

**2022 ICF Freestyle
World Champs**

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Go Paddling
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This photo was taken
by Andy Waite, our
February winner of
the Go Paddling photo
competition.

Andy Waite
 @paddleupnorth

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Welcome

Welcome to this latest edition of Canoe Focus. After what seems like an 'age of uncertainty' as we have charted our way through the ever changing Covid-19 landscape it is beginning to feel as if we can start to plan more securely and look forward with confidence. As I write this it is undoubtedly paddling weather outside so spirits are lifted for our new endeavours.

As we look forward I am conscious that our most immediate period is one of transition. We shall be saying a farewell to our Chief Executive, David Joy, in May and welcoming our new CEO Ashley Metcalfe. We said farewell to three board Directors at our Annual General Meeting in March (Greg Smale, David Wakeling and Mark Bache) and welcomed on board four new directors (Greg Spencer, Zoey Rowe, Kerry Chown and Nick Donald). The day of the AGM also saw us launch our new strategic plan, to guide us for the next four years.

Our new CEO will have the task of delivering our strategy with our British Canoeing team. It is a plan that is about continuity. It is evolution not revolution and seeks to build further on our member centred approach to delivery. Ashley is enthused about that prospect and taking ownership of the challenge. He joins us with immense experience and both sporting and leadership success. A former professional cricketer and coach he has also had a successful career in marketing and as a commercial CEO before spending 9 years as CEO of British Weight Lifting where his track record of uplift, membership growth and success at both club and competitive level mirrors our own.

As we plan for the future it is important that we understand your needs. We hope that you will always take the opportunity to give us feedback, read the member news and respond to the surveys we use.

This edition is a perfect illustration of the breadth and diversity we have within our paddling family currently. We are developing and promoting easier, safer and better places to paddle. The Paddle Logger App feature in this edition demonstrates a useful tool, harnessing familiar technology to improve safety and record experiences. Our campaigning arm, through Clear Access, Clear Waters is also featured with a particular focus on the mental health benefits of paddling and enjoying 'blue' spaces.

We are conscious that a growing interest amongst our members and many of our new members is in Stand Up Paddleboard (SUP). As we embrace this discipline more fully we have developed coaching qualifications as well as a range of safety tips, advice and guidance. Indeed an enhanced focus on safe paddling will be a coherent feature of everything we do henceforth and that is also reflected in our coaching awards.

You will also find fun and community commitment in equal measure in items on Shilpa's Great Union Canal adventures and the Big Paddle Clean Up campaign. The major event on our horizon currently is the hosting of the ICF Freestyle World Championships in Nottingham from June 27th to July 2nd. It is always a privilege to host the world's best in a discipline and this event will be a real festival after cancelled events and a lack of competition for so many freestylers over the past two years. We hope to see over 40 nations represented. Come and join us.

Happy paddling!

**Professor John
Coyne CBE**
Chair, British Canoeing





NEWS

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

members.britishcanoeing.org.uk

www.britishcanoeing.org.uk/news

Britain's most successful Olympic canoeist, Liam Heath MBE, announces retirement



Britain's most successful Olympic canoeist Liam Heath MBE has announced his retirement from competitive racing. The four-time Olympic medallist, who also holds the world's fastest time and the Olympic record, will hang up his paddles, with an unmatched legacy in the sport. Read more about what Liam has achieved and his reflection of his exceptional sporting career here:



www.britishcanoeing.org.uk/news/2022/liam-heath-mbe-retires-from-competitive-racing

Shilpa's #ShePaddles Grand Union Canal adventure

2022 #ShePaddles Ambassador Shilpa Rasaiah will be stand up paddleboarding (SUP) 160 miles along the Grand Union Canal, picking up litter and fundraising along the way. On the 4th of June 2022, Shilpa will set off on her epic adventure along the Grand Union Canal, taking her from remote rural areas to dense urban settings. Find out more about her adventure and how you can support and follow along here:



www.britishcanoeing.org.uk/news/2022/sup-the-grand-union-canal



Spring Go Paddling photo competition

Launch into Spring with our Go Paddling photo competition and be in with a chance of winning some Gill Marine goodies! Have you taken any brilliant photos on the water? We would love to see it! To take part, all you need to do is head over to Instagram and use the hashtag #GoPaddling on your photo. We'll choose our favourite photo each month and share it with our followers. Find out more here:



www.instagram.com/p/CYtGWSys0HT/?utm_source=ig_web_copy_link

*T&C'S apply.

The Big Paddle Clean Up - Coming this JUNE



Join our biggest week of action to date - the Big Paddle Cleanup. Help us to protect the places we love to paddle from plastic pollution. We're encouraging the whole paddling community to come together from 4th - 12th June for The Big Paddle Cleanup to help us remove 1,000 sacks of plastic pollution from inland and coastal waters. Taking place across World Environment Day and World Oceans Day, you can show your support for our blue spaces by organising a paddle cleanup. Find out more and get involved here:



www.clearaccessclearwaters.org.uk/bigpaddlecleanup/

Clear Access, Clear Waters - Kinder Scout mass trespass: Call for more 'rights to roam' on 90th anniversary

An Early Day Motion (EDM) over improving the public's rights to roam has been tabled to mark the 90th anniversary of the mass trespass on Kinder Scout. The EDM calls for the government to bring forward legislation to extend the Countryside and Rights of Way Act (2000) to include rivers, woods and Green Belt land. Early Day Motions rarely get debated in Parliament, but they do offer a chance to garner support from Members of Parliament on particular issues. It is quick and easy to sign the petition and write to your MP and ask them to sign the EDM. Find out more here:



www.britishcanoeing.org.uk/news/2022/kinder-scout-mass-trespass-calls-for-more-rights-to-roam-on-90th-anniversary

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Stand Up Paddleboarding

QUALIFICATIONS AND AWARDS

Over the past few years, British Canoeing Awarding Body has considered its offering of Stand Up Paddleboard qualifications and awards. The following suite of programmes have been designed to provide options for the Stand Up Paddleboard community.

Within the UK, British Canoeing Awarding Body is the only recognised paddlesport Awarding Body, providing qualifications and awards for over 35 years. Due to our regulated status, we are able to offer high quality learning, as well as standardised assessment processes providing peace of mind for SUP coaches, leaders and deployers worldwide.

Whether you're looking for personal recognition, or want to gain a regulated qualification that enables you to instruct, lead or coach, our Educational Philosophy is about providing choice. Our courses enable individuals who paddle SUPs the opportunity to access high quality programmes to support learning and development.

Develop your personal paddling skills

The SUP Personal Performance Awards allow you to develop your personal paddling skills and decision making in a range of environments.

SUP Sheltered Water Award

This Award will give you the ability and confidence for an enjoyable and safe trip on the water up to 200 metres from shore, up to force 3 winds. Providing confidence in considering how far you can safely travel from the shore, whilst identifying safe exit points, expanding your knowledge of rescue techniques and looking at the external and environmental factors which may affect your journey. You will create proficient skills to anticipate and adapt to problems, enabling a safe day on your SUP.

SUP White Water Award

The SUP White Water Award will give you the ability to have a successful day on rivers of up to grade 2 and support your understanding and use of the fundamentals in SUP white water paddling. You will be confident when looking at the factors which affect your decisions on where and when to go out and create a

proficient use of skills and equipment to be in control throughout your day on the river. Expanding your knowledge of dealing with mishaps; our own or those of others, so you are a competent member of the team.

SUP Surf Award

This award will give you the ability to apply your choices to an enjoyable day in the surf. As a SUP Surfer, you will effectively launch and manage your SUP, negotiating surf, up to chest height, standing, catching, riding and exiting a wave. You will look at the factors which affect your decisions on where and when to go out and develop a deeper understanding of your surroundings. Your experience will ensure a proficient use of skills and equipment to be in control throughout your day and expand your knowledge on dealing with mishaps.

The Touring Awards

The Touring Award, the Open Water Touring Award and Multi-Day Touring Award can be taken in a range of craft, including SUPs, and are for paddlers looking for recognition of their skills and development for safe journeys on a variety of water. So whether you're new to touring or looking to go on multi-day trips, using a Stand Up Paddleboard is a great way to explore.

Become a Paddlesport Instructor

The Paddlesport Instructor provides fun and engaging first time experiences on very sheltered water. This qualification enables you to run starter/taster sessions for a variety of stable craft, including stand up paddleboard. This two day course will support you with practical skills such as kitting up a group and getting afloat, initial familiarisation activities, games and activities to support learning as well as how to use mini journeys to inspire adventure and exploration. This is a great award for any individual in a club, centre or organisation and is available to those 14 years and over.

Become a SUP Coach

The SUP Coach Awards are for anyone wanting to coach SUP progressive sessions in a variety of environments. The Coach Award pathway includes two days of Core Coach Training, which can be taken online or practically, and two days of discipline specific training. This is concluded by a one day assessment. We are pleased to offer four disciplines for SUP paddlers.

Stand Up Paddleboard Sheltered Water Coach: An ideal award for anyone wanting a formal and regulated qualification coaching SUP in a sheltered water environment, introducing fundamental skills up to 200 metres from the bank and up to force 3 winds.

Stand Up Paddleboard Open Water Coach: For anyone operating further afield and wanting to coach the relevant skills that the environment presents, the Stand Up Paddleboard Open Water Coach could be the right choice. Operating up to 500 metres from the shore with winds up to force 4.

Stand Up Paddleboard White Water Coach: The white water environment presents exciting challenges, for coaches working on a SUP in this environment, developing skills, confidence and raising safety awareness. The qualification enables the coach to operate on grade 2(3).

Stand Up Paddleboard Race Coach: This is an ideal qualification for anyone wanting a formal award that specifically concentrates on developing race skills on a SUP in open water environments. Technical, tactical, physiological and psychological aspects are all part of this programme.

Become a SUP Leader

There are a variety of options for those looking to lead SUPs on a variety of water. We recognise the extensive knowledge and experience of the Stand Up Paddleboard community. All pathways have options of direct access to an assessment, with optional training to enable you to develop your skills.

Paddlesport Leader

The Paddlesport Leader is great for anyone wanting to lead a range of craft from their craft on journeys within a sheltered water environment, up to 200m from the shore with winds up to and including force 3. This award is ideal for clubs who run mixed craft journeys.

Paddlesport Touring Leader

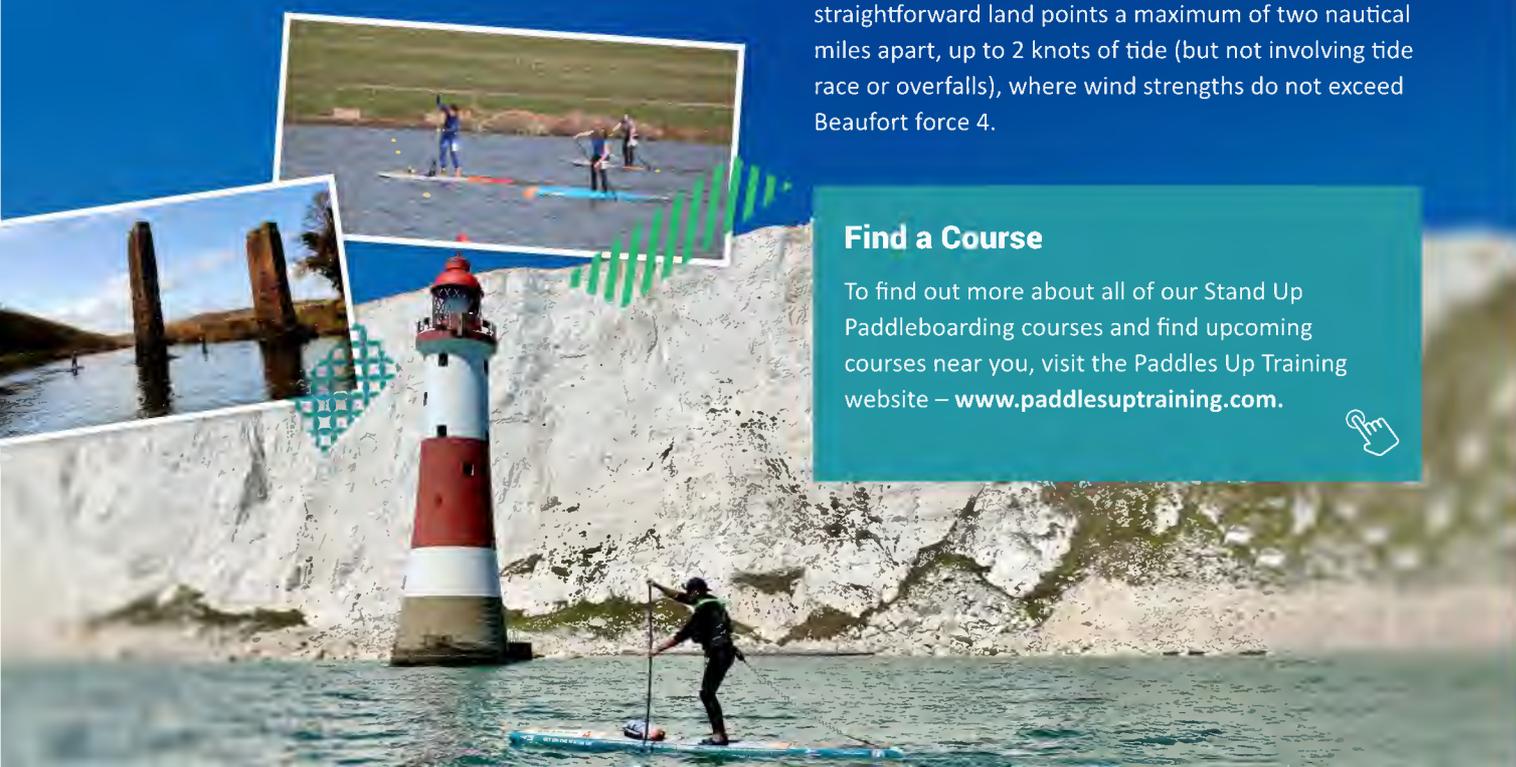
The Paddlesport Touring Leader is aimed at paddlers who wish to lead groups of mixed craft on inland open water and on slow-moving water, slow-moving rivers up to and including grade 1, and which may include the occasional short rapid of grade 2 and simple safe weirs. Stand Up Paddleboard Inland Open Water Leader The Stand Up Paddleboard Inland Open Water Leader is recognised and certificated to lead trips and experiences on inland open water, this is no more than 500m offshore, wind strengths that do not exceed Beaufort force 4, as well as moving water conditions below grade 2.

Stand Up Paddleboard Coastal Leader

The Stand Up Paddleboard Coastal Leader is recognised and certificated to lead in moderate sea conditions. This includes stretches of coastline with some areas where it is not easy to land but there will always be straightforward land points a maximum of two nautical miles apart, up to 2 knots of tide (but not involving tide race or overfalls), where wind strengths do not exceed Beaufort force 4.

Find a Course

To find out more about all of our Stand Up Paddleboarding courses and find upcoming courses near you, visit the Paddles Up Training website – www.paddlesuptraining.com.





Want to make your wardrobe work harder this spring?

There are many benefits to paddlesports, one being the ability to paddle all year-round given you have the right kit! However, you don't need to have an endless amount of gear to enjoy paddling.

We've pulled together our top 5 picks that will carry you through this season and beyond.



Eco Pro Rash Vest – £35
Available in Men's, Women's and Junior styles.

In the warmer months it's important to ensure you're protected from the sun, particularly if you're out all day. The Eco Pro Rash Vest is a next to skin top with built in UV50+ protection. Multifunctional by design, this water sports staple can be worn by itself or layered with other garments.



ZenLite Skiff Suit – £110
Available in Men's, Women's and Junior styles.

Engineered from a lightweight 2mm neoprene, this wetsuit is ideal for warmer temperatures. For cooler days on the water wear with the Eco Pro Rash Vest underneath or a Cag or water-resistant thermal top such as the Gill Thermoshield on top.



ZenLite Trousers – £88
Available in adult unisex and junior styles.



Pro Top – £98
Available in Men's and Women's styles.

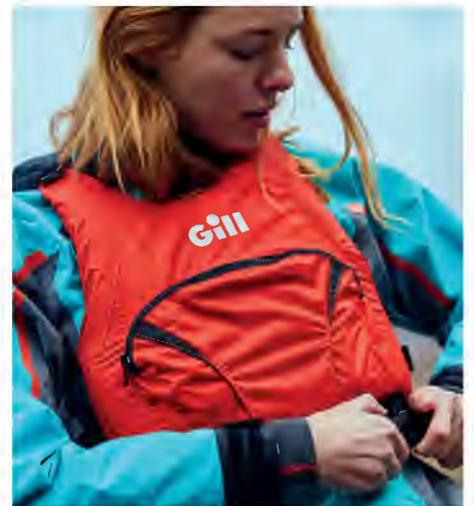
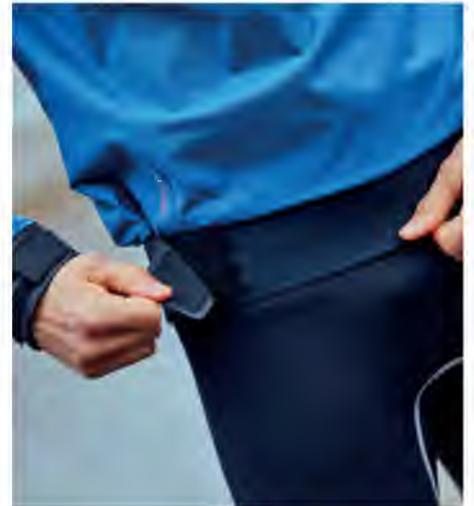


Langland Hoodie – £70
Available in adult unisex.

A multifunctional 2mm neoprene trouser ideal for a multitude of activities. The flat lock seams, 4-way stretch and adjustable waistband ensure a comfortable and secure fit. In the colder months wear with the Hydrophobe Thermal Trousers underneath.

Made from XPLORE® 2-layer waterproof and breathable fabric to keep you dry. Wear over a single layer in the warmer months or layer up in colder weather.

A technical hoodie featuring Gill's exclusive XPEL® water and stain repellent technology. This hoodie is great for on and off the water as you're protected from both impromptu showers as well as splashes.



Gill has a wide range of multifunctional quality products for on and off the water. Don't forget British Canoeing members receive 15% off all the items mentioned above as well as Gill's entire product range.

gb.gillmarine.com



The Spring Edit.

Are you slowly transitioning into your spring paddle wardrobe? Make it a little easier with our edit of lightweight layers and accessories to get you excited for the season ahead.

Shop the spring edit at gb.gillmarine.com/clothing/spring-edit

Don't forget British Canoeing members receive 15% off Gill products.





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As the No.1 rated touring club in the UK*, we operate the largest number of quality campsites set in beautiful locations. **British Canoeing members can join the Caravan and Motorhome Club at a discounted rate of £50.40[^]**, so there's an extra reason to join today and pitch up and paddle!

Find out more about the great benefits of becoming a member, visit camc.com/pitchupandpaddle



Get away, your way



*As rated on Trustpilot. Trustpilot rating correct at time of printing (April 2022) but may be subject to change.
[^]Caravan and Motorhome Club membership is £ 50.40 when paying by annual direct debit.

PLACES TO PADDLE AND EXPLORE

WITH BRITISH CANOEING

The weather is getting warmer and our waterways are alive with wildlife as we enter the summertime.

Some paddlers will have braved colder temperatures and shorter days throughout the winter and early spring, but for many now is a great time to get back on the water.

There will also be people who are making their first tentative steps into canoeing, kayaking and stand up paddleboarding.

So, where can we go to get back in the water or just get started?

Firstly, despite about two million people paddling each year, less than 4% of rivers across England and Wales have a clear right of access.

The Clear Access, Clear Waters campaign is pushing for that to change because more than ever, we all need access to our natural spaces, for health, fitness and to help protect our environment.

You could help by signing our petition asking the government to review current policy regarding access to blue spaces in England and Wales. You can then share this with your MP.

For now, thankfully, British Canoeing members and volunteers maintain a number of sites across the country to make it easier to go paddling.

Below are some of those places to try out and explore, along with some of the information you need, plus, hopefully, plenty of inspiration.

Halton Rapids

Halton Rapids is located on the River Lune, about a kilometre upstream of the M6 bridge, north west of Lancaster.

Paddlers have been enjoying the clean water rapids at Halton since the 1970s and competitions have even been held there.

Access has continued at the site thanks to the hard work and dedication of volunteers over the years, like Pat & Norman Green.

“[Halton Rapids] is suitable for all levels of paddlers,” she said.

“The top of the rapids is where the more technical water is and it gets less technical as you move down the river.

“Depending on the water level and ability, paddlers can access the river at different points.

“Some paddlers get on the river at the British Canoeing steps and paddle up the river to a point where they are comfortable.”

British Canoeing members can use the toilets, showers and parking at Halton Mill with permission and via prior arrangement.

All users are encouraged to share the space respectfully and responsibly, as the area is popular with anglers too.

Symonds Yat

The village of Symonds Yat straddles the River Wye in Herefordshire, near to the Gloucestershire border.

Thousands of paddlers use the rapids, which flow all year round, thanks to the hard work of volunteers at the site.

About 25 years ago, funds were raised to purchase the rapids with a view to put it into a trust for paddlers to use in perpetuity.





*photos by Andy Oughton

Paul Howells, who is part of the management group, said:

“We eventually got planning permission to preserve and protect the island and install 84 (six tonne) boulders to create permanent rapids for all to enjoy.”

Access is via Wyedean Canoe Centre, east of Symonds Yat. Visitors are not to park at the Royal Lodge or Saracen’s Head, as there’s no access on or off the river.

Hoarwithy

Also situated on the picturesque and popular River Wye, is the Toll Paddock at Hoarwithy, another of British Canoeing’s sites.

In 2016, a piece of land in the village of Hoarwithy was acquired to allow paddlers to land and launch on the river.

There is a limit to how many days that area can be used for parking and camping due to land use restrictions. This year’s dates are available on the British Canoeing website.

It is best to book in advance and by doing so you will get a code for the gate to access the site.

“The bank can get very muddy and slippery,” said volunteer Mike Mitchell of Wyedean Canoe Club.

“At low water there is a beach at the bottom corner of the site.”

He added that there is also a privately owned campsite next door where you can launch your canoe. A booking has to be made with them separately.

British Canoeing prides itself on being a stakeholder on the River Wye and is committed to being a responsible land owner.

Broadway’s Meadow

Broadway’s Meadow is located next to the River Soar, in Barrow Upon Soar, near Loughborough, Leicestershire.

The land is well situated to give access to sections of the river and ideal for part of a tour, taking in other areas of the county as well as Trent Lock in Nottinghamshire.

The land is leased by British Canoeing and managed by the East Midlands Regional Development Team

Andy Oughton, from Friends of Broadway’s Meadow, said thanks to the commitment of other members they have been able to make improvements to the site.

“The funding that has come in has enabled us to get a water connection on the meadow at a cost of almost £4000,” he said.

It is hoped that composting toilets can be installed and improvements to the meadow’s habitat, highlighted by Leicestershire & Rutland Wildlife Trust, can be made in due course.

“We have seen a huge rise in the number of paddle boarders using the launch points.

“We had a very successful family camp last summer. [We] had ukulele bands playing by the campfire.”

For more information:

For more information about the sites regarding booking and how to get there, please visit the Places to Paddle section of British Canoeing’s website: www.britishcanoeing.org.uk/go-canoeing/access-and-environment/access-to-water/british-canoeing-places-to-paddle

Of course, you are not just restricted to the sites we have highlighted. There are also 4,500km (2796 miles) of waterways to explore.

British Canoeing encourages kayakers, canoeists and stand up paddleboarders to be responsible when using the water.

Our On the Water membership acts as a gateway to the waterways, providing you with a licence for adventure.

Some of the fee will go towards supporting the work that waterway authorities carry out to maintain and protect our rivers and canals.

This will ensure they are kept clean and safe for everyone to enjoy.



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 Communications:
latest news, top tips & inspirational ideas



Exclusive Paddler Discounts



Access to Qualifications & Events



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

Join today: www.britishcanoeing.org.uk/join
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The Big Paddle Clean up

· Clear Access, Clear Waters ·



JOIN US FOR A WEEK OF ACTION.
4th-12th June 2022

GET INVOLVED

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

Why paddling makes us feel

*happier and
less stressed*

Paddlers have always known that engaging with blue space makes them feel good. But the reason why is surprising and lies deep within our brains.



Dr Bird

Back in the 1990s, Dr William Bird MBE encouraged some of his patients to go for walks to improve their health. This advice was often met with surprise and a bit of irritation.

“When you go to a doctor, you’re expected to be treated special and therefore you’d have drugs, or operations or specialist treatment,” he said.

“People want the best. When you tell them to go for a walk in a park, or [by] a riverside or canal, they think, ‘well, my granny could have told me that, that’s not science. Who the hell are you? You’re meant to be a doctor’.”

It is now accepted that spending time engaging in nature can make a lasting difference to our lives. Particularly when it comes to water.

“We know blue space definitely does have a bigger impact than green space,” said Dr Bird.

“You can get blue space in a city with no greenery at all, like canals going [past] warehouses, that have as much restfulness on people as going into a park... blue space on its own has an incredible value to it.”



“

You can get blue space in a city with no greenery at all, like canals going [past] warehouses, that have as much restfulness on people as going into a park... blue space on its own has an incredible value to it.



In prehistoric times, early humans saw 'safe' nature as a place of safety and security, Dr Bird added. Especially where there's water, as we need it to survive.

"All the things about our connection to nature are going to the brain and telling us that things are ok," he said.

"Our entire setup of our systems from our time as hunters and gatherers is safety and security and we always try to return to safety."

Our deep connection to water is also related to the reptilian part of our brains, according to Dr Bird.

"One of the things about water and nature is that it provides food, shelter and means you've got relative safety there because you can sustain yourself," he said.

"... You feel all your deep emotional parts of the brain, the reptilian parts all say, 'great that's fine' and they calm down what's called the amygdala, which is the part of the brain that senses fear."

Despite the scientific evidence, why don't we all get out paddling on the water, or even walk alongside a river or canal? Why are such simple pursuits overlooked when it comes to our health?

Dr Bird said it's because as humans we are always trying to rationalise these inherent feelings.

"It's too natural [to go for a walk, or a swim], too normal, too ordinary and it's putting the responsibility back on you," he said.

"A doctor shouldn't be telling you to do this, we should all be doing this. It should be normal for everyone."

Dr Bird's advice is to:

*Keep engaging with nature.
Particularly with blue space,
so keep paddling! It will
make a world of difference
to your mental health.*

Just being near water, even looking at a river from inside a car, can make a difference to our mental health, said Dr Bird.

By participating in the water, as a canoeist, kayaker or paddleboarder, the feelings of wellness increase and add even more value.



"The more you participate often you increase the benefit you get," he said.

"Being on the water itself, particularly when you stop to listen and watch. That period of peace and quiet tends to make a massive difference."

Dr Bird's advice is to keep engaging with nature. Particularly with blue space, so keep paddling! It will make a world of difference to your mental health.

Dr William Bird MBE set up Intelligent Health, in February 2010. The intention was to prevent people from developing diabetes and lung conditions. He set up the Green Gym and Beat the Streets, as a way to build active communities.



Read more
about Intelligent
Health, here:
www.intelligenthealth.co.uk

NEW Go Paddling



Paddle Safer Course

The NEW Go Paddling Paddle Safer course gives new and novice paddlers the opportunity to develop their safety skills when taking to the water.

The course is designed for anyone new or relatively inexperienced to paddling wanting to gain knowledge and raise their awareness of paddling safely in a sheltered water environment, in or on the craft they paddle. Typical craft would include kayaks, canoes, stand up paddleboards, sit on tops and inflatables.

The course is based on learning, the ethos of 'supporting the paddler' is the main focus of the course, encouraging individuals to consider where they paddle, the equipment they use, as well as providing practical solutions if they get into difficulty.

There are no age restrictions for this safety awareness course, it is suitable for individuals, families and groups wanting to expand their safety practices when on the water. The course takes approximately two hours and covers equipment, environmental factors, planning and rescues.

The NEW Go Paddling Paddle Safer course will be available from 31 May 2022.



Become a Provider of the NEW Paddle Safer course
British Canoeing Awarding Body Instructors, Coaches, Leaders and Guides will be able to deliver the NEW Paddle Safer course, providing greater access for the paddling community.

All aspirant Providers will need to complete the Paddle Safer Provider eLearning package before

delivering the course, as well as remaining current with valid first aid, safeguarding training and up to date CPD. The eLearning enables all Providers to access the package in their own time, reducing the need for travel, making this a more cost effective and sustainable route for all Providers.

The eLearning provides guidance and structure on the ethos and delivery of the course, as well as how to certificate participants. Each module has a session guide with linked resources.

The eLearning provides five CPD points, and will cost £10. There is no provider administration fee for courses run and certification is FREE for candidates.

**Start your
eLearning today**

sarola.co.uk/shop



Develop your safety skills on the NEW Paddle Safer Course

If you're looking to raise your awareness of paddling safely in a sheltered water environment in or on your craft, the Paddle Safer course is for you!

This two hour training course covers a range of topics, encouraging you to consider where you paddle, the equipment you use and provide practical solutions if you get into difficulty.

**From the 31 May
2022. Head over to the
Go Paddling website to
find a course near you**

gopaddling.info

Paddle Logger

by paddlers for paddlers



One of the best things about participating in watersports is the ever-changing nature of the environments we paddle in. Any given day, even the same location can offer new sights and sounds, whether it's a scenic coastline tour or an after-work paddle through the heart of town.

Paddlesports can also offer a variety of challenges and disciplines no matter what craft you use, from simply getting out on the water to adrenaline focused surfing, white water to crossover sports like SUP yoga or racing from club to international level. Paddlesports offer it all, and at the touch of a button, you can capture, track and share your adventures through the world of apps on smartphones and watches. Built for iOS and Apple Watch, Paddle Logger has become more than just a tracking app by offering features for all paddler levels and user requirements.

With a surge in paddle sports participation since lockdown, you don't have to look far to see someone getting on the water for the first time these days. Paddling has become a must-do activity for many people, and it's easy to get the bug and become more than just a holiday paddler with communities, clubs and social groups to connect with. Through Paddle Logger, you can find encouragement, new water buddies and places to paddle simply by hitting the Go button and tracking then sharing your paddle. Captured some great pictures along the way? All you need to do is select them in the app, and you have instant sharing to your social feeds with your photos and trip details on show.

As the world becomes more aware of our impact on the environment and the stress our lifestyle can have on the natural world, responsible paddling is something we can all do. By minimising our impact by staying closer to home and paddling our local waterways, we can still connect with our fellow paddlers through the communities behind our favourite apps. Over lockdown, many of us learnt it



is easy now to connect with people no matter where we are. We can run webinars easier and participate in online fitness classes, so why not organise paddling litter picks. Just because you are not on the same piece of water doesn't mean we can't do something to help the environment.

For the progressive paddlers out there, 2022 offers opportunities as events old and new spring into life. Paddle Logger provides easy to use features to track split times, Heart Rate & performance data analysis, race distances and a logbook of your paddles to compare sessions. Virtual Time Trials offered many a way back to competitive paddling, so being able to set your best time whilst Paddle Logger automatically stops when you reach your desired distance makes life that bit easier.

Of course, getting out on the water yourself is just part of the picture. Peace of mind for our friends and family is an important thing to remember, and it's easy to forget to let them know you are back safe after a great paddle. PaddleLIVE® is one feature within the Paddle Logger App to help keep you safe on the water whilst keeping your designated emergency contact in the loop throughout your paddle. PaddleLIVE® tracks your progress, to pinpoint your position whilst also being able to fire a virtual flare so you or the app can trigger as required to let someone know you're in trouble, sharing your position has never been easier with What3Words and co-ordinate information.

Paddle Logger is so much more than a tracking app; it's a community, a safety tool and packed full of features to make the most out of your time on the water.

words: Scott Warren



PADDLE
LOGGER

Work completed at Ruby's Yard on the Coventry Canal

The Canoe Foundation is pleased to announce that work has now completed at Ruby's Yard on the Coventry Canal to create a public slipway onto this lock-free stretch of water.

The grant was originally awarded in February 2021 but due to COVID restraints and contractor availability it has taken the full year to finish the project. Benefitting from £5,000 in Canoe Foundation funding, the project sees greater access to a beautiful stretch of lock-free Coventry Canal, located about 15 miles outside of Coventry. Ruby's Yard also benefits from a beautiful picnic area and other community hub offerings, creating a superb paddling day out on this accessible stretch of historic canal.

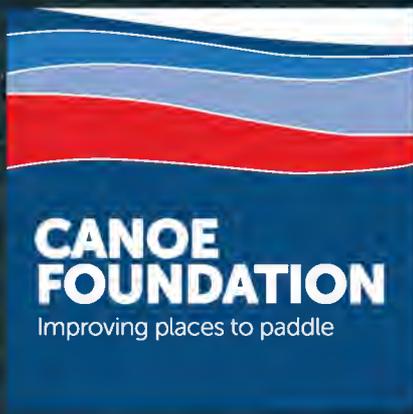
Before the works, the slipway was not fit for purpose, with debris and eroded access to the canal. Now, the slipway provides a safe entry for all paddlers who can plan their route on the canal, which connects to Birmingham's wider network. Check out the Go Paddling website here to find out more.

Ruby's Yard Community Interest Company has transformed a former derelict boatyard on the Coventry Canal into a green, tranquil area for outdoor recreation, sports and camping. It's now a place where people can enjoy the canal, experience the great outdoors and learn to value the natural world without having to travel far. Being able to open up 25 miles of lock free paddling along the Coventry Canal has always been part of their ambition.

Director Jacky Gordon said, "We were really excited to hear that our application to the Canoe Foundation had been successful. The grant enabled us to restore the old concrete slipway and provide a new access and destination point for recreational paddling. New paddlers can experience the fun of paddling for the first time, try out short and easy paddle trails along a lovely rural stretch of the canal and provide a secure, private place where clubs and families can park and socialise. This grant helped us establish Ruby's Yard as a base for volunteering and environmental education so we can all enjoy this green corridor."



Find out more
about Ruby's Yard
and how to find the
space here...
<https://rubysyard.org/>



Help us improve paddling locations across the UK

Funding infrastructure and repairs on our waterways & coastline to ensure paddling is enjoyable, accessible and sustainable across the UK



Donate today
canoefoundation.org.uk

Canoe Foundation registered charity number 1121456

supporting



THE FREESTYLE WORLD CHAMPIONSHIPS ARE COMING TO NOTTINGHAM

27 JUNE - 2 JULY 2022 SAVE THE DATE

The 2022 ICF Canoe Freestyle World Championships is coming to Nottingham, as the National Water Sports Centre showcases the world's best canoe freestyle athletes between 27 June - 2 July 2022.

Competitors from over 25 countries will battle it out across nine events and all looking to secure that coveted World Championship title.

Expect to be amazed as hundreds of freestylers take to the Nottingham waters, going head to head across six days of competition.

Canoe Freestyle is the most exciting, most dynamic, most unique thing you can do in a boat. It's gymnastics in a kayak.

The athletes will test this Nottingham feature and take their skills to the limit. With moves like 'Bus Eater', 'Big Kahuna' and 'McNasty', you can expect to see all these and more, as well as the sense of exhilaration that paddlers get when pulling off huge moves.

The World Championships is held every two years and 2022 will see the competition take place in Great Britain for the first time for over 30 years, with The Bitches in South Wales playing host back in 1991.

The event will be a great opportunity for canoeing enthusiasts, sports fans and the local community to see the Great Britain team in front of a home crowd. After a successful 2019 World Championships in Sort, Spain, the team came away with four medals, as well as three medals at the European Championships in 2021.

The 2022 ICF Canoe Freestyle World Championships is free to attend so you can head to the site to enjoy all of the festival of paddlesport with have a go sessions available for those new to the sport alongside watching the pros in action.

WHAT TO EXPECT

As well as seeing the world's top paddlers competing in the ICF Canoe Freestyle World Championships on the course throughout the week, there is also a whole festival of other competitions and activities taking place for you to enjoy.

From junior events to flatwater competitions and even a SUP race on the white water course, there really will be something for everyone.

If you want to be active on the water yourself, there are a number of opportunities for you to get involved in.

If you are a paddler, why not check out the festival events and take part in one of the competitions taking place throughout the week.

Schools and community groups can book a session on the water from Monday 27 June – Fri 1 July. Make sure you visit the



WHY NOT GO PADDLING YOURSELF?

On Saturday 2 July there are plenty of opportunities to have a go at paddling yourself!

If you like what you see from the pros, then head to the lagoon to jump in a kayak or canoe, or have a go on a stand-up paddleboard! There will be plenty of sessions led by an instructor and you will be provided with a boat, paddle and buoyancy aid.

You won't need to book in advance so if the sun is shining then why not just turn up and have a go!

LAGOON WIPEDOUT

It's not paddling but it's still great fun! This is an inflatable obstacle course with slides, climbing walls, balancing beams, demolition balls, humps, basher walls and much more! Take the challenge and race your friends and family! Visit the Holme Pierrepont Country Park Website to book your session

LAND ACTIVITIES

At Holme Pierrepont Country Park there are so many activities available for the family to enjoy throughout the year. These are all available during the event with more information on how to book available through the Holme Pierrepont Country Park Website.

The activities available include:

- **Sky Trail/Sky Tikes** – This Dual-level adventure high ropes course goes all the way up to 24ft for those with a head for heights and has a special Sky Tykes course at 2ft so spectators of all ages can get involved.
- **Climbing Wall** – Another great activity for people who enjoy heights! Give it a go and climb to the top!
- **Mini Golf** – Challenge the rest of your family, or a group of friends on our 9-hole Mini Golf course.
- **Segway** – Learn how to ride a segway and then take on the course to have a go and explore
- **Playground** – There's a playground on site so kids can play. There's even a café close by so the grown-ups can enjoy a drink whilst they watch.
- **Country Park** – The whole site is 270 acres so there's plenty of space to enjoy a walk, make the most of the scenery and look for wildlife.

EXPO AREA & COMMUNITY MARKET

Throughout the week, the Expo Area will offer spectators an opportunity to interact with a number of event partners including charities, sponsors and suppliers. Saturday 2 July will also see a market with a range of stalls for all the family to enjoy.

With so much going on during the week, make sure you save the date and head down to the National Water Sports Centre in Nottingham!



Head to the
Canoe Freestyle
Official website
to find out more!

britishcanoeingevents.org.uk/freestyle2022



Events Calendar

JUNE
3-4

Open & British
National Paracanoe,
Seniors and Masters
Championships
Holme Pierrepont
3-4th June

AUG
27

National
Championships
Worcester Canoe Club
27th August

SEPT
25

Hasler Finals
Wey
25th Sept

JUN/JULY
27-2

World Championships
Holme Pierrepont
27th June - 2nd July

SEPT
3-4

Inter-Services
Championship, SUP
Championships and
the National Inter-club
MacGregor Challenge
Regatta
Holme Pierrepont
3-4th Sept

SPT/OCT
29-5

World Championship
Bude Cornwall
29th Sept-9th Oct

JULY
2-3

Open & British National
Under 23s and Junior
Championships
Holme Pierrepont
2-3rd July

SEPT
17-18

ICF Ranking Race
Lee Valley White
Water Centre
17-18th Sept

OCT
29-30

British Open
Lee Valley White
Water Centre
29-30th Oct

Slalom

WWR

Sprint

Rafting

Marathon

Freestyle

Surf Kayak

ICF
CANOE
FREESTYLE
WORLD CHAMPIONSHIPS
FESTIVAL 2022

27 JUNE - 2 JULY 2022
SAVE THE DATE

See over 200 of the world's best freestylers from more than 25 countries come together at the National Water Sport Centre in Nottingham, to battle out in nine events



KAYAKING AUTISM 4

Andrew Huyton and sister Jessica Martin have successfully paddled 104 miles from the source of the River Thames to Henley, whilst raising money for Autism Family Support Oxfordshire.

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