

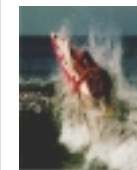
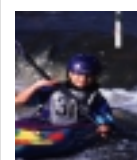
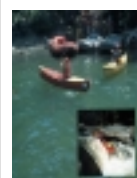
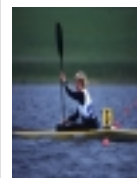


*Welcome To*

# *Paddlesports*

*Part 1 of the BCU Website*

*Getting Started Series*





## Welcome to Paddlesports

# 1

*Paddlesports offer something for everyone, from calm steady paced touring on canal and placid waters to competitive sprint racing and facing the challenge of racing down raging torrents. From exploring fantastic coastal scenery by sea kayak to performing the ultimate playboat moves while 'playing' and 'shredding' the river. Paddlesports offers something for everyone young or old.*

The British Canoe Union promote a large network of competitive events offering the chance to take part in 'Taster Events' and perhaps even the real chance to represent your country.

While many canoeists may not be interested in competition at any level one common theme of all types of Paddlesport is that your enjoyment will increase as your skill level increases. Many will have their first taste of paddling with a short course organised at school, or with organisations such as the scouts.

Practise will improve skills, but whatever stage you are at, a course of instruction by properly qualified coaches will always be beneficial.

*For details of courses see the courses and coaching sections of the BCU Website [www.bcu.org.uk](http://www.bcu.org.uk)*

### THE WORLD OF PADDLESPO

Paddling can offer a relaxing, once or twice a year tour on a local canal, an adventurous trip, or expedition on the thousands of miles of waterways in the United Kingdom and the Continent.

An interest in Paddlesports can be an all consuming hobby, exciting, challenging and testing on white water, on the sea or through the numerous competitive disciplines. Choose the level of challenge to suit. Paddle for enjoyment, to keep fit or, if you have kids, paddle as a family and enjoy the experience together.

### HAVE FUN IN A KAYAK OR CANOE

Much of the sport's versatility comes from being able to make the basic choice in style. Kayak or Canoe.

Here in Britain the word "Canoeing" has always been used to make reference to our sport, regardless of style. However; A 'kayak' is a boat with a closed deck, save for a cockpit in which the paddler sits and in which the paddler uses a double bladed paddle.

A 'canoe' is an open boat in which the paddler sits or kneels using a single bladed paddle.

Collectively the myriad of activities that take place on the water and where the means of propulsion is predominantly the 'paddler' themselves by means of a paddle are now referred to Paddlesports.

Not everyone views Paddlesport as a "wet" sport. Not for them, the closed deck, low water line of the Kayak. However, an interest in the "dryer", less robust activities of placid water touring can often more than adequately be met by the open canoe.

In most instances, an individual's future interest in Paddlesport will be dependant on first experiences. We can divide Paddlesport activity at this early stage into three areas: Placid Water, White Water, Sea and Surf. These three areas of the sport overlap in many ways. They are more similar than they are different, involve the same fundamental skills and provide the same fundamental pleasures.

**Placid Water** – day tripping or short trips and touring on lakes, canals and low gradient rivers. For some the challenge of competition is met by an interest in sprint or marathon racing. For those enthused by a team sport environment Canoe Polo offers a game as fast, technical and physical as football.



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# Welcome to Paddlesports

# 2

**White Water** – running higher gradient rivers and rapids. Rapids are graded according to difficulty from Grade 1 to Grade 6. Grade 1 being the easiest level while Grade 6 is the most difficult and only for the real expert. For those with an interest in Playing the river white water opportunities can lead to competitive interest in Slalom and freestyle paddling or simply in white water touring.

**Sea and Surf** – day tripping, touring and expeditions on the sea. This can involve additional skills and knowledge specific to navigation, tides and the weather. Also included in this area is the thrill of surfing on wave skis and surf skis.

## PADDLESPORT - A SPORT FOR ALL

### *The British Canoe Union Youth Programme*

The key aims of the BCU Young People's Programme are as follows:

- Translating taster activity into regular paddling
- Helping clubs, centres and other organisations to develop quality programmes for young people and to encourage better links with each other
- Organising and promoting more local events for young people
- Providing more opportunities for young talent to improve
- To achieve these goals the programme has developed a number of new initiatives, which are:

### **The Paddlepower Scheme**

Paddlepower is a new scheme of awards and challenges developed especially for young people. It consists of two parts :

**Paddlepower One** – is aimed at young people under 12 and focuses upon the key skills that a young paddler needs to learn. It includes seven progressive awards and certificates with each paddler receiving their own log book.

**Paddlepower Two** – The Challenges – aims to encourage regular participation based on structured coaching sessions and comprises of five challenges. Each challenge is achieved by logging points through taking part in regular coaching sessions, trying out different boats, taking part in events and gaining personal proficiency awards. For each challenge there is a certificate and a colourful log book to chart progress.

### **Cadet Leader Award**

A new award scheme which aims to encourage and introduce young people aged 13 – 18 into leadership roles in Paddlesport. The training is in a modular format based at the Cadet's own club or organisation.

The youth programme has also been responsible for a number of other initiatives including, -

TOP CLUB  
DIAMOND SLALOM CHALLENGE,  
The CURRICULUM at Key Stage 2 &  
Watersports,  
YOUTHVEST and the National Bell Boat  
Championships.

### PADDLESPORT DEVELOPMENT OFFICERS -

These are professional part time staff that work in their own local area to achieve the aims listed above. They all have a focus area but will be happy to assist any enquiry from their region. For your nearest PDO please check the list below or email [youth@bcu.org.uk](mailto:youth@bcu.org.uk) for further details.

*For details of youth programme activities see the youth sections of the BCU Website [www.bcu.org.uk](http://www.bcu.org.uk)*

### **Paddlesport - women and Girls**

In 2001 the BCU signed up to endorse the national action plan for women's and girls' sport,

to underline its commitment to tackle the issues of under representation at all levels within paddlesport. As part of the overall BCU Equity Plan in 2002 we aim to:

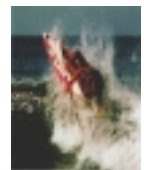
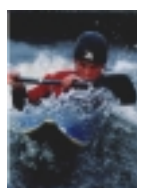
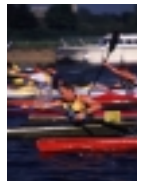
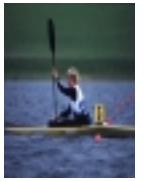
- Re-establish a task force or womens panel to support the development of women in paddlesport
- Recruit a voluntary National Womens Co-ordinator
- Develop a network of people and organisations involved or interested in working with the BCU to develop paddlesport for Women & Girls

Currently there are many organisations involved in developing paddlesport opportunities for women and girls. It would be great to hear about the ideas and actions already taking place as well as developing new. To get involved or register an interest please contact the BCU Office by mail, phone, fax or email.

**Lead Officer: Diane Woods**

**Email: [womenandgirls@bcu.org.uk](mailto:womenandgirls@bcu.org.uk)**

**Tel: 0115 982 1100 Fax: 0115 982 1797**





## Welcome to Paddlesports

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### **Canoeists with special needs**

Canoeing can provide the same interest and benefits for people with disabilities and special needs as for able bodied. Paddling allows family and friends to experience exercise and challenge that is therapeutic for both mind and body.

More importantly, perhaps canoeing is pleasurable and "Fun". Together, able bodied and disabled can share all aspects of the sport.

The British Canoe Union promotes 'canoeing for all' and aims: -

- **To ensure that all people have a general and equal opportunity to participate in canoeing.**
- **Not to disadvantage any individual by imposing any conditions or requirements that cannot be justified.**
- **To promote and develop canoeing for disabled people the British Canoe Union uses the concept and term Paddle-Ability to address the issue of participation in canoe sport and canoe recreation.**

Paddle-Ability focuses on the individuals' ability in canoeing rather than disability. To support this concept the following activities and opportunities are available: -

- **A guidance leaflet for event and tour organisers, about how to provide information on the physical access to water to potential participants. "Guidance Notes - A Different Perspective on Access"**
- **Competitive events as part of mainstream programmes, which recognise the needs of disabled competitors. In particular, Paddle—Ability events are available in Sprint, Slalom and Marathon competitions.**

Information is available from the Paddle-Ability Co-ordinator:

**Viv Kendrick, 8 Yew Grove, Huddersfield, HD4 5XG. Tel: 01484460154(h) 01484226235(w)**  
**Email: [viv.kendrick@wynrush.co.uk](mailto:viv.kendrick@wynrush.co.uk)**

*The BCU maintain a register of instructors and clubs with an interest and ability in catering for persons with special needs.*



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# Welcome to Paddlesports

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## **FAST AND CLEAN - COMPETITIVE PADDLING**

Every water type has a paddling discipline to provide outlets for those with that competitive edge.

### **MARATHON RACING**

Marathon racing offers the opportunity to race on an equal basis with other people within the nationwide divisional system.

The many hundreds of miles of canals and slow moving rivers on which we have free access are ideal for marathon racing. Race distances vary and often involve carrying your boat around wrights and obstacles in what are known as portages. Beginners start around 3 miles, whilst races for experts such as the classic Devizes – Westminster race are 125 miles long.

*For details see the Marathon section of the BCU Website [www.bcu.org.uk/disciplines](http://www.bcu.org.uk/disciplines) or the Marathon website - [www.marathon.bcu.org.uk](http://www.marathon.bcu.org.uk)*

### **SPRINT RACING**

The Olympic sport of sprint racing can be compared with track athletics; the fitness and technique of paddlers tested in a head to head contest in as controlled an environment as possible.

Racing is performed in single (K1), double (K2) and four seat kayaks (K4) as well as in canoes (C1, C2, C4). The distances raced range from 500m to 10,000m.

Each competitor is timed over the course with judges and photo-finish equipment stationed on the line to sort out the numerous close finishes. World Championships for seniors are held every year except Olympic year. For juniors, world championships are held every two years.

Traditionally the preserve of the eastern European Nations British racers are now coming of age and with the wider commitment to sporting excellence we are, as a nation challenging the very best in the world both in Marathon and Sprint Paddling. Amongst our most notable recent successes are:

Success such as this however can only come from strong club support. There are many clubs that offer opportunities to experience and train at all levels in these Paddlesport disciplines at whatever level you may wish.

*For details see the Sprint section of the BCU Website [www.bcu.org.uk/disciplines](http://www.bcu.org.uk/disciplines).*

### **SLALOM**

Excitement and personal challenge - an ultimate test of skill.

Speed and precision is crucial as slalomists need to squeeze through a series of gates without making contact to avoid penalty seconds being added to the time taken to paddle from start to finish.

Slalom is intended to test river-running skills in a safe and friendly environment. Entry level to Canoe Slalom is Division 4 and these slaloms are generally held on calm water and the courses will be simple. The object of the sport is to negotiate a course pre-defined by the course designer. The winner of the event will have negotiated the course in the fastest time, with the fewest penalties.

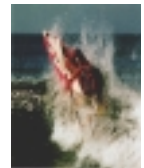
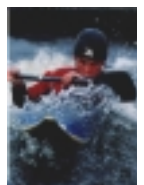
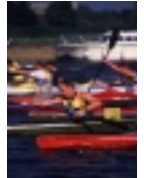
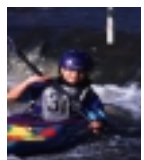
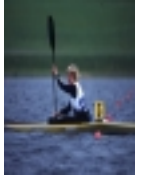
There are penalties for hitting and missing gates. There is usually plenty of time to practice at canoe slaloms. Any boat may be used up to and including Division 1. You don't need a slalom boat to come and try slalom.

Entry level for those with higher level white water skills is Division 2. Competitors may enter a special open event at this level and apply for ranking status following the event, based on the result they achieve. Full details about Canoe Slalom are contained in the Slalom Yearbook which is available from the BCU Slalom Committee,

**C/O Jim Croft, 12 Holmscroft Road, Luton,  
Beds LU3 2TJ Tel: 01582 651615 e-mail:  
[slalom.admin@bcu.org.uk](mailto:slalom.admin@bcu.org.uk)**

**Slalom Website - [www.canoeslalom.co.uk](http://www.canoeslalom.co.uk)**

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## Welcome to Paddlesports

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### SURFING

Paddle surfing is a very popular and thrilling aspect of Paddlesport in which most canoeists participate at some stage, using standard canoeing equipment.

A slalom boat can be used for wave riding and for performing stunts such as pop outs and pirouettes, while the more modern freestyle design of boats can offer a new and equally challenging experience for those seeking the thrill and the rush of the ultimate surf wave.

However, the major force in paddle surfing is the Wave Ski. Faster, more manoeuvrable and capable of extremely radical manoeuvres.

*For details see the Surf section of the BCU Website [www.bcu.org.uk/disciplines](http://www.bcu.org.uk/disciplines) or the Surf website - [www.the-watershed.co.uk/bcusurf/index.htm](http://www.the-watershed.co.uk/bcusurf/index.htm)*

### CANOE POLO

The fast and exciting game of Canoe polo is played by teams of five paddlers who endeavour to score by shooting the ball into their opponents' goal. Generally it is played in swimming pools with specially designed boats.

Polo is all about controlling a small, unstable craft, propelled at maximum velocity, spinning and balancing it while at the same time passing the ball and avoiding surrendering it to the opposition.

With many friendly inter-club games as well as local and regional leagues operating, Canoe Polo is the fastest growing Paddlesport in Britain.

If you enjoy fast team sport - then you'll get hooked on Polo - check out the BCU Website or Yearbook for details of clubs interested in Polo or offering opportunities to get involved in training and competition - see the regional club listings and disciplines section or check out the Canoe Polo Website.

*For details see the Polo section of the BCU Website [www.bcu.org.uk/disciplines](http://www.bcu.org.uk/disciplines) or the Polo website - [www.canoe polo.org.uk](http://www.canoe polo.org.uk)*

### WILD WATER RACING

The speed, control and freedom to choose one's own path, whilst competing against the elements and the clock, is the attraction of wild water racing.

The racer's control in the rough water has to be as precise as that of the slalom paddler through the gates, the distance raced demands the endurance of the marathon paddler and the power to overcome the frequently changing water conditions requires the finesse that is needed by the sprint canoeist leaving the start or in the middle of the 10,000 metre event.

Races vary from 10 to 35 minutes duration – some races are nearly flat – ideal for beginners, while others include some excellent and challenging rapids.

*For details see the Surf section of the BCU Website [www.bcu.org.uk/disciplines](http://www.bcu.org.uk/disciplines) or the Surf website - [www.the-watershed.co.uk/bcusurf/index.htm](http://www.the-watershed.co.uk/bcusurf/index.htm)*

### FREESTYLE PADDLING

The growing dimension to white water sport - 'White Water Rodeo' or PlayboatPaddling first developed in the USA, taking its name and many characteristics from the 'bucking bronco' variety that preceded it. – action, fun and daring. Unlike many other branches of competitive canoeing, playboating skills can be lifesavers in extreme situations; a bomb proof roll, stopper surfing, and controlled looping in waves are skills that have real value in big water.

Britain's first rodeos were organised in 1988. Since then playboating and freestyle competitions have grown in popularity both with paddler and spectator, there now being events spread throughout the country.

Like other action sports, Freestyle paddling is getting better all the time. Paddlers all over the place are now improving in skill faster than ever before and looking for new places to try their developing free expression skills.

A corresponding explosion in boat development now allows paddlers to push the limits of playboat paddling in fun, informal and friendly settings .

Competitions are normally "free expression sessions", paddlers performing to impress the judges and play to the crowds. Front / reverse surfing, flat spins, vertical enders, Cartwheels, split Wheels, blunts and loops. If it looks good, do it and try to score.





## Welcome to Paddlesports

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Squirt Paddling - Another import from the States, squirt paddling started with slalom paddlers playing on white water in increasingly low volume kayaks. Skilled paddlers could dip bow or stern under water and slice sideways allowing faster turns in slalom and a range of tricks and stunts when playing around. Experimentation with design and further decreases in volume resulted in the appearance of the boats recognised today as Squirt boats.

The key to squirting lies in the use of the ends of the boat as aerofoil sections, like an aircraft wing. By pushing this aerofoil through the water, the forces generated can drive the end of the boat under the surface enabling, with experience, paddlers to stand the boat on end (even on flat water), cartwheel end over end, or disappear totally underwater reappearing skyrocketing into the air twenty yards downstream.

Squirt boating can be fun right from the start but be advised – the principles and safety implications involved should be appreciated by all taking part.

Most clubs and areas have loads of budding young paddlers keen to get out on the water and compete against each other to see who has the best style. Categories are usually available for men, women and juniors in either kayaks or open and closed cockpit Canadian.

### New initiatives

For 2002 BCU Freestyle is launching an initiative to get more paddlers - young and old, into the sport. In previous years the National Championship Series (NCS) has been made up of a handful of high profile events, but in 2002 there are to be far more local events making up the calendar. This gives more paddlers, more time, to enjoy more paddling.

With the BCU 'dedicated sites' program underway, there are an increasing number of potential venues. So if you, your club or organisation wishes to have your event form part of the national series, or find out how to organise an event yourselves contact the committee via the web site [www.ukfreestyle.westhost.com](http://www.ukfreestyle.westhost.com) or BCU office.

If you want information on the response initiative call the BCU head office on 01159 821100, or e-mail via the web site [www.ukfreestyle.westhost.com](http://www.ukfreestyle.westhost.com)

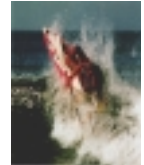
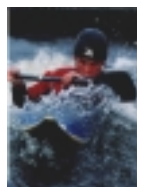
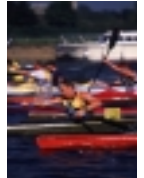
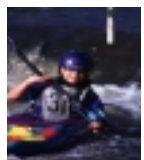
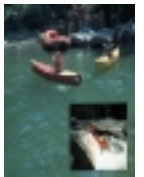
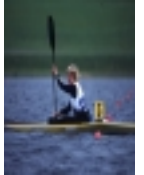
### INTERNATIONAL CANOE SAILING

International canoe sailing is one of the oldest competitive disciplines in the canoeing world. The original competition was held in 1875 for the sailing challenge Trophy.

The advent of competitive sailing prompted the development of canoes capable of moving efficiently forward, a centreboard to aid windward performance and a sailing seat to provide greater power, to balance the heeling effect of the wind in the sales.

Developments since then have produced a modern and highly refined racing machine, requiring a combination of skill, fitness and agility.

*For details see the Canoe Sailing section of the BCU Website [www.bcu.org.uk/disciplines](http://www.bcu.org.uk/disciplines).*



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## Welcome to Paddlesports

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### OUT IN THE OPEN!

Open canoeing has become a popular pastime with an increasing number of people who now paddle nothing else. Once seen as the workhorse, transporting furs and goods across vast continents, it has now been accepted as an ideal craft for taking mum, dad and the children out for a pleasant day on the river, canal or sea.

Its history in this country dates back to the early 1880's when John McGregor travelled through Europe and the Middle East in his Rob Roy canoe.

People are now looking for different experiences to improve their quality life. Wilderness camping trips, where a person spends a long period of time away from civilisation with all necessary equipment stores in their canoe, are becoming popular and naturalists are able to view wildlife in its own natural surroundings, causing a minimum of disturbance.

Parents with small children wishing to take part in leisure activities together are turning to open canoeing; partly because it helps with family relationships, but also as it creates interest in their children's education.

The open canoe can also provide for those wishing to experience the challenge of white water. Good outfitting and additional buoyancy allows river running at all levels.

Descending a rapid in a canoe can be exciting without the fear of being stuck in the canoe should you flip and for the more experienced open canoeist, the specialist white water canoes offer a new dimension to the sport. Not only can you now paddle Grade 5 white and run big drops, but these canoes now allow you, with practice, to roll them.

Whatever type of open canoe you paddle, as long as you are out on the water enjoying yourselves and the surroundings, the rest of the world will wait for you.

*For details see the Open Canoe section of the BCU Website [www.bcu.org.uk/disciplines](http://www.bcu.org.uk/disciplines).*

*Also for information on Open Canoeing contact [www.opencanoe.org.uk](http://www.opencanoe.org.uk)*

### PADDLING ON THE WILD SIDE!

Getting in touch with nature.

In the pursuit of our sport, at whatever level suits, we move through the outdoor environment with a minimum of fuss and disturbance. We can view at close hand wild life in its natural environment, as birds and animals are less prone to fright and flight.

The wildlife we see every paddling day can be studied with the changing seasons. The normally placid mute swan, that will often take bread from the hand, will become very aggressive during the breeding seasons. In the summer, damsel and dragonflies can be seen darting for prey along the bank side vegetation that also hides the chicks of coot and moorhen.

Winter usually sees access agreements on the upland waters open up allowing a change in paddling habitat and a change in species seen. The rotund, white fronted dipper and the fluttering grey wagtail are as evocative of upland water as the call of the curlew on the hills. In certain areas the native red squirrel may be seen, otter spraint on bank side rocks will show evidence of the presence of this elusive creature and the graceful red kite will make paddlers lift their gaze skywards.

Canoeists are intelligent, adaptable animals who have acquired a knowledge about the environment, our effect on it, and who have an increasing appreciation for the joys and rewards that the environment can offer. We are an integral part of the natural world and so our environmental ethics effect both the wildlife and eventually ourselves.



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**Web Site - [www.bcu.org.uk](http://www.bcu.org.uk)**



## Welcome to Paddlesports

# 8

### BREAKING IN BREAKING OUT!

#### WHITE WATER TOURING

Paddling on white water is not for everyone. White water can come in the form of high mountain streams, wide raging torrents and everything in between.

For many of us satisfaction comes from running these in between rivers.

White water paddling is a personal thing. Excitement and adventure is what we seek and we are happy to search for it on an endless succession of rivers, all different yet offering the qualities needed to make it so – gently valleys, forested banks, and challenging rapids.

The international river grading system grades all rivers on a rising scale of difficulty from Grade 1 to Grade 6. “In between” rivers would fall in the Grade 2 or Grade 3 categories. Here mastering manoeuvres such as Breaking In and Breaking Out, ferry gliding and high cross allow for the instinctive development of timing and strategy and bring confidence of movement, an understanding of the mechanics of the river and an appreciation of safety and personal limitations.

#### ADVANCED WHITE WATER

As we progress towards the extreme grades of 4,5 and 6, the more we should recognise the inherent risks of injury and serious accident.

Paddling at this upper end of the scale of difficulty, the rapids will become longer, the water faster and often heavier, route choice will become difficult and often academic, clearly demanding a professional approach and an intensity of commitment.

A paddler would be wrong to think along the lines of graduating to this level just as a matter of course. A paddler’s decision to tackle such water should be entirely based on individual feelings and a completely objective view as to personal skill level and the risks involved.

Should your paddling be heading towards the extreme, please consider the importance of training. An ability to lead, make decisions and a balanced mental approach will be necessary, as rivers encountered at this extreme may only be able to run at certain water levels.

### SEA KAYAKING

Our team sat in heavily laden Nordkapps in the straights outside Port Stanley. Ahead, the intended circumnavigation of the Falkland Islands. Wildly remote, physically challenging and dramatically beautiful, the Southern Ocean was not going to hold any disappointment.

My concentration was broken by a farewell display performed by a school of dolphins. Our escorts led us to the open sea and more amazing encounters in a land where ‘nature is still in change’.

Thoughts turned to the past when the subtle attraction of the ocean was just beginning to interest me. Simple tours in familiar coastal areas attracted by a mixture of curiosity and a sense of discovery. Little need to travel beyond the British Isles either. Out coastal areas of Pembrokeshire, North Wales, Anglesey, North West Coast of Scotland, the Hebrides and the Shetlands is an attraction to sea kayakers the world over, each area rich in bird life, wildlife and impressive scenery.

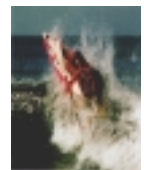
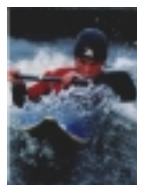
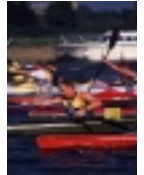
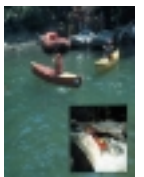
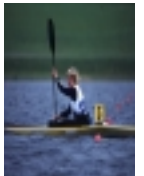
In sea kayaking, I found a real adventure experience. Away from beaches packed with tourists, there lay little known coves, sea cliffs, sea stacks and offshore islands, all awaiting exploration.

The mood of the sea changed. The wind picked up and the seas got bigger. Heads down, bows forced skyward our group made for shelter-paddling on the sea encourages humility, tenacity and patience. Once soon discovers strengths and weaknesses and learns to pay attention to the natural world. We would wait for the conditions to improve before going on.

To begin with, a basic and healthy respect for the sea in all its changing moods will direct enthusiasts to seek expert guidance and tuition to acquaint themselves with the necessary knowledge of tides, navigation, equipment and advanced rescue techniques.

However, those keen to seek the challenges and freedom offered should not let this put them off. Our Coastal environments offer a truly wilderness experience.

*For details see the Sea Kayaking section of the BCU Website [www.bcu.org.uk/sea](http://www.bcu.org.uk/sea)*





## Welcome to Paddlesports

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### TOUCH THE WILD - ADVENTURE PADDLING! From Anglesey to the Alps, Scotland to Scandinavia

There are as many types of expedition as there are reasons for going. The choice of craft, distance paddled and degree of difficulty in water challenged is all a matter for the individual members' decisions, which hopefully, are based on their own experiences and imagination.

While in the past there persisted a myth that only 'big boys in big boats' went on such expeditions and even then, to a wild exotic place, heavily sponsored, to complete a first descent. For any credibility, this must include a considerable amount of Grade V+ water and the team members must sport a few days' unkempt facial growth and 'Hellies' must have enough fungal development to satisfy David Attenborough's next serial.

I would suggest that none of the above mentioned are pre requisites and that the real exploration is one carried out within yourself; when pushing yourself both mentally and physically, certain aspects of your life become almost crystal clear. Friendships are forged, experiences are sought and met which will colour your image for many years. The personal education to which you are exposed is of a very subtle nature.

Fortunately, at least to a point, the world is becoming a smaller place and many more of us are exploring the river environments of the world and seeking out interesting and challenging experiences involving kayaks and canoes at all levels.

It is surprising how quickly we shrug off and reject the modern conveniences of life once the task of completing a journey is undertaken. Solo long haul trips, which may or may not be defensible on safety grounds, seem to highlight and raise this level of experience, bringing a special kind of commitment to the journey.

Unrealistic criteria and programmes beyond the nature of the trip or paddler experience can often get in the way of a more successful approach. To take a western consumer's mentality along with plastic boats and brightly coloured gear to some distant places may prove to be a barrier difficult to overcome.

Allow more days non-paddling than you think. The logistics of getting boats to the river can be an epic in itself; in many countries, where travel for recreation is a misnomer, a 'manyana' approach will often succeed where others fail.

Locals and natives can be very supportive to an individual traveller or small group, where they may shy away from larger, more gregarious parties.

Going further afield the lure of the Grand Canyon, Costa Rica or the great Zambezi River in Zimbabwe may fire your enthusiasm for exploration in these superb areas. You don't necessarily have to be world-class paddler – many organised trips are aimed at novice to improver level.

info at

- [www.pyb.co.uk](http://www.pyb.co.uk)
- [www.glenmorelodge.org.uk](http://www.glenmorelodge.org.uk)
- [www.plasmenai.co.uk](http://www.plasmenai.co.uk)
- [www.assc.org.uk](http://www.assc.org.uk)
- [www.alaskapaddler.com](http://www.alaskapaddler.com)
- [www.bodyboatblade.com](http://www.bodyboatblade.com)
- [www.kayaktours.com](http://www.kayaktours.com)
- [www.adventure-whitewater.com](http://www.adventure-whitewater.com)
- [www.adrift.com](http://www.adrift.com)
- [www.ultimatedescents.com](http://www.ultimatedescents.com)



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 John Dudderidge House, Adbolton Lane,  
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 NG2 SAS  
 Tel: 0115 982 1100  
**E-mail - [info@bcu.org.uk](mailto:info@bcu.org.uk) -**  
**Web Site - [www.bcu.org.uk](http://www.bcu.org.uk)**



# Welcome to Paddlesports

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## ..other useful information

### Canoe Clubs

There are many canoe clubs throughout Britain, some of these specialise in particular aspects of canoeing, while the majority have members whose interests range widely.

The BCU Member's Yearbook contains an extensive list of clubs (with addresses) in each of the regions of Britain. You can also find a list of clubs on the BCU web site

### BCU Approved Centres:

A list is available from the BCU Head Office. SAE please. Or on the [BCU Web Site: www.bcu.org.uk/](http://www.bcu.org.uk/)

### National Canoeing Venues For BCU courses:

Plas y Brenin, Capel Curig, Betws y Coed, North Wales. LL24 GET Tel: (01690720214) Email: [info@pyb.co.uk](mailto:info@pyb.co.uk) / [www.pyb.co.uk](http://www.pyb.co.uk)

Plas Menai, Caernarfon, Gwynedd. LL55 1 UE Tel: (01248 670964) [www.plasmenai.co.uk](http://www.plasmenai.co.uk)

Glenmore Lodge, Aviemore, Inverness-shire, Scotland. PH22 2QU Tel: (0479 86256) [www.glenmorelodge.org.uk](http://www.glenmorelodge.org.uk)

### Canoeing Magazines

Canoe Focus is the official magazine of the British Canoe Union - produced every two months. It contains advertising, articles, competition results, book reviews and private sales. The magazine is free to members or £2.00 to non-members.

**Canoeist** [www.canoeist.co.uk](http://www.canoeist.co.uk)

**Paddles** [www.freepubs.co.uk](http://www.freepubs.co.uk)

**Playboating** [www.playboating.com](http://www.playboating.com)

**Canoe and Kayak** [www.canoekayak.co.uk](http://www.canoekayak.co.uk)

are all independent monthly magazine.

### Videos

A wide range of canoeing videos, including expeditions, coaching and competition are available. Many retailers stock copies **or alternatively you can check out the Coaching Supplies section of the BCU Website,**

### BOOKS



The Canoe & Kayak Handbook is the most comprehensive book on the sport of canoeing and is the official manual of the British Canoe Union. It contains information on technique, skills for kayak and canoe, the behaviour of water, history, boat design, safety, teaching, canoeing for the disabled and a great deal more.

Available from BCU, price £17.95 md P & P (also available from BCU Coaching Supplies on the BCU web site). **The Canoe & Kayak Handbook contains a complete bibliography of canoeing literature.**

### RETAILERS

Avoncraft	Hertfordshire	01707 330000
<a href="http://www.avoncraft.co.uk">www.avoncraft.co.uk</a>		
Capel Canoesport	Kent	01892 832128
<a href="http://www.crewsaver.co.uk">www.crewsaver.co.uk</a>		
Nucleus W'sports	Clacton	01255 812146
<a href="http://www.nucleuswatersports.org.uk">www.nucleuswatersports.org.uk</a>		
Paddlesport	Warwickshire	01926 640573
<a href="http://www.paddlesport.co.uk">www.paddlesport.co.uk</a>		
Pyranha	Cheshire	01928 716666
<a href="http://www.pyranha.com">www.pyranha.com</a>		
Ras Dex	Nottingham	01159 813323
<a href="http://www.rasdex.co.uk">www.rasdex.co.uk</a>		
Tyrone Boats	N.Ireland	01232 426389
<a href="http://www.tyrone.u-net.com">www.tyrone.u-net.com</a>		
Whitewater Consultancy	South Wales	01267 223666
<a href="http://www.wwc.co.uk">www.wwc.co.uk</a>		
Wild Things	Cornwall	01209 211977
<a href="http://www.wildthings-canoes.co.uk">www.wildthings-canoes.co.uk</a>		

### MANUFACTURER/IMPORTER

Avoncraft	Hertfordshire	01707 330000
<a href="http://www.avoncraft.co.uk">www.avoncraft.co.uk</a>		
Crewsaver	Gosport	01705 528621
<a href="http://www.crewsaver.co.uk">www.crewsaver.co.uk</a>		
Paddlesport	Warwickshire	01926 640573
<a href="http://www.paddlesport.co.uk">www.paddlesport.co.uk</a>		
Palm-Equipment	Bristol	01275 842740
<a href="http://www.palm-equipment.co.uk">www.palm-equipment.co.uk</a>		
Perception Kayaks	East Sussex	01825 765891
<a href="http://www.perception.co.uk">www.perception.co.uk</a>		
Pyranha	Cheshire	01928 716666
<a href="http://www.pyranha.com">www.pyranha.com</a>		
Ras Dex	Nottingham	0115 9813323
<a href="http://www.rasdex.co.uk">www.rasdex.co.uk</a>		
Simpsons Lawrence	Glasgow	0141 3009100
<a href="http://www.simpson-lawrence.co.uk">www.simpson-lawrence.co.uk</a>		
Tyrone Boats	N.Ireland	01232 426389
<a href="http://www.tyrone.u-net.com">www.tyrone.u-net.com</a>		
Whitewater Consultancy	South Wales	01267 223666
<a href="http://www.wwc.co.uk">www.wwc.co.uk</a>		
Wild Things	Cornwall	01209 211977
<a href="http://www.wildthings-canoes.co.uk">www.wildthings-canoes.co.uk</a>		
Wild-Water	Bolton	01204 528225
<a href="http://www.wild-water.co.uk">www.wild-water.co.uk</a>		

