



Kayaking Indoors Project for Schools (KIPS)

Canoe England will be rolling out a series of Kayaking Indoors Projects using the kayak ergo machines around the country. Examples are listed below which demonstrate some ideas of how schools have engaged with Canoe England and inspired school groups to go canoeing, using the Ergometers.

Intra-school competitions have been organised by sports leaders in the north east during lunch and after school time in the Northumberland schools to find their champions from Year 7 to Year 13. They will then represent their school in the Kayaking Indoors Northumberland Schools (KINS) regional final with the top 3 in each category going through to the Kayaking Indoors Area Championships (KIAC).

For details of how your school can go canoeing contact your regional Paddlesport Development Officer.

Newlands Girls School, in Maidenhead, Berkshire played their part in paddling their own Olympic journey from Beijing to London as part of their celebrations of 2012 Olympic and Paralympic values.

Other schools and youth organisations have raised money for charities by holding sponsored paddles of varying distances to raise money for Children in Need.

Teaching the Secondary Curriculum through Paddlesport

Canoe England is about to launch a document that will change the shape of how Paddlesport can be delivered in school by teachers and other support staff. The document is aimed at those teachers that are competent and enthusiastic about delivering canoeing in school but may not hold the relevant qualification and therefore would benefit from this guidance, support and knowledge. This resource can be used in any 'very sheltered' environment such as small lakes or ponds, canals or swimming pool.

This resource provide a wealth of Paddlesport activities that focus on the key concepts and processes involved in teaching the secondary curriculum and the personal, learning and thinking skills needed to learn successfully. The activity cards in the resource use the Paddlepower scheme as a tool that supports the GCSE syllabus and alternative vocational qualifications.

National Go Canoeing Week 6th-15th April 2012

National Go Canoeing week provides 10 days of intense and focused 2012 Participants across England with an aim to be regular participants before the London opening ceremony on the 27th July. Clubs, centres and schools are encouraged to use this launch to organise inspirational **Go Canoeing** events. During the 10 days of the **National Go Canoeing** week. **How will your school get involved?**

For more information contact
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in schools Canoeing

Delivering a sustainable Paddlesport legacy



Paddlepower at School

Paddlepower at School is a fantastic, inclusive, flexible, easy to organise, set of challenges that is a whole load of fun for young people.



Legacy for Life and Sports Hall Regatta

Legacy for Life is Canoe England's guide to the Schools Competition framework. It supports schools and colleges to develop the paddler pathways from Key Stage 2 - Keystage 5 through canoeing.

It is the latest exciting strategy from Canoe England, designed to help and inspire children and young people to go canoeing through competition by developing the core skills paddlers need.

The events can take place in a hall, a pool or outside on the water to meet the needs of all types of schools and locations. The activities have been designed to run either as intra or inter school competition, and could even be incorporated into an outdoor adventurous activity.

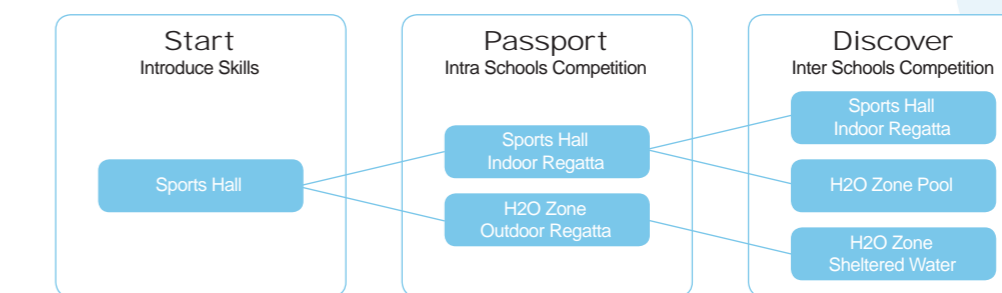
Sports Hall Regatta
Sports Hall Regatta is an exciting new development that forms a part of the Canoe England Schools Competition Framework. It develops canoe

specific skills in the sports hall, using equipment that the majority of schools will have access to, whilst challenging and preparing young people for a canoeing experience on water.

Taking the kids canoeing just got easier

The government is determined to reduce burdens on teachers in schools. Newly revised health and safety guidance for schools has been published by the Department for Education, summarising how the existing health and safety law affects schools, local authorities, governing bodies, and staff – particularly in relation to school trips. This advice has been slashed from 150 pages of unduly complex information to just eight pages. This advice document replaces a number of guidance documents on health, safety and security in schools, including Health and Safety: Responsibilities and Powers (2001) and Health and Safety of Pupils on Educational Visits (HASPEV 1998).

Paddlepower Schools Paddler Pathway



For further details of Paddlesport Participation contact: Canoe England 18 Market Place, Bingham, Nottinghamshire, NG13 8AP. Email: youth@canoe-england.org.uk

Tel: 0845 370 9500 Fax: 0845 370 9501
or visit www.canoe-england.org.uk



Bellboats: taking the learning out of the classroom

Why choose Bellboats?

- Great fun for all
- Versatile and stable craft
- Allows up to 10 participants per craft.
- Ideal for mixed ability groups
- Easy to supervise
- Floating classroom concept
- Learning outside the classroom opportunities
- Opens possibilities for cross-curricular work
- Bellboat Helm Award easy to attain.
- Allows teamwork & achievement
- Builds confidence & self esteem
- The BCU Bell Boat Helm Award is specifically aimed for leaders wishing to take large youth groups on placid water.
- A teacher/leader with no previous paddling skills can qualify as a helm after a 2 day course (this includes 4 hours of first aid).



New centre attracts the masses

Canoe England successfully completed negotiations with Express Parks the Waterfront developers for a lease of the lake at Manvers, South Yorkshire plus an area of land to enable the erection of a watersports centre.

A multisport club was since evolved, called the Manvers Waterfront Boat Club. The club is predominantly a canoe club but also has members interested in triathlon, open water swimming, sailing, windsurfing, fishing, model boating, running and cycling. The club has since grown at a phenomenal rate and now boasts over 900 members, the majority of which list canoeing as their main sport.

A slipway allows for easy launching for a range of craft from kayaks to sailing boats and the new purpose built ecofriendly clubhouse has been erected and outfitted to include equipment storage, changing rooms, showers and toilets, a kitchen, offices and multi-use function rooms. The boat house is heated sustainably using water from the lake via a heat pump recovery system in order to minimise both its carbon footprint and running costs.

The club has established formal links with

several schools and colleges in the area who are now benefiting from the new facility in various different ways. Some students are now able to try a new sport which would not have been available to them in the past and other students are benefitting from much better facilities than they have had access to in the past. Doncaster Schools Canoe Association have moved their sessions to the much improved facilities at Manvers from their former site.

Dearne Valley College have seen the potential for their students and have entered into a formal agreement with the club. They have committed to providing financial support and agreeing to work together with the club to develop the facilities at the clubhouse for the benefit of the students, club members and the wider public.

The college are now taking groups of up to twenty students canoeing on the lake on an almost daily basis.



157,000 young paddlers have been successful in gaining the Paddlepower Start Award with almost 55,000 (Oct 2011) of these either working through or completing the Passport award.

Fun and Flexible Paddlesport for young people

A scheme that fits well with School Club Links and Sportivate programmes. Twelve levels provide a colourful, modular and youth-centred award scheme based on the Long Term Paddler Development (LTPD) model. The scheme aims to encourage young people into the sport and retain them, through offering a wide range of experiences in the many disciplines and opportunities that Paddlesport has to offer.

Paddlepower Start

Provides a framework for a paddler's first taster session as an encouragement to come back for more. This award is the first of 12 levels of progression that gets participants on the first step of the ladder.

Paddlepower Passport

A further four levels comprising of twenty four competencies, skills and knowledge delivered over approximately eight hours of coaching time, equivalent to the British Canoe Union One Star Award.

Paddlepower Discover

A coaching programme of 15-20 hours comprising of 4 more progressive levels. The award focuses on techniques, skills and knowledge that develop the young person as a competent paddler equivalent to the British Canoe Union 2 Star award standard. This is the required award needed to progress as a UKCC endorsed Level 1 Coach.

Paddlepower Explore

Takes paddlers on an extensive journey across another 3 supporting modules that add breadth and depth to the sport while progressing through Passport, Discover and on into Excel. Participants are encouraged to try competitive and non-competitive events within and across their regions.

Paddlepower Excel

Recognises and celebrates commitment competency and experience while signposting towards further leadership and volunteering awards in Paddlesport. The award takes paddlers through another 3 levels concentrating on greater knowledge and experiences through greater participation in journeys, coached sessions, events and competition.



Paddle-Ability and Paracanoe

What is Paddle-Ability? All types of canoeing for anyone with any form of disability. This includes recreation, white water challenges and competitions. Paddle-Ability focuses on the individual's ability rather than their disability.

Paddle-Ability activities are taking place in different shapes and forms all over the country. In June, Buddy Up and Crosby Lakeside Activity Centre in Merseyside, teamed up for a day of Paddlesport activities funded by Positive Futures. Buddy Up is a mentoring scheme that brings together 13 to 16 year olds from special and mainstream schools to take part in a range of activities. One of the Buddy Up Mentors, Josh Cook, assisted in leading the activity together with his father Dave Cook, a Canoe England Development Coach.

The session involved a range of activities with the aim of developing the student's confidence. By the end of the morning session the group were signing, rocking boats and swapping from one boat to another. In the afternoon individuals tried out single man kayaks followed by a Bellboat. The group took part in 'gladiator' style challenges where the bravest took the 'swim of doom'! The session finished up with everyone jumping off the jetty, including the instructors.

What is Paracanoe? Paracanoe is the international competition structure for people with physical disabilities.

From 2016, Paracanoe sprint events will be included in the Paralympics in the 200m kayak and 200m Va'a canoe. GB Canoeing hold a number of Paracanoe Talent ID days throughout the year. British paddlers have also featured at international level both at the Special Olympics World Games and International Canoe Federation Sprint World Championships.

Have a go! Take part at your local club or centre to develop your skills and try different boats. If you enjoy competing, then get involved at the national Paddle-Ability regattas at Holme Pierrepont, Nottingham. You could also join in with Go Canoeing and Canoe 2012 activities at a club near you.

How do I get involved?

To find out more about clubs or centres near you visit www.canoe-england.org.uk/paddle-ability

Hertfordshire School Sports Games

Hertfordshire was chosen as one of the pilot counties for the School Sports Games, with the Olympic slalom course being located in the same county at Waltham Cross, they were keen that a canoeing event would be included as a demonstration event.

Sprint and Slalom canoeing are the two Olympic disciplines. The event took the format of a 100m sprint race on the lake; as the Olympic slalom course would prove too difficult for the young participants.

A team consisting of: Gary Aldam from Bishops Stortford Canoe Club; Gareth Morgan from Herts. Ready for Winners; Naomi Chant from the Lea Valley Regional Park Authority, and Jeff Toser from Canoe England were brought together to organise the event.

The event started late morning to coincide with a visit by Jeremy Hunt, Secretary of State for

Culture, Olympics, Media and Sport to the Lea Valley White Water Centre.

Despite the deteriorating weather conditions, the pupils from the schools of Hertford, Cheshunt and Bishops Stortford persevered on and completed both their K1 events, and the K2 event on time, using boats bought along from Bishops Stortford Canoe

Club, and the Canoe England Luddock sit on top trainers.

Lizzie Neave and David Florence from the GB Canoe Slalom squad, presented medals to the champions and the Minister greeted all those who had been involved in the event.

