

# **British Canoeing Community of Learning C1 Webinar Series**

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**Fittings**

**"Like a glove"**

# Summary

- Comfort / Control / Range – 3 principles to consider
- The basics – Understanding your craft
- Ordering boats – With or without fittings?
- Points of contact – What are they?
- Methods to personalize shared boats – A few ideas
- Straps – What's available and how are they introduced.
- Everyone's individual – Encourage feedback and adapt to the individual.

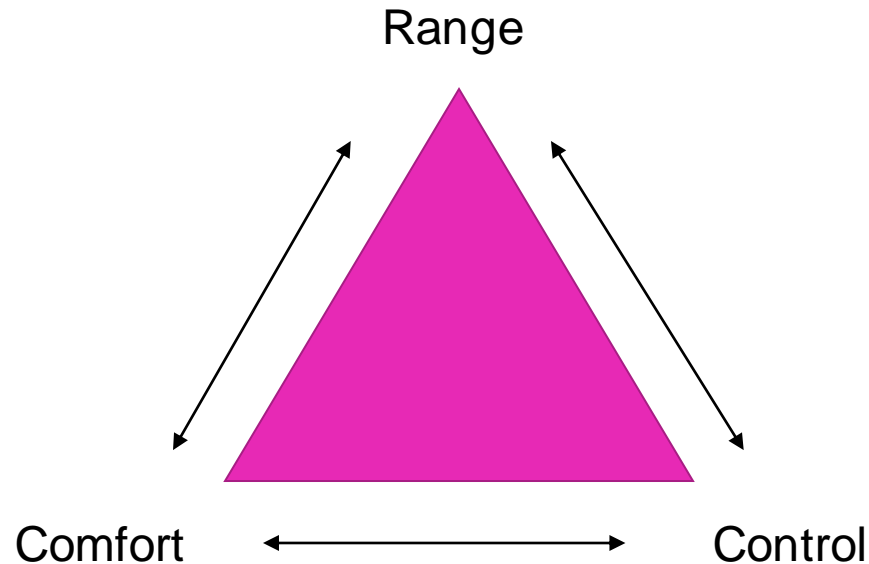
# 3 Principles

## Increasing Range

- Raising seat height
- Increasing range outside the boat (strokes)
- Increasing range working over the front and back of the boat.

## Increasing comfort

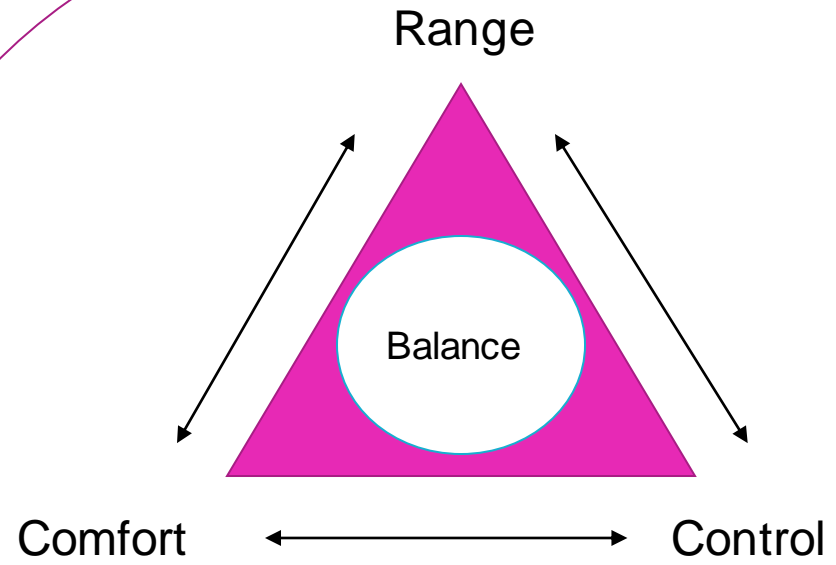
- Feeling safe
- Free knees and feet
- Straps choice or no straps



## Increasing control

- "Feeling" in tune with your boat – Locked in
- Increased feedback from boat/water
- More contact points

Everyone's Individual...





## Ordering your boat

- Without anything?
- With strap loops/straps?
- Full fittings?
- C1 Cockpit / Kayak cockpit?



# The Basics

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Most important rule – Building your fittings from a central line.

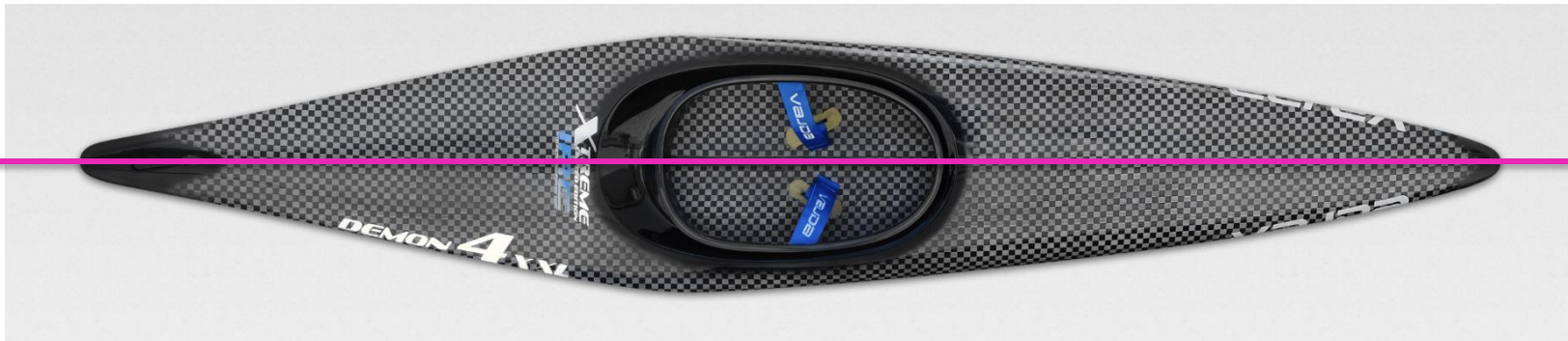
## Tips

- Take a piece of string.
- Measure where the middle point is on the nose and tail.
- Run the string between them.
- Always start with seat position first and then build your platform around that.



# The Basics

Central Line – Pink line representing where your piece of string should run from.



Build your platform starting with your seat first followed by your knees.... Everything else can come later once you find a position that works well.

Testing on flat/slightly moving water – Good to get a sense of how easy the boat handles given the feedback from the boat to you is less complicated by this environment.

Testing on whitewater – Good to find how things work on a more challenging environment.

# The Basics – Questions to ask....

How does it feel?

Does it track well?

Does it turn well?

How does it turn?

Is it comfortable?

Are you smiling?







# Points of contact

- Bum
- Knees
- Feet
- Hips
- Legs (Upper)
- Legs (Lower)
- Back

## Knees

- Supportive and hard wearing foam. 10mm
- Center block

## Bum

- Flat wide surface

## Backrest

- Tappered

## Hips

- Supportive and hard wearing foam Equal distance\*

## Legs (Upper)

- Supportive and hard wearing foam. Covering tops of the knees
- Straps

## Legs (Lower)

- Supportive shins/ankles

## Feet

- Supportive and hard wearing foam. Same thickness as knee pads.





### Knees

- Supportive and hard wearing foam. 10mm
- Center block

### Legs (Upper)

- Supportive and hard wearing foam. Covering tops of the knees
- Straps

### Bum

- Flat wide surface

### Legs (Lower)

- Supportive shins/ankles

### Feet

- Supportive and hard wearing foam. Same thickness as knee pads.





### Back Rest

- Shaped to allow some movement over the back of the boat.

### Bum

- Flat wide surface

### Feet

- Supportive and hard wearing foam. Same thickness as knee pads.

### Legs (Lower)

- Supportive shins/ankles



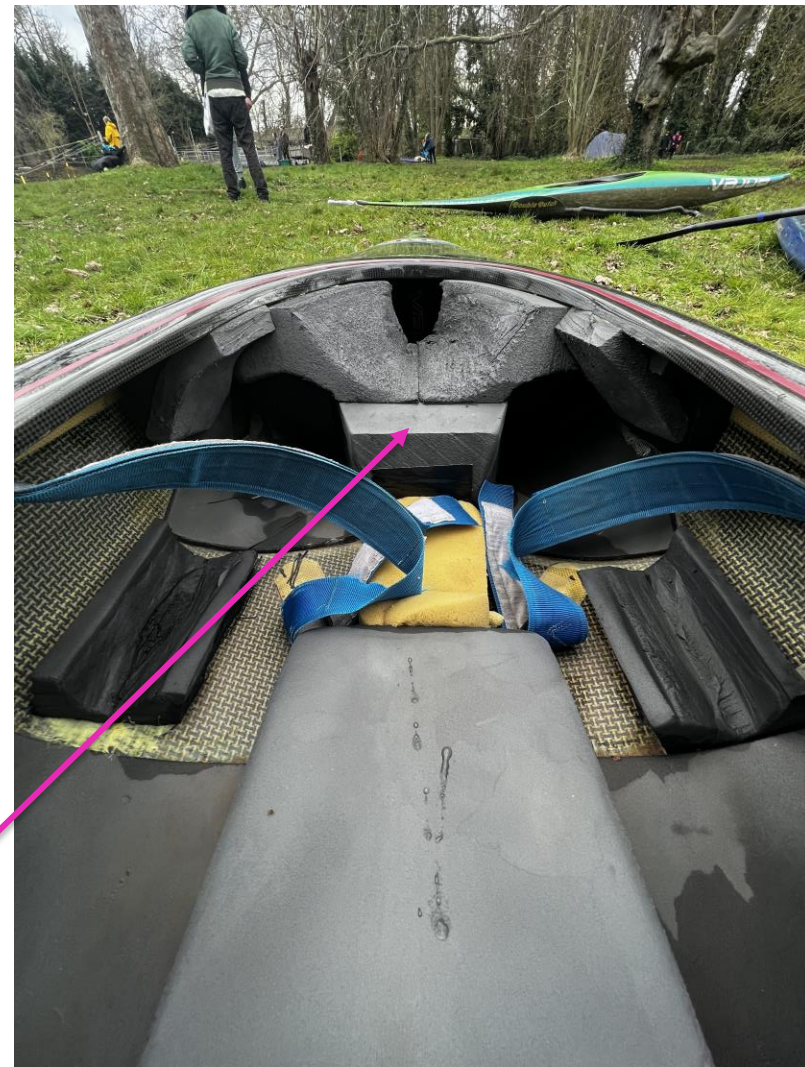




Tapered seat

More paddling on top of the knees/ contact on the top of the legs.

More paddling on the knees/ contact on the side of the boat.





## **- Methods for shared boats**

### **- A few ideas**

- Having foam cut available
- Measured increments
- Think about points of contact – involve feedback
- Velcro backed foam
- Easy way to secure foam on key points.
- Having a few different setups for different age groups
- Youngs athletes – shorter legs, narrower hips

# Shared Boats

Knees – Build out from the block and also the side if needed.



Bum/Back – Building from the back rest and also the base of the seat if there is a need to move forward or heighten the seat.



## - Straps – What's available and how are they introduced.





## - Straps – What's available and how are they introduced.

- Use of Buckles (burg buckles) vs velcro
- Make system easy in (the amount of wasted time threading velcro straps into loops is massive)
- If using buckles consider a 1 piece system so only need to pop one strap to get out
- Velcro straps or buckles with toggle so easier to pull





**Everyone's individual –  
Encourage feedback and  
adapt to the individual.**

# Discussion Points

- If possible good foam fittings so less reliant on straps
- Seat heights - avoiding cramp - legwear - practise sitting in front of TV - Structure sessions - watch so people know how long left in session!
- Make sure fitting are straight and not offset to one side