

### **Course Aims**

To provide a structured introduction to paddle sports, with focus on kayaking. The course will be targeted to provide the students with the skill set to exceed the BCU Two Star syllabus in kayaking.

At the end of the course students will have:-

- A range of paddling and safe boat handling skills
- Self and peer rescuing knowledge and ability
- Awareness of good safe practices and key trip planning considerations
- Understanding of PaddleSport possibilities and responsibilities

The course starts in an indoor swimming pool where all the key skills are introduced in a safe and comfortable environment. Five later sessions will be based from Paignton Harbour, where cold salty water, (small) waves and (light) wind are introduced. There is then space to experience longer sea boats, though the majority of course activities will typically be done using Acrobat 275 and river running/creek style boats. Although the course is focused in kayaks there may be tasters of canoeing for experience.

The local environment outside the harbour will be used to provide an enjoyable context to develop accurate boat handling skills. Later on one to two hour journeys provide the opportunity to explore coastal features that many Torbay residents are unaware of. This gives a real appetite for further progression for the huge majority of new paddlers. If conditions are inappropriate then the coaching will be harbour or shore based.

Assessment is done as formative and takes place continuously, thus ensuring coaching focuses on individual needs, and avoids the pressure of passing an exam at the end of the course. On successful completion the student may have a Paignton Canoe Club certificate, which has a marked up BCU syllabus on the back.

Students typically complete the course feeling confident, competent and enthused to join in Club events. This provides for many longer term paddler development opportunities in a safe friendly environment.

In 2018 we may provide an additional canoeing skills module which when combined with this course would then allow the club to award BCU Two Star PaddleSport certificates.

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# Paignton Canoe Club

## Kayak Course *Autumn 2017*

### **BEGINNERS IN KAYAKS – boat control and foundation skills + IMPROVERS IN KAYAKING – paddling skills, safety and rescues**

Successfully completing this course will gain you a club certificate, NOT a BCU one.

Start times as below. Eight sessions indoors at Torbay Leisure Centre (Clennon Valley, Paignton) and five sessions outdoors from Paignton Harbour. We finish at 10pm on Tuesdays, and at noon on Saturdays.

Day	Date	Start Time	Location	Notes
Tuesday	17 <sup>th</sup> Oct	8:45pm	TLC	Meet pool side changed ready
Tuesday	24 <sup>th</sup> Oct	<b>8:00pm</b>	TLC	Safety & theory session pool-side first
Tuesday	31 <sup>st</sup> Oct	8:45pm	TLC	
Saturday	4 <sup>th</sup> Nov	0945am	Paignton Harbour	Change in Paignton Sailing Club PSC
Tuesday	7 <sup>th</sup> Nov	8:45pm	TLC	
Saturday	11 <sup>th</sup> Nov	0945am	Paignton Harbour	
Tuesday	14 <sup>th</sup> Nov	8:45pm	TLC	
Saturday	18 <sup>th</sup> Nov	0945am	Paignton Harbour	
Tuesday	21 <sup>st</sup> Nov	8:45pm	TLC	
Saturday	25 <sup>th</sup> Nov	0945am	Paignton Harbour	
Tuesday	28 <sup>th</sup> Nov	<b>8:00pm</b>	TLC	Safety & theory session pool-side first
Saturday	2 <sup>nd</sup> Dec	0945am	Paignton Harbour	
Tuesday	5 <sup>th</sup> Dec	8:45pm	TLC	

**You must be able to swim 25 metres fully dressed. Group photographs may be taken for club use.**

**Dress - (Indoor sessions) You will need:** T-shirt/shorts and swimming costume. Nose clips optional.

A returnable £1.00 coin is needed for the changing room lockers. Pay and display parking.

**(Outdoor sessions) You will need:** Wetsuit with a warm inner layer, a windproof anorak, also wetsocks or shoes. Some footwear is essential for paddlesport. All sessions will include capsizes and rescues – so bring a hot drink with you for afterwards. Showers will be available in PSC. Please do not park on the harbourside

**COST -** £125 for the course, which includes club membership for the year **2017/18**

This includes the use of a kayak, paddle, spraydeck, buoyancy aid and helmet for the course.

You may be able to bring your own equipment, please discuss beforehand and inspection will be necessary

For any queries please contact Tim Durrant on 0790 407 3923, [tim.durrant1@gmail.com](mailto:tim.durrant1@gmail.com)

### **Please COMPLETE and return the form below**

Cut Here ✂-----  
Autumn 2017

Name in Capitals ..... Address .....

TEL NO. ....

e-mail .....Post code.....

AGE, (if below 18yrs, **min 13yrs**) ..... HEIGHT

Please state previous experience and any medical conditions, previous injuries or other considerations that may be aggravated or relevant to Paddlesport participation. Continue overleaf.

Emergency Contact Details, <i>Name / Number</i> _____ _____	Signature (parent/guardian if under 18 years) _____ _____
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I enclose the course fee of £125.00 Cheques made payable to 'PAIGNTON CANOE CLUB' Date:- \_\_\_\_\_

Or direct into bank Paignton Canoe Club, Lloyds, sort 30-98-67, acc. 25117160