

CANOE FOCUS

**Supporting
your safety skill
development**

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**Meet the
New 2022
#ShePaddles
Ambassadors**

Read more on
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**Medal
Highlights
from 2022**

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Welcome

Welcome to our latest edition of Canoe Focus.

In my last welcome for the magazine I mentioned how much I was looking forward to working with you all and meeting soon.

Over the last five months, I have endeavoured to meet as many of you as possible and have visited clubs, regions, events, domestic and international competitions and met with colleagues at the Scottish Canoe Association and Canoe Wales.

With another busy summer of paddlesport I have attended five World Championships staged in the UK and abroad, and have been delighted to see our athletes continue to shine on the water with 85 international medals won this season.

Much of the success that we collectively achieve is down to the volunteers based in our clubs and committees and as an organisation we are immensely grateful for the continued commitment and expertise that is so readily available and so beneficial to all our paddlers.

I have enjoyed visiting a wide range of clubs close to home in Yorkshire and further afield, most recently at Shrewsbury, a number in Essex, Richmond and Elmbridge. It has been a great opportunity to meet members and discuss a range of topics and really understand how clubs, regions and volunteers really work.

It has also been a pleasure to meet sprint and slalom committee members at the domestic regattas in Nottingham and the ranking race held at Lee Valley – held in order for international athletes to have time on the water ahead of next year's crucial World Championships.

Our access and environment work continues to remain high on our agenda, and I am delighted with the continued work we do around the environment, focussing on both greater access and cleaner water. I attended two recent Parliamentary receptions hosted by the Canal and River Trust and Sport England, at which we were able to further lobby and promote our case and further build alliances with MPs.

I was also delighted to see that the Paddlers' Code launch in association with stakeholders, that will ensure our new and growing membership fully embrace how to Respect, Protect and Enjoy the waterways. You can find out more about the Paddlers' Code on page 16.

Equality, Diversity and Inclusion continues to be a major focus for us. In this edition we celebrate our new #ShePaddles ambassadors for this year, alongside highlighting inspirational paddling role models featured in our support for Black History Month and National Inclusion Week.

I will continue to meet with as many of you as possible, including at the Paddlesport Coaching and Leadership Conference this November that I am looking forward to attending.

Happy paddling!

Ashley Metcalfe
CEO, 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



British Canoeing Members can get FREE National Outdoor Expo Tickets

Join British Canoeing at the National Outdoor Expo, 18-19 March 2023 for FREE. We'll be exhibiting and talking about safety, how our Go Paddling brand benefits paddlers and why you should look for our British Canoeing Delivery Partner logo. As a special offer members can get free admission. 850 of our members took up this offer last year, so why not join like minded individuals in Birmingham next March. Find out more about this offer here:



members.britishcanoeing.org.uk/?mh_cpt_voucher_code=national-outdoor-expo

Charlotte Henshaw shortlisted for Sunday Times Award



Congratulations to Charlotte Henshaw MBE, who has been shortlisted for the 2022 Sunday Times Disability Sportswoman of the Year award. 2022 has been another incredible year for Charlotte in paracanoe, coming into the season off the back of her first Paralympic gold medal in Tokyo last year. Find out more about Charlotte's achievements and the awards here:



www.britishcanoeing.org.uk/news/2022/charlotte-henshaw-shortlisted-for-sunday-times-award

British Canoeing announce partnership renewal with Aquapac

British Canoeing is delighted to announce the renewal of our commercial partnership with Aquapac. Aquapac will also be an official partner of the upcoming 2023 ICF Canoe Slalom World



Championships, held on home soil at Lee Valley White Water Centre next September. An Aquapac waterproof case enables you to protect your equipment whilst ensuring you have your phone on your person to make and receive calls in an emergency. Find out more about the partnership renewal here:



www.britishcanoeing.org.uk/news/2022/british-canoeing-announce-partnership-renewal-with-aquapac

British Canoeing supports New 'Right to Roam Bill' introduced to Parliament

A new Private Members Bill has been presented to Parliament that proposes to extend a right of access to rivers, woods and greenbelt land. Green MP Caroline Lucas



introduced the Bill to Parliament and it was scheduled to have a second reading on 28 October. Ben Seal, head of access and environment said "British Canoeing fully supports the intention to secure clarity in our ability to access our inland waters,". Find out more:



www.britishcanoeing.org.uk/news/2022/new-right-to-roam-bill-introduced-to-parliament

British Canoeing shortlisted for BBC Green Sport Award



British Canoeing was delighted to be named as one of the organisations on the BBC Green Sport Awards Power List for 2022. Earlier this year we put forward our case to be included in the Teamwork Award, due to the success of the Big Paddle Cleanup. Find out more about the award and what was achieved during the Big Paddle Cleanup 2022 here:



www.britishcanoeing.org.uk/news/2022/british-canoeing-shortlisted-for-bbc-green-sport-award

Your chance to win a Aquaplanet SUP package worth £500*

British Canoeing members who get a quote for a policy through Towergate Insurance for their Craft Insurance will be entered into the prize draw where 2 people will be in with a chance to win an Aquaplanet SUP worth £500. *Terms and Conditions's apply, find out more below.

Worth
£500



Aquaplanet PACE SUP Package

Find out
more:



<https://members.britishcanoeing.org.uk/your-chance-to-win-a-aquaplanet-sup-package-worth-500/>

In partnership with



*Prize Draw Terms and Conditions: Subject to underwriting acceptance. Offer available to members of British Canoeing. The promotor is Towergate Insurance (the 'Promotor'). You will be entered into the prize draw between 29 September 2022 to 31 December 2022 when you obtain a craft insurance quote with Towergate Insurance. Entries received after this time will not be considered, only one entry per person is permitted. There are two prizes to be won. The prize draw will end midnight on 31 December 2022 but can be withdrawn or amended at any time. The winners will be selected at random by the 14 of January 2023 following the prize draw and notified by phone within 7 days. If we do not hear back from the winners within seven days of that message, the winner's prize will be forfeited, and the Promotor will be entitled to select another winner. The winners will receive a Aquaplanet SUP package which is worth £500. The prize is non-exchangeable, non-transferable and cash alternative not available. The Promotor reserves the right to replace the prize with an alternative prize if it is necessary to do so. The prize will be sent to the winners by post within 27 days of being notified of their win. The name of the winners can be obtained by writing to the Marketing Department, Towergate Insurance, Ellenborough House, Wellington Street, Cheltenham, GL50 1XZ. Competition is open to UK residents aged 18 and over excluding employees of The Ardonagh Group Limited or any of its group undertakings, their families, agents or any third party directly associated with the administration of the prize draw. The promoter's announcement of the winners is final; no correspondence will be entered into. The winners must agree to have his/her name and postal town published and be willing to participate in any post-event publicity. Participants are deemed to have accepted and agreed to be bound by these terms and conditions upon entry. The Promotor reserves the right to refuse entry, or refuse to award the prize to anyone in breach of these terms and conditions. Personal data supplied during the course of this promotion will only be processed as set out in the Towergate's privacy policy, which can be found on their website. The Promotor accepts no responsibility for entries not successfully completed due to a technical fault of any kind. The Promotor, its agents or distributors will not be responsible or liable to compensate the winner or accept any liability for any loss or damage, occurring as a result of taking up the prize except where it is caused by the negligence of the Promotor, its agents or distributors or that of their employees. The Promotor accepts no responsibility for entries not successfully completed due to a technical fault of any kind. Your statutory rights are not affected. The prize draw will be governed by English law.

#MEET THE NEW 2022... SHEPADDLES AMBASSADORS

British Canoeing is delighted to announce 21 inspirational #ShePaddles Ambassadors for 2022/23. Our Ambassadors will be pivotal in promoting paddling and encouraging more women and girls to get on the water.

Claire White

I took up paddle boarding in the summer of 2019. My aim is to share my experiences to empower and encourage more women and girls onto the water, to build confidence and positive mindfulness and to try something new.

Rebecca Jane Brown

I started paddling last year and it's slowly become a core focus in my life. I'm Neurodivergent and have battled with mental and physical health across my lifetime. I wish to showcase how incredible the paddling world is and encourage more people to take up paddlesports for mental and physical health, and show that Neurodivergents can paddle amazingly too.

Sarah Janes

I'm excited to become a She Paddles Ambassador and would like to use this opportunity to inspire women to think in a different way about the challenges they may be facing with paddling due to changing body shape, image, confidence, or agility as we get a little older.

Aisha Garwood

I'm looking forward to drawing attention to the opportunities for paddling within Birmingham. I have my own ongoing paddling story which I hope will inspire others, especially those facing similar challenges and barriers.

Sarah Dimabro-Denson

I first started paddling at my uni canoe club a year ago. I noticed it was a really friendly community but it was heavily male dominated. I'm keen to ensure that women in paddling feel confident and empowered and create a space where everyone feels comfortable to give things a go.

Saira Ishaq

I'm mostly looking forward to getting back paddling again after having two children who are still very small. I love the achievement of moving a craft with woman power alone. I moved to York to be close to a river I'm familiar with, but mostly for the Muslim community, who I believe have very little knowledge about paddling. I would like to introduce paddlesport to them by using my own fleet of boats and kit. My main purpose in this role is to give women of all backgrounds the confidence to love the water and kayaking, keeping their own home lives intact as well as improving their fitness.

Charlie Heslop

I consider myself a novice paddler, but I'm excited to encourage other women to take up the sport, and use it to increase positivity. I want to focus on increasing the visibility and availability of mentoring and peer paddling opportunities for female paddlers. I want to work with groups for girls and young women to tackle issues of body confidence, fear, and anxiety about engaging with paddlesports.



Rebecca Edwards

I'm really looking forward to becoming an Ambassador to continue to support, teach and inspire more women and girls into paddlesports for their physical and mental health. I would love more people to experience paddling and inspire more women to step out of their comfort zones, try new things and go on new adventures.

Lucy McQueen Jones

I'm looking forward to meeting other passionate female paddlers from all different disciplines and hope to raise the profile of Waveski and Kayak Surf within the paddling community. I hope I can encourage other females, especially the mums out there who might have lost confidence or don't make time for themselves, to try paddling and get out on the water more.

Julie Kelly

I want to use this role to help women face their fears and get out of their comfort zones, as this is when the fun really starts! As a novice SUP paddler, I hope to share my journey and encourage others. I'm hoping to raise the importance of getting out into nature for both our physical and mental health, while looking after our environment.

Kerri Adams

I moved to the UK fourteen years ago and found myself loving the new tidal rivers, rapids and sea adventures in my leisure time. After having two children and exploring the world of home education we were hooked on our weekly paddles and social moments. If I can help support even one person and show them how paddling can change their life, grow their mindset, give them confidence or bring new ways of channelling their energy, then I will feel accomplished.

Cathy Mills

I had brain surgery following a haemorrhagic stroke that left me paralysed on my right side. Now over five years later I'm a paddle boarding addict. I find myself on the water four to five times a week. I'd love to become an instructor or a leader and make paddling more accessible to all women whether they are disabled or not.

Sarah Blues

I'm looking forward to continuing my mission to make paddling more accessible for women. I'm passionate that paddling should be for everybody and every body. During my time as a She Paddles Ambassador I hope to work with manufacturers to improve women's kit availability, something I have begun through the #PaddleKitHerWay campaign.

Helen Russell

I'm really excited to be a She Paddles Ambassador and to be part of a great team of women. I'm looking forward to promoting paddling to show other women how fun it is to be on the water and how it can help with mental health and confidence building. I took part in the first Paddling with Pride event this year and would like to help organise more Pride Paddle events and get more LGBTQ women paddling.

Tabitha Murray-English

Personally, I'm most looking forward to being able to meet and engage with the other female paddlers, do a bit of brainstorming, make some great plans and maybe have an adventure! What I'm hoping to achieve the most is to spread the word of how good canoeing, kayaking and paddle boarding can be - and that it's suitable for anyone regardless of physical ability, age, or culture.



SCOTTISH CANOE ASSOCIATION AMBASSADORS

Claire Scott

It's an amazing honour to be chosen as a #ShePaddles ambassador. It's really great to be seen as someone with the potential to help make a difference and maybe inspire more women to start their SUP journey.

Savanna Gude

I'm so happy to be selected! I hope my vision and passion and love of being on my SUP will help me get other women of all ages, all sizes, all backgrounds on the water and make it accessible for women of all abilities to try and enjoy paddlesports.

Lauren Darraugh

I'm an active Paddlesport Instructor as well as a teacher, and love getting involved with local clubs and groups to get people out on the water and learning a new set of skills! I'm super stoked to be a part of the She Paddles Ambassadors and I look forward to using this opportunity to help other women and girls have the confidence to get involved with and stick with the sport!

#SHEPADDLES
SPREAD THE LOVE!



CANOE WALES AMBASSADORS

Dani Abram

I am a super enthusiastic beginner kayaker, having only taken up the sport in 2021. During the pandemic, I had a very big breakdown and ended up in crisis care. One of the most important lessons I took from that is 'having something to live for.' It sounds so simple, but kayaking gives me a full body experience. I love tiring myself out on the water and I love the social connection of being with my club. I really want to encourage more women and girls to try their local clubs!

Hannah Cubie

I began canoeing as a teenager around 30 years ago with a local club. Through the highs, lows, challenges and changes of life the activity and community that surrounds paddling has been an unchanging backbone of connection and joy for me. I hope to give women and girls of every age, ethnicity, gender, sexuality, disability and difference the opportunity and confidence to start their own journeys in the sport.

Hannah Vineer

I've been kayaking since I was a child, but only started seriously when I joined my uni canoe club and found a lovely bunch of friends, including my husband! My aim for my time as an ambassador is to continue working with clubs, but also to improve opportunities for parents and carers, and people who need to "count spoons" (e.g. those with chronic conditions like endometriosis, ME or migraine).



New colours for the colder months.

Waterproof, breathable, fleece lined and windproof,
our Aqua Parka has been designed with you in mind.
Don't forget British Canoeing members get 15% off Gill products.
Shop now.

Gill

CELEBRATING

BLACK HISTORY MONTH

2022

Solomon Maragh

We last checked in with Solomon during Black History Month in 2021, where he'd already made waves as Jamaica's first ever canoe slalom athlete. Born in Sheffield, and paddling at Manvers Waterfront Boat Club, Solomon has his sights set on Olympic success. This year saw Solomon racing at the Junior and Senior World championships with continued positivity and confidence. Solomon reflected "I want to be on the Olympic Podium for Jamaica, paving the way for more Jamaicans around the world to both take up canoeing recreationally and/or competitively".

Read more about Solomon's journey here: www.britishcanoeing.org.uk/news/2022/black-history-month-solomon-maragh-jamaicas-first-ever-canoe-slalom-athlete



John McCalla-Leacy

John wears many hats - he is Global & UK Head of Environment Social & Governance (ESG) at KPMG, a former GB canoe slalom athlete, and the first Chair of British Canoeing's Inclusion Advisory Group.

He has made history as the first elected Black Board member in KPMG's 150-year history, and the only Black Board member of any of the Big 4 accounting firms in the UK. John told us he's "grateful that this sport has given me the opportunity to meet so many amazing people and ... [to be] able to work with my fellow Inclusion Advisory Group members ... to make British Canoeing more diverse, inclusive and open to all." You can read the rest of John's interview for Black History Month here: www.britishcanoeing.org.uk/news/2022/black-history-month-john-mccalla-leacy



Gemma Palmer-Deighton

Gemma is a stand-up paddleboarder, was a #ShePaddles Ambassador in 2021, and is on her way to becoming an instructor. She set up SUP Huntingdon, which rapidly became a community of over 500 people, a group founded on "trust, inclusivity and making the environment welcoming for all. Representation and visibility as a Black woman are central for Gemma: "By being visible I'm creating a space for all to belong. The message I intend to send to Black people is that they too can belong. I hope this leads to other people thinking "I can do this sport, I belong in this space."

You can read more about Gemma through her article here: www.britishcanoeing.org.uk/news/2022/black-history-month-gemma-palmer-deighton



Tony Greyson-Newman

In paddling circles, Tony Greyson-Newman is known as "The Jamaican Kayaksman", as he made history as the first person to represent Jamaica internationally in sprint kayaking. "I discovered paddling later in life, which is strange at times - although I'm in my fifties, I'm really "young" in the sport, compared to other competitors my age who have been paddling for decades more. "I was always overwhelmed by the warmth and reception I'd receive from other athletes when paddling."

Read more about Tony's story here: www.britishcanoeing.org.uk/news/2022/black-history-month-tony-greyson-newman



#MY15 MYWAY

Want to
get involved?

Make a submission
online, or share your
post on social media,
tag British Canoeing,
and use the hashtag
#My15MyWay!

This National Inclusion Week, British Canoeing supported the #Wethe15 initiative through our #My15MyWay campaign, championed by previous #ShePaddles Ambassador and para-marathon paddler, Jen Warren. We invited paddlers with disabilities to complete fifteen of anything paddling related - whether it's fifteen miles, fifteen minutes or fifteen laps - and share it with us, to raise the profile of disability across paddling.

Feedback from the National Inclusion Survey told us that representation of paddlers with a wide range of disabilities or long-term health conditions was lacking, and that we needed to do more to ensure that paddling could be seen as an activity for paddlers with disabilities such as learning disabilities and non-visible disabilities. Check out some of the submissions from National Inclusion Week, and keep your eyes peeled for more posts on socials!

Clare Rutter, Wales

I've paddled since I was about six, when my parents took me to an activity centre open day in Pembrokeshire. Later, when girls were allowed in the Scouts, I really developed my love of paddlesport in kayaks and canoes. Five years ago I experienced a sudden, unknown medical episode that led to a seizure and a sustained period of unconsciousness. Combined with hitting the floor head first, I sustained a Traumatic Brain Injury and ongoing Post Concussion Syndrome. I'm here to show that with a little flexibility, adaptation and a different way of thinking, anyone with a disability can enjoy paddling in some way, shape or form, and take advantage of all the benefits that it can bring.

#My15:

*15 minutes of
mindfulness*

Alison Tingey, West Sussex

After getting into Stand Up Paddleboarding whilst doing my Bellboat Helm Permit as a leader with the Sea Scouts, I decided, with the support and encouragement of my group leader, that my next challenge would be to qualify as a SUP instructor, to enable me to take the Sea Scouts out on the water. I was into watersports when I was younger, but stopped for some years after being diagnosed as Type 1 Diabetic, aged 18. I decided that I should be in control of my diabetes, not the other way round, and it shouldn't stop me from doing what I love!

#My15: *15 laps of a local lake*

Jen Warren, Warwickshire

"#My15MyWay came about as I wanted to give visibility to those with disabilities and chronic health conditions. I love paddling for both my mental and physical health and I want to break down as many barriers for the 15% (globally) living with a disability as possible. There is so much knowledge and experience in the paddling community, but some awareness is yet to develop. By sharing our stories, we share how these issues have been overcome, so paddlers with a disability don't feel so alone, have an opportunity to enjoy paddling, and makes paddling more accessible for all."

#My15: *15 minutes of mindfulness*



CHRISTMAS FOR PADDLERS GIFT GUIDE

With Christmas fast approaching we've pulled together some Christmas gift ideas to help you treat the paddlers in your life. We thought it would be a good idea to look at the less expensive side of our sport so if you're looking for crafts and paddles then you won't find them here. However there are plenty of things paddlers need that won't cost the earth.

WATERPROOF PHONE CASE From £13

Get it online at Aquapac:

aquapac.net/product-category/waterproof-phone-cases



An Aquapac waterproof case enables you to protect your equipment whilst ensuring you have your phone on your person to make and receive calls in an emergency. *British Canoeing members receive a 30% discount with Aquapac.

GILL DRY BAG From £19

Get it online at Gill:

gb.gillmarine.com/accessories/luggage/dry-bags/

Keep all your kit dry on your paddle. Ideal for keeping your valuables and gear dry whilst out on the water. Gill has a great range of Dry Bags available, check out the Voyager Dry Bag 25L.

*British Canoeing members receive a 15% discount with Gill.



BRITISH CANOEING'S CLOTHING LIFESTYLE RANGE From £14.99

Get it online at British Canoeing Shop:
shop.britishcanoeing.org.uk/lifestyle/

Check out the range of t-shirts, jumpers and hoodies with lots of fun paddling prints to choose from. A great way to show your love for paddling off the water.



GILL BEANIE RANGE From £16

Find them online at Gill:

gb.gillmarine.com/accessories/headwear/beanies

Gill's range of beanies will keep your head warm even in the coldest of conditions. Check out their new Gill X New Era Beanie for style and comfort.

*British Canoeing members receive a 15% discount with Gill.



WATERPROOF PADDLING TRAIL MAPS From £2.50

Find them online at British Canoeing Shop:

shop.britishcanoeing.org.uk/product-category/maps-publications

With trails to paddle in the Broads, Manchester, London, Birmingham and more, a waterproof paddle trails map is the perfect stocking filler for a paddling pal that loves a new adventure.



A #SHEPADDLES BOAT STICKER From £2.99

You can find them online at British Canoeing shop:

shop.britishcanoeing.org.uk/shop/she-paddles/she-paddles-decal-stickers/

Our #ShePaddles boat stickers are available in a variety of colours and sizes! They look pretty cool too.



Looking for more gift ideas? Check out our full gifting guide for paddlers...plus everything listed is under £20!

gopaddling.info/20-gifts-for-paddlers-under-20-stocking-fillers-for-paddlers



Give the Gift of a British Canoeing Membership this Christmas

A British Canoeing On the Water membership is an ideal gift for a paddler in your life giving access to explore some of our finest waterways across the country. You'll also be supporting the development of resources and projects that benefits the whole paddling community. Buy now ready for Christmas and the membership can be activated at any point within 12 months of it being purchased!

The Benefits

British Canoeing membership gives a whole range of benefits and opportunities. We're here to help support paddlers get the most out of their time on the water!



Waterway licence: The most comprehensive licence available



Public Liability Insurance: £10 million civil liability cover for all your paddling



Bespoke Communications: Regular members news, advice, top tips & inspirational ideas.



Discounts and Rewards: Exclusive offers to help you make savings



Part of a Community: Sharing experiences and a passion for paddling



Campaigning & Lobbying: Supporting the Clear Access, Clear Waters campaign



For more information and to purchase British Canoeing membership as a gift please **call our membership department on 0300 0119 500**

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THE LITTLE THINGS COUNT

5 SUP ACCESSORIES THAT WILL CHANGE THE WAY YOU PADDLE

Paddle boarding is a fun, active way to spend the day with family and friends. One of the best things about it is that you don't need much training or experience to be able to enjoy the activity. In fact, all you have to do to get started is find a board and try your hand! However, you might not realise that there is also a huge range of SUP accessories out there to help make your time on the water more enjoyable. In this article, we pick out some of our favourite SUP accessories that you can use to improve your paddle boarding experience.



1 **GET IT ON THE ROOF**
£49.99

Who says you have to pump up your SUP every time you go on an adventure? Leaving your board inflated and using a roof rack to transport it is an excellent way to cut down the time it takes to get out on the water. These self-inflating roof bars fit any car and includes everything required to fix your SUP in place, no need for roof rails and they fold down neatly in a carry bag when not in use!



2 **PUMP IT UP**
£69.99

The standard manual pump that's comes in your kit will always do a great job of inflating your SUP, but when pumping up more than one board this can become a real workout. This is where an electric pump comes into its own, allowing you to sit back and relax while the car does all the work! Simply plug in to a 12V socket.



3 SAFETY FIRST

£39.99

Water can be unpredictable and, at this time of year, very cold. We always recommend that a buoyancy aid is worn whenever you paddle, and that you carry a phone in a waterproof case at all times. Never underestimate water. This Aquaplanet buoyancy aid looks great, keeps you warm, has pockets for your phone and comes in three adjustable sizes.



4 LEVEL UP YOUR PADDLE

£129.99

If you're looking to get serious with your SUP, a paddle upgrade is a must. The difference in water control between a lightweight carbon and an aluminium paddle is unbelievable, and makes the perfect gift for any SUP fanatic this Christmas.



5 TAKE A SEAT

£54.99

Why not paddle with a different point of view by converting your paddle board into a kayak? With a kayak seat and paddle you can simply clip the seat onto your clip, sit down and relax!





The Paddlers' Code

Respect · Protect · Enjoy

What is the Paddlers' Code?

The Paddlers' Code, which has been developed in partnership with a range of stakeholders including Natural England, sets out good practice paddlers can do to protect our environment. But also to respect other river and canal users and enjoy being on the water safely. It's a simple set of good practice guidelines that we hope people will share and use every time they go out paddling. It is not about giving people a set of rules to abide by. It is more about describing the good things we do as a community to paddle responsibly.

How did it come about?

We began working on this a while ago, following the refresh of the national Countryside Code. Natural England expressed an interest in working with us to create a code just for paddlers, so we jumped at the chance. It has taken a bit of time, but we wanted to ensure that we got this just right.

Why do you think it was needed?

Two main reasons. Firstly, when you looked around, there was a real mixed bag of guidance and advice for paddlers. There was no real consistency in language, or tone, so we wanted to establish a clear message that everyone could understand and recognise. Secondly, we have had a huge influx of people into paddling in the last 2 years. Many of our latest members are new to the sport. This was a great opportunity to set out our responsibility to the environment, to each other and to staying safe.

What are the key messages?

We have mirrored the Countryside Code with our key messages:

Respect

Protect

Enjoy

Within each of these, we have broken it down into key actions that we can all support. So within Respect, we talk about how we respect each other and other users. Protect outlines the way we can care for and protect the environment. Enjoy is all about how we can keep ourselves safe. For many paddlers, these actions will be

“What we do’ already, which is great! But for others, these things will be new, hence why we have pulled them together in one place.”

One thing we have been clear about is that this is not a set of rules. It is not there to be policed, or enforced. A strap line emerged during filming, which was: **“These are our places to enjoy and protect and this is our code”**. It summed up what we are trying to achieve with the project. The key message is that the code is ours as a community to own and live.

paddlerscode.info

Respect



If you need to drive, team up with others to reduce pollution and congestion on roads.

Respect



Park respectfully, do not cause obstructions or damage the local area. Leave space for emergency vehicles.

Respect



Keep group sizes small and discreet where possible.

Respect



Unpack equipment and change in a discreet and considerate way.

Respect




Give other users space, avoid lingering and causing a disturbance. Pass others on the right hand side.

Respect



Be friendly, be welcoming and respectful of those you meet along the way. Be nice, say hello and share the space!

Respect



Avoid climbing over and damaging fences and walls.

Protect



Be kind to nature and wildlife. Be aware of breeding and nesting seasons. Minimise noise and keep a distance.

Protect



Avoid gravel beds in rivers. Disturbing spawning grounds for fish and other species can be considered a criminal act.

Protect



Banks can be sensitive to erosion or home to vulnerable species. Try to avoid them by sticking to established paths.

Protect



Avoid dragging or sliding craft on the bankside. Try to float your craft for launching and landing.

Protect




Always check, clean, & dry your kit after each trip. This is key to helping stop the spread of invasive, non-native species.

Enjoy



Be prepared! Always wear a buoyancy aid and carry a means of contacting the emergency services on your person.

Enjoy




Check you have the appropriate leash for the environment if paddling SUP. Or your craft/equipment before each trip.

Enjoy



Plan your adventure! The weather can change rapidly due to rain, wind or tide. Check river levels and avoid offshore winds.

Enjoy



Ensure you are equipped for the trip and that it is within the capabilities of you and your group.

Enjoy




Be aware of potential hazards such as weirs, overhanging trees and tidal waters. Look out for warning signs.

Enjoy




Look out for bacteria, viruses or toxic algae. Don't enter water that looks or smells bad. Report to the Environment Agency.

Enjoy



Leave no trace, take only photographs and leave only ripples.

Enjoy



Having the correct waterways licence helps to preserve our precious rivers and canals.

Tails
.com”
×
Gill



Rain? What rain? Meet the ultimate waterproof dog coat.

The tails.com X Gill 2 in 1 dog coat is constructed with our lightweight XPLORE® 2-layer waterproof and breathable fabric.

Using surplus off-cut fabric from our OS2 Offshore range this coat is not only great for dogs but also for the environment.

Don't forget British Canoeing members get 15% off Gill products.
Discover more at gillmarine.com/tails-waterproof-dog-coat

Gill

ERDINGER

ALKOHOLFREI



Padding and ERDINGER Alkoholfrei – a perfect partnership of quality

As a paddler, you know the importance of planning and preparation to get as much enjoyment as possible out of your sport. There's getting the right equipment and clothing, working on your fitness and technique, and making sure you have the right licence. Then there's planning your route and taking all safety considerations into account, liaising all the time with the friends or club mates you're spending time on the water with.

For club members, there's another aspect of planning – the teamwork that helps things run smoothly. A club helps you learn, explore, encourage and motivate each other. But behind the scenes, people are working hard to provide you with that great sense of community.

The same is true for ERDINGER Alkoholfrei which relies on the same attention to detail in planning, preparation and teamwork to ensure you can enjoy the consistent high quality of the isotonic recovery drink.

It's a commitment that extends from the farmers who grow the wheat, the lorry drivers who transport ingredients or the finished product, the brewers who have perfected their art, the quality assurance team right through to the retailers and bar managers who sell ERDINGER Alkoholfrei. This means it receives the best focus on quality right the way through to your first sip and ensures that every drink of ERDINGER Alkoholfrei is as good as the last.

And nowhere is that more important than in the private brewery ERDINGER Weissbräu. Our expert team of brewmasters are committed to

quality and are staunch defenders of Bavaria's Purity Law which ensures that the full range of ERDINGER wheat beers are brewed using only pure, natural ingredients. The finest malted wheat, barley and hops are selected and brewed with water and yeast in accordance with the law and no chemicals, artificial colourings, aromas or any other additives are used – only Bavarian brewing skills and the highest quality standards. The uncompromising quality of these four essential ingredients remains as crucial as ever.

WATER - Beer is 90% water and our brewing water is drawn from the ERDINGER brewery's two wells, 160 meters below ground.

MALT - Malt gives beer its body and its colour. Our experienced brewmasters select specific wheat and barley varieties that are particularly suitable for brewing wheat beer, which is made using at least 50% malted wheat.

HOPS - The beer's soul. ERDINGER's expert brewers use exquisite hop varieties that give our wheat beer a mildly aromatic bitterness.

YEAST - ERDINGER's brewing yeast is cultivated specially at the brewery and can only be found there and the top-fermenting yeast gives wheat beer its typical fruity flavour.

So, after all your planning, preparation and teamwork sit back and enjoy a refreshing glass of ERDINGER Alkoholfrei knowing that it's brewed with the same love and devotion as you commit to paddling.



EXPLORE PARADISE.

Whether it's paddleboarding, kayaking, diving or simply enjoying the surrounding nature, the Cayman Islands has it all.



CAYMAN ISLANDS

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SUPPORTING YOUR SAFETY SKILL DEVELOPMENT

Safety is an important consideration for us all, whether you've just started your paddling journey or have been paddling for many years. If you're new to paddlesport, having an understanding of paddling safety can support your development and ensure you have an awareness of the hazards as well as have the skills if you get into difficulty on the water. We would recommend getting some safety training, such as the Paddle Safer or SUP Safer courses to support you to develop your safety awareness and skills.

The Paddle Safer and SUP Safer are based on the British Canoeing Awarding Body Educational Philosophy and, as such, the ethos of 'supporting you, the paddler' is the main focus of the courses, encouraging you to consider where you paddle, the equipment you use and provide practical solutions if you get into difficulty.

These safety courses are open to all ages and for individuals, families and groups wanting to expand their safety practices when on the water.

GO PADDLING PADDLE SAFER COURSE

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.

This practical course takes approximately two hours and covers equipment, environmental factors, planning and rescues.

Visit the Go Paddling website to find a course near you
gopaddling.info/paddle-safer

SUP SAFER COURSE

The SUP Safer course aims to raise your awareness of paddling your SUP safely in a sheltered water environment.

During the four hour course, you will explore and learn to appreciate the potential hazards you might encounter and be prepared to avoid or deal with them. The SUP Safer course has four modules:

- SUP Equipment
- Environment and Weather
- Planning
- Safety on the Water

Visit the Paddles Up Training website to find a course near you
paddlesuptraining.com/courses/sup-safer

SUPPORTIVE RESOURCES

There are a range of resources in the British Canoeing Awarding Body Digital Library to support the development of your safety skills. From 1 December, we will be sharing a range of sheltered water rescue videos, giving examples of how you could perform a range of rescues. A range of craft are used from open canoe, kayaks and mixed craft, to stand up paddleboards and racing craft.

We will also be sharing a range of top tips for those who coach from the bank, across a range of disciplines including white water, freestyle, polo, surf and racing, to name a few.

Visit the Digital Library on 1 December to check out the new resources.
britishcanoeingawarding.org.uk/digital-library





MEDAL HIGHLIGHTS

2022



ALL THE MEDALS WON BY SELECTED GB ATHLETES DURING THE **2022** INTERNATIONAL SEASON

Slalom



Sprint and Paracanoe



Marathon



Freestyle



Surf Kayak (England)



Stand Up Paddleboarding



Wild Water Racing



Ocean Racing



Celebrating our ATHLETES **BIG ACHIEVEMENTS**

2022 Medal Haul for Mallory Franklin with 11 medals



Tokyo 2020 Olympic silver medallist Mallory Franklin continued her incredible form into the 2022 season, winning a total of 11 medals across canoe slalom and kayak cross.

Kick-starting her season at the European Championships, Mallory became women's C1 European Champion, as well as winning silver in the women's kayak cross and K1 team event, before claiming bronze in the women's K1.

Five medals followed during the World Cup series, as well as two bronze at the World Championships in Augsburg, women's C1 and women's C1 team medals.

Her World Cup achievements saw Mallory also claim overall titles in the kayak cross and women's C1, as well as second place in the women's K1.

Ottlie Robinson-Shaw becomes triple World Champion



Ottlie Robinson-Shaw completed a hat-trick of World titles in front of a sun soaked home crowd. Having topped every round in the competition, two-time junior World Champion Ottlie continued

to showcase her talent once again in the senior events, winning gold in the women's kayak, women's canoe and women's squirt boat finals to dominate the sport on home waters.

Beth Gill wins Marathon World Championships title



Beth Gill ensured a golden start for Britain at the 2022 ICF Canoe Marathon World Championships, winning her first World title in the C1 Women's short course event.

After a missed turn from the 2021 C1 Women's short course champion Babak, Gill was able to storm ahead from the rest of the field as she went clear to win the race. A first C1 marathon short course World Championship gold medal for Great Britain.

Emma Wiggs MBE and Laura Sugar MBE claim Grand Slams



Gold medals at the paracanoe World and European Championships meant Emma Wiggs and Laura Sugar both completed 'Grand Slams', holding Paralympic, World and European titles in the same 12 months.

After triumphing in last years' Paralympic Games in Tokyo, Emma claimed the first ever women's VL2 Paralympic title in Tokyo, before winning gold in the same event at the World Championships in Halifax and Europeans in Munich.

Laura too completed the 'Grand Slam' of medals for her success in the women's KL3, firstly winning gold on her Paralympic debut in the sport, before going on to retain her World title and win her first European title in Munich.

Kerry Christie becomes Britain's first ever U23 Wildwater World Champion



An ecstatic Kerry Christie was lost for words after claiming a superb kayak classic gold to become Britain's first ever U23 European Champion at the Junior & U23 Wildwater European Championships in Banja Luka.

She also took a fantastic silver alongside sister Emma in the U23 women's canoe double.

SURF KAYAK WORLD CHAMPIONSHIPS 2022

An action packed final day saw England claim a number of medals at the 2022 Surf Kayak World Championships in Bude, Cornwall, as the ten day event drew to a close.

Coming into the Saturday with a medal already in the teams event on Thursday, the England squad continued their form into the individual events, winning an incredible 11 medals in front of a home crowd.

Congratulations to the 21-strong team that competed across the event, as well as athletes from across the home nations.

In the Masters Open events, Ed Long won two medals including a World title in the Long Boat event, as well as silver in the Short Boat.

Dominating his Long Boat semi-final with a score of 14.07, Ed continued his form into the final, scoring 11.25 from his best two runs to claim the gold medal and become World Champion in Bude.

In the same final, teammate David Merrifield took an excellent bronze medal with a score of 7.35. Having won his earlier semi-final, David put in further strong efforts in a tight final to claim a podium finish.

Ed Long claimed his second medal of the day as he also won silver in the Short Boat event. Progressing through the semi-finals earlier in the day, Ed scored 9.08 from his best two runs to claim the silver

Gary Adcock claimed England's second gold of the day, scoring some strong points in the final of the Grand Master Open Long Boat on Crooklets. A total score of 13.00 put Gary clear in the final, over four points of his nearest competitor Anthony Coyne.

Teammate Simon Hammond secured an impressive bronze in the same event after winning his semi-final.

Simon also went on to claim his second medal with silver in the Grand Master Open Short Boat Final, with his score of 12.40 enough for second.

It was a hotly contested final, as Simon was just 0.3 off the World title, whilst Gary Adcock just missed out on his second medal in fourth.

Two strong performances from Emma Fishleigh saw her win a fantastic silver and bronze in the women's events.

Claiming top spot in her semi-final run, Emma went into the women's Short Boat final full of confidence, putting scores totalling 11.90 to win the silver medal.

This was backed up in the Long Boat final too, after progressing through the heats in top, and finishing second in her semi-final, Emma's score of 8.53 saw her claim another podium finish with bronze.

Jack Barker secured bronze in what was an incredibly tight finish to the Open Short Boat final. After winning his semi-final Jack battled amongst the four athletes for the podium finishes, with 0.76 separating the top three.

Taking on a three stage final, Nathan Rossiter took bronze in the New Age Open Long Boat finals. Finishing the first final in 3rd, Nathan went on to secure fourth and second in the next two rounds to put him in bronze overall.

That was similar of Toryn Pett in the Junior Open Long Boat Final. Taking fourth in final 1, and third and a second propelled him into third spot overall to step onto the podium.

It wasn't to be, however, for Philippa Griffiths, who narrowly missed out in fourth in the Junior Women's Long Boat final.

England Team Coach, Simon Hammond said:

"As the England team Coach, I'm excited about our team and the future and the development of this sport in Britain.

"We've got hundreds of ideas as to how to raise the profile of the sport, how to make our elite event better and how to draw paddlers in from across disciplines to look at this wonderful sport.

"So if you're a SUP paddler who wants something more or a freestyler with a solid roll then you've got to come and try this sport!"



For a round up of all the results throughout the competition, visit:

[tournr.com/
tournament/778/
schedule](https://tournr.com/tournament/778/schedule)