

Delegates will have the opportunity to select two classroom based workshops or two practical on the water workshops.

On the water workshops at the National Water Sports Centre, Nottinghamshire

SUP Safety and Skills

Adam Williams, SUP Coach, Leader, Provider

This SUP safety workshop is about up-skilling those who wish to learn some new rescue techniques and also to refresh some old skills in a new way. This workshop is a great way to introduce the importance of some key safety aspects to the sport of stand up paddleboarding.

Aimed at those with limited SUP knowledge, or existing coaches, leaders that wish to look to introduce SUP to their credentials.

Adam has been an FE lecturer in outdoor leadership for the last 17 years. Adam has always been involved in windsurfing and stand up paddleboarding and has a background in expedition, freestyle and a tiny bit of racing. Since 2007, Adam and his wife have owned Boardin Skool, a SUP led business that aims to provide leadership and safety courses for Stand up Paddleboarding and adventure. They also run a youth development program, providing all that SUP has to offer.

Multi-Craft Leadership

Darren Sherwood, Director Channel Group & IQA BCAB

This workshop is an opportunity to get to grips with some of the considerations to factor in when leading a multi-craft trip on sheltered or open water. We will explore some of the behaviours and strategies you might want to employ when delivering student-led journeys, as well as the more hands on elements, for example; "Is a SUP quicker or slower than a sea kayak?" How do we accommodate this? How can we modify our rescue techniques for different craft?

Darren has been paddleboarding for over ten years and has been fortunate enough to paddle extensively across the UK, with several trips further afield such as Europe and Africa. Based in the South West, Darren spends most of his time SUP surfing and exploring the North Devon and Cornwall coast on his SUP and sea kayak. He's been known to dabble in a bit of white water on his local rivers which is always great fun.

Ideal for anyone who is thinking about taking an assessment in one of the multi-craft leadership awards, or perhaps you only paddle a single type of craft and have recognised that there are just more types of craft on the water nowadays; and it might be useful to understand a little more about them.

As a qualified teacher and experienced coach, Darren enjoys nothing more than working with people and helping them achieve their goals – something he's fortunate enough to do through his job as technical director for Channel Training and as a National Trainer for British Canoeing.

This will be a very practical, wet workshop, with just the right amount of chat...but not too much.



Freestyle Fundamentals

Dan Daley, Rock the Boat Activities Managing Director / Owner

This workshop is to get to grips with ways to introduce and develop freestyle kayaking in a flat water environment. We will look at building strong fundamentals for freestyle kayaking while finding ways that we can simplify movements and introduce them in manageable stages. We will relate to the Flat Water Freestyle Award and look at ways to make freestyle engaging on flat water.

White Water Freestyle (White Water Ninjas)

Dan Daley, Rock the Boat Activities Managing Director / Owner

This workshop is to look at developing freestyle paddlers in white water. Whether that is downriver freestyle or in waves and holes, we will look at venue selection for success, building confidence, making it measurable for the paddler and building good safety frameworks for white water freestyle kayaking, as well as learning some freestyle movements of course! We will link this session to the Freestyle Award and the Advanced Freestyle Award.

White Water Coaching FAQs

Matt Haydock (Glenmore Lodge) and Dave Janes (Plas-y-Brenin), full time coaches at the UK National Outdoor Centres.

Throughout their many years delivering coach education courses and mentoring, Matt and Dave have often found "frequently asked questions" that coaches need support with. The aim of this workshop will be to explore these together on the water, share practice and add context to a range of coaching concepts, approaches and behaviours.

The FAQs we will explore will include some or all of the following:

- What's the most efficient and effective way to find out what our learners needs and wants are?
- What is the idea of an "optimum learning environment" and how do I create one?
- What is a "constraints-led approach" – how and why do I use it creatively with my learners?
- How do I develop and maintain belief and confidence in myself as a coach, and my coaching practice?

This workshop will take place on the white water course at Holme Pierrepont. A variety of craft are welcome (W/W kayak, SUP, slalom etc.), but all participants must be confident and comfortable paddling the course, and able to manage their own safety as much as possible.

Dan has been paddling for over 15 years, working full-time as an outdoor sports coach, specialising in paddlesport. From being the Head Coach at Lee Valley Olympic White Water Centre to travelling around the UK and overseas running trips and courses, getting the chance to visit places such as Indonesia, America and Europe through paddling.

Alongside recreational paddling, Dan has been involved with the competitive side of paddlesports. Being part of the coaching team delivering the development camp at the ICF World Freestyle Kayaking Championships and will be heading out to the 2023 World Freestyle Championships in Columbus as a Judge.

When not working Dan will be out on the water, either making the most of the freestyle on the Thames Valley, finding surf in the southwest or heading out overseas to get to the summer white water.

Dan got into coaching to help develop people in the outdoor environment which he has had the pleasure to do at Rock The Boat Activities LTD and as a National Trainer for Paddles Up Training / British Canoeing.

Matt Haydock (Glenmore Lodge) and Dave Janes (Plas-y-Brenin) both work as full time coaches at the UK National Outdoor Centres. They are both experienced multi-disciplined leaders, guides, coaches, coach educators to all levels, and national trainers for British Canoeing and the Scottish Canoe Association. Both Matt and Dave hugely enjoy supporting and helping people develop their paddling, leadership and coaching skills; and achieving their developmental goals in sea kayak, open canoe, SUP, white water, as well as competition disciplines. They have both enjoyed paddling trips and expeditions to far corners of the globe, from the steep creeks of Norway to the remote corners of Chile, but both have a shared soft spot for the more local delights of exploring the Scottish Highlands by open canoe and playing in Anglesey's many tide races. They are super excited to be teaming up together, and representing the national centres to deliver this workshop, and help support coaches to develop their practice on white water.

Classroom based workshops at Eastwood Hall

Coaching Language

Jenna Sanders, Flying Gecko, Outdoor Learning

Come for a conversation not a lecture! Bring your experiences, thoughts and ideas, ready to explore how what we say and the way we say it can, either deliberately or inadvertently, affect our own self efficacy, and the learning outcomes of the paddlers, leaders and coaches that we work with. We will try to put this into context, drawing from relevant coaching science, and learn from each other, so that we can go away with a greater awareness of what we say and how. The workshop is aimed at coaches and course providers who are interested in delving deeper into their practice, and comfortable with the idea that they may leave with more questions than answers!

Jenna has a long experience of coaching paddlesport, as well as providing coaching and leadership awards, and is a part of the National Trainer team. She's in her happy place if she's on the water, ideally with a single blade in her hands, and even happier if she's getting to chat about coaching and learning.

Coaching for all: Inclusion in coaching

Helena Russo, British Canoeing Equality, Diversity and Inclusion Lead

This workshop will take a look at why inclusion is an important consideration in coaching and how it can impact on and benefit their practice; what resources are available to coaches to help improve their understanding of this topic; and what coaches can take away to implement and consider in their practice.

As well as working for British Canoeing, Helena is a coach herself. She holds qualifications in three different sports and is currently a volunteer coach at her local netball club, where she also plays. Helena has a background in sport development and inclusion, and understands the importance coaches play in creating welcoming, inclusive and accessible sporting opportunities for all.

Sustainable Coaching

Ben Seal, British Canoeing Head of Access and Environment

Creating a culture within paddlesport that encourages environmentally sustainable behaviour has never been more important. Accessing clean, healthy nature rich environments is a major part of participation in our sport. Every one of us has a responsibility to take steps, no matter how small, to minimise the impact we have upon the natural world; from how we travel to a venue, to our actions when we arrive.

Instructors, Coaches, Leaders and Guides have a pivotal role influencing and educating tens of thousands of paddlers each year. For many participants, their understanding and appreciation of the environment starts with you. This practical session aims to reflect on ways in which instructors, coaches, leaders and guides can make their practise more sustainable, whilst also embedding valuable environmental messaging into each and every session.

Ben Seal leads the Clear Access, Clear Waters Campaign and is a passionate advocate for open access to water and the protection of the environment. Ben is an active paddler, mainly with his 2 young sons, messing about at home on the River Derwent, Derbyshire in the United Kingdom. He is also a Trustee of PaddlePeak, established by Pete Astles in 2019 as a blueprint for paddlers, showing local leadership in protecting the place we paddle.

What are my deployment responsibilities and good practice guidelines?

James Hinves, British Canoeing Club Support Manager

This workshop will discuss the deployment responsibilities and good practice guidelines for organisations that are delivering paddlesport activity, utilising, where possible, real world examples and speakers, alongside British Canoeing learning, support and guidance. We will also discuss the interrelationship between differing types of activity within the club activity framework and how this can be applied.

James has a background in Clubs and Centres, plus Recreation and Competition and the blend across all of these elements will come through in the session.

Crossing Lines

Nancy Squires, British Canoeing Director of Governance and Cath Cooke, British Canoeing Safeguarding Manager

This workshop is aimed at Instructors, Coaches, Leaders and Guides who work regularly with children. The workshop will explore conduct, boundaries and safe practice, to enable you to feel confident that you are acting within safeguarding guidelines at all times, in the interest of keeping the children you coach, yourself and your colleagues safe.

Nancy and Cath are collectively responsible for overseeing the safeguarding framework within British Canoeing, developing and implementing policies, guidance and educational resources, as well as managing safeguarding cases.

Physical Preparation for Paddlesports (full day workshop)

Ben Lewis, British Canoeing Pathway Strength and Conditioning Coordinator

This workshop will examine some of the key concepts around physical preparation and its application to paddlesport. This workshop is aimed at those looking to gain further understanding around strength and conditioning and the impact this can have on both athletes and coaches alike.

Ben has recently joined British Canoeing from his position as Head of Strength and Conditioning from Nottingham Trent University. He has worked with Olympic athletes alongside Commonwealth Games, World and European medal winners. Ben has a master's degree in exercise physiology and holds UKSCA accreditation

Understanding and assessing weirs as a valuable part of your remit

Andy Oughton, East Midlands Regional Coaching Representative

This workshop is for any Coach, Leader or Guide who wants to be confident understanding and assessing the risks and benefits weirs can present to give the option of incorporating them in their leadership. Since the introduction of the Touring Leader Award in January 2021, weirs have, for the first time, been specifically identified within the leadership remit of a British Canoeing Awarding Body award.

Andy has a background in club paddling in the Midlands and working with the Canal & River Trust to develop paddling opportunities. Weirs are common features on local rivers and developing ways of incorporating them into activities increases enjoyment for club trips, DofE expeditions and white water intro courses.

This workshop will provide an opportunity to explore the content of the [online resource](#) with a group of coaches, leaders and guides who bring their own experience and understanding to share in the discussion. We will explore the benefits of using weirs, dynamics of flow around weirs and types of structural design, as well as top tips on shooting or portaging weirs. We will share local knowledge to aid trip planning, as well as an introduction to the weir assessment tool.

An interactive introduction to the constraints-led approach to coaching paddlesport

Ed Christian, Senior lecturer in Physical Education and Sports Coaching at the University of Chichester

An interactive workshop aimed at helping coaches integrate the constraints led approach into their coaching:

The session aims to:

- Explore the central ideas of constraints based coaching (AKA what it is and what it isn't!)
- Explore the different types of constraints and how they could be applied to paddlesports
- Give you the opportunity and support to design constraints-led session plans to try out in future.

Ed has been involved in a range of paddlesport disciplines for over 20 years but, nowadays, is normally found bobbing around the south coast in his sea kayak (badly!) More importantly, Ed is an experienced coach and coach educator who enjoys nothing more than helping other coaches develop their craft. He's a big believer that, although learning to coach is a messy and complex business with few certainties, getting to grips with our core values and beliefs through our philosophy will guide us through our coaching decisions.

As a senior lecturer in Physical Education and Sports Coaching at the University of Chichester, Ed has many years of teaching coaching related concepts at undergraduate and postgraduate level. He has particular expertise in sport and exercise psychology, skill acquisition, pedagogy and coaching philosophy.