



Bradford on Avon Canoe Club - 2017

British Canoeing Affiliation No.123 South West Region.

Bradford on Avon Beginners Course. (Kayaking)

The aim of the BOARC beginner's course is 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 wide 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. Similar in structure to the Paddle power modules it is however used for all new paddlers attending BOACC, whatever their age.

As 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, Marathon and white water based kayak paddling in a competitive environment. At the basic levels however the course is also totally suitable for those that may not wish to use the skills gained to compete and feel that they may prefer non-competitive participation.

Course 1: 20th April, 27th April, 4th May and 11th May.

Course 2: 25th May, 1st June, 8th June and 15th June.

Course 3: 29th June, 6th July, 13th July and 20th July.

Course 4: September dates to be confirmed.

Duration all courses: 4 weeks, held on Thursday evenings.

Cost £40 (cheques made payable to Bradford on Avon Rowing Club).

Time: 6 pm start to finish by 8 pm

Number of participants: Max 10

Coaches: Min 2

Age requirements: Min 10 years, no max.

Location: BOACC Boathouse (Country Park, Bradford Tithe Barn).

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

Clothing requirement: Suitable for weather prevailing, hat, thin, but warm long and short sleeve tops, bottoms and lightweight thin soled shoes. Towel and change of clothing. If cooler and windy Cag/windproof top. *Please remember it is always cooler on the water than on the bank!*

To book a place please complete a consent form and return it with fee to:



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

Tel: 01225 760632 or 07875278329

The objective of the BOACC beginners course is to introduce to Kayaking, the first time paddler or individual who may have tried the sport once or twice before but would like to know more and progress safely. Parents are encouraged to attend and participate with their children. All participant will wear a buoyancy aid however an ability to swim confidently, a minimum of 25meters is a requirement.

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

Beginners Course Outline of subjects/areas taught

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 – warn 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 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

Session 4 Week 4

25. Recap sessions 1-3, introduce time trial principles
26. Warm up basics and practice skills from weeks 1-3 paddling down to 1000mtr mark. Depending upon group ability introduce paddling in moving water below weir.
27. Return to Club once warmed up playing leap frog.
28. Short time trial including faster turns
29. Provide feedback on each paddler's progress over the 4 weeks.

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

30. Paddle forwards, backwards and sideways (draw stroke) delivery speed
31. Paddling at different speeds and effect on rudder/turning
32. Get off water in different locations and demonstrate self-recovery
33. Responsibility to others on the water, check and look after equipment, help a capsized paddler
34. Ensure paddlers have snack/drink after paddle and understand the need to shower/change quickly after activity, when cooler.
35. Taking responsibility for self and your equipment. Use examples as they occur.
36. Trying different boats and crew boats.



37. Use of the canal, boat traffic. (Differences compared to river paddling)

38. Printed BOACC Kayaking beginners course certificate present to paddlers attending and completing the course successfully. (At last session)

The Club is keen to retain paddlers that attend it taster/beginners courses and recognise that this can be a challenge. Inclusion in club paddling sessions to provide encouragement by seeing larger groups on the water and experienced paddlers is the key to retaining interest and involvement.

We will encourage those attending our courses to become members of BOACC following the 4th 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 SATURDAY afternoon 9am – 10.30am novice session with appropriate coach attendance to build upon the skills learnt during the 4 week course. Those attending will be allocated a coach to and grouped with similar standard paddlers for progression, identifying those areas that need immediate improvement and building upon the skills learnt. Two skill level groups are normal depending upon numbers.

Subsequent Saturday sessions will encourage advancing novice paddlers, group two, to venture further afield with more advanced novice paddlers to build speed and skills further.

Upon completion of 2 -3 sessions on a Saturday, and once evening novice paddlers sessions commence (generally April onwards) on Wednesday those progressing to a more advanced novice standard will be encouraged to attend the 6pm club session.

Once a month between April and September they will be encouraged to partake in our 2km and 5km time trial event. By this stage often K2 skills are sought or have already been progressed and inclusion in the club *training* session will be encouraged to those novices that have reached a suitable standard to participate.

Encouragement to participate at events, paddles and competition at other local clubs and at specific regional events as member of the BOACC Kayak racing team follows.

Progression to this stage would normally see the paddler measuring improvement via the Divisional system and participation in full club training sessions.