

CANOE FOCUS

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warm**

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Basking Sharks

A #ShePaddles sea
kayaing advernture

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EXPLORE

THE STORE



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Welcome

Welcome to the Autumn edition of Canoe Focus. I would like to extend a particular welcome to our 25,000 new members that have joined us since May. Our existing membership has shown great loyalty and it is now clear that the moment restrictions began to ease there was a surge of interest in people wanting to join us. Perhaps confinement has led us all to appreciate more fully the countryside and waterways that we have so often on our doorsteps. At the time of writing we have over 62,000 members and growing. To all our members I can assure you that the entire organisation is committed to ensuring that we serve your interests and reflect the views, interests and passion that you exhibit.

Being on the water just helps to place in perspective the daily worries that uncertain times bring. Recently I was on a flat river Derwent, less than a mile from the city centre of Derby yet totally embraced by vegetation, wildlife and nature. We need more opportunities for paddlers to access such environments.

Our community has been massively engaged and busy in progressing these important access agendas. The 'Clear Access Clear Waters' campaign has a growing network of supporters, contacts and agencies now uniting to promote our cause and the health and wellbeing benefits that arise from being on the water. Summing up in the House of Lords debate on the new Agriculture Bill, Lord Gardiner, for the government, gave assurances that "Our ... scheme will reward land managers for the public goods that they deliver, which could include granting of public access to water." This is real progress on our journey to deliver more places to paddle and better access.

There continues to be terrific work on river clean ups and the war on plastic. Some of the initiatives you will find more fully reported in this issue. We are also actively trying to reach out to encourage more people from more diverse backgrounds to enjoy paddling and just one

initiative, #ShePaddles, is featured in this edition.

It has been a most frustrating year for competitive paddlers but our committees have been using the time and space to reflect and plan for a return that will enhance opportunity and enjoyment. The sprint consultation and engagement is drawing up a twelve year plan that is already showing a community commitment to work together to deliver future success. The plan will be refined before Christmas. There is a willingness to work differently and extend opportunity.

For our Olympic athletes it has been more than frustrating but they have continued to work hard with their eyes firmly on Tokyo in 2021. Across all disciplines the return to paddling has helped keep the fun going and a space to refine skills.

This issue focuses on providing tips and insights to keep safe and enhance enjoyment. In the current context it is also important that we all follow the guidelines regarding the management of Covid-19. We are a community that is respectful of space, cares for the environment and already has routines such as 'check-clean-dry' that lend themselves to easy adaptation to face up to the pandemic. We must not let our guard down and maintain our role as a responsible community. We shall continue to keep members up to date with guidance through our website. I would like to thank all our members, our staff, clubs and the entire paddling community for their work and support during these challenging times. I am confident that we shall all emerge stronger and be energised to ensure that we serve the paddling community well.

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

New appointments for World Class Slalom Programme 2020

The British Canoe Slalom programme has announced two new coaching appointments as the team expands and takes shape for the Tokyo Games and Paris cycle. Greg Hitchen will take up a brand new Podium Technical Coach role with Luke Smyth appointed to an Academy Technical Coach position, following a rigorous selection process for the two posts.

<https://www.britishcanoeing.org.uk/news/2020/new-appointments-for-world-class-slalom-programme>



Nathalie Siegrist appointed as Slalom Lead Academy Coach

The British Canoe Slalom programme is pleased to announce that Nathalie Siegrist has joined the coaching team as the Lead Academy Coach.

Speaking of her appointment, Nathalie said: "After over 20 years working for a small federation, I am very excited to take on this new challenge. I am immensely grateful for the opportunity to work for British Canoeing, a federation with strong values and a clear vision for high performance."

<https://www.britishcanoeing.org.uk/news/2020/nathalie-siegrist-appointed-as-slalom-lead-academy-coach>

Leading stand up paddlers to host webinar series

The International Canoe Federation and Starboard have teamed up with some of the biggest names in stand up paddling for a series of free webinars offering participants a rare insight into what it takes to be the best in the world.

<https://www.britishcanoeing.org.uk/news/2020/leading-stand-up-paddlers-to-host-webinar-series>



Three finalists announced for UK Coaching Awards 2020

Congratulations to Craig Morris and Trevor Hunter, who have both been named as finalists for the UK Coaching Awards for 2020, alongside British Canoeing's Coach Self-Analysis Tool and Digital Library.



<https://www.britishcanoeing.org.uk/news/2020/three-named-as-finalists-for-uk-coaching-awards-2020>

British Canoeing appoints new Official Energy Partner

British Canoeing is pleased to announce a new partnership with Igloo Energy as Official Energy Partner. Igloo Energy is on a mission to help its customers use less energy and provide them with cleaner and greener energy systems. Its dedication to this mission perfectly aligns with British Canoeing's environmental values, making this the perfect partnership.

In the interests of openness and transparency, we can confirm that Igloo Energy is a paid partner of British Canoeing and that, at no additional cost to you, British Canoeing will receive a commission if you make a purchase following the affiliate links in this article. Any funds received by British Canoeing will be reinvested directly back into paddling.



<https://www.britishcanoeing.org.uk/news/2020/british-canoeing-partners-with-igloo-energy>

British Canoeing supports Save Outdoor Education campaign

British Canoeing recognises the importance of residential outdoor education to the lives of millions of children and young people. That's why we're supporting the 'Save Outdoor Education' campaign calling for the government to ensure there's clear guidance in place so overnight school trips can go ahead again in 2021.

<https://www.britishcanoeing.org.uk/news/2020/british-canoeing-supports-save-outdoor-education-campaign>



Clear Access Clear Waters

One year on

Access and protection of the special places we paddle is fundamental to our enjoyment of being on the water. Whether by kayak, canoe or SUP, we all want safe, clean and accessible places to go paddling.

The Clear Access Clear Waters Charter was developed by the paddlesport community and partners to make a clear case for fair, shared, sustainable open access on all our waters.

This year COVID-19 has turned all our lives upside down and the cessation in paddling activity had a huge impact on our organisation and the outdoor and sporting sector as a whole.

But the events of 2020 have helped to demonstrate our collective need for access to the countryside, with

Championing the case for fair shared sustainable open access for all

We did:

In a time when a General Election and Brexit was anticipated to be the all consuming political agenda, along came the Covid-19 curveball. Clearly, this had an impact on our plans and whilst it may have seemed like the pause button was pressed, political work continued behind the scenes drafting new legislation for a post Brexit period, under a re-elected Conservative government. As a team, we began building relationships with new MPs and understanding new legislation.

Alongside colleagues at the Ramblers, British Mountaineering Council and others in the outdoor industry, we undertook a huge amount of work on the Agriculture Bill.

The Bill reshapes how landowners will be financially supported once the UK exits the European Union, essentially seeing payment for providing a public good, including greater access for the public to enjoy the countryside through the delivery mechanism of the Environment Land Management Scheme (ELMS).

This ultimately led to Lord Addington and Baroness Tanni Grey-Thompson supporting 13 amendments to the Bill at the 'Committee Stage' which pleasingly led to two hours devoted entirely to addressing the access related amendments that had been prepared. A landmark for British Canoeing's Clear Access Clear Waters Campaign.

health and wellbeing brought into sharp focus as more people than ever discover paddlesport.

This has strengthened our calls for more places to be active from our doorsteps with uncontested access to all navigable waterways in England and Wales.

Since Clear Access Clear Waters was launched in Parliament in November 2018, the Places to Paddle team have made huge strides. **Here are just a few highlights from the past 12 months...**

We said:

With a General Election just days away, building relationships with political leaders begins again. We have built momentum and profile, so in the New Year (2020) we must be on the front foot to re-establish ourselves with the new government and intake of new MPs.

As part of the test and trials phase of the ELMS; British Canoeing put forward a proposal to pilot a scheme to improve the provision of access infrastructure to navigations which continues to be explored.

British Canoeing is also working with partners on the Environment Bill supporting proposed amendments to improve access to the natural environment.

We are also standing by Surfers Against Sewage and the #EndSewagePollution Coalition calling on the UK Government to end sewage pollution in coastal and river waters and to ensure the Environment Bill exceeds existing EU water quality legislation.

Preserving protecting and enhancing the health of our rivers

We did:

Events have been limited this year which has impacted the scale of work with volunteers. British Canoeing continues to take a lead strategic role alongside key stakeholders such as the Angling Trust and Environment Agency to combat invasive species. This has led to the production of a national Floating Pennywort Strategy which will provide guidance to enable volunteers and organisations to develop Catchment Action Groups to combat invasive species.

To 'test the strategy' we are working on a pilot project on the Thames engaging canoe and angling clubs; along with other pilot projects led by volunteers on the River Stort, Kennet and Medway, all of whom play a key role in the surveillance and management of floating pennywort.

The strategy will deliver the recommendations following the Environmental Audit Committee's findings in 2018 and is supported by Lord Gardiner of Kimble (Biosecurity Minister and Under Secretary of State for Defra).

We said:

We will be supporting more Check Clean Dry events and lead efforts to tackle non-native species locally.

We will be inspiring and celebrating more of your river clean initiatives so we can really promote what paddlers do.

We have worked with the Medway Valley Countryside Partnership to produce a guidance document on the removal of floating pennywort and a joint publication on biosecurity at paddling events with Defra, Canoe Wales and the North Wales Wildlife Trust.

We celebrated the work of our Clear Access Clear Waters Community Champions for their outstanding commitment to raising the profile of paddlesport through their environmental work.

Despite the challenges of COVID-19 over 90 paddle clean ups have been registered this year and 10 canoe clubs have participated in the national Surfers Against Sewage Autumn Beach Clean: Summit to Sea campaign, joining thousands of other ocean activists protecting our seas and rivers from the wave of plastic pollution.

We said:

With your help, we will grow and add to the content on PaddlePoints providing more rivers for you to discover.

Inspiring more people to be active outdoors – reconnecting them with the environment

We did:

We've enhanced the information shown on [PaddlePoints](#), providing more information on access points and facilities. We also have a [rivers page](#) and information on licencing.

The Paddlecast podcast series were launched and hosted by Etienne Stott MBE. If you missed them the first time, they are all on the [Paddler's Portal](#) on the [British Canoeing website](#).

So where next?

Over the next twelve months we will:

- Continue to campaign for clarity in legislation, once our petition has reached 10,000, we'll be delivering it to government
- Promote a green recovery
- Support you with paddle clean ups and champion the great work you are doing
- Provide new support in the fight against invasive non-native species and promoting Check Clean and Dry, so you can help keep your waterways thriving for wildlife and enjoyment

How can you help us secure fair, shared, sustainable open access for all?

From paddlesports to swimming, rowing to angling, more people than ever before are wanting to enjoy our rivers for recreation. The health of our nation is inextricably linked to that of the environment around us.

It is absolutely vital we act now, as one, to secure fair shared sustainable open access on our waterways and actively protect our environment.

Take action to secure fair shared sustainable open access on water. Join us as a CACW Campaigner here:

<https://clearaccessclearwaters.org.uk/>

Cleaning up our rivers and waterways this autumn

Throughout September and October we asked you to roll up your sleeves and get cleaning. And you didn't disappoint.

As Surfers Against Sewage held their longest campaign against plastic and sewage pollution to date, and Keep Britain Tidy launched their Great British September Clean, we asked you to take to the waters and help clean our waterways.



The Hunt Family

Location: River Nene between Denford and Thrapston Sailing Club

Volunteer Jon Hunt said: "This is our regular short family paddling route. We used one canoe and one kayak and together our group collected one large bag of rubbish."

Most interesting item found: Half an empty deodorant bottle and an empty gas cylinder.

Team Marpa

Location: River Soar

Volunteer Phillipa Ward said: "We thought this stretch of water was fairly clean at the time, but during our paddle we pulled out the most gruesome things, including two illegal barbed hooked fishing lures and their lines which would have been lethal to ducks and other wildlife."

Most interesting item found: Illegal barbed hooked fishing lures.



Derek Buck

Location: River Aire at Castleford

Derek took on the River Aire and Calder Navigation and collected four bags full of litter from the waterway.

Most interesting item found: Half a raft!



PaddlePlus Leicester

Location: River Soar, Leicester

Leicester's PaddlePlus Canoe Club organised a whole week of post-work litter picks. During the week, six volunteers in three canoes collected 11 bags of rubbish.

Most interesting item found: A rusty motorbike.



SBC Paddlers

Location: Normanton on Soar, Leicestershire - between Zouch and the Eleven Arches

28 volunteers aged between 10 and 70 grabbed their litter pickers and jumped onto the water. Together they covered 26km of the River Soar over two days and collected eight sacks of rubbish in total.

Most interesting item found: Bike frame, flipper and foot pump.



Medway clean up:

Location: East Farleigh and Allington

Medway Valley Countryside Partnership volunteers and Maidstone Canoe Club joined forces to collect litter between East Farleigh and Allington on the River Medway. Volunteers untangled bags from branches and fished out multiple discarded cans.

With additional effort by Tonbridge Canoe Club in the higher reaches of the river and more volunteers taking part on foot, the group collected over 60 bags of rubbish.

Most interesting item found: A bike and a large piece of tubing.

Seabins:

Fighting plastic pollution in our waters

What do Sydney Harbour, Hawaii, Monaco, LA and...Leicester have in common? Yep, you guessed it, the Seabin!

Predictions suggest oceans could soon hold a kilogram of plastic for every three kilograms of fish.* With plastic swamping our waterways, there has never been a more pressing time to clean up our act, and the Seabin is proving a huge success in the fight against plastic in our waters.

Dreamt up by surf-loving environmentalists Andrew Turton and Pete Ceglinski, the Seabin is designed to filter water through a mesh net capturing pieces of plastic as small as two millimetres in length and width.

In September this year, the Leicester Outdoor Pursuit Centre (LOPC) installed a Seabin into the River Soar, one of just 60 in the UK. One month on, the results are both remarkable and shocking to see.

Everything from the usual bottle tops, fast food packaging and bits of polystyrene to the more unusual flip flop, shuttlecock and teddy bears, are finding their way into the water.

Centre manager for the LOPC, Stuart Fraser said; "I always knew that there was a lot of rubbish in our rivers, but what you can't see is the miniscule pieces of debris that have broken off larger items and this is where the Seabins are particularly effective. These tiny pieces float just beneath the water so aren't visible to those doing litter picks and are frequently tangled up with wildlife."

In just one week the centre collected over 150 bags of rubbish from the Seabin and canoe litter picks.

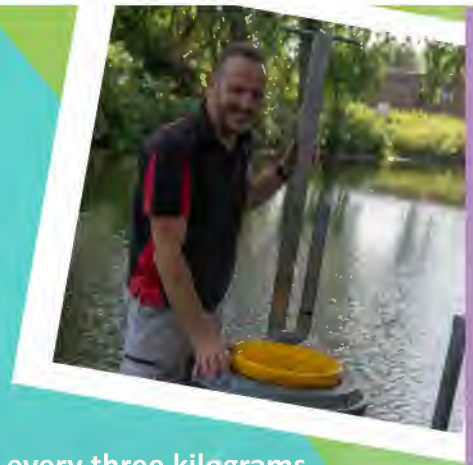
One thing Stuart Fraser says has been particularly eye opening to see is the individual plastic beads from a range of materials wash in amongst the autumn leaves - highlighting the real juxtaposition between nature and pollution.

The Seabin requires frequent emptying, something that Stuart says the public have been fantastic in offering their help to do.

"The Seabin along with a recent paddle clean up effort, has contributed to an improvement in water quality around the centre," he says.

*Source: <https://www.abc.net.au/foreign/saving-the-big-blue/8452620>

Photos: Andrew Price - Viewfinder Pictures



"As winter and wetter weather creeps in it will be interesting to see how much more rubbish we collect from debris being washed into and down the river," Stuart said.

Aside from the litter being collected by the Seabin, the centre has also seen a number of paint spray cans littering the river bank. Last year they dealt with the effects of oil being dumped in the water affecting local wildlife.

Funds for the centre's Seabin were raised through crowdfunding and support from the local Co-op charity scheme. After an assessment of the area, they have identified another prime location for an additional Seabin to sit and hope to begin fundraising for it over the coming months.

To donate to their project you can email the LOPC at Seabin@lopc.co.uk

To purchase a Seabin for your local club or centre, contact Seabin directly via their website seabinproject.com who will be able to put you in touch with the UK distributor.

Surprising statistics**:

Total amount of waste captured by Seabins to date: 1,326,485 kg.
Amount captured each day: 3,612.8 kg

Source: Seabinproject.com

**Figures correct at the time of writing

Become
a Member



Help protect the **waterways** **we love...**

Did you know? British Canoeing membership includes a waterways licence which funds vital work and contributes towards the protection and maintenance of the waterways including removal of flood debris, fallen trees, invasive non-native species including floating pennywort and much more.

Membership includes:

- Waterways licence for over 4,500km of waterways
- Public liability insurance for all your paddling
- Discounted member rates on craft insurance
- Latest paddler news and expert advice
- Access to trails, courses and events
- Exclusive member discounts and special offers

Join online www.britishcanoeing.org.uk/join
Or call us on **0300 0119 500**



British Canoeing membership... More than just a licence fee

British Canoeing continues to thrive thanks to our 60,000 members, volunteers, clubs, centres, coaches and providers. Our purpose has always been to create a thriving paddling community that inspires individuals to pursue a passion for all forms of paddling; for health, enjoyment, friendship, challenge and achievement. Here's a flavour of some of the great areas of work and projects membership money contributes towards...

#ClearAccessClearWaters

We've always prided ourselves on being able to offer the most extensive and affordable waterways licence, providing our members access to 4,500km of managed waterways across England and Wales. Plus, the money generated from licences enables waterway authorities to maintain and protect our beautiful waterways, ensuring they are kept clean and safe for us and future generations to enjoy!

However, we recognise this represents a fraction of the 70,671km of inland water resources and that is why we continue to spearhead a campaign for fair, shared and sustainable open access for all.

The continued success of our **Clear Access Clear Waters** campaign is largely thanks to our members being responsible custodians for ensuring the paddling community is seen as a means to protecting these environments. British Canoeing is always on the lookout for ways to support vital conservation projects and pollution awareness campaigns along with helping members coordinate various waterway clean ups.

#ShePaddles

With more and more females participating in paddlesport our #ShePaddles project has never been more important to us. #ShePaddles is all about creating a welcoming and supportive environment at every level within paddlesport, to ensure women and girls have the means and opportunities to get where they want to be in the sport.

Go Paddling

Go Paddling's interactive PaddlePoints mapping resource provides recreational paddlers with a quick and easy way to find paddling locations. PaddlePoints is a fantastic community resource giving paddlers the ability to plot and share information about a particular paddling route.

Go Paddling also provides information on an extensive array of rivers as well as canals, lakes and other waterways. There are more than 140 paddling trails for recreational paddlers to download on the Go Paddling website!

Discover your next adventure: www.gopaddling.info

Member Bonuses

With our community growing and being viewed as responsible custodians of the water, we've forged excellent relationships with various organisations to provide you with some fantastic member bonuses...

- A Waterways licence – to paddle on over 4,500km of waterways in England and Wales
- Public Liability Insurance - providing you with £10 million civil liability cover
- 50% off British Canoeing Personal Performance Awards
- Discounts and special offers on leading paddlesport and outdoor brands
- 10% off dryrobe
- 20% off print subscription to the Paddler magazine & 23% off SUP Mag UK

Plus many more!

So THANK YOU to our amazing community for making all this and much more possible! To be part of the paddling community visit www.britishcanoeing.org.uk today!



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Official Partner of British Canoeing



Royal seal of approval for Jim and Apple-Jane

British Canoeing has a proud history of members who have been recognised for their tireless contributions to the paddlesport community. And this year is no different. When the Queen's Birthday Honours were announced in October, it came as a great surprise to both 69-year-old Jim Armstrong and 17-year-old Apple-Jane Hayward, both of whom were awarded the British Empire Medal.

Jim Armstrong set up Laburnum Boat Club as a charitable boating project in the 1980's for what was supposed to be an 18-month long project. Yet 37 years later it is still going strong and now welcomes 400 young members annually.

Located along the banks of the Regents Canal, Laburnum Boat Club provides water-based activities for children around the local area. Many members progress to become canoe instructors, narrowboat skippers and rock climbing coaches. The club also works extensively with children and young people with disabilities, and has built relationships with surrounding schools who include kayaking within their PE curriculum.

Jim was marked out for special recognition of his long-standing service to children and young people from around Hackney.

Reminiscing on his time setting up and running the club he said: "The whole thing has been great fun! Paddlesports are just great for helping young people develop. It felt like we had set up the right facility in just the right place.

"Kayaking is a great activity for kids to engage with ... getting them off the streets, learning new skills, and expending energy. When they are in the boats they aren't quite so cocky, and after a couple of hours they leave tired and wet and happy."



At just 17-years-old, sea cadet and paddlesport instructor, Apple-Jane Hayward showed that age is no barrier when it comes to helping in the community.

During lockdown, she rolled up her sleeves to deliver hot meals to those in need around her local area of Brentwood, Essex and took time out to ring around her sea cadet group to check how they were coping.

Apple-Jane said "I found out about the Brentwood COVID-19 Mutual Aid Group from a leaflet that had been posted through my door. It offered help with collecting prescriptions, shopping, dog walking and friendly chats. We found that there were members of the community who really needed help and hadn't had a hot meal in ages, so we started cooking and delivering hot meals too."

An active member of the Sea Cadets, Apple-Jane also made time to ring isolated members of the Royal Naval Association.

"I enjoyed making friendly phone calls to some of the isolated members of the Royal Naval Association, as it really felt like I was making a difference and I know that if my grandad didn't have us, it is something that would have cheered him up," she continued.

British Canoeing extends a huge congratulations to both Jim and Apple-Jane and thank them for their continued commitment to the paddlesport community and beyond.

#StrongerTogether



#ShePaddles Ambassador, Julie Perren's mentoring scheme for women

Julie Perren is a moderate water sea kayak coach, chair of Totnes Canoe Club and co-organiser of the Women's Sea Kayak Festival in Devon. This year Julie is also one of British Canoeing's #ShePaddles Ambassadors.

In this article Julie tells us about the mentoring programme she has started to encourage more women onto the coaching pathway.



Passing on experience

I began paddling aged 40 and have been continually inspired by amazing female role models over the last fifteen years as a kayaker. From gaining qualifications, to taking on the role of Club Chair at Totnes Canoe Club, there has never been a challenge I haven't been able to overcome thanks to support from others.

Running the Women's Sea Kayak Festival in South Devon I watched women's skills and confidence grow in the nurturing environment we created. Seeing women supporting other women encouraged me to formalise a mentoring project that can be replicated by others in any paddling discipline, at any level.

During my year as a #ShePaddles Ambassador, I am mentoring five women, with the hope of building their confidence to achieve their paddling goals through a structured framework. I run sessions based on the skills they want to improve and give them challenges to work on between meetings. By maintaining an equal focus on short and long term goals, I hope the paddlers will continue to develop beyond the scheme.

In return, I asked that they help another kayaker, male or female, on their paddling journey. Once I'd reassured everyone that being a safe, empathetic and enthusiastic person was qualification enough to encourage another paddler, they made suggestions on ways they could help a friend of the same level take out beginners on sheltered water or gain coaching qualifications.

"The mentoring group gives me a safe place to push myself and improve my paddling. We are mixed ages and abilities but the atmosphere is non-competitive and all about mutual support. Julie made it clear that she hopes the group will cascade outwards and that we in turn will help to get others onto the water."

– Karen

A desire to help others progress

However hard we try to improve on our own, the support of another is invaluable when striving towards our goals. Whether this allows us to achieve our first turning strokes, progress to the world of coaching or become a top athlete, a reassuring word from a friend, peer or coach can make all the difference!

Before setting the scheme up I completed the [British Canoeing mentoring e-learning](#), which helped clarify the lay out and ground rules of the project. It taught the importance of mentoring being a two way interaction and the elements to consider in order to ensure time spent is effective and successful.

Having asked some female paddlers if they would like to be involved I put together a questionnaire to discover their short/long term goals and rate how they felt about various skills. It was important to know which teaching styles worked for them to maximise learning opportunities. I also asked them about negative paddling experiences and how they had overcome them. It was unsurprising to find a common theme within the replies was a lack of confidence.

"Being in a small group of amazing women, where we support each other and learn together has been great. From a starting point of a relative beginner, I'm now assessing the weather, planning a trip and getting out there. Outwardly I still look scared (that's just my concentrating face) but inwardly I've got the biggest grin."

– Kate

**#SHE
PADDLES**

Putting it into practice

We used our first paddling meet to get to know each other while revisiting a few basic skills which the ladies turned into a 'time warp' dance, edging and zombie armed forward paddling. We also exchanged ideas on how to help each other. It was a more enjoyable evening than I could have hoped for!

Between meets, I've encouraged everyone to join other paddling trips and lead their own. During lockdown I also ran an online sea kayaking course, working on beginners trip planning and navigation, as though we were going on an actual trip. We then had a Zoom meet afterwards to discuss how the forecast actually panned out and how the trip might have gone.

Gaining experience in trip planning and learning to build a picture of the day from the forecast information seems a key factor in building confidence, alongside paddle skills and rescues. The group all now arrive with a trip plan for the day and we talk through which to follow and why it might be the most appropriate option.

"Making trip plans and discussing them before and while on the water is a great way of building from what's written on a bit of paper to what it translates to whilst paddling. No question is deemed too silly to ask. There is never competitiveness, only encouragement. We are allowed to make mistakes and encouraged to try a different approach next time. For me this is a fantastic learning environment."

– Alison

The future of the scheme - can you pass it on?

Up to this point we have had three paddling sessions and there is already a difference in the confidence levels on the water. I'm learning plenty too and I'm not allowed to stay dry and avoid practising rescues!

By the end of my time as a #ShePaddles Ambassador I aim to help the ladies to achieve their goals, as well as build their confidence as paddlers.

It would be fantastic to see a similar scheme run across the UK and I hope that keeping it easy to follow will encourage others to adopt it.

If anyone has any suggestions or comments on how to get more people involved or questions on setting up your own mentoring scheme feel free to contact me: julie.perren18@gmail.com





The greenest unit of energy is the one that isn't used

At Igloo Energy, we are delighted to announce that we are the official energy partner for British Canoeing.

You might think it strange that an energy company is so happy to partner with an organisation who cares about the environment, but we are not your usual energy company.

Who are Igloo Energy?

We are an energy company who are passionate about the environment we live in. Our mission is to help make our customers' homes smarter, more efficient and cost less to run while helping the world get a cleaner energy system.

How we differ?

We truly believe the greenest unit of energy is the one that isn't used. As a result, we want to supply our customers with as little gas and electricity as possible, and instead provide customers with recommendations on products we believe can actually reduce their energy bills. Using what we know about our customer's homes and

their energy consumption, we estimate how much they could save from a range of energy saving products. Depending on the set up in the home, not all products will save you money - if this is the case we will tell you!

On average 31% of a household's total carbon emissions comes from heating

It is no surprise that the biggest carbon emitter in the average home is the fossil fueled boiler. Air source heat pumps are an alternative way to heat your home and can be up to four times more efficient than the traditional boiler.

Our team of experts can help you understand if an air source heat pump would save you money on your bills, lower your carbon footprint and if you have not already, find out how to make the most of Government schemes to help pay towards the cost of the system.



To learn more about air source heat pumps or to receive a personalised free quote today visit:

igloo.energy/britishcanoeing or call 0333 016 4500



KEEPING YOUR QUALIFICATIONS UP TO DATE AND CURRENT

Whether you're a Paddlesport Instructor, Coach, Leader or Guide, it's important to ensure your Membership, First Aid and Safeguarding qualifications remain in date to meet operational requirements.

FIRST AID TRAINING

Holding a recognised and valid First Aid certificate is essential to keep any British Canoeing qualification current. All Paddlesport Instructors, Coaches, Leaders and Guides have a responsibility to maintain an appropriate, and current First Aid award to ensure you can look after paddlers in your care.

See our First Aid Policy for full details. Please note: This does not apply to paddlesport instructors that work under direct supervision.

SAFEGUARDING TRAINING

Safeguarding training is a fundamental requirement and demonstrates your commitment to protecting everyone who participates in paddlesport. The individuals you coach and lead determine the level of training you require. As part of our ongoing review process, we have introduced changes to our safeguarding requirements for both Coaches and Leaders.

- All Coaches and Leaders will need to engage in appropriate safeguarding training as a prerequisite before assessment
- All qualified Leaders will need to engage in appropriate safeguarding training to keep their qualifications valid
- All Coaches and Leaders will need to refresh their safeguarding training every three years to keep their qualifications valid and meet the Update Scheme requirements

British Canoeing has a variety of training opportunities available for Instructors, Coaches and Leaders. If you do not work regularly with children or adults at risk, or need to refresh your safeguarding training, British Canoeing has a range of [low cost eLearning packages](#) available.

MEMBERSHIP

Maintaining full National Association membership provides civil liability insurance, professional indemnity and a range of other benefits. [Become a member of your National Association today.](#)

CONTINUOUS PROFESSIONAL DEVELOPMENT (CPD)

As an Instructor, Coach, Leader or Guide, you'll recognise your need to continually maintain your skills to reflect current best practice in paddlesport activity.

British Canoeing recognises the commitment, time and effort made when obtaining qualifications and, aligned with our educational philosophy, wants to provide you with ownership of your continual development.

Considering your own areas for development as an Instructor, Coach, Leader or Guide will help you identify appropriate methods of staying up to date with current practices, consider new ideas and research, as well as continually improve the experience you provide to others whilst on the water.

Discussions with your peers, coach developers or mentors will assist you in reflecting on your current practice and areas for considering development. [British Canoeing's self-analysis tools](#) may be helpful to suggest areas you may want to consider as part of your development.

We encourage you to develop yourself through a variety of means by seeking formal, non-formal and informal development opportunities. British Canoeing qualifications, awards and learning resources are still very much recognised as appropriate CPD and individual records are updated automatically.

Instructors, Coaches, Leaders and Guides will need to gain 20 points every three years by uploading evidence on their record.

#SHEPADDLES WITH SHARKS;

A #SHEPADDLES SEA KAYAKING ADVENTURE

As summer came to an end two British Canoeing #ShePaddles Ambassadors, Kirstie Macmillan and Jess Philip (#ShePaddles Ambassador for Scotland) joined third paddler Cat Ince for a long overdue adventure. Together they headed to the Scottish Isles of Raasay and Rona to undertake a classic Scottish sea paddle. From traditional grey seals and otters, to golden eagles and deer accompanied by their fawns, the journey was alive with wildlife! Lurking just below the surface however, was something quite incredible...

The islands of Raasay and Rona lie nestled to the east of Skye, protected from all but northerly winds and swell from the North Atlantic. Together 'Team Otter', as they call themselves, planned to circumnavigate from Sconser on the Isle of Skye. Here Kirstie documents the magic of the adventure and relives their incredible encounter with the island's gentle giants.

confirmed it."It's not an otter, it's a basking shark!" I yelled. We couldn't believe it. The gentle giant was completing laps of the small bay, filtering the cloudy, plankton-rich water with an air of elegance and grace. The creature entirely contradicted the traditional image of sharks depicted by films like Jaws.

We were awestruck. Jess tried to stay back, but the shark proceeded to calmly swim between, around and behind our boats, occasionally flicking its tail to u-turn around a patch of plankton. The most incredible moments were when its nose broke the surface of the water. Only then did we appreciate the sheer size from head to tail and width of its gaping mouth!

After taking some time appreciating the spectacle, we were on our way, completing our circumnavigation of Rona amongst the company of sea eagles, harbour seals and discussions of our lucky encounter.

Despite a long day paddling, we were kept awake that evening with lots of questions: How big do they grow? How long do they live?

Do they have teeth? Is their eyesight any good? Are they affected by plastic pollution? Eventually though tiredness took over and we fell asleep to the sounds of lethargic lapping waves.



After an 30km paddle into a stiff headwind on our first day from Sconser to northern Raasay, we were gifted a stunningly calm day for our paddle around the Isle of Rona. Relieved to launch into the open sea and journey northwards into a calm Atlantic swell, we rounded into the little bay of Geodha Chùil-Tairbh near the lighthouse. Cat alerted us to an otter. At first, I couldn't see what she was pointing at due to the sunlight dancing on the surface of the water, but suddenly I saw it.

Suddenly a huge grey fin appeared on the surface of the water and a flick of a tail behind





The next morning brought wild and windy weather giving us a free day to rest, enjoy the views and take in lochs and hills whilst collecting fresh water for our final paddle back to Sconser the next day.

It was comforting to spend time in reflection - enjoying the simple things without the stress and anxiety 2020 has brought. We were adventuring, exploring the edge of our comfort zones and sharing amazing experiences together. Even the persistent midgies couldn't dampen our spirits!

With the shark from Rona still on our minds, we collected a few handfuls of plastic items from the beach near our campsite and launched for our final leg to complete our circumnavigation of Raasay. We were quickly advancing southward with fantastic vistas of the Trotternish Ridge to the west and The Cuillins to the south. Finally, a little way past the shielings of Manish More, we found a suitable landing beach for lunch. As we sat in contemplation, watching the waves break a large fin appeared from behind the rocks..."Shark! No. Two sharks!" We couldn't believe our luck and it got even better.

Over the next hour we saw eight basking sharks, some appearing from beneath our boats whilst we were watching another set of fins in the distance scoot across the water. At one point, we had sharks beside us and sea eagles above us. Coupled with the epic scenery, it felt as if we had paddled into a scene from Jurassic Park!

Despite the ominous silhouettes of fins on the surface, basking sharks are relatively docile, their brain is just 10cm long, rather disproportionate to their length which can get up to 11 metres! The sighting of one basking shark off Rona left us awestruck, but seeing eight off western Raasay left us grinning like Cheshire cats!

On our return to relative civilization (and an overdue hot shower), we spent some time researching basking sharks to find that they are

very mysterious creatures. Scientists are still unsure how long they live, where they mate or where they give birth. What we do know however, is that they are an endangered species. Although protected in the UK, their liver oil, skin and fins are still highly prized on the East Asian market and closer to home, they are under threat from boat and propeller strikes. Perhaps most upsetting is their needless risk of ingesting ocean plastics and losing their vital plankton food source due to global warming and ocean acidification.

The UK waters are full of wonderful seabirds, seals, sharks and cetaceans. Respect the wildlife which you encounter and follow the marine code; give it plenty of space and let it come to you if it wishes to do so.

You can help record and research the wildlife you spot in the water, by submitting your encounters via the [Seawatch Foundation website](#).



“ It was an amazing trip for my first sea kayak expedition. I still can't believe how much wildlife there could be round a small island. ”

Jess Philip, #ShePaddle Ambassador for Scotland

KIT TO KEEP YOU WARM

The arrival of autumn and the advent of winter shouldn't be a barrier to paddling. With the right clothing you can enjoy getting on the water all year round. Here's our guide to some of the best kit for keeping warm and getting the most from paddling through the winter months.

TSANGPO SUIT

The ultimate one piece baselayer for cold conditions. Made from super soft, stretchy Pontetorto fabric, treated with Polygiene for odour control. The soft, natural feeling fleece, flatlocked seam construction and two way zipper access make it so comfy you'll never want to take it off

£114.95



Palm

NEOFLEX HOOD

A thin, super-stretch hood ideal for use under a helmet or as a spring or summer stand alone. Made from Thermospan lined NeoFlex neoprene. The neck is shaped to fit over paddle jacket neck gaskets.

£24.95



TALON MITTS

An open palm design with internal finger separation for increased control, the Talon mitten allows you to maintain a grip on your paddle and still keep your hands warm. Made from 3mm Quick Dry thermal lined neoprene, with a GlideSkin cuff seal and grippy palm print.

£27.95



red paddleCO

Available in men's and women's

RED ORIGINAL PERFORMANCE TOP

The Performance Layer Top keeps you comfortable when paddling or undertaking outdoor activities on cooler days, and looks smart off the water too. Dri-release technology wicks moisture and keeps you from overheating. Zipped pockets keep small items safe and thumb-loops offer extra hand-warmth

£49.95



PEAK UK
www.peakuk.com



THERMAL RASHY

Perfect for kayaking and canoeing in most conditions, Peak UK's Thermal Rashy is a super warm, quick drying and wicking long sleeve base layer.

£45



STRETCH FLEECE PANTS

Wind and water resistant, super warm and super comfy, the Stretch Fleece Pants are great for kayak, canoe or SUP

£55



ONE PIECE SUIT

The ultimate cold weather onesie. Peak UK have a range of one piece suits ideal for staying snug as a bug in a boat!

£625

COTSWOLD
outdoor



RAB CLASSIC WOMENS MICROLIGHT ALPINE JACKET

Now with fully recycled fabrics and down, the Microlight Alpine Jacket is as iconic as ever and is perfect for any adventure - land or water

£195



BRIDGEDALE WOMENS HEAVY-WEIGHT MERINO COMFORT SOCK

Designed for cold environments, the Bridgedale Womens Heavyweight Merino Comfort Sock offers superb softness as well as excellent thermal and moisture control. Ideal for keeping your toes toasty in the outdoors.

£21



MONTANE MENS ICARUS JACKET

The Men's Icarus Insulated Jacket from Montane is a toasty insulated jacket keeping you snug in cold conditions. Incredibly lightweight and warm, it comes in a small pack size and is perfect for carrying on paddles

£150

Don't forget members of British Canoeing can enjoy 15% off Cotswold Outdoor. More information can be found via your member enews.

Get ready for your Leadership Award!

In January 2021, British Canoeing will introduce a new Leadership Award suite aligned to the British Canoeing educational philosophy aimed at increasing the number of qualified leaders and providing more opportunities for people to paddle.

The new 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.

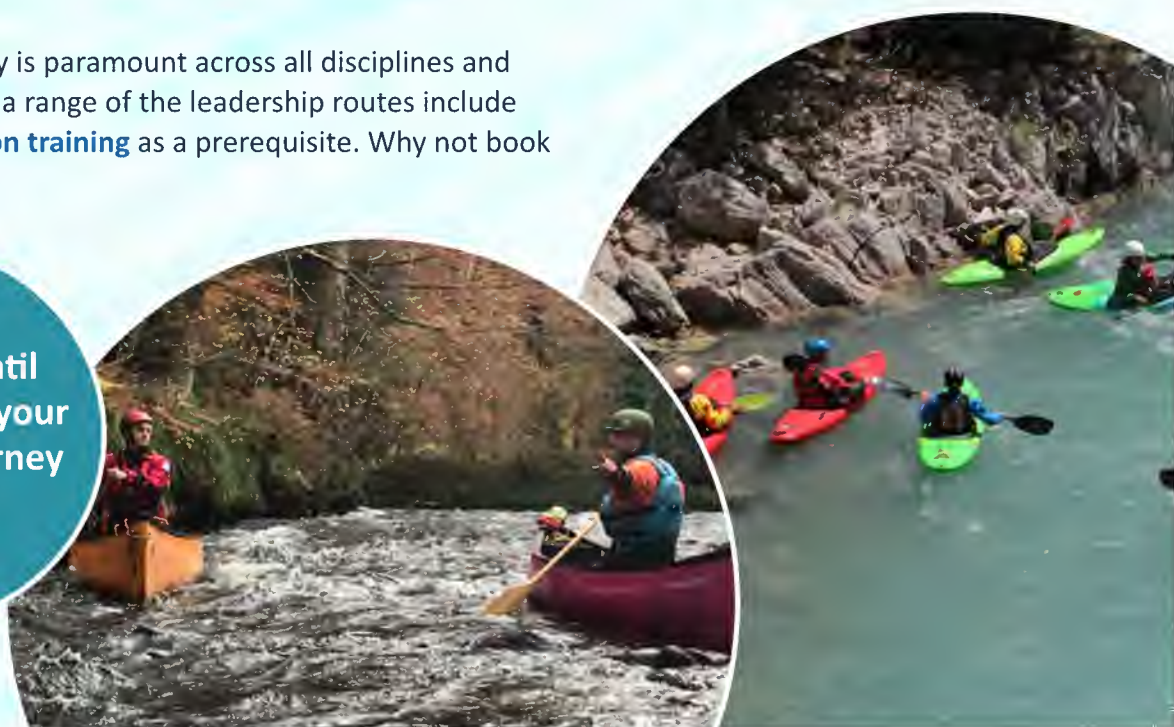
The new awards suite offers optional training and direct entry opportunities meaning you can start your development journey today and ensure you're prepared for the new awards in January.

Your individual journey to becoming a qualified leader

From formal training to more bespoke opportunities, Leaders can choose their own development journey. Private tuition, in-house training, shadowing other leaders or conference/symposium workshops are just a few options available.

- **Leading skills:** From January 2021, optional leadership training courses will be available across disciplines covering; leadership skills and group management, associated personal skills as well as safety and rescue skills. Alternatively, already qualified leaders can support your development through shadowing
- **Personal skills:** The **Personal Performance Awards** are a great way of supporting your skill development across a range of environments and disciplines. Why not speak to a coach or leader at your club who will be able to provide some coaching on the specific skills you require?
- **Safety skills:** Safety is paramount across all disciplines and environments and a range of the leadership routes include **safety** or **navigation training** as a prerequisite. Why not book your course now?

Don't wait until January - start your leadership journey today!





To find out more about the new Leadership Awards, visit the [British Canoeing Awarding Body website here](#)

All leaders will require -

- A valid British Canoeing recognised First Aid award (valid within three years). To find the appropriate first aid qualification for your role [click here and book on today!](#)
- Up to date Safeguarding Training (valid within three years). British Canoeing offers a range of online safeguarding packages, as well as face to face courses
- Membership. Membership provides liability insurance. To purchase your membership [visit your National Association website today](#)

From the comfort of your sofa...

- The [Leadership eLearning package](#) is an optional supportive resource that takes you through some of the key principles behind the British Canoeing model of leadership, exploring influences on a leader's behaviours as well as leadership approaches
- The [digital library](#) is full of resources to support you in your understanding and knowledge, alongside other eLearning such as buoyage, nutrition and looking after the environment

Coming soon to the British Canoeing Awarding Body website...

- Leadership Self-Analysis Tool - identify specific areas of development, so you can plan your bespoke learning journey based on your needs
- Downloadable logbook - Capture and reflect on your experiences with your logbook, this will enable you to consider your progress ahead of an assessment. You can use this as a record once qualified
- Guidance for leading mixed craft is ideal if you're looking to become a Paddlesport Leader or Paddlesport Touring Leader
- Leading in an unfamiliar environment resource. Whether you're driving 20 miles down the road to a new location or planning an overseas expedition, this resource will provide top tips and considerations for paddling in new places

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An Amazing Citrus Treat To Fuel Your Winter Canoe Camping Trips

Campfire Tip



Check out:

gopaddling.info/canoe-camping-how-to-get-started

For more information on canoe camping adventures

You Will Need

- 7 x Jaffa Oranges
- 4 x Large Eggs
- 200g Butter
- 200g Dark Chocolate
- 100g Dark Orange Chocolate
- 350g Caster Sugar
- 100g Plain Flour
- 50g Cocoa Powder

Along With The Below Kit

Campfire, Spoons, Sharp Knife & Tin Foil

Campfire Tip



Pre prepare your mixture & keep in an airtight container

Method

1. First you will need a roaring camp fire (or 180°C oven) line a brownie tin with baking parchment then zest of one of the Jaffa Oranges
2. Place the butter, dark chocolate and orange zest in a non-stick saucepan and very gently melt over a low heat, stirring every now and then, until smooth – take care not to overheat it. Leave to cool
3. Whisk the eggs and sugar together until the mixture is pale, has doubled in volume and leaves a trail when the whisk is lifted
4. Gently stir into the cooled chocolate mixture. Sift over the flour and cocoa, stir in, then add the chopped chocolate orange
5. Slice the top off each Jaffa orange and scoop the inside out. Save the fruit to eat later. Spoon the brownie mixture into each Jaffa orange and place the top of the Jaffa orange back on top of the mixture
6. Wrap tightly with foil and place in the fire / oven, bake until the brownie is cooked through, roughly 35 minutes

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



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