

Paignton Canoe Club

PCC Beginner/Improvers course

www.paigntoncanoeclub.org.uk

Course Aims

To provide a structured introduction to kayaking and paddle sports. The course is targeted to provide the students with the skill set to exceed the British Canoeing Award 'Discovery' 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 cross-over and river running/creek style boats.

The local environment outside the harbour will be used to provide an enjoyable context to develop accurate boat handling skills. The later sessions will include one to two hour journeys providing the opportunity to explore coastal features that many Torbay residents are unaware of. If on the day 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 development. If desired the club can issue appropriate British Canoeing Personal Performance Awards, though these may carry an extra charge. <https://www.britishcanoeingawarding.org.uk/new-personal-performance-awards/>

Students typically complete the course feeling confident, competent and enthused to join in Club events exploring South Devon and beyond. This facilitates paddler progression and development opportunities in a safe and friendly environment.

You must be at least 13 years old.

Your parent/guardian must fill the form in unless you are at least 18 years old.

You must be able to swim 25 metres fully dressed.

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 at TLC.

Dress - (Outdoor harbour 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. Avoid parking on the harbour area.

For any queries please contact Tim Durrant on 0790 407 3923, tim.durrant1@gmail.com

Paignton Canoe Club

BEGINNERS AND IMPROVERS Kayak Course

Autumn 2019

Boat control and foundation skills, paddling skills development, safety and rescues

£150 for the course

This gives 13 sessions as below

This includes the use of a club 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

Also club membership until October 2020

Also a club rash vest

Session start times and locations as below.

Eight sessions indoors at **Torbay Leisure Centre (TLC)** at Clennon Valley, Paignton and five sessions outdoors based at **Paignton Sailing Club (PSC)** from Paignton Harbour.

We finish at 10pm on Tuesdays, and at noon on Saturdays.

Day	Date	Start Time	Location	Notes
Tuesday	15 th Oct	8:45pm	TLC	Meet pool side changed ready
Tuesday	22 nd Oct	8:00pm	TLC	Personal safety session (dry) pool-side before the pool session
Tuesday	29 th Oct	8:45pm	TLC	
Saturday	2 nd Nov	0945am	Paignton Harbour	Change in Paignton Sailing Club PSC
Tuesday	5 th Nov	8:45pm	TLC	
Saturday	9 th Nov	0945am	Paignton Harbour	PSC
Tuesday	12 th Nov	8:45pm	TLC	
Saturday	16 th Nov	0945am	Paignton Harbour	PSC
Tuesday	19 th Nov	8:45pm	TLC	
Saturday	23 th Nov	0945am	Paignton Harbour	PSC
Tuesday	26 th Nov	8:00pm	TLC	Trip planning and group safety (dry) session pool-side before the pool session
Saturday	30 th Nov	0945am	Paignton Harbour	PSC
Tuesday	3 rd Dec	8:45pm	TLC	

Changing rooms and showers are available at TLC and PSC.

In exceptional circumstances Brixham Harbour may be used instead of Paignton Harbour.

We operate under the Club rules and British Canoeing guidelines

Please COMPLETE the 'Joining' form, ticking the 'course' box found at

<http://paigntoncanoecub.org.uk/JoinUs.html>

Payment direct to Paignton Canoe Club bank account, Lloyds, sort 30-98-67, acc. 25117160 is preferred. Please use your name as the transfer reference.

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