

CANOE FOCUS



Contents

Welcome

Welcome 3

News

News 4

Go Paddling

Protecting and expanding Places to Paddle 6

Access and Environment

Paddlers pull together to tackle Invasive Non Native Species 12

Our Partners

Paddling holidays in the great outdoors 15

Qualification and Awards

Qualifications and Awards Update 18

Feature

Five small ways to reduce your single use plastic consumption 8

Performance

Athletes on course for Tokyo ambitions after selection event 10

Membership

Supporting Paddlers 20

Adventure

Paddlers take on a 24-hour challenge for charity 22

Welcome

Spring is here, the restrictions to combat Covid-19 are gradually being eased, and I am sure that we are all now beginning to look forward to the year ahead with a sense of new beginnings. I certainly have this sense and it feels timely that we have just reached out to all members asking for their thoughts on the changes and developments they would like to see within British Canoeing over the next few years.

We have made some significant progress since 2017, and the launch of our first strategic plan, Stronger Together 2017-21. Membership has grown to over 60,000, member satisfaction has improved annually, we have revised all of our qualifications, hundreds of thousands of paddlers are engaging with Go Paddling, we are making progress around the access agenda, our support of clubs has strengthened and our athletes and teams have won hundreds of medals on the international stage. There is much to be proud of but still so many opportunities. So we were pleased to see so many members add their voice to our recent strategy survey which will help enormously in ensuring British Canoeing delivers on what is most important to paddlers.

I was delighted to welcome Gill as our new headline partner for Go Paddling. It is an indicator of our progress that we have been able to attract such an internationally recognised water sports brand to help us build on the growing reach and reputation of Go Paddling. We are now looking forward to developing 'Go Paddling with Gill'. This association will bring many benefits including a 15% discount to members. You can view their range of paddling products on [page 5](#).

We recently held the first meeting of our Sustainability Advisory Group. We have been fortunate to recruit four outstanding volunteers to this group from within our membership. Each volunteer is a committed paddler but also has great expertise and knowledge around the sustainability agenda. It was a delight to join the group for the first meeting and I look forward to our sustainability strategy emerging, enabling us

to drive change in this area over the next 12 months and beyond. Reducing the use of single use plastic will be just one part of the strategy, see the feature on [page 8](#) for ways you can begin making a difference.

We have been equally busy in our environmental work, submitting evidence and presenting to the Environmental Audit Committee Inquiry into Water Quality in Rivers. In doing so we have partnered with the Environment Agency and Angling Trust to create a new role tackling non-native invasive species within the Thames Catchment. We are also really proud to link up once again with Surfers Against Sewage for the **Million Mile Clean campaign** this May.

We should have been hosting the World Freestyle Championships in Nottingham this July. Whilst Covid restrictions have prevented this, I was delighted that we were able to reach agreement with the International Canoe Federation to postpone rather than cancel the event. We now look forward to hosting the World Championships as part of a Paddling Festival in June 2022.

In a very difficult economic climate, we recently secured funding from UK Sport for the sprint, paracanoe and slalom programmes for the Paris cycle. The Tokyo Games have been a long time coming, but are now only a few months away. Our teams will be finalised by the end of May and I know our athletes will be ready to perform at their best in Tokyo. Our organisation will also be ready to take advantage of the media spotlight on paddling which comes in a Games year.

I sincerely hope that we will see athletes and teams in all of our disciplines competing internationally again later this year and am sure it is going to be a very busy and exciting time ahead for us all.

Happy paddling,

David Joy
CEO, 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

British Canoeing announces Gill as Go Paddling title partner

British Canoeing has unveiled a new multi-year partnership with leading international marine technical apparel brand Gill, who will become the title partner for 'Go Paddling'. The new partnership brings about many benefits for both businesses including the research and development of new products and exclusive member benefits.



 www.britishcanoeing.org.uk/news/2021/british-canoeing-announces-gill-as-go-paddling-title-partner

New Delivery Partner Scheme now available



British Canoeing is pleased to announce a new Delivery Partnership is now available for paddlesport providers. The Delivery Partnership is a supportive scheme to develop and grow paddlesport activity, share success and reach out to prospective customers of the provider's business.

 www.britishcanoeing.org.uk/news/2021/new-delivery-partnership-now-available

Six paddling apps every paddler needs

When it comes to safety and keeping yourself up to speed on what's going on, you can't beat a bit of technology. So here's our top six useful paddling apps to download to your phone to start planning your paddling adventures.

 <https://gopaddling.info/5-useful-paddling-apps-to-download-to-your-phone-now/>

Emma Wiggs joins Women's Sport Trust's 'Unlocked' programme

Paralympic Champion Emma Wiggs MBE has joined the charity programme 'Unlocked', set up by the Women's Sport Trust to tackle the lack of diversity across sport.


www.britishcanoeing.org.uk/news/2021/emma-wiggs-joins-womens-sport-trusts-unlocked-programme



Develop your personal paddling skills

As we begin to emerge from our homes and restrictions on group activity tentatively ease now is a great time to consider your paddling progression. Find out more about British Canoeing's Paddle Awards, Personal Performance Awards or Leadership and Raft Guide Awards and start your journey to becoming a more accomplished paddler.




 www.britishcanoeing.org.uk/news/2021/develop-your-personal-paddling-skills

British Canoeing to support Surfers Against Sewage 'Million Mile Clean'

Building on the success of Surfers Against Sewage's beach and rivers cleans organised by Surfers Against Sewage, the Million Mile Clean connects beach, street, river and mountain cleaning action to inspire, empower and support 100,000 volunteers to be part of the biggest, most impactful clean up event ever!



 www.britishcanoeing.org.uk/news/2021/british-canoeing-are-excited-to-partner-with-surfers-against-sewage-for-the-million-mile-clean



Protecting and Expanding Places to Paddle



British Canoeing is excited to announce the opening of Broadway's Meadow in Barrow upon Soar, Leicestershire. This is one of eleven places to paddle sites that British Canoeing take a lead in developing to provide members with the opportunity to access and enjoy fantastic paddling spots.

British Canoeing is proud to be the custodians of a number of special locations. Here are just a few of our sites available to our members to enjoy, offering a mix of trips including introductory touring trips and white water adventures for the more experienced paddlers. Take a look at the beautiful places you can access thanks to the help of British Canoeing and its incredible volunteers.

Holne Bridge, River Dart

Where: Ashburton, Devon

Overview of site: Holne Bridge was purchased in 1991 by two local paddlers and although the site is owned by British Canoeing, it is cared for by fantastic local volunteers. The land, situated within the beautiful setting of the River Dart in Devon is a very special location and this small section of woodland is a crucial access point to the River Dart loop and lower Dart. A great paddle for those looking for whitewater. Popular with wild swimmers and anglers alike, visitors are asked to share the peaceful space with care by parking sensibly and respecting neighbours and other water users.

Facilities: Access to and from the water.



For full information on these sites and how to access them, visit:

www.britishcanoeing.org.uk/places-to-paddle

All bookings will be subject to government Covid guidelines.



Toll Paddock, River Wye

Where: Hoarwithy, Herefordshire

Overview of site: Toll Paddock sits on the banks of the River Wye in a quiet village of Hoarwithy. The site is split into two fields with access to the road and provides safe landing, launch and overnight stay options for paddlers on one of the country's most popular rivers.

Facilities: Access to paddle, park and wild camp are available for members for £3 per night and £6 for non members. All proceeds help manage the site. Booking must be made by prior arrangement (see website for selected dates) . No toilet or washing facilities available, but a tap provides access to fresh water.

Marlin Site, River Medway

Where: Yalding, Kent

Overview of site: A great wild camping point on the Medway canoe trail ideal for a quiet night by the river for individuals or groups. The site is leased from the Environment Agency by British Canoeing, but managed by White Water Action Medway.

Facilities: Access to and from the water, available for wild camping throughout the year (£2.50 per night), all proceeds pay for the upkeep of the site.

NEW Broadway's Meadow, River Soar

Where: Barrow upon Soar, Leicestershire

Overview of site: A quiet, grassy meadow, well situated for access to the River Soar, with three circular routes of varying lengths available. The meadow provides an ideal location for the second night of a three-day, 32 mile, tour of the River from Narborough, south of Leicester, to the Trent Lock on the Nottinghamshire border. A newly refurbished pub sits opposite the meadow and village convenience shops are close by.

Facilities: Access to paddle, parking and wild camping available for members and clubs at £3 per night on specific dates (booking must be made by prior arrangement).



Symonds Yat, River Wye

Where: Symonds Yat East, Herefordshire

Overview of site: One of the most iconic paddling locations in the country. In 2003, the rapids were purchased by British Canoeing and grant aid enabled the restoration of the rapid and island to what you see today. The site has been protected for the last two decades by local volunteers via the Symonds Yat Management Group (SYMG) . The River Wye itself sees thousands of day trippers and touring paddlers take to the water each year. Most negotiate the short rapid on their journey downstream, but some stay, play and even train on this famous section of river. Symonds Yat is free and available all year round. Groups wanting to stay, play or train must contact the SYMG in advance, to avoid overcrowding.

Facilities: Access steps down to rapids. Pay and Display car parking available at the hotel. Parking, camping and launch facilities (fee payable) at nearby Wydean Canoe Hire.

Ripon, River Ure

Where: Ripon, North Yorkshire

Overview of site: Two and a half acres of grass paddock with a private gated entrance and access to the river. Paddle from Sleningford to Ripon enjoying some of the most stunning scenery in Yorkshire.

After the rapids of Slenningford the river calms down, but has moving water and several minor rapids almost all the way to Ripon, making it a great intermediate paddle. At normal levels, the section below Ripon is probably best suited for open canoe touring and novice river trips.

Facilities: Access to and from the water, car parking and wild camping by prior arrangement only. No toilet, washing facilities or fresh water available.



WE NEED YOUR HELP!

A lot of valuable work has taken place by volunteers in and around these sites to improve them, their habitat and local wildlife. It is because of their dedicated hard work and commitment that members of British Canoeing and the paddling community can enjoy these sites. We're proud to be the custodians of such iconic locations and will go on caring for its upkeep for years to come. Maintaining these sites requires continuous funding to protect them. Donations to further the maintenance of these sites can be made to the Canoe Foundation who help with the upkeep of each site. Discover more at: www.canoefoundation.org.uk

FIVE SMALL WAYS TO REDUCE YOUR SINGLE USE PLASTIC CONSUMPTION...

Over the past two years, it has been amazing to see the support the paddling community has shown for our Clear Access, Clear Waters campaign and the impact clubs and individuals have shown through paddle clean ups. Together we have removed rubbish and waste from the waterways we paddle and raised awareness of the impact of litter discarded in our natural environment.

But we know it doesn't always feel that easy. Sometimes the monumental task to clean up the planet can feel a little overwhelming to put it mildly. So we thought we'd share the small changes we can all make at home to reduce our consumption of single use plastics and minimise the amount landing in rivers, oceans and landfills in the first place. Here are our top five tips to reduce single use plastic in your home.

DID YOU KNOW?

It's reported at least 8 million tons of plastic end up in our oceans every year. That's a lot! In fact, it's the equivalent of 4 million London Eye's, 75 million Dreamliner aeroplanes, or 1 billion elephants. Source: <https://theoceancleanup.com/>



1. Swap your plastic wrapped chocolate bar for foil wrapped chocolate. Unlike plastic wrappers, foil wrappers can be recycled, so be sure to pop it in your recycling bin. Similarly if you're buying chocolate in bulk, have a look at what the packaging comprises of before you buy. Could you opt for an alternative with less plastic packaging?

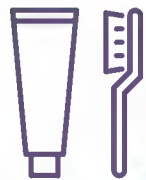
2. Take your cutlery with you for takeaways. Most takeaway outlets provide plastic forks to eat with. Avoid adding to your single use plastic consumption and take your own cutlery with you.



3. Reuse your miniature jam jars for condiment containers to avoid the sachet condiments.

You know those small jam jars you get when you stay in a hotel? Keep them to decant your favourite sauces into, then when you head out, take a few with you. The small sachets you get at takeaways can't be recycled - and you get more when you fill your own jar!

4. Inspect your bathroom for repeat single use plastic offenders. Plastic toothbrushes, toothpaste tubes, disposable razors, soap bottles, shampoo and conditioner bottles, your bathroom will likely be full of offenders! Take a little audit, and next time you need to replace something, replace it for an environmentally friendly version. Bamboo toothbrushes are a great alternative to plastic and soap bars reduce the need for plastic soap bottles. Shampoo and conditioner bars are another great alternative.



5. Let's talk about periods. Unfortunately, one of the most common items paddlers find on beaches and river banks are plastic infused period products. Tampon applicators, sanitary pads, towels and more. So what can you do? Firstly, don't flush them. There are lots of alternative menstrual products on the market - reusable menstrual cups, tampon applicators, pads and even period pants. Whilst more costly to begin with, the money they can save in the long run and plastic wastage they cut down on is huge. We'd recommend checking out TOTM, Cheeky Wipes and Mooncup, but there are many others out there too.



Sometimes using single use plastic is unavoidable. But, if we're all conscious of our usage, we're more likely to drive change in our own habits and others around us. Let's help protect the waterways we love!

Find out more about our Clear Access, Clear Waters campaign here.



GO
Paddling!
MONTH

GET READY FOR A WHOLE MONTH OF PADDLING

THIS JULY

This year one week will
become a whole month...

GO 2021
GO 2021
TOKYO

東京

1ST JULY
TO
31ST JULY



gopaddlingweek.info

ATHLETES ON COURSE FOR TOKYO AMBITIONS AFTER SELECTION EVENT

The country's best flat water racers made their claim for the Tokyo 2020 Games at the Olympic and Paralympic Flatwater Selection Event, held at the National Water Sports Centre in Nottinghamshire on 17/18 April.

In fine weather and favourable conditions, there were two days of exciting racing with canoe sprint and paracanoe athletes back in action on the water for the first time in over 18 months, at the Covid-secure event.

Athletes were looking to secure selection for the 2021 senior Great Britain international teams and onwards to the Tokyo Olympic and Paralympic Games.

The paracanoe athletes were looking to put themselves in contention for the Paralympic Games, with Tokyo boat quota places and individual spots also up for grabs at the final qualifying event in Szeged in May, which will complete the selection process.

Current World Champion **Charlotte Henshaw** claimed three victories in the women's KL2. In a blistering first round Charlotte recorded a course record of 48.43, with **Emma Wiggs** just behind in her fastest time in the kayak for two years at 49.87, her fastest time in the kayak for two years.

Emma, who is looking to make Paralympic history by competing in two canoeing events in Tokyo, also showed good form in the VL2 on Saturday, the event she is reigning world champion in.

It took a world's best time for **Laura Sugar** to claim victory in the KL3 ahead of in form Hope Gordon to put herself in contention for selection for the postponed Paralympic Games.



Laura Sugar



Robert Oliver

In the men's events Rio 2016 Paralympian **Robert Oliver** (Solihull) put down a marker in the KL3 by winning the first two rounds of the day.

But with Rob not starting in the final round, **Jonny Young** (CANI) took the victory adding to his two second place finishes, ahead of **Tim Lodge** (Wey).

In a world class field of international medallists, **Stuart Wood**, won all three of the men's VL3 races, doing everything he could to impress the selectors to try and secure a debut spot at the Games.

Rio 2016 bronze medallist **Ian Marsden** was also in fine form, on his return to water in the men's KL1, stringing together a series of strong races, recording 50.85 in the first round.

In the men's KL2 it was **Dave Phillipson** who took the spoils ahead of Rio 2016 Paralympic bronze medalist **Nick Beighton**, with a fine set of victories across the three rounds, including a blistering personal best time of 42.54 in the first round.

Subject to selection, Dave and Nick will now hope to secure the British boat quota place for the KL2 at the final qualifying event in Szeged in May.



Deborah Kerr

They will be joined by **Stewart Clark** who will compete in the VL2 after three solid performances.

He will be looking to qualify his quota place and individual berth for the postponed Games.

The canoe sprint athletes were looking to claim a place on the British team, which will head out to the ICF European Selection event in Szeged, Hungary 12-13 May and the ICF Global qualifying event in Barnaul, Russia 21-22 May, in order to secure their berths for the postponed Tokyo Olympic Games.

At the Selection Event, it was the case of the flying scotswoman as **Deborah Kerr** dominated the women's kayak events.

With a change of coach and new mindset, Deborah Kerr was the winner in the K1 200m on Saturday before backing it up with victories in the K1 500m and K2 500m with partner **Rebii Simon**.



"In 2016 I was heartbroken not to get to the second round of selection, even though I was only 18. This is about me saying to my 18-year-old self that I can get to that next step and we'll just go from there"

Deborah Kerr

Deborah will now go onto Szeged with her sights set on a Tokyo spot.

The men's K1 1000m was also one of the weekend's highlights as **Charlie Smith** put in the performance of a lifetime to claim victory and put himself in contention for Tokyo selection events. With a race plan to stick with **Tom Lusty** for as long as he could, Charlie put in a burst of form in the final 100m to claim victory.



Charlie Smith

Katie Reid (Forth) took the top spot in the women's C1 200m event, putting clear water between her and second place **Afton Fitzhenry** (Belfast Canoe Club) to book her place in Hungary where Tokyo selection opportunities are up for grabs in the new Olympic event.

Afton returned in the C2 500m along with **Chloe Bracewell** (Lincoln) and posted a time of 2:04:91 as they looked to book their spot in Szeged next month and with nothing to lose, the duo will be looking to secure a place in the event which also makes its Olympic debut in Tokyo.

Rio 2016 Olympic Champion **Liam Heath** (Wey) put down a strong performance in his season opener, recording an impressive time of 34.03 in the K1 Men's 200m, finishing ahead of **Lewis Fletcher** (Linlithgow) and **Dan Atkins** (Reading).

Liam, who has already been selected by Team GB for the Tokyo Olympic Games was pleased with his performance.



"It was a solid effort today. I'm just relieved to be back out racing – being an athlete, competing is what it's all about.

Liam Heath

Paddlers pull together to tackle Invasive Non Native Species



24 - 30 May 2021 marks Invasive Non Native Species Week, which aims to highlight the issue of non native invasive species living in our waterways posing issues including river blockages and flooding as well as harming, and even killing, our native wildlife.

As lockdown restrictions ease, some paddling clubs have joined forces with the likes of the Canal and River Trust and the Environment Agency to remove a number of invasive species from waterways such as the River Stort and Medway.

British Canoeing, alongside the Angling Trust, have also received funding from Defra to recruit two Environmental Project Officers to work directly with canoe and angling clubs in the Thames region. The Project Officers will coordinate a network of volunteers to survey, monitor and action the removal of floating pennywort in waterways around the Thames area. They'll work closely with strategic partners and local clubs to tackle the weed in the Thames catchment, coordinate volunteers, provide training, guidance and promote the project.

The River Colne is a major tributary to the River Thames. Paddlers from The Sharks Canoe Club in conjunction with Colne Valley Regional Park, have been busy removing floating pennywort from the river before it reaches the Thames. The issue of invasive non native species in our waterways and outstanding work by the club was highlighted by BBC Countryfile who went along to join the paddlers and film their work earlier this year.

Chloe Crompton, Heritage Lottery Funding River Project Manager for Groundwork South said: "The Colne Valley Regional Park is plagued with widespread, dense mats of floating pennywort which is causing havoc on our rivers, negatively impacting aquatic ecosystems and preventing access to the water for recreation.

"The Sharks Canoe Club are an impressive force and have been rearing to tackle the pennywort issue from the get go. Working together with our River Rangers at Groundwork South, Sharks' excellent paddlers are out on the water removing pennywort into canoes and attaching grapple hooks so the volunteers on the bank can pull the plant out of the water to decompose in a safe location, far from the water's edge.

"Although our plans were postponed due to Covid-19 restrictions, we will be out in full force this spring working with skilled paddlers and river rangers to remove this pesky plant. I'm very excited to join forces with the Sharks Canoe Club and tackle the pennywort challenge. Together we can deal with this invasion so everyone can enjoy the wonders of water across the Colne Valley Regional Park."

Water suppliers, Affinity Water, have also indicated their support for the work on the Colne by purchasing new open canoes to aid with floating pennywort removal, as well as donating 100 hours of their staff time to the cause.

To find out more about invasive non native species, visit the Non Native Species Secretariat website, nonnativespecies.org/home/index.cfm or, if you or your club would be interested in volunteering or joining events during Invasive Non Native Species Week, please contact Richard Atkinson Richard.atkinson@britishcanoeing.org.uk



**Invasive
Non Native
Species Week**
—
**24-30 May
2021**



Going canoeing or kayaking?

Invasive species block waterways. Don't spread them on your kit.



Protect the environment you love by following these simple steps. It's even more important when you visit a new waterbody at home or abroad:

CHECK

Check boats, equipment and clothing when you leave the water. Remove any mud or plant material and leave it at the site.

CLEAN

Clean everything thoroughly as soon as you can, pay particular attention to areas that are damp and hard to access. Use hot water if possible.

DRY

Dry drain water from every part of your boat and dry it with a towel before leaving the site. Dry everything thoroughly for as long as possible before using elsewhere.

Find out more about invasive plants and animals and how you can help to stop the spread at:

nonnativespecies.org/checkcleandry




Department
for Environment
Food & Rural Affairs

 **BRITISH**
CANOEING



Wake up waterside
and leave others in your wake



 Lake Coniston
near Coniston Park Coppice Club Campsite

Join today
for just
£54*

As the No.1 rated touring club in the UK, we operate the largest number of quality campsites set in beautiful locations. So when you're ready to go exploring, there's a place for you to pitch up and paddle!

Find out more about the great benefits of becoming a member, visit [camc.com/pitchupandpaddle](https://www.camc.com/pitchupandpaddle)



Get away, your way



*Caravan and Motorhome Club membership is £54 when paying by annual direct debit.

Paddling enthusiasts thinking of combining their love of the sport with a touring holiday need look no further than the Caravan and Motorhome Club.

Whether you're planning a weekend away near home or a road trip around the country, the options are endless when travelling in your own campervan, caravan, motorhome or with a tent. Alternatively, glamping enables you to travel light, but still enjoy plenty of creature comforts. As for where to go, the Club offers access to over 2,700 quality campsites in the UK and overseas and membership is just £54 per year.

The Caravan and Motorhome Club is a champion of the great outdoors, and has facilitated exciting land and water based adventures across the UK and beyond since 1907. For those looking for a glamping getaway, the Caravan and Motorhome Club offers their 'Experience Freedom' option. From camping

Pods and yurts to safari tents glamping pods and glamping cabins, there is an option to suit every taste and budget all year round, and they're available across the UK for members and non-members alike.

With many planning staycations this summer, the Club has over 200 UK campsites to choose from and more than 80 of these welcome tent campers. Many Club campsites welcome non-members and their families and every Club site offers excellent facilities and unrivalled levels of hygiene with guaranteed Covid-secure policies. A clean hot shower is a must after being in the water all day, as is the use of washing and drying facilities, all of which can be found on Club campsites.

For those who decide to join, members enjoy a range of added benefits including savings of £12 per night on site fees, as well as numerous discounts on a range of products and services. The Club also has a team of advisors on hand to answer any questions and help members make the most of the great outdoors.

Why not try these sites to pitch up and paddle:

Coniston Park Coppice Caravan and Motorhome Club Campsite

 Lake District

Set in 63 acres of National Trust woodland, this popular campsite is just 400 yards away from Coniston Water, the perfect location for those wanting to try out new watersports or simply enjoy the fantastic scenery. This campsite has something for everyone with camping, glamping, caravans and motorhomes all welcome.

www.caravanclub.co.uk/club-sites/england/lake-district/cumbria/coniston-park-coppice-caravan-club-site/

The Norfolk Broads Caravan and Motorhome Club Campsite

 East Anglia

There is nowhere better known for messing around in boats than the Norfolk Broads. The River Ant is just 180 metres away from the campsite, making it the perfect place to pitch up and paddle to explore several of the popular Broads. These include the wooded marsh area known as Dilham Broad, as well as Barton Broad. The campsite has 111 pitches for caravans and motorhomes.

www.caravanclub.co.uk/club-sites/england/east-anglia/norfolk/norfolk-broads-caravan-club-site/

White Water Park Caravan and Motorhome Club Campsite

 County Durham

This is a must visit for avid white water paddlers, as the campsite is right next to one of the largest white water and rafting centres in the UK; **Tees Barrage International White Water Centre**. However, you don't have to be a white water expert to enjoy the rapids, the centre offers rafting too. The campsite provides easy access to all the centre's facilities, including a sheltered viewing balcony, drying and changing room, canoe storage area, shop and café. The campsite has 97 pitches for caravans and motorhomes.

www.caravanclub.co.uk/club-sites/england/north-east-england/county-durham/white-water-park-caravan-club-site/



To find out more about glamping with Experience Freedom, visit www.experiencefreedom.co.uk



For further information about becoming a member of the Caravan and Motorhome Club, please visit www.camc.com or call 01342 318 813.



Going green shouldn't cost the earth

Upgrade your home to affordable low-carbon heating with Igloo Works

We care passionately about the environment we live in and want to help you use as little energy as possible. An air source heat pump from Igloo Works is a great way to go green, reduce your carbon footprint and save money on your heating bills.

Why an air source heat pump:

An air source heat pump is a greener and more cost-effective way to heat your home. By compressing the air outside, it is 4 times more efficient¹ than a traditional boiler and helps to significantly reduce carbon footprint, lower energy bills and increase the comfort of your home.

How Igloo makes it easy:

At Igloo Works we're now helping customers to unlock funding from Government incentives early, reducing the cost of your install making an air source heat pump more affordable than ever. Our experts can talk through your requirements and let you know how much funding you can expect to receive.

An affordable installation:

We're an accredited installer and a team with years of experience to manage the installation every step of the way.

A personal heating expert will chat through your options and recommend the best way to meet your needs, with maximum warmth and comfort in mind.

Smarter heating:

With the latest smart home technology included as standard, you'll have peace of mind that your system will continue to perform at its best. You can control your heating and update your preferences on the go with our mobile app.



To discover more about air source heat pumps, or to speak to one of our experts...



visit www.igloo.energy/canoeing
or call 0333 016 4500



¹ Depends on system design and usage.



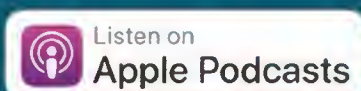
Clear Access Clear Waters

The Paddler's Podcast

**Series 3 of British Canoeing's
Paddler's Podcast is available NOW!**

Episodes include climate change discussion, water quality campaigning, #ShePaddles, mental health & more!

Subscribe Now!



Qualifications and Awards Update



British Canoeing qualifications have been regulated and accepted as the industry standard for over 35 years. They are the only Awarding Body offering Paddlesport Instructor and Coaching qualifications and included in the Register of Regulated Qualifications.

Holding a British Canoeing qualification provides confidence to club committees, employers and members of the public that instructors, coaches and leaders offering paddlesport activity have undergone a highly regarded and regulated process.

Over the past four years, the coaching department at British Canoeing has developed qualifications and awards based around an educational philosophy, providing choice and varied opportunities, tailored to the individual, to support paddler's development.

Whether you are a member of a club supporting a local community, or want to provide paddlesport activity in a commercial setting, the new approach provides a multitude of opportunities to develop your qualifications based on the needs of the individual without needing to follow a fixed linear pathway.

There is no need for coaches or leaders to transfer or retrain into the new system as all previous qualifications issued, including from British Canoe Union (BCU) and the United Kingdom Coaching Certificate (UKCC), will continue to be recognised and valued.

British Canoeing require individuals to have an up to date first aid qualification, have attended safeguarding training within the last three years and have recorded relevant continual professional development, to ensure currency. Individuals must also hold a National Association membership.

New Instructor, Coaching and Leadership Qualifications

The Instructor, Coaching and Leadership qualification suite has undergone a comprehensive review and design phase, considering current thinking and research. The suite now aligns to the educational philosophy to provide:

- Individualised pathways
- Direct access to assessments, recognising previous experience
- Removal of unnecessary hurdles
- Supportive resources for individuals to consider for their development
- Online training opportunities, reducing the need to travel and improve accessibility

Not only does the new approach provide easier access for individuals to gain highly regarded and regulated qualifications, they're also more cost effective than ever:

- Removing unnecessary prerequisites
- Providing the ability to go straight onto an assessment by recognising previous experience and skill sets
- Enabling clubs to deliver their own bespoke training programme; reducing travel and costs for their members wanting to support their club by gaining a British Canoeing qualification
- Online training opportunities for the Coach Award, and safeguarding requirements



A wide choice of coaching and leadership pathways

The new offering of instructor, coach and leadership qualifications allows for individual choice, opening up specific pathways, as well as qualifications that cover coaching and leading a multitude of different craft.

The **Paddlesport Instructor qualification** can be accessed from the age of 14 and is perfect for anyone involved in running paddlesport taster/starter sessions within the safety management systems of clubs, centres or other organisations in very sheltered water environments.

The primary role of the Paddlesport Instructor is to deliver safe and enjoyable taster/starter sessions based on their group's needs and aspirations. This qualification will provide the instructor with practical skills such as kitting up a group and getting afloat. The course will also cover initial familiarisation activities, games and activities to support learning, plus how to use mini journeys to support learning, inspire adventure and exploration.

This will be enhanced with support on how to deliver these sessions in an enjoyable, safe and rewarding way. The qualification is designed so that the instructor can choose the craft to use and can look after others in a range of stable craft including kayaks, open canoes, sit on tops, and stand up paddleboards.

The **Coach Award** is designed for people who coach paddlers wanting to gain and improve their paddlesport skills within a specific discipline. Holding this qualification will enable the individual to plan, deliver and review progressive sessions safely, effectively and independently. The Coach Award is discipline specific and available in 22 disciplines including stand up paddleboard, sea, white water, canoeing, surf and a

range of competition disciplines. The Core Coach aspect of the training can be accessed either as a traditional face to face course or an online programme, depending on an individual's circumstances.

The **Performance Coach** is aimed at experienced coaches who want to gain recognition of their experience and aim to continually develop to ensure they support the paddlers they work with. With 21 pathways to choose from there is something for every coach working across the diverse range of paddlesports.

Whether pursuing further development or work opportunities, working for an organisation or volunteering at a local club, the Performance Coach has a high level of applied coaching sophistication, aimed around individualisation with comprehensive levels of technical understanding.

The **Leadership and Rafting** qualifications offer pathways in all environments, craft type and has direct access opportunities to assessment. This qualification allows clubs and organisations to train their own members of staff, 'on the job' to prepare them for assessment. The formal British Canoeing leadership or raft guide training courses are also available and enable individuals to develop their skills under the watchful eye of highly experienced providers.

With 23 unique pathways to choose from, 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. Stand up paddleboard, touring and leading on artificial white water courses are new awards available within the suite, as well as the opportunity to choose a tidal or non-tidal sea kayak leader awards.

Continual Professional Development (CPD)

The newly designed continual professional development system allows an instructor, coach or leader to choose appropriate learning and development, depending on their individual circumstances and where they want to develop, refresh or learn more. All CPD, informal or formal, is recognised and includes CPD carried out in an informal setting such as working with peers, observing experienced practitioners or attending a course.

This provides choice and an individualised approach to development whilst providing an agile, cost effective option for individuals, clubs and commercial operators.



Supporting Paddlers

British Canoeing is a membership lead organisation that aims to support and provide opportunities for everyone to enjoy all aspects of paddlesport regardless of their age, background or ability. That's why the income generated by British Canoeing's 'On the Water' membership is reinvested back into the paddling community to support projects developed in consultation with our members. When you become a **British Canoeing Member your money contributes to supporting;**



Clear Access, Clear Waters

A campaign leading the way for fair, shared and sustainable open access for all as well as securing the protection of our natural environment. To further support the Clear Access, Clear Waters campaign we have launched our Go Green membership option which pledges to ring-fence £2.00 of every Go Green membership to support the vital work delivered through this campaign.



Protecting our waterways

A percentage of membership income is passed onto the waterway authorities to ensure each of our members can paddle legally on over 4,500km of waterways. The waterway agencies reinvest this money into vital maintenance and environmental work on their stretches of water across England and Wales.

To further support the protection of our waterways, British Canoeing is coordinating projects around conservation and river clean ups. This important work helps paddlers to be seen as custodians for the waterways, whilst ensuring they are protected for future generations to enjoy.



Information for paddlers

Our **Go Paddling** website is a fantastic one stop shop for recreational paddlers, containing a vast amount of information on where and how to go paddling. The site includes over 175 paddling trails, paddling challenges, safety tips, blogs, plus an interactive **PaddlePoints** mapping resource that helps you find and share places to go paddling. **Go Paddling is supported by our partner Gill.**



Community

Ensuring our members, volunteers, clubs, centres, disciplines, coaches and providers are supported is at the heart of what we do. Regular communications through our members e-news, Canoe Focus, social media platforms and website allow paddlers to stay connected with the latest paddler news, information, trends and **exclusive member discounts.**

Want to know more...

The above is just a flavour of some of the great areas of work and projects British Canoeing supports and develops. But there is a huge amount more going on and we're continually listening to member feedback, ensuring the work the organisation focuses on is in line with these views.



Enjoy your time on the water!



On the Water Membership

For just £3.75 a month benefit
from annual cover including:



Waterways Licence: for over 4,500km



Public Liability Insurance:
£10 million civil liability cover



Craft Insurance: available to members
at great rates



Bespoke Member Comms:
latest news, top tips & inspirational ideas



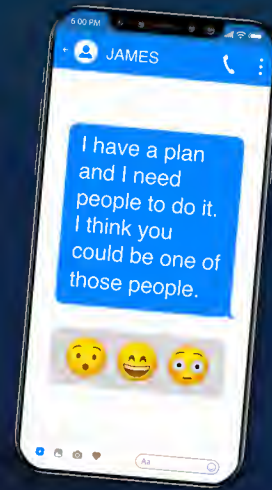
Exclusive discounts and rewards



Membership supports projects to
improve opportunities for paddlers
and help protect our waterways!

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

24 HOUR PADDLE CHALLENGE FOR CHARITY



Last month four intrepid paddlers took up the challenge of paddling for 24-hours straight in aid of mental health charity, Mind. Sam Valman, Matt Stephenson, James Ibbotson and Adele Read came together to complete a 15km loop along the River Trent in Nottingham.

Here Adele tells us about the training, the tough stretches and the reason behind their challenge.

Back in December I received a text message from my friend James Ibbotson which read; "I have a plan and I need people to do it. I think you could be one of those people." The plan? Paddling for 24 hours on the Nottingham loop totalling 15km all together. Our paddle would take us down the river Trent and back up the canal, all in aid of raising money for the mental health charity Mind.

Of course I said yes! Our good friends, and local paddlers, Sam Valman and Matt Stephenson joined us for the paddle which we set out for on 3 April 2021.



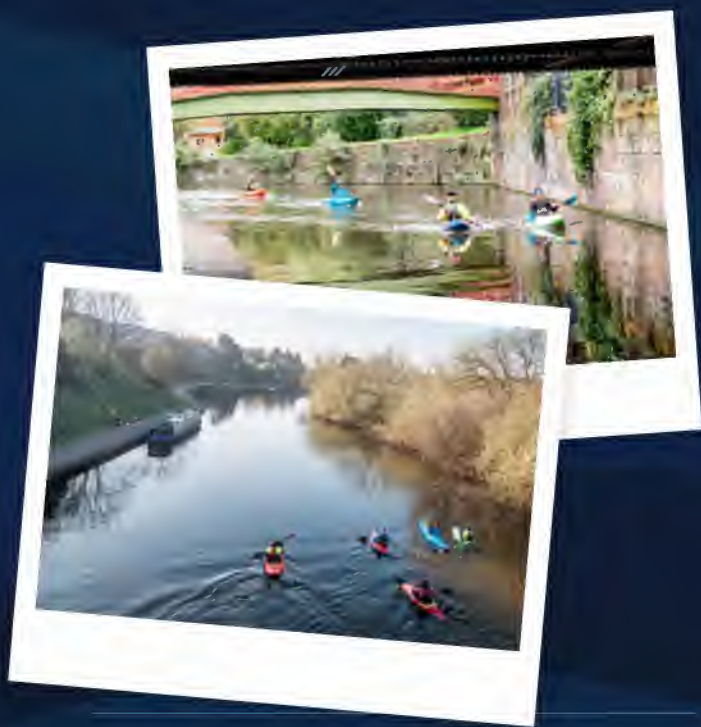
WHY WERE WE DOING THIS?

With everything that has happened over the past year, we wanted to do something positive to help people during lockdown. So we decided that raising money for the great work Mind does in supporting people with their mental health, would be a great way to do this. Mental health affects everyone and is something a lot of people are really struggling with right now. As someone who uses paddling to look after their mental health and wellbeing, this was particularly important to me and supporting Mind has always been at the centre of this challenge.

The credit for our paddle challenge is owed entirely to 'Ibbo' (James). Having completed a 24 hour challenge paddling laps of the Upper Dart in 2020, it led him to think about whether he could do something similar locally. I have to thank Ibbo for inviting me to join as training for this gave me focus and kept me positive in what might have otherwise been a really difficult few months of lockdown.

PREPARATION

As all four of us came from a white water background with no experience of long distance paddling, it was clear we were going to have to do a lot of training! Over three months, we each committed to ramping up our hours on the water no matter the weather – and Nottingham had a lot of snow and ice this winter. I paddled roughly 1000km of flat water over three months in preparation for the challenge.



THE TEAM



James Ibbotson, or Ibbo for short, organises events in kayaking, so organising this task came easily to him. Ibbo trained in slalom as a child but now spends his time training in C1 freestyle and is a member of the GB freestyle team. Unsurprisingly, he chose to convert to K1 for this challenge though!



Sam is another experienced freestyle paddler and was already used to training daily so was the most naturally prepared for the challenge. Sam is a PhD student at Nottingham University but also works part-time at our local kayaking shop; Desperate Measures.



Matt is one of the most lovable guys in kayaking and is also on the GB freestyle team. He also spends a lot of time enjoying other forms of paddling including SUP and canoe. Whilst training for this, Matt completed weekly river cleans and removed rubbish from the Nottingham Loop. A geography student, he cares deeply about the environment and his record for collecting rubbish stands at 16 bin bags in one day.



Finally, there was me (**Del**)! I am a #Shepaddles (women's paddling) ambassador for British Canoeing. My flat water experience was very limited but I made up for this in enthusiasm.

THE DAY OF THE CHALLENGE...

It wasn't long before the day was upon us, and at 9am a small group of friends cheered us off from the water's edge as we set off. Soon we were onto lap two, then three and four. As the loop has a path next to it, it was easy for people to come and watch us. We were constantly being cheered on by local friends which was amazing and it was lovely to have one or two paddlers join us on the water for each lap too.

By 9pm, we had completed four laps and darkness had set in. We each pulled on a fresh set of gear (fleece and warm hat included), adorned our night lights, and set off for our laps in the inky blackness. The novelty of paddling in the dark outweighed the tiredness and with clear skies to see the stars, it was a special experience. We were incredibly lucky that for each night lap, volunteers continued to join us on the water. Being serenaded on the river at 4am was certainly a highlight. Our final and eighth lap came at 6am. It was now incredibly cold and each of our boats had accrued a layer of ice on them. As we made our way down the river, clouded in morning mist, we watched a spectacular sunrise. Our friend Meg met us by the canal with cups of hot coffee to wake us up and fuel us along the final canal section. We completed the challenge in 24 hours and 30 seconds. Our friends and family were waiting, socially distanced, at the lock to cheer us to the end which was very much appreciated.

I think I can safely say that none of us were up for another lap at 9am on Sunday, but minus a few blisters, we all remained in good spirits throughout the 24 hours. It was certainly challenging, both physically and mentally, but the hard work we had put into our training and the amazing support network we had helping us along made it an enjoyable experience.



"Thank you to everyone who donated, supported us on the day or offered encouragement in any way. The kindness and generosity shown by so many people has been overwhelming and it is certainly appreciated."

The team have raised over £4,000 so far. To contribute to their funds head to: justgiving.com/fundraising/24hrpaddle

Proud Sponsors Of



Available At



Jaffa Team Up With FareShare

Jaffa have announced a new year long partnership with FareShare, the UK's largest food charity fighting hunger and food waste

Throughout the duration of the partnership, Jaffa will be supporting FareShare to distribute the equivalent of 200,000 meals to vulnerable people across the UK

These meals will be supplied across FareShare's network of 11,000 charities and community groups, reaching some of the UK's most vulnerable families and individuals.

To read the full blog including exclusive quotes, head to www.jaffa.co.uk

check out the full **jaffa** range in store now



jaffa.co.uk

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

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

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

*subject to seasonal availability