

CANOE FOCUS

**Bill Bailey:
Actor. Comedian.
Paddleboarder.**

Page 8

**Introducing the
2020 #ShePaddles
Ambassadors.**

Page 20

**Recently
joined?**

Chris Brain shares his top tips
to help you get started.

Page 16

We've been where you're going

And it's closer than you think.
Let our experience inspire yours and discover
expert adventure on your doorstep.

15% discount

for British Canoeing members.
Shop online using code: AF-BCAN-M1

Trusted by our partners since 1974
cotswoldoutdoor.com

Full T&Cs apply. Please see online for details. Offer expires 31.12.20

COTSWOLD
outdoor

Contents

WELCOME

Welcome note from the Chair
Professor John Coyne CBE 4

NEWS

Catch up on the latest news
from British Canoeing 5

FEATURE

Your return to the water 6

Paddling through the
menopause 7



Bill Bailey: Actor.
Comedian. Paddleboarder. 8



Return to paddling fitness 10

CLEAR ACCESS, CLEAR WATERS

Our places to paddle 12

FEATURE

New to paddling?
Some useful advice to help you get started 16



COACHING & LEADERSHIP

British Canoeing announces the
new leadership awards suite 18

Digital Corner 19

SHE PADDLES

2020 #ShePaddles
ambassadors announced 20

FEATURE

Open a gateway to paddling
What your British Canoeing
membership includes 22

Welcome

These are unusual times that we have been living through. The global impact of the Coronavirus pandemic has been devastating to so many families and we have all had to play our part in keeping ourselves and our community safe. Restricting our activities in the paddling community in the crucial early stages was a small price to pay to get on top of the growth in cases and sadly deaths. Many in our own community have been affected and we want to send to all of them our best wishes - not least Bradley Forbes-Cryans' father as he recovers after contracting COVID-19 in hospital.

It has been pleasing to see the easing of restriction lately and that so many have returned to paddling – safely and responsibly – plus the many new paddlers that have joined our community. The great weather and the recognition that paddling is an activity that boosts wellbeing and has such natural social distancing associated with it has given us a real boost. You get a real sense of this from the stories of returners' first paddles back featured in this edition. We have also seen many new paddlers and this has translated into a huge uplift in membership – so to our new members I want to say a particular welcome and invite you to engage fully with British Canoeing so that we can do all we can to make your paddling experience more enjoyable and uplifting. You will find some useful tips and advice in this edition from Chris Brain to help you make the most of your new membership.

As people return it is important to do so safely: safe from Coronavirus and also respecting your body and personal wellbeing. The fitness tips and drills are a good place to start as you get back on the water. In our house we have tried the **online yoga classes by Olympic qualifier Adam Burgess**. As my body refused to obey my brain I was in awe at the ease with which Adam demonstrated the most challenging of moves. Keeping fit to ensure you paddle safely is important.

As people have returned to activity after 'lockdown' it has also unfortunately brought out some of the more irresponsible behaviours that characterise contemporary life. We probably all saw the press reports of rubbish left after the 'raves' in Manchester. The casual discarding of plastic and

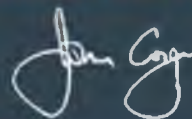
packaging waste is a national disgrace and our beautiful waterways have been once again polluted to a disproportionate extent. I am hugely grateful for the extent to which our paddling community act as the responsible and environmentally aware custodians of the water. I want to say 'Thank You' to all the clean-up teams - so many of whom had their first return to paddling accompanied by a bin bag! We are continuing to press for greater access to more of our waterways (Clear Access, Clear Waters) so showing that we care about them is vital in that task.

As we have had to enjoy our passion at a distance we have been fortunate in having a volume of information, stories and engagement on social media, in print and through streaming. Etienne Stott has been doing a great job with his weekly Paddlecast – combining his inimitable style with a series of engaging guests. His discussion with Bill Bailey on his passion for SUP was a delight and can be relived in print in this edition on page eight.

Our new #ShePaddles ambassadors are also introduced in this issue and you cannot help but be struck by the variety of backgrounds, life experiences, ages and characteristics they represent – all united by a passion to paddle. That passion can continue for life and need not be disrupted by life's natural phases – as our article on paddling through the menopause illustrates.

As we reflect on the need to be inclusive it is important that we reach out to all communities and ensure that no-one is denied the opportunity to paddle and enjoy our stunning waterways. The #BlackLivesMatter movement invites us to ask ourselves how we can ensure that our community of paddlers fully reflects and respects the diversity of the population of which we are a part and makes everyone welcome.

Professor John Coyne CBE



**Chair
British Canoeing**





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

Help identify your boat

Approximately one third of all emergency call outs to canoes, kayaks and paddleboards are to craft that appear abandoned or have come adrift, yet the paddler is perfectly safe. We're supporting the RNLI and Coast Guards in asking all craft owners to put their name and telephone number with a sticker or permanent marker pen inside their craft.



Find out more



Black Lives Matter - we want to hear from you

British Canoeing stands against racism within society, sport and the paddlesport community. We will be reviewing our equality and diversity plan to explore how we can improve diversity throughout our community and the organisation.

Help shape our future plans to ensure we are more inclusive and representative of society, by sharing your experiences of paddlesports here.



Got a great paddling story you would like to be featured in the next edition of Canoe Focus?

Get in touch with us at mediaenquiries@britishcanoeing.org.uk



Jaffa to extend relationship with British Canoeing as Official Partner

British Canoeing is delighted that Jaffa have extended their support of the sport and will become the Official Fruit Partner for the organisation until 31st December 2021.



Find out more here

British Canoeing maintains top rating in framework for safeguarding standards

British Canoeing has achieved the highest rating of 'very good' from the Child Protection in Sport Unit (CPSU) in the annual review of the organisation's safeguarding framework.

Find out what changes have been made in the organisation here

British Canoeing agree long-term deal with Energy Generator Hire as Official Partner

British Canoeing has announced that Energy Generator Hire has become an Official Partner for the organisation on a long-term deal until 31 December 2023 and will support the ICF Canoe Freestyle World Championships in 2021 and the ICF Canoe Slalom World Championships in 2023.

Click here



View from the riverbank

Richard Atkinson explains our involvement and support for the Blueprint For Water policy document; 'Changing Course' to improve our freshwater environment in the future. The Blueprint for Water consists of 14 organisations working to develop solutions to the water issues facing England to ensure a vibrant future for water, people and nature.

Click here to find out more



YOUR RETURN TO THE WATER

With lockdown restrictions easing, it's been a welcome relief to get back outdoors spending time with nature and paddling on the water. Here are just a few of your experiences returning to paddling...

DAMIAN AND JAKE SMITH

I've paddled for nearly 40 years, but as a family, have only owned our own canoes for the last five years. Being able to get on the river again was a relief especially for my son Jake, who is autistic. Nature, combined with exercise, really calms him down. He's had a lot of anxieties regarding going outside with the 'germs'.

We enjoyed a short trip from Shepperton lock to Abbey river at Chertsey and saw plenty of ducklings and other wildlife on the Thames.



KATE WARWICK

I took my daughter Romy (12) and son Jackson (10) on our first paddle of the season. I have been paddling for over 10 years, and Romy and Jackson for about the past five years.

We couldn't wait to get paddling and were really excited when the news came that we could get out on the water again. We chose to launch from Wroxham Broad and experience this section of the River Bure at its quietest. It was incredibly quiet and tranquil! Romy likened it to cycling on a dual carriageway with no cars. We all felt so calm and peaceful, there wasn't a breath of wind and all we could hear was the sound of water and the birds. We felt so lucky to be able to experience the water so peaceful, and to enjoy being outside after so long cooped up at home!

GRAHAM PATTERSON

I got the bug having been in an open canoe with a friend and I've been paddling for a year now. I treated myself to a touring kayak and regularly paddle on the Thames in Berkshire and Oxfordshire.

For my first venture out since the pandemic, I paddled between Hambleden Lock and Hurley Lock on the Thames - it was great to be back on the water again! I'd forgotten how quiet and peaceful the river is, the bird life this time of the year is amazing.

PAUL DARNELL

I was thrilled to get back on the water after two months of waiting.

In the spirit of the restrictions I went to my local launch point on the River Nene at Wellingborough Embankment in Northamptonshire. I had a very relaxing paddle from one lock to another and saw nobody apart from a single fisherman.



'PADDLER FROM THE SOUTHWEST'

Being on the water helps my mood, and gives me much needed exercise. I'd been getting withdrawal symptoms during lockdown, having missed several trips with The Arthur Ransome Society during the spring, so being able to get out on my local river was amazing, I felt a cloud lift. The kayak, called Toy Buoy, is in the van permanently now and better still the local Club have allowed launching, so I can get in more safely.

Paddling through the menopause

BY JO MOSELEY

Paddling through the menopause is not only absolutely possible, it should be encouraged for both physical and mental wellbeing! So we've enlisted the help of 2019 #ShePaddles Ambassador **Jo Moseley**, aged 55, to share her experience of paddling through the menopause.

Jo, take it away...



Photo: Frit

Research has shown that exercise has so many benefits for menopausal symptoms, and not having exercised regularly since my late 20's, being active soon became a key element of my selfcare.

In September 2016 I took my first stand up paddleboard lesson in the Lakes and was immediately hooked. I felt confident, calm and uplifted. Fast forward three years and in August 2019, I paddled 162 miles coast to coast along the Leeds-Liverpool Canal on my stand up paddleboard, litter picking and fundraising.

Here are my top tips for paddling through the menopause...

Put yourself on the priority list

Looking after your own wellbeing during menopause is very important and absolutely not selfish. Give yourself time and space to manage your symptoms. If you must, set an appointment in your diary for a paddling and self-care routine and bring your wellbeing to the fore. Remember to include good nutrition as part of your wellbeing time - especially when you're planning to be out paddling for a while. I carry nuts and dried fruit in a tin or beeswax wrap on my board as I want my snacks to be as plastic free as possible.

Find a purpose

Picking up plastic on the canal or sea has played a big part in my paddleboarding, providing a sense of purpose, hope and gratitude for the chance to make a difference.

The goal of litter picking and fundraising kept me going during my expedition from Leeds to Liverpool. Could finding a purpose; coaching, fundraising or bringing other paddlers together, bring you a boost of energy?

Build friendships

If I'm feeling anxious or haven't slept well, the last thing I feel like doing is exercise. However, knowing I've booked a day with a friend is just what I need. Having someone to talk to out on the water can help me feel less alone and put problems in perspective. **The British Canoeing Facebook page provides a great community of like minded people.**

Bend so you don't break

Many women find their muscles and joints ache during menopause. Yoga, Pilates or stretching can really help this. I also found yoga helped me get on and off the board at locks or when I needed to lie down and swoosh under a swing bridge. If you can't make it to a local class, there are some great videos online, and British Canoeing's #ShePaddles Ambassador India Pearson (@with_india) has some great tips on her **Instagram page.**

Try something new

One aspect of the menopause is feeling like you've lost your mojo, your energy levels may be depleted or anxiety increasing. Take the pressure off being accomplished at your sport and be a beginner again. Rekindle the simple joy of being on the water and sense of discovery.

For more tips click here

"I can't change the world, but I can change the little bit around me."

Bill Bailey:

Actor. Comedian. Paddleboarder.

Many will recognise Bill Bailey from the comedy shows; Never Mind the Buzzcocks and QI, whilst others will know him through his work as an author and musician. What many may not know, however, is that Bill is a keen paddler.

As part of British Canoeing's successful **Paddlecast series**, Bill took some time out to discuss and reflect on his experiences on the water with host Etienne Stott. Together the pair discussed their love of nature, passion for paddling and the simplicity of being out on the water.

"I really sort of fell for it in a massive way. I just thought this is something that I can do...on any water. I can go on the rivers and lakes, canals and estuaries and it's the simplicity of it that really appealed to me."

Bill was introduced to paddling as a child on school trips and he continued this love of kayaking with his children. His first foray into SUP, however, began on a holiday in Bali. Whilst his son took part in a surf lesson, Bill picked up a paddleboard.

"It was the most inappropriate board for a complete beginner - a sort of racing board that you had to grip with your feet! I really struggled on it and I thought I don't think this is for me. But someone suggested I tried an explorer type board instead. One go on that, and I thought; hell yeah I can get into this!"

That was eight or so years ago now and since then SUPing has become a big part of life for Bill and his son.

"Very soon after I got back (from Indonesia) I investigated a bit more and got to meet Paul Hyman who runs Active 360. Through him, I got to know more about boards and bought a couple for my son and I, and we just went out on the Thames every weekend, in all winds and weather. We just learnt the ups and downs of paddling, the gear to wear, the tides, things to look out for and hazards."



Photos: Twitter @BillBailey

“One of the other aspects of the paddleboarding [is] that you get to see a bit of old London from the river and remember that the river was here before anything else...When you get down to a water level you can see all of this old London in a way that you’re just not aware of. You might be oblivious to it driving, or even walking through the city, but from the river you can explore little tributaries and find...remnants of industrial Britain”.

Whilst doing a show in Tasmania, Bill visited Melaleuca Lagoon where he was shown a preserved Aboriginal bark canoe. “I thought; wait a minute, this is the same size and shape as a paddleboard. So when people say ‘when did paddleboarding start?’ it was 40,000 years ago that’s why it feels natural, like something that we as a species [have] been doing for thousands of years.”

Nature and wildlife are also keen interests of Bill’s, and the preservation of the environment is close to his heart. Bill has used paddling to play his part in the fight against plastic getting involved in an initiative to persuade all the riverside pubs and cafes near by to stop using single-use plastic cups.

“It’s down to us, we have to be the ones who demand it,” he explained, stating the need for us to reject the plastic cups provided by catering outlets. “I’ve been on a few of these ‘paddle and pick’ days which are great fun,” he says. “Getting my son involved at a young age was brilliant to watch...he found all this stuff; old tennis balls and somebody’s old school report summary! It’s really positive encouraging people to be more responsible about their river use and to enjoy the river.”

So what is next for Bill?

“One of my great ambitions..is paddling the length of England, starting up on the Scottish Border and then using the canals and connecting waterways to paddle all the way down and end up at Tower Bridge. That would be my ultimate dream.

“I’ve actually pitched an idea about paddling down the major rivers of Britain and then possibly around the world, talking about the history of a city from the perspective of the board...so who knows, I’d love that to happen.”

You can hear all about Bill’s life on the water by catching up with this Paddlecast episode plus our other guest features here.



**You can watch
Bill's Paddlecast
episode here**

**Find your
next paddling
adventure here**

Returning to paddling fitness

Like many, we're sure you've been making the most of being back on the water, soaking up the sunshine and breathing in the fresh air. But making sure your body is well conditioned for life on the water is important. Follow our simple, paddle specific exercises to build strength and condition for paddling, so you can go further for longer and reduce your risk of injury.

With all these exercises try doing as many reps as you can reasonably manage to get your base number, before adding one or two more reps to your number each week. Over time you will build both endurance and strength.

Single Leg Squat (press focus)

Legs are incredibly underrated within the paddling world. In nearly all canoeing and kayaking vessels, they are one of only a few body parts that act as a connector between the limited points of contact with the boat.

The single leg squat is a perfect one-sided isolated movement very similar to the pressure you need to apply to your footrest, or to find balance in the canoe. It can be executed in multiple ways depending on levels and strength. Whether you use your body weight, dumbbells, a chair or remain unsupported, do these slowly and controlled.



Variations:

- Non weighted with non-support of the back leg
- Weighted with non-support of the back leg
- Non weighted with support of the back leg
- Weighted with support of the back leg
- Fluidly executing movement
- Power speed drive ups.

Variations:

- Supported chins (with a resistance band)
- Varied grip chins (allowing you to target all the needed physical components)
- Chin holds (focusing on the "lat" engagement and endurance)
- Rings (forcing you to increase core engagement at the same time to eliminate movement)



Chin Up (Pull focus)

Chins use the Latissimus Dorsi (lats), which in turn helps to grip the water at the far-reaching front of the stroke. Strengthening these will help from the catch of the blade in the water to the speed of the exit of the blade from the water at the end of the stroke cycle.

Slower controlled movements will mean you are working the full strength of the muscle.

Side Crunches (Oblique Focus)

We have probably hit our yearly quota of sit ups and crunches during lockdown! But side crunches have the greatest impact for canoeing and kayaking. The obliques are often the forgotten core muscle and a connection through these provides strength to hold the body posture in an extended range for a lot longer, as well as linking in the positive driving movements in the boat. A common technical mistake, especially in sprint kayaking, is allowing your hips to roll up, however improved connection through the obliques, will easily prevent this.



new lifestyle range

for men, women and children

Organic, vegan,
ethically produced
and sustainable
lifestyle clothing
for paddlers



As worn by our 2020
#ShePaddles Ambassadors

AVAILABLE ONLINE AT
shop.britishcanoeing.org.uk

Clear Access, Clear Waters

Our Places To Paddle

British Canoeing is extremely proud to be the custodian of 'Places to Paddle Sites' on behalf of the paddlesport community, providing paddlers with fantastic places to get on the water.

From an arable field on the Wye to a small haven of woodland on the Dart, the portfolio of assets British Canoeing maintains today has grown in number over a couple of decades.

The management of these sites, however, is a significant challenge and one which could not be met without the amazing local volunteers on the ground. In the last edition of Canoe Focus we provided you with an update on the state of play for a number of places open to our members to enjoy, with so many to mention, here is a round up of a few more.

Symonds Yat

This iconic site has been owned by British Canoeing since 2003. Local paddlers raised money to purchase the rapid and have helped repair and maintain the site for the many tens of thousands of people who pass by it each year.

At one point, the island at Symonds Yat was in danger of disappearing all together. Major repair work to secure the island and build the 'groynes' was undertaken a decade ago, proving a huge success.

In Summer 2019, volunteers again raised funds to carry out **urgent repair work on the groynes**, taking the opportunity while the river was unusually low to move giant boulders back into place, that had been moved by the power of the River Wye.

Unfortunately in February and March 2020, the Wye saw record breaking water levels for a prolonged period. Volunteers are currently assessing the impact the water has had on Symonds Yat Rapid to understand what work may be required to repair the damage.



Cardington

This flood release channel near Bedford is one of the best beginner friendly white water courses in the country. The course has to be built and taken apart each time it is used, requiring a significant amount of effort to make operational. Each year Cardington hosts 'Interclubs', attracting paddlers from all over the country for an event with a real 'festival' feel about it.

As of spring 2020, British Canoeing staff and volunteers are working closely with the Environment Agency to look at reducing the time required to set up the course, so it might be available for use more often.

Toll Paddock, Hoarwithy

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.

The Marlin Site, Yalding

A hidden gem of a location! Tucked away on the River Medway, this tiny site is leased from the Environment Agency and is available for paddlers journeying along the Medway for camping. It is managed by members of WAM (White Water Action Medway), who take responsibility for the upkeep and management of use.

British Canoeing is currently renewing the lease with the Environment Agency and seeking a longer tenure to protect access to this location for many years to come.



You can check out some of these waterways and much more on the Paddlepoints website
<https://gopaddling.info/paddlepoints/>

**Become a
Member today!**

**BRITISH
CANOEING**

HELP PROTECT THE
**WATERWAYS
 WE LOVE**

britishcanoeing.org.uk/join



LET'S RECONNECT, STEP BY STEP

A fresh look at the Great British summer

Summer is here, but just because it doesn't look quite how we expected, doesn't mean we can't enjoy being outdoors. Whether it's a family campout in your back garden or an escape to the woods a little closer to home, you'll need the right kit for the job, selected by our experts from the very best brands. Let's rediscover the great outdoors, reconnect with each other and make the most of a great British summer.



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

01. Perfect for summer

Summer adventures call for quick-drying fabrics and versatile layers to adapt to the unpredictable weather. Think technical tees and shirts designed for moisture management, air flow and a soft feel for ultimate comfort, and a lightweight mid-layer so you're prepared for unexpected temperature drops - especially if you're not moving fast (or at all). For bottoms, zip-off trousers are a summer staple for pure versatility, or opt for gym leggings for sweat wicking and freedom of movement wherever your adventures take you.



02. Best foot forward

Your footwear can make or break your adventure, whether big or small, and all walking footwear is made with a specific environment in mind. If you're sticking to well-trodden and predictable paths, you can go for a lightweight boot or shoe with a reasonable amount of flexibility. On less challenging terrain, and in the warm summer months, flexibility is good as it helps your foot move naturally and is more comfortable on longer journeys. However, if you're going to be moving over uneven or very steep ground then you will need a more rigid boot with good ankle support. Remember, most people will be somewhere in the middle, so err on the side of caution if you're not sure.



Effective layering and fabrics designed for the outdoors will make sure you're comfortable and prepared for any weather, whether it's your local park or a woodland path.

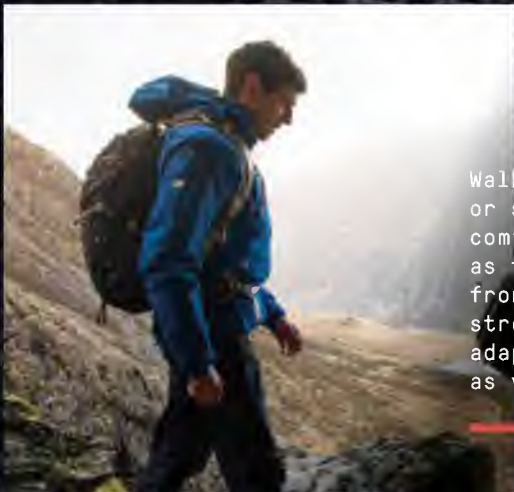


03. Pack like an expert

Your pack is as unique as your adventures, and even on short outings in your local area, you need to have your essentials with you. For day hikes, it's all about a pack that can carry everything you need without weighing you down - and in summer, look for features like hydration compatibility and a ventilated back system to help you beat the heat.

04. Take care of it

Taking good care of your kit now will make sure it's ready to go when the outdoors is ready for us again. Footwear care is all about keeping it clean, so make sure you're removing any dirt from your walking footwear after every walk and giving them a deep clean and reproof regularly to keep them performing at their best. Now is also the perfect time to make sure your waterproofs are washed and reproofed with a specialist wash-in product, so they're up to scratch for when you're back on the water.



Walking trousers, leggings or shorts offer ultimate comfort in the outdoors, as they are usually made from a water-resistant stretch fabric which adapts to your body as you move.

In partnership with



New to Paddling? BY CHRIS BRAIN

Some Useful Advice to Help You Get Started

We're seeing a huge increase in people taking advantage of the good weather and opportunities to get outside as lockdown eases. It is great to see so many new faces joining us on the water and giving paddling a go. If you are someone taking to the water for the first time or have returned after some time out, we hope you're enjoying exploring the waterways as much as we do! With this in mind, we asked fellow paddler and paddle coach expert, **Chris Brain** for his advice to help you get to grips with, and progress your paddling whilst enjoying being out on the water.

What is happening on your doorstep?

Exploring and adventuring from the water is fantastic, but knowing where to go can be difficult. The **paddle trails section of the Go Paddling website** has so many great ideas for planning your paddles and a great resource to broaden your routes.

Take some binoculars

Try not to get too focused on the distance you cover or how fast you're going, instead, take your time. You get a different perspective from the water and if you have some binoculars and a bird book, you'll be surprised what you see along the way. Spot wildlife, learn about the history of our waterways and even develop map reading and navigation skills too.

Do your homework

You will have a much better adventure on the water if you do a little bit of homework before heading out. Consider where you'll get in (access) and get out (egress), how far your journey is and also how long it might take. If you are unsure about the answers to these questions, the **Paddlepoints** section of the **Go Paddling website** has all this information ready for you. Above all, you must ensure that the journey you want to take matches your skills and experience. Be sure to check the weather forecast, so that you know what to wear and which way the wind will be blowing, plus think about what you might take with you such as a spare layer, something to eat and drink and have your phone available should you need assistance.

Go to a specialist paddlesport shop

It is well worth visiting or contacting a specialist paddlesport shop for some advice and help with equipment. Even if you're not planning on buying your own kit just yet, time spent speaking with the shop will be worth it in the long run. Not only will you be able to see the broad range of equipment available, you will also be able to gain advice, ask questions and speak to people who will be glad to help as much as you need. Specialist paddlesport shops are always run by people who love to get out on the water, they often have equipment to hire or try out and will be able to advise you where to go paddling. Getting the right kit from the start can actually save you money in the long run, instead of buying the wrong thing and having to make multiple purchases later on.

Join a club

A great way to gather some of the help that you need and potentially gain access to equipment, could be to join a paddlesport club. You will meet a huge range of people, from paddlers starting out just like yourself to veterans who have paddled the world and back! Clubs can also be a great opportunity to access coaching too as there will always be someone willing to help develop your skills on the water. Head over to the **'find paddling clubs'** section of the Go Paddling website to locate your local group.



Get some help

Following the guidance of a professional coach can develop your skills more quickly. By engaging with a coach in this formal way you can make sure that you begin on the right path and understand how to develop the foundation skills of paddlesport. A coach will also be able to signpost you towards other opportunities and steer you in the right direction to be more self-sufficient.

Go paddling regularly

It goes without saying that the best way to get better at paddling is to go paddling! Committing to going out regularly will really help develop the skills you need and start to build your experience quickly. Even if you only get on the water for half an hour, there's lots that can be done in a short space of time.

Immerse yourself

It is inevitable that at some point you will end up capsizing your boat or falling off your board! It is really important to learn some rescue skills early on so when that happens for real, you'll feel calm and confident about the situation. Remember everyone falls in at some point, it's totally normal and it's possible you might even enjoy it!

Try it all out!

There are so many options when it comes to paddling; different types of water and all sorts of different craft to match. Whilst you might be focused on one type of paddling initially, once you get going your motivations and aspirations may change. Don't limit yourself by only trying one discipline - try and have a go at as many different types of paddling as you can. A canoe club, activity centre or a specialist paddlesport provider will help you explore different disciplines - you might surprise yourself!

Great adventures are more important than great paddle strokes

Finally, this is probably the most important bit of advice that I can give. Going paddling and enjoying it, is much more important than actually being technically good at it! You can spend so much time focusing on your paddling skills and worrying whether you're doing it right, that you forget to actually go on adventures on the water. Remember if you have limited experience choose a very sheltered environment such as a canal, small pond or flat section of river and see if someone more experienced can go along with you. Learning as you go is the best way.

Happy Paddling!

Chris has been kayaking, canoeing, SUPing and coaching for over 20 years and runs his own business; Chris Brain Coaching, delivering paddlesport coaching, safety and rescue courses and REC First Aid training.

Chris would like to thank Pyranha kayaks, Palm Equipment, Red Paddle Co and Go Kayaking Northwest for making fantastic kit and their continued support

chris@chrisbraincoaching.com
www.chrisbraincoaching.com

[Check out the Go Paddling website to sign up for our Paddle Awards to help you Start and Discover paddling skills!](#)



BRITISH CANOEING ANNOUNCES THE NEW LEADERSHIP AWARDS SUITE

British Canoeing is pleased to announce the launch of the new Leadership Awards which aims to create more opportunities for people to paddle by increasing the number of qualified leaders.

The new Leadership Awards suite will align to the British Canoeing educational philosophy and support leaders to run safe, quality, enjoyable trips, based on their group's needs and aspirations.

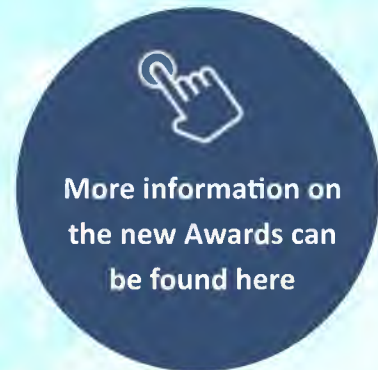
The awards are ideal for clubs, centres and activity providers looking to lead groups on single or mixed craft journeys; from sheltered water to advanced water.

Key features of the new awards suite include:

- Direct access to the environment you want to lead
- No formal British Canoeing Leadership training requirements
- Direct entry to assessments available
- Single day assessments, allowing more agility, reducing time and expenditure
- NEW eLearning package to support those leading in an unfamiliar environment
- Downloadable logbook to support the recording of activity
- Digital self-analysis tool to support leaders in their development and preparation for assessment.

Key changes to the disciplines:

- NEW disciplines: Paddlesport Touring Leader, SUP Inland Open Water Leader, SUP Coastal Leader and Stadium White Water Leader
- Canoe Leadership will be split into Open Water and White Water
- Sea Leadership will have tidal and non-tidal assessment pathways



Further updates will be promoted via the British Canoeing Awarding Body website, Delivery Centre websites and the 'Catch up with Coaching' newsletter.



“British Canoeing is delighted and very proud to launch the new leadership qualification suite, being part of the wider four year review of all Coaching and Leadership Awards. This project has included three years of feedback from candidates, providers, national associations, technical groups and wider consultation.

“Although much of the content has remained the same, the ethos and accessibility has changed significantly, providing direct access opportunities, single day assessments and no mandatory training, which could reduce both time and expense, as well as recognising and celebrating individual experience.

“Such shift and alignment with our educational philosophy better supports an individualised journey.

Lee Pooley - Head of Coaching and Qualifications at British Canoeing

British Canoeing Digital Corner



Join British Canoeing's Lee Pooley, Sid Sinfield and Pete Catterall for monthly episodes of the British Canoeing Coaching Podcast. Listen in as they talk about all things coaching and even include some tips to help you develop your coaching practice. The team explore a range of topics and invite guests to join them across the series.

Earlier this series Pete Catterall was joined by Dan Goddard, British Canoeing Talent Coach, who recently joined the ICF as a course designer. Together they explore the importance of course planning and the intricacies involved when coaching slalom. Listen back here.

More recently, Sid Sinfield spoke to Ed Christian from Chichester University about what 'constraints led coaching' is all about. Ed is a coach and academic and uses this combination of experience to explain what it is and why it is important as a coach. Click here to listen.

To join the conversation and explore the series in full click here or head to: <https://www.britishcanoeingawarding.org.uk/resource/british-canoeing-coaching-podcast/>



**PADDECAST
EDITION**

The Paddler's Podcast

Listen back to all the Paddlecast episodes on the British Canoeing Paddler's Portal



2020 #SHEPADDLES Ambassadors Announced

#SHE
PADDLES

We are excited to announce the British Canoeing #ShePaddles Ambassadors for 2020. This year we've teamed up with the Scottish Canoe Association (SCA) and Canoe Wales to choose ten inspirational women from the world of paddlesport who will be pivotal in promoting paddlesport to more women and girls, encouraging them to get on the water.



Emma Love

At 5ft tall and coming up to 50-years-old, Emma admits she's not your typical image of a white water (WW) SUPer. But she is excited about bringing more women into the amazing sport and the WW SUP community.

From initially trying to work out how to stay on a paddleboard on moving water, to becoming one of the driving forces behind Notts WW SUP, Emma recently became qualified as a British Canoeing WW SUP Coach.

At 13-years-old, Kirstie spent a rainy March day in the Lake District, in an uncomfortable wetsuit, struggling to help carry cumbersome boats. Kirstie hated canoeing. "Never again", she said.

Fast forward 16 years and she couldn't imagine being without her paddles. Canoeing has been her antidote to stress, anxiety and depression. Time on the water has taken her to incredible places and allowed her to meet some equally amazing people. Her passion for paddling even extends into her career; as an outdoor education instructor



Kirstie MacMillan

India Pearson



After what India refers to as a 'mid 20's crisis' she changed her mindset, completely stopped doing what she felt was expected of her and started doing what fuelled her soul. She left her office job in London, moved to the Kent coast, trained as a yoga teacher and learned how to surf, skateboard and most importantly SUP!

Her time on the water has also brought her closer to caring for the planet and she regularly organises beach cleans in the local community.

Follow India on Instagram (@with_india)

Julie began paddling aged 40 and her sea kayaking experience is widespread, from a self-supported Greenland trip to expedition paddling in Norway, France, Jersey and across the UK. In her 13 years of experience paddling, Julie has done a lot and is the first female Club Chair at Totnes Canoe Club.

Alongside this, she has grown as a professional coach and is initiator and co-organiser, of the Women's Sea Kayak Festival, South Devon alongside Natalie Maderova.



Julie Perren

#ShePaddles Ambassador for the Scottish Canoe Association, Jessica works as an outdoor instructor and has come across many people who have enjoyed and benefitted from paddling. Jessica feels very lucky but knows this isn't the case for everyone.

In her role as a #ShePaddles Ambassador, she is looking forward to connecting with more female paddlers online to help them.

Follow Jessica on Instagram (@jesship)



Jessica Philip



Del Read

When asked why she liked kayaking, Del responded; 'it was my lifeline'. Kayaking is her stress relief from the long hours she works as a teacher, the way she looks after her mental health and has introduced her to her closest friends. It is both her social and alone time.

Del recently completed her advanced White Water Safety and Rescue course.

Follow Del on Instagram (@del_likes_kayaking)

Clare is the #ShePaddles Ambassador for Canoe Wales. In 2017, Clare sustained a life changing traumatic brain injury. It didn't dampen or dent her determination but it did knock her confidence. She has had to re-learn knowledge and skills to enable her to reclaim her life and returning to paddlesport post-injury has been a great vehicle for her to do just that.

Clare is committed to challenging the perceptions of things women can, can't, should and should not do by standing strong, being enthusiastic, a supporter, promoter, motivator and opinion shifter.

Follow Clare on Instagram (@clare_rutter.ba.hons)



Clare Rutter



Julie Vigor

Julie rediscovered paddling two and a half years ago, at the age of 53. Having joined a local club she found she loved it and since then has completed multiple qualifications and a number of paddling trips. Julie now confidently paddles Grade 2 rivers and started paddling and competing in C1 and K1 slalom.

Julie doesn't believe there is a more enjoyable, diverse and all-inclusive sport than paddling. There is something for everyone, whether it's on a SUP, in a kayak or an open canoe, on a lake, river, a canal or the sea.

Hannah has been paddling all her life in some form, whether that was being towed along by her Dad aged just five-years-old, or more recently completing her Canoe Leader award.

Hannah wants to showcase canoeing as a fantastic, dynamic discipline where everyone can belong, contribute and thrive, especially young females like herself. She hopes that one day British Canoeing courses will get to the stage that female paddlers don't have to expect to be the only female attending.



Hannah Wicks



Eleanor Wong

Paddling has bought many wonderful experiences and friendships into Eleanor's life and has shaped her for the better.

Since university, she has become an active member of four clubs. An athlete in the GB Women's Canoe Polo squad, she juggles her time between paddling and work demands as a junior doctor.

Eleanor wants to be an ambassador to promote kayaking for women, especially minority ethnic women who are less likely to participate in sport generally and keen to promote the discipline of Canoe Polo.

We hope you will join us in welcoming our fantastic ambassadors! Over the coming weeks and months we'll be bringing you lots more on their paddling stories, so keep an eye on the British Canoeing social media channels.

Open a gateway to paddling

A British Canoeing membership opens a gateway to thousands of kilometres of precious rivers and canals in England for you to paddle. It is also vital in helping British Canoeing champion the case to create more places for you to paddle.

For just £45 a year an annual British Canoeing 'On the Water' membership includes a waterways licence, insurance and discounts for a range of fantastic retailers. All this and more for less than the price of one take-away coffee per month!

Carrying a licence is a legal requirement for around 4,500km of navigations/waterways in England. Plus, whether you live in the North, South, East or West; near a navigation or not, the contribution made through a waterways licence goes directly back into supporting a much wider network of rivers, canals, streams and lakes right across England. Helping to keep our waterways clean, safe and protected for future generations of paddlers to enjoy.

For many people, the lack of clarity around the right to paddle on rivers in England and Wales presents a major challenge. By becoming a member of British Canoeing you are supporting our organisation to be your voice in championing open access and pushing for clean, healthy

waterways. With your help, we will continue to take our Clear Access, Clear Waters message to Government and push for change.
#ClearAccessClearWaters

Everything you need to know about the waterway licence...

Who needs a waterway licence?

If you're kayaking, canoeing or stand up Paddleboarding in England or Wales a waterway licence is required to paddle on approximately 4,500km of navigations that are managed by the Canal and Rivers Trust, the Environmental Agency, the Broads Authority and a number of other waterway authorities.

Find out more
about British
Canoeing
membership
here





Why do you need a licence?

By having a waterway licence you're paddling responsibly. You are contributing to the sustainability of waterways, protecting not only the wildlife, but also the heritage of many historic navigations that built Britain! From the historic industrial heritage of the Black Country to the wide open expanses of the Broads, these spaces have to be maintained to support a wide range of users.

The money generated from licences enables the authorities to carry out a wide range of work that often goes unseen. This includes the upkeep of the banks, ensuring launch points and get outs are maintained, the removal of flood debris, the stocking of rivers with fish and aquatic species, inspecting towpaths, community outreach and much, much more.

Our blue corridors simply wouldn't be the same without the dazzling array of wildlife we see while out paddling. From the birds, to fish, amphibians to insects, the waterways agencies and many of their dedicated volunteers carry out vital ecological work helping keep rivers healthy and improving those that are struggling.

One of the major roles waterway authorities play, is in the removal of invasive non-native species (INNS). If left unchecked INNS can clog up entire waterways in just a few days, costing the UK economy billions of pounds each year. This work carried out by the likes of the Environment Agency, CRT and Broads Authority goes well beyond those waters that require a licence.

Alongside the beauty of nature, wildlife and views paddling provides, the highlight of being on the water, for many, is the tranquility. Your contribution helps to protect and maintain such natural beauty.

How do I get a waterways licence?

A **British Canoeing membership** (if you live in England) or the Canoe Wales membership gives paddlers a licence to paddle on a large number of managed waterways, and is the most comprehensive waterways licence on the market. Alongside this, membership provides paddlers with civil liability insurance and a range of exclusive benefits, making it the best value option for paddlers.

For a full list of waterways covered by the British Canoeing membership [click here](#) or visit our interactive **Paddlepoints** map - a great resource to help find new trip ideas and local launch spots!

What else does British Canoeing do for paddlers?

Income generated by membership is reinvested back into the organisation to develop and manage projects that support the paddling community and future development of paddlesport as a whole!

Our community is massively passionate about securing greater freedoms to paddle on English rivers and protecting the environment. Through our Clear Access, Clear Waters campaign we are putting forward our case to Government for changes in the law. Your membership is vital in enabling us to be your voice on river access and environment issues.

We exist to serve the paddling community and they are the heart of everything we do. We're continually working hard to widen opportunities and benefits for our members as well as helping to protect the natural environment. [Click here to take a look at some of British Canoeing's most recent projects.](#)

#SupportingPaddlers
#ClearAccessClearWaters
#StrongerTogether

Available At

TESCO



Official Partner Of



www.jaffa.co.uk

[@lovejaffacitrus](https://www.instagram.com/lovejaffacitrus)

[/jaffafruit](https://www.twitter.com/jaffafruit)

[/lovejaffa](https://www.facebook.com/lovejaffa)

A FRESH NEW LOOK



for an old favourite

check out the full  range
in store now*



*subject to seasonal availability

**Save £1 On Jaffa
Citrus At TESCO**

Hand this coupon to the Tesco checkout operator to receive the benefits as above.
This coupon has no cash redemption value and no change given.
Can be redeemed only once and by the person to whom it was issued.
Valid in the UK and IOM only and across all Tesco stores.
Not redeemable through Tesco.com.
Offer is subject to availability.
Copied, damaged and defaced coupons will not be accepted.
This coupon is, and shall remain the property of Tesco Stores Ltd and is not for resale or publication. Offer expires 31.12.2020



9 917660 301006