videos, audio books, blogs and presentations to academic research and much more, there's something for everyone!

2

Explore eLearning Explore a range of bite-sized knowledge exercises on topics including 'Buoyage', 'Nutrition and Hydration' and 'Introduction to Environmental Awareness'. Check out the 'Develop your Coaching Craft' and 'Leadership' eLearning materials to support your coaching and leading ability, or work through the 'Personal Performance Awards eLearning'. Prepare yourself to run these awards once we're back on the water!

You can also renew your First Aid qualification with our newly introduced FREE First Aid Extension eLearning course. This course will be recognised by all National Associations as a three month extension.



3

Develop using the Coach Self-Analysis Tool Whatever discipline you participate in, gauge your current level of understanding, skill and knowledge with our coach self analysis tool and gain a personal overview of your current practice. The tool provides you with a holistic

4

overview, as well as a specific breakdown in each area of your skills and knowledge. The analysis then offers considerations on how you may want to support your continual learning and development.

Listen to 'the Coaching Podcast' Hosted by Lee Pooley, Sid Sinfield and Pete Catterall, The Coaching Podcast, explores a range of topics including 'How can we make our assessments empowering?', 'Maximising sessions through good gate sessions' and 'How to get started and develop as a coach?'.



5

Tune into the weekly Coaching Community of Practice webinars Connect with coaches from across the British Canoeing paddlesports community through our webinars. Each week a new coaching topic is discussed as we look at the implications and applications of coaching in various contexts. We also share experiences and learnings. Topics so far have included 'Coaching through Covid' and the 'Coach Athlete Relationship'.



Plan Your Progression

There are so many little things that we can do to keep ourselves focused on paddling during this time of restriction.

Chris Brain reflects on his time away from the water and how we can all prepare for the return to paddling.

This is the longest time that I haven't been in a boat since I started paddling!

For me going out on the water isn't just my job, it's who I am, it's my identity, it gives me real focus in my life and so many of my personal goals are intertwined with it. With the restrictions in place, I've currently found myself feeling a little bit lost, wondering what to do, how to keep focused and how to get some kind of paddling fix throughout all of this. I know I'm not alone in how I feel, thousands of paddlesport enthusiasts across the country are feeling the same way. In an unprecedented situation where paddlesport is currently on hold in the UK it feels strange to be sat at home when the sun is shining, the water is warming up and daylight lasts well into the evening.

What many of us do have during this time however, is an opportunity. An opportunity to become fitter, faster, healthier, more knowledgeable and more prepared for future paddling. We can reflect on where we have been and where we would like to go. We can take the time to properly plan that dream trip or to research rivers, coastline, lochs, lakes and canals we've not yet paddled. We can create a proper personal development plan so that we can move forwards with our paddling when we're back on the water. We can also take time to connect with others who might share our situation; via social media, online meeting platforms or just a good old fashioned phone call.

What I've realised is that we can do a little something every day to help us prepare for when we get back on the water. So take some time to reflect, set some goals and to make a plan!

Reflect

Where are you currently with your paddling? To help, you might want to ask yourself the following questions:

- What have the last 12 months paddling been like for you?
- Where have you paddled?
- Are these the same places you've always paddled?
- Is that ok, or do you want to explore more venues?
- How have your skills/experience/knowledge developed in the last 12 months?
- Do you have development opportunities with your technical and tactical skills?
- Do you have development opportunities with your physical and psychological approach?
- Are you making recognisable progress?

If you are looking to reflect specifically on your coaching skills and experience the **British Canoeing Coach Self Analysis Tool** can help you identify areas where you have potential to develop. This will also signpost you towards a range of resources to assist your development

Effective reflection is the first stage towards solid planning, so taking the time to do this will pay off in the long run.



Goal Setting

"If you always do what you've always done, you'll always get what you've always got"

If you want to come out of this period ready to move forwards with your boating, you're going to have to be prepared to do something different to what you were doing before!

Setting goals as well as specific milestones and checkpoints along the way is going to be critical to developing your paddling performance. A simple and reliable way to do this is to use SMART goals.

Specific - I have a clear definition of exactly what I need to do

Measurable – I will know when I have achieved it

Achievable – It is actually possible for me to do this

Realistic – My level of commitment is good and the time required to do it is realistic

Time Bound – I have set myself a realistic deadline to complete my goal and I will work towards that

It is really important that your targets are specific and tangible so you know exactly what you are trying to achieve and will be able to recognise when you achieve it. Many paddlers fall down at this stage by saying something too vague like, "I want to be a better paddler." This goal is not specific and won't help you in your quest to improve.



Plan and Do

Reflecting and goal setting is one thing, but getting off the couch and doing it is a different matter altogether!

Now you've identified the areas you'd like to develop and set yourself some targets, it's time to start making a plan as to how you are going to do it.

*"How do you eat an elephant?
One bite at a time!"*

Break your SMART goal into lots of smaller bite sized pieces. Giving yourself milestones towards your goal is critical, consider the rivers/rapids/venues/moves that you will need to do along the way to help you reach your target. The inclusion of checkpoints is also key as they are structured moments for reflection to check you're tracking towards your goal.

Once you start your plan, keep the initial steps towards your goal really small and easily achievable, the simpler something is to do the less likely we avoid doing it!

Remember there is something we can do every single day to help achieve our goals.



Volunteer & Recognition

AWARDS 2019

British Canoeing held its annual Volunteer and Recognition Awards at Eastwood Hall, Nottinghamshire on Saturday 14th March.

The Awards highlighted the amazing work our volunteers and clubs do to make our sport what it is today, celebrating the nominees and winners from the past 12 months.

Congratulations to all of our deserving winners...

To find out more about each nominee's story, head to; <https://www.britishcanoeing.org.uk/news/2020/volunteers-honoured-at-british-canoeing-recognition-awards-dinner>

Outstanding Contribution Award: Lorraine Murray-Glendenning

This posthumous award was presented to celebrate the life of Lorraine and her voluntary work at Hexham Canoe Club. The Outstanding Contribution was presented to Lorraine's daughters Chloe and Anna - Louise Glendenning.



Volunteer of the Year, sponsored by Jaffa: Siobhan Rowe, Norwich Canoe Club



Clear Access, Clear Waters Award of the Year Award sponsored by Peak UK: Steve Waters, Colchester Canoe Club



#ShePaddles Club Award, sponsored by Lyon Watersports: Holme Pierrepont Canoe Club

Club of the Year, sponsored by Errea:
Basingstoke Canal Canoe Club



Impact on Equality and Diversity Award sponsored by Red Paddle:
Adventure Activities for All

Young Volunteer of the the Year Award, sponsored by NRS:
Jack Holland, Pennine Canoe and Rowing Club



John MacGregor Award sponsored by Pyranha: Lee Royle

Lee's mum Louise Royle collected the award on his behalf.

Young People's Club of the Year Award, sponsored by Dagger:
Pennine Canoe and Rowing Club



Talent Club Partnership Award, sponsored by Towergate:
Royal Canoe Club

Go Paddling Award, sponsored by Palm:
Slea Paddlers



Life in lockdown

An athlete's perspective

The ongoing coronavirus pandemic has meant paddlers across the nation have had to put down their paddles and take some time away from the water.

With the cancellation of events across the board and the monumental postponement of the Tokyo 2020 Olympic Games, this has been a particularly tough season for our athletes too. Training might have stopped on the water, but our athletes aren't letting this get them down. Many have altered their training programmes to suit a home set up, ensuring they remain in strong physical condition ahead of their return to paddling.

We caught up with the five selected canoeing Olympians to see how they are keeping in shape during lockdown, what they're doing to keep themselves occupied and their plans for getting back on the water ahead of the rearranged Tokyo 2020 Games.

Mallory Franklin – Canoe Slalom

Mallory Franklin is a women's C1 and K1 slalom canoeist and in 2018 became Great Britain's most successful female canoeist winning a record eight individual and three team medals in one season.

The Games next year will be doubly special for Franklin, who will race in the women's canoe single (C1) class, the first time this event has been included in an Olympic Games.

How has training been whilst in lockdown?

"Luckily I was able to get quite a bit of gym kit, including weights and a bench press, from Lee Valley White Water Centre before we had to lockdown, so I have a pretty normal gym set up for me. This has allowed me to continue my normal gym sessions which is really important.

"On top of that I am doing lots of ergo sessions, running, yoga and circuits - a range of things to keep me moving every day."



Aside from training, what have you been doing to keep yourself occupied?

"I'm trying to get on top of the house because since I moved in, I haven't got a lot of it done, so it's a good opportunity to get through that list. In between painting my bedroom ceiling and baking, I've also spent a lot of down time watching TV."

Bradley Forbes-Cryans – Canoe Slalom

Bradley Forbes-Cryans put down the run of his life at the World Championships last year, in the men's kayak single (K1). He finished just off the podium in fourth place but still secured his Tokyo berth, beating some of the world's biggest names in the process.



What have you been doing to keep fitness up during lockdown?

"I've had some gym equipment delivered to the flat, I've got a kayak ergo and some little bits of essential gym equipment. I've been doing ergo sessions, a little bit of gym and quite a lot of running. The main thing for me is keeping the baseline fitness with my running and also to try and keep my power to weight moving on as much as possible.

"I don't feel stressed about trying to move anything on too much because we have a longer lead in period, so I'm hoping to enjoy a bit of rest and down time before getting into some really intense training when we do return to normal."

How much are you looking forward to the Games when they come around?

"There's so much training between now and the Olympics which will include training camps in Tokyo, and other races, so I am looking forward to that whole journey. Slitting on that start line at the Olympic Games will be an incredible moment when I know all of my hard work and dedication to a sport that I love will pay off, so I'll enjoy the experience and hopefully bring my best performance out on the day."

Liam Heath MBE – Canoe Sprint

Reigning Olympic Champion Liam Heath holds the world's fastest time in the men's K1 200m, an event he only started competing in seriously during 2016. He is also a multiple Olympic medallist in the K2 200m with partner Jon Schofield.



How is training and life going during lockdown?

"Training is going well. Going into lockdown, the concern was maintaining strength and fitness, but I'm lucky to have a full range of equipment and now I've settled into it, I have a good routine going. I train twice a day which is balanced alongside looking after my daughter Sarah.

"My focus is 100 percent on next summer and the training I need to do in order to put on my best performance at the Games. I'm desperate to be able to get back on the water but this period is allowing me time to focus on my family and our health during such uncertainty."

How much are you looking forward to competing in Tokyo and how big a Games will it be?

"It is going to be a massive Games and a massive celebration of sport. Having the date set is a great driver for motivation to get through the solitary sessions.

"Knowing we have something to aim for in the near future provides a good focus."

Kimberley Woods – Canoe Slalom

Kimberley Woods had her first insight of life as an Olympian as a member of the Team GB Ambitions Programme at Rio 2016. When she heads to Tokyo next year, she will take the seat in the women's kayak single (K1) and finally realise her Olympic dream.

What are your thoughts now the new dates for Tokyo have been announced?

"I am super pleased to know the new dates for Tokyo. Now I know we're looking into 2021, I can focus on planning, although there is still uncertainty around when we will be back into full training. I will be having calls with my coaching group during lockdown and planning the races we want to do from there."



How have you remained focussed whilst training at home?

"I'm going for lots of runs, and doing full body workouts. I'm thankful to British Canoeing for lending me some gym equipment, so I'm continuing to do lots of working out as I'd do normally, which is cool. I have a kayak ergo to keep my arms moving and simulate the kayak motion. I have also been getting creative with swiss ball ideas."

Aside from training, how have you been keeping yourself occupied?

"I have been filming quite a lot of content for my next video – 'project lockdown', which will feature on my vlog. I filmed a video of me doing a P.E workout with Joe Wicks which should be entertaining to watch - it was fancy dress Friday so stay tuned for that! I am trying to be creative and keep my mind healthy as well as my body."

Adam Burgess – Canoe Slalom

Great Britain's first ever C1 U23 World Champion in 2015, Adam Burgess has been growing in stature over the last few years. He will race in the men's canoe single (C1) when Tokyo comes around.

How much are you looking forward to being on that Olympic start line?

"It is really exciting. Come next summer the world will hopefully be in a better place so I think it will be a huge celebration of all things sport and show how interconnected sports makes us."

How have you remained focussed whilst training at home?

"I have a home gym set up here which we are making do with, so there is plenty I can get on with. I am taking the opportunity during the lockdown to take advantage of having more time to spend on gym work. I am trying to look at it as a land-based physical block to add some horsepower to the engine."



Aside from training, how have you been keeping yourself occupied?

"I am lucky that I'm doing my yoga teacher training, so I've always got homework, different exercises and planning classes to do. I've spent whole weekends on Zoom instead of in the studio. It is a great second focus and I'm lucky enough to have the time to practice some teaching. I have been doing sessions for followers of the British Canoeing Facebook page, using their Facebook Live has been a really good experience for me - planning and delivering classes. I'm also trying to give a bit back to the community and inspire a few more people to get interested in something I'm quite passionate about."



ON DRY LAND

An expert's guide to caring for your kit

When you're back on dry land, there's plenty you can be doing to make sure the time you do spend on the water is the best it can be. Caring for your kit is an essential part of any adventure, helping to make sure it lasts as long as you do and performs at its best. Here's a guide to caring for your kit from the experts at Cotswold Outdoor.



We've been where you're going
cotswoldoutdoor.com

01. Footwear

Outdoor footwear is built to be sturdy, but a little care and attention will keep it performing for longer. Removing mud and grime each time will help prevent it wearing away at the material, but you should always properly clean and reproof your boots before storing them. To keep your boots performing at their best, particularly on the water, reproof them after every couple of wears. Check for wear regularly, looking out for over-worn soles, fraying laces, cracks in the midsole or broken eyelets. If the boot uppers are damaged, this can compromise their waterproofing and you might want to consider replacing them.

02. Insulation

After a season on the water, your insulated jacket may well need some TLC. If you use a down jacket without a waterproof shell, we highly recommend having it professionally cleaned, but if you want to wash at home, always check the care label and use a product designed specifically for down jackets. The best way to dry it is in the tumble dryer, taking it out every 20-30 minutes to shake it out to avoid clumps, before airing for a few days.

Synthetic jackets require a slightly simpler process and can be machine washed using a non-bio detergent with no added fabric softener. Like down jackets, synthetic jackets are best dried in the tumble dryer and then left to air for a few days. Revive your jacket's water repellency and improve breathability by replacing the DWR coating. Simply repeat these washing steps using a wash-in treatment.

Spending time off the water is the perfect opportunity to show your kit some due care and attention, making sure it's ready for wherever your next adventure takes you.



03 ■ Waterproofs

Most waterproofs are treated with a DWR finish to keep the outer fabric from becoming soaked or 'wetting out', but it's essential to wash your waterproof kit to maintain its performance. You can use a sponge or put it in the washing machine using a tech wash or non-detergent cleaning agent. If washing alone doesn't do the job and your kit is still absorbing water after washing, you will need to reproof and use heat to reactivate the DWR treatment.



Water droplets should bead and roll off but if your kit has become clingy, saggy and water sinks into the outer fabric, it's time to reproof and refresh the DWR coating.

04 ■ Storing your kit

Storing your kit when you're not using it is crucial to maintaining optimal performance on and off the water. Footwear should be clean, reproofed and completely dry, before being stored in a well-aired, dry place away from direct heat and sunlight, to avoid damage and keep them in great condition. An insulated jacket's performance relies on its filling and compressing it can cause it to lose its insulating effectiveness, so these should be hung rather than folded or stuffed. Finally, you'll probably need your waterproofs year-round, so keep these hung up in a dry place away from direct sunlight.

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CANOEIST SWAPS PADDLES FOR PATIENTS IN CORONAVIRUS PANDEMIC

Olympic hopeful Doctor Chloe Bracewell put her medical aspirations on hold two years ago in order to put herself in the best possible place to win a coveted spot on Team GB for the Tokyo Games.

Following the escalation of the Coronavirus pandemic however, she has opted to return to the NHS as a call taker on the 111 service, assisting patients over the phone.

Talking about her move back into health care, Chloe said:

“We’ve been really focussed on training and getting into the best shape possible ahead of our trials but clearly COVID-19 is bigger than anything else right now and I’m glad I can do my bit to help. I’ll be answering calls on the 111 service, giving advice to patients from there.”

Chloe graduated from Nottingham University in 2015 and split her time between training at Holme Pierrepont and completing her foundation year until she decided to take a break to train full time.

“I love my sport but keeping people safe and well is most important right now. It was important for me to join the call to arms and return to the NHS.”

Chloe’s training won’t stop though, she will be combining her shifts on the phone with training in her makeshift gym - inside a former sheep barn in the countryside where she currently lives.



Watch Chloe discussing her return to medicine [here](#)



NOMINATE YOUR COMMUNITY HEROES

We know there are many key workers and community volunteers in our paddling community who are working tirelessly to help our country during the current crisis. To show our appreciation and say thank you for all they are doing, we'd like to award them with a Blue Paddle Award.

We'll be posting our thank you messages on social media and news stories featured on our website.

First off a huge thank you goes to Sarah Thomas, Delia Ellard and Dominic Hinshelwood for their contributions.



Dominic Hinshelwood

After delivering outdoor education to hard to-reach young people for over 30 years, Dom has had to adapt to working online, making sure the mental health of the young paddlers he supports is maintained during this period. He is even making doorstep deliveries to kids with disabilities providing flower-growing and art kits, and has set a 'paddling in your garden challenge' for his youth club members.



Sarah Thomas

Sarah Thomas provided support to the Southern Boat Series (SBS) Wild Water Races and since lockdown began, has been helping some of the oldest and most vulnerable members of the group.

Despite both Sarah and her husband working full-time from home and juggling childcare for their daughter Izzy, Sarah continues to deliver the vital weekly shopping to members of the SBS group who are in need. Without her help, the people Sarah supports would have to risk their health by making the trips to shops themselves. Sarah is a true lifeline for them.



Delia Ellard

Delia Ellard is usually busy making the bibs for competitors of canoe slalom to wear at ranking slalom events. Since Covid19 hit, however, Delia has put her superb sewing skills to use by making scrubs for the NHS. Aged over 70, Delia is doing a most valuable job providing protective gear to help shield our wonderful NHS staff and other key workers.

TO NOMINATE YOURSELF OR SOMEONE YOU KNOW, HEAD TO;

britishcanoeing.org.uk/membership/community-heroes and click the link to complete the form. Tell us about the work you/they are doing, their involvement in paddling and don't forget to attach a picture of your nominee.

VOW

NUTRITION



MISSION: PERFORMANCE

DON'T LEAVE YOUR SPORTS NUTRITION TO CHANCE FOR QUALITY, INTEGRITY AND AFFORDABILITY, GO FOR VOW NUTRITION

When it comes to sports nutrition, it pays to be choosy. To be at your best, whether in the gym, on the pitch or on the water you want products that consistently deliver targeted performance benefits. So why not follow the example of the British Canoeing Team and many world-class pro athletes and choose Vow Nutrition?

Vow's dedicated team of nutrition experts have developed a range of scientifically backed but affordable formulas, supported by the latest research on key nutrients, vitamins, minerals and phytochemicals.

With a commitment to using only the highest-quality, pure, raw materials, they're also backed up by rigorous lab testing.

THE BEST START

Vow Nutrition gels are targeted to support your needs pre, during and post workout, and are certified 100% vegan. Providing easily digested carbs, plus 60ml caffeine

in each sachet, Kick-Off apple-flavoured gel will give you an energy boost and help sharpen your focus ahead of high-intensity exercise, or any endurance activity.

SUSTAINED PERFORMANCE

When fatigue kicks in, Half-Time orange-flavoured gel will give you a lift to see you through to the finish. Designed to be consumed without water, it tops up your energy with carbs, and replenishes electrolytes to help avoid dehydration.

PRIME YOUR RECOVERY

When the final whistle blows, or you've finished your warm-down set on the ergo, it's time to think about recovery. Full-Time raspberry-flavoured gels are loaded with a blend of essential BCAAs to speed up muscle repair and rebuilding, plus carbs to replenish energy levels.

SAFE FOR ATHLETES

Vow Nutrition is committed to using the purest natural Ingredients and the highest production standards. Made in the UK, every batch is scientifically tested to ensure that each product only contains exactly what it says on the label and nothing else. That's why Vow Nutrition products are certified by Informed Sports – and why you know they're a sports nutrition brand you can trust.



WWW.VOWNUTRITION.COM

Make your very own teeny tiny twig raft!

Whilst we settle into life indoors, our friends at the Scouts have come up with a range of ideas to bring the great outdoors inside. Why not have a go at this teeny tiny raft building activity and share your raft with us by uploading a picture of it to social media and tagging us @britishcanoeing

1 Collect eight sticks or twigs that are roughly the same length. You will also need an additional two slightly longer twigs, and one thin twig

2 Gather some fallen leaves or petals – these will be the flag on your raft. If you can't find any you can always create your own flag out of paper and colour it in yourself

3 Cut six pieces of string, each around one metre long

4 Line up your eight same-sized twigs, side by side. These will become the deck of your raft

5 Next, wind a piece of string around and between one end of each twig. Try and follow an under and over pattern - go under the first twig, over the second, under the third, and so on

6 When you reach the final twig, tie a knot to fix the end of the deck in place

7 Repeat steps two and three, to secure the other end of the deck

8 Then lay one of your long twigs at each end of the raft – they should lie the other way to the deck. Use the rest of the string to attach these twigs to the deck

9 Carefully slot your thin twig upright in the middle of their raft. This is your flag pole. Attach your leaf, petal, or paper flag to the flagpole by poking the flagpole through the flag



Have a think about which woods float best – lighter woods such as cedar usually float better than heavier woods such as oak.

It's time to set sail with your teeny tiny raft!

Test your raft by floating it in a small shallow pool of water. Does it float?

Can you write a story about the adventure your raft will be going on?



For more activities from the Scouts Great Indoors collection, visit: www.scouts.org.uk/the-great-indoors/



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**BOOST YOUR VITAMIN C INTAKE
TO AN EXCITING NEW LEVEL WITH
THIS DELICIOUS SMOOTHIE!**

Jaffa Orange Smoothie

Servings: Two

Ingredients:

- 2 ripe bananas (frozen works best!)
- 1 Mango (de skinned and cut up in to small chunks)
- 1 Jaffa orange (peeled and cut up into small chunks)
- 200g orange juice (we use freshly squeezed)
- 150g almond milk (alternative milks would work too)
- 1 tsp vanilla extract

Method: Put all ingredients into a blender and whizz up until smooth

Optional: Serve with an orange slice and ice

