

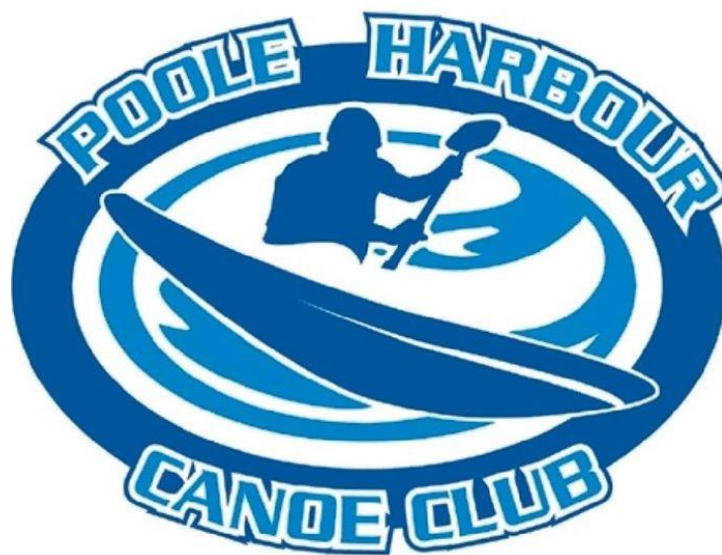


Poole Harbour Canoe Club

Training and logbook

Name

Date.....



Hi there,

Welcome to the training programme at our Canoe club. We enjoy teaching people about paddling and hope that you will grow to love our sport as much as we do!

The club is affiliated to British Canoeing and we run their courses alongside lots of other training to help you get the most from your time on the water.

British Canoeing have recognised the efforts of our coaches and the way the club is run and we have been awarded the “Top Club” award.

This booklet will introduce you to the British canoeing awards and will give you a place to record your details and adventures.

The first three awards can be taken in any craft. You can join any course according to your present skills.

You will normally have attended one of our “New Paddler” sessions, which are based on the “Start Award”. The coaches on this session will guide you on what they think is the best route for you to develop your paddling.

The next step is the “Discover Award”. This is the basic award needed to take part in most of the club paddles.

Following this is the “Explore Award”. You will learn more about being a safe paddler and will enjoy paddling with others.

We have also included space for you to record your aspirations.

If you want to develop further there are twelve specific awards that help you paddle different craft safely and effectively. Each one is divided into three levels, basic, intermediate and advanced.

Details of all these awards can be found at <https://www.britishcanoeingawarding.org.uk/>

If you need any help during your paddling, we have lots of coaches to assist you.

Many best wishes for your paddling.

The PHCC Coaching team.

My previous experiences.

Please jot down any Paddling, competitions, journeys etc. that you have completed. Please include any dates if you can remember them.

Places I have paddled before

Other exercise I enjoy (Especially watersports)

What I hope to achieve

Places I'd like to Paddle

I would like to be.. Beginner, Intermediate, Advanced, Expert..

Areas of paddling I would like to try.

Open Canoe	Sea Kayak	Racing	Touring
Polo	Slalom	Stand up paddling	Surf kayaking
White water	Wild water racing	Freestyle	Rafting
Canoe sailing	Canoe lifeguards	Ocean racing	Dragon boat

Us...

Poole Harbour Canoe Club, Lake Drive, Hamworthy, Poole, BH15 4LR

Poole Harbour Canoe Club, Riverside, 33 Newmans close, Wimborne BH21 1XA

Dorset Disabled Canoe Unit, Sea Cadet site Phoebe, Rugby Club Car Park
Iford Lane, Christchurch, Dorset, BH6 5NF

Details of our paddling can be found on our Website.

<http://pooleharbourcanoeclub.uk> this will also show you our Facebook pages



Our Members area can be accessed using the password.....

Joining British Canoeing isn't necessary, but we would recommend it if you want to enjoy your paddling and get more information and advice..

British Canoeing : My membership number.

The awards have been created by British canoeing and all the details can be found on the following website...

<https://www.britishcanoeingawarding.org.uk>

If you have any problems, please contact your coaches.

Additional support is provided by our welfare officer, Mark Taylor, or his assistants, Cheryl and Lynette. They can be contacted through our website.

Your coaches and contact details.

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Please record details of any coaching you have received, any journeys you take, competitions, pool sessions, symposiums, exhibitions or meetings relevant to paddlesport. We encourage you to try out new disciplines and experiences and to paddle with different groups of paddlers.

Your coaches can help you with this.

Date	Time (hours)	Number In group	Ability level	Nature of activity	Venue	Water & Weather Conditions	Role in group

Please find a sheet that you can duplicate below...

NAME:

Commentary for coaches on the Discover Award			
<p><i>The Discover Award encourages the paddler to develop decision making and practical skills for a fun and safe time on the water Taking them on the next steps towards becoming a proficient and independent paddler.</i></p> <p><i>Teaching them to choose and effectively use equipment, whilst developing an understanding of the factors which affect their paddling</i> <i>Leading them on to the higher awards</i></p>		Minimum 8 hours 1 to 4 Coaching ratio Minimum of 2 Coaches	
DO :	Activities to complete		
DEVELOP :	Start learning these skills and improve with each session		
CHALLENGE :	Looking towards the next sessions		
KNOW :	Information to remember and understand		
		DATE	SIGNED
PREPARING FOR THE WATER			
Look at different craft and choose the best one for your session			
Check your boat for safety and connectivity (Bungs, Buoyancy bags, footrests, spraydeck etc.)			
Understand different paddle sizes and types - Select the best one for you.			
Use the most appropriate clothing and footwear			
Choose and fit your own BA. Check someone else's			
Why we wear a BA and what it does			
GETTING TO THE WATER			
Learn how to use roof racks and trailers safely			
Carry your craft safely. Use trolleys etc.if possible			
Look at risks getting to the water. (Busy car parks, slippery banks, pedestrians etc.)			
GETTING ON THE WATER			
Where we are paddling: WET Assessment = W eather, E nvironment, T ide - or current			
Warming up exercises			
Launch boat safely - Be aware of any boundaries			
Other methods of launching at different locations (Beaches, slipways, pontoons, banks etc.)			

NAME:

ON THE WATER	Date	Signed
Develop strong forward paddling with good posture and technique		
Paddle backwards. Show good technique and posture		
Stop your craft efficiently and safely		
Turn your craft on the spot and on the move		
Understand the effects of trimming and edging your craft		
Try different ways to move your craft sideways		
Try using rudder strokes to keep your craft straight		
Complete a journey		
Group control and team paddling		
Group awareness and learning from others		
Capsize and safety drill. Swim your craft to the shore		
Observe a rescue and be rescued in deep water		
Be aware of and take care of the environment we paddle in		
Towing techniques to recover a craft or paddler		
Get off the water safely		
Wash and return kit. Report any damage		
PADDLING KNOWLEDGE		
Personal risk and safety. Weil's disease and minor injuries		
Things to take on a day trip		
Access to rivers and the sea		
Reflection and debrief		
Consider next steps		
If not completed already: Introduction to PHCC, our activities and facilities		
: Introduction to British Canoeing, the Coaching scheme and paddlesport		

For each of the sessions you attend in which you learn new knowledge or new skills - or improve on those skills and the understanding you already have, try to identify **three** achievements of which you are proud. When you have written these down – identify one additional aspect on which you would like to improve when you next have an opportunity.

Session 1

Session 2

Session 3

Additional notes – extra sessions – new aims



Bill's Link-Guide - preparation for the British Canoeing **"Discover" (the old 'One Star' course)** (& a little bit of 'Explore'/Two Star')

Basic Paddling skills1

Clothing Guidance – If in doubt ask !
<https://youtu.be/OfHDnL7USJU?t=2m27s>

1

Lifting, carrying and launching
<https://youtu.be/5rmJTycbQrs>

2

Forward paddling over a distance of 100m
<https://youtu.be/pvi7rllsNRY?t=14>

3

Steering and controlling - turning
<https://youtu.be/TCSvhXcCR74?t=1>

4

Return to the bank and get out
<https://youtu.be/LOaSwKGEExOc?t=24s>

5

Simple support strokes – High & Low Brace
(High) <https://youtu.be/uOsyqt37ILQ?t=22> **(Low)** <https://youtu.be/EnA3biQKbV0>

Rescue Skills

1

Capsize the craft and be rescued or swim to the shore (whichever is most appropriate to the craft and conditions)
<https://youtu.be/cfuKnFomZIA>

2

Emptying boats
<https://youtu.be/92GxrB5ncA4>

Safety, Leadership & Group Skills

- 1 Personal risk management
- 2 Awareness of others
- 3 Provide evidence of 1 journey of about 1 hour (3 km) duration (this could take place during the assessment)

Theory (see the separate Guide Sheet)

- 1 Equipment
- 2 Safety
- 3 Wellbeing, health and first aid
- 4 Access
- 5 Environment
- 6 General

& for weather/tides/swell etc. use > <http://www.pooleharbourcanooclub.uk/page54.html>