



British Canoeing Affiliation No.123 South West Region.

Beginners – Learn to Paddle courses 2019

- *Would you like to learn to kayak?*
- *Are you interested in competitive paddle sports?*
- *Do you want to be an active member of sports club?*

Paddling at Bradford on Avon is enjoyable, relaxing, fulfilling and hard work – all at the same time.

We are kayak racing club that paddles throughout the year and in ALL weathers we are looking to encourage people of all ages who are keen to take up kayaking, ideally to compete in races at whatever level (and there are competitions for all abilities) – and are looking to become involved in the activities and running of the club.

Below you will find details about equipment required, membership, coaching and other FAQs.

The aim of the LTP course:

Is to provide skills and the necessary ability to enable novices to learn, progress and improve through learning and motivation to be able to partake in a variety of kayaking activities and ensure that the basic knowledge is correctly taught. The aim is to form a solid base for long term development of paddlers.

As we are primarily a racing and competition based club, the pathway follows a course of instruction biased toward, but not exclusively to, the techniques, skills and fitness that are suited to the Sprint and Marathon racing. At the basic levels however, the course is also suitable for those that may not wish to use the skills gained to compete and feel that they may prefer a semi non-competitive participation. Parents are encouraged to attend and participate with their children min. age is 10 yrs.

2019 course times:

Course 1: 2rd May, 9th May and 16th May.

Course 2: 6th June, 13th June and 20th June.

Course 3: 4th July, 11th July and 18th July.

Course 4: 5th September, 12th September and 19th September.

Duration all courses: 3 weeks, held on Thursday evenings, 6 pm start to finish by 8 pm (if possible please arrive at least 10 mins before)



Cost £40 (payment by cheque to **Bradford on Avon Rowing Club** or direct **A/C no: 44769160 Sort code: 30 98 75** quoting reference **LTP** plus your **Surname** please advise me mike@purchas.co.uk of the date and amount).

Please note there will be a **£10 discount** on your membership fee if you become a member of the BOA Canoe Club within one month of completing the LTP course.

Number of participants: Max 14

Coaches: Min 2

Age requirements: Min 10 years, no max.

Location: BOA Canoe Club, Barton Bridge, Pound Lane, Bradford on Avon, Wiltshire, BA15 1LF.

Equipment: BOACC club Kayaks and equipment. Ergo/paddling machine - Technique

What you'll need

Firstly, you must be able to swim at least 100 metres fully clothed. All participant will wear a buoyancy aid (provided)

It is important you wear the correct clothing when you come paddling. What you wear should not saturate with water if you fall in. If you do not have gear designed for water sports we recommend the following, depending on the conditions:

- Pair of old trainers or plimsolls (You may well be standing in the river – your feet will get wet)
- Tracksuit bottoms, leggings or shorts – Jeans or similar are not appropriate
- T-shirt, sweatshirt, thermal top
- Cagoule or a thin water proof and windproof top
- Towel
- You will get wet so you should have a change of clothes to put on after the session

You should also advise your coach of any medical conditions.

To book a place please complete a consent form and return it with fee or state your method of payment as detailed above. Send to:

Mike Purchas, 48 Grasmere, Trowbridge, Wilts BA14 7LL.

email: mike@purchas.co.uk



LTP Course Outline of subjects/areas taught

The course adopts the principle of know, explain, understand and adopt in teaching each specific area.

Session 1 Week 1

1. Brief overview of Kayaking including different types of canoe/kayak
2. Background of The BOA Kayak Club – history and what we do
3. Personal safety, put on, adjust and check your own buoyancy aid (BA)
4. Identify 2 pieces of safety equipment – warm up/warm down procedures
5. Note presence of rowing boats on river and “river right” rule
6. Setting boat up, using a tiller bar and different types/designs of rudders.
7. How to hold and use paddles (basic stroke), on land. Types of paddle they may come across.
8. Boat safety – what to do if you capsize, how to balance to avoid.
9. How to carry a boat and how to get into and out of a boat on the water.
10. Basic paddling strokes, forwards, backwards and around in a circle, turning the boat, stopping.
11. ALL participants to perform capsize drill in area adjacent to safety of the landing stage.
12. How to put boats and equipment away.

Session 2 Week 2

13. Recap on week 1 using question and answer ensuring everyone participates.
14. Launch boats, recap basic strokes paddling changing directions.
15. Support strokes why how when.
16. Launch from different locations e.g. from grass bank.
17. Maintaining directional control with paddle and rudder.
18. Edging a boat & keep paddling on low side, balance exercises.
19. Steering games using bridge pillars and back water.

Session 3 Week 3

20. Recap Week 1 and 2 – increase paddling distances generally.
21. Balance, maintain an active posture whilst doing simple tasks.
22. Demonstrate changing stroke rate – practice paddling fast for 20 seconds, short races
23. Longer paddle to Avoncliff weir to consolidate paddling skills learnt to date, possible weir portage depending on ability of group, using moving water.
24. Play ‘Follow My Leader’ on return to Club, getting over washes.
25. Provide feedback on each paddler’s progress over the 3 weeks.



Other Activities to be included during each session at appropriate stage:

26. Paddle forwards, backwards and sideways (draw stroke) delivery speed.
27. Paddling at different speeds and effect on rudder/turning.
28. Get off water in different locations and demonstrate self-recovery.
29. Responsibility to others on the water, check and look after equipment, help a capsized paddler.
30. Ensure paddlers have snack/drink after paddle and understand the need to shower/change quickly after activity, when cooler.
31. Taking responsibility for self and your equipment. Use examples as they occur.
32. Trying different boats and crew boats.
33. Use of the canal, boat traffic. (Differences compared to river paddling).
34. Printed BOACC Kayaking beginner's course certificate presented to paddlers attending and completing the course successfully. (At last session).

Membership

We will encourage those attending our courses to become members of BOACC following the 3rd week and participate regularly as members. We will encourage individuals to gain in proficiency so that they can enjoy our own waters safely and progress to racing and competition if they show the necessary skill and interest. Progression following the initial introduction is by encouragement to attend club member sessions which are run at least twice a week, weather and conditions permitting, more regular training taking place during April to October. Details on the Website.

The initial invitation following a course, will be to attend a SATURDAY morning 9am – 10.30am novice sessions with appropriate coach attendance to build upon the skills learnt during the 3 week course. Those attending will be allocated a coach and grouped with similar standard paddlers for progression, identifying those areas that need immediate improvement and building upon the skills learnt.

Subsequent Saturday sessions will encourage the new novice paddlers to venture further afield with other more advanced novice paddlers to build speed and skills further.

Upon completion of 2 -3 sessions on a Saturday and when the Wednesday evening paddling sessions commence (generally from mid-April) those progressing to a more advanced novice standard will be encouraged to attend the 6pm club sessions.

Any questions, please drop us an email.

Happy Paddling.