



# Paddle Discover Award

The purpose of this resource is to provide support for Instructors, Coaches, Leaders, Raft Guides and Bell Boat Helms to deliver the British Canoeing Paddle Discover Award. In conjunction with the support videos and documentation, this crib card can be used to shape your delivery.

The Paddle Discover Award develops decision making and practical skills for a fun and safe time on the water, taking the individual on the next steps towards becoming a proficient and independent paddler.

**Note:** Any craft can be used to deliver the Paddle Discover Award including a SUP, Raft, Bell Boat, solo or tandem craft.

Throughout the sessions/journey, get them to watch others and consider how they may be paddling, and how they might try to do things differently.

## At the Venue

Provide examples of how they could consider choosing an appropriate venue

- A weather forecast(s) and what information is useful - wind/direction/outlook/change over the day
- What type of water – flow/levels/exposure to wind
- Access and egress points – access agreements/local by-laws/parking

Explore options of safe and appropriate methods of moving their craft and getting afloat

- Varied safe lifting techniques – sharing the load with others, make several trips
- Consideration of the ground – slippery, uneven, narrow paths and suitable methods to negotiate
- Consider how they can help protect the environment and minimise damage

## Future Development

Encourage them to continually evaluate the options and choices they make, developing their decision making ability to work towards independence. Consider developing further skills using either the Paddle Explore Award or Discipline Specific Awards.

## Getting Ready

Provide individuals with choice and opportunities to explore different options

- Look at the forecast and discuss how this may shape our decisions on the clothing we choose.
- Explore what other equipment we should consider – safety/comfort/food and drink
- How could we stow or carry the extra equipment – in reach/waterproof/effect on handling

## On the Water

Explore together key skills to achieve control including staying relaxed and understanding how to move their craft

- Develop an understanding of other water users and importance of shared access
- Experiment and discuss - balance and stability, is their paddle within reach, during a journey use different venues to practice getting in and out
- Show them appropriate seating/ kneeling/ standing positions so they are comfortable
- Provide and practice different methods associated with their craft to efficiently move forwards
- Explore their preferred methods of steering, short and wide strokes, ruddering – static and on the move
- Explore the surroundings using a journey to move their craft in context
- Experiment together how moving around their craft changes the way it handles and responds
- Consider options and practice a variety of methods of getting themselves and others back in or onto their craft - self rescue/peer rescues/peer rescues with support. Find out what methods work best for them and their craft
- Discuss and practice methods of getting back to the shore/bank – pushing/shoving/nudging, or using a simple towing method