



# Paddle

## Explore Award

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

The Explore Award is recognition of a paddler's ability to independently paddle their chosen craft in a sheltered water environment.

Throughout the trip/journey get them to lead discussions, consider and rationalise their choices, creating empowerment and independence.

### At the Venue

Explore together what venues could be used with the forecasted weather

- Discover and try out methods of planning and reliable sources of information
- Look into the direction and strength of the wind, outlook, will the weather change? Look at current water levels - is the water still or moving?
- Ask them to talk through their plan and what they expect to see when they arrive at their selected venue

Discuss if the venue and conditions match what they expected

- Ask whether they are sticking to the plan or changing. Get them to explain their decision
- Discuss and consider how they might use the conditions to their advantage
- At the venue, discuss what other water users they would expect to see as well as the wildlife they may encounter.
- Using a map, get them to identify access and egress points
- Discuss and check how they are going to transport their craft to the venue, are they using safe and appropriate methods?
- Setting up their craft/loading equipment is important. Has this been considered? Observe them getting into their craft. Are they well balanced and stable? Is their paddle within reach

### Getting Ready

With a plan in place, get them to consider appropriate clothing and equipment

- How has the weather forecast and venue selected shaped their decisions on their clothing
- Discuss what equipment they will take and where they will stow specific items
- Explore their understanding of using the equipment carried and how they can access essential items afloat
- Explore together the access arrangements and local bylaws

### On the Water

An independent paddler would be able to demonstrate appropriate skills throughout, selecting their preferred method to move their craft efficiently

- How are they using their body to effectively and efficiently move forwards throughout the journey?
- Observe how they change their position/stroke to suit the conditions. Discuss and explore how their subtle changes have an effect
- Using the environment and surroundings, are they moving their craft effectively and effortlessly?
- Discuss what incidents or injuries are common in a sheltered water environment. Set up a small scenario to see how they would deal with a problem in context. This could involve the need to get to the bank using an effective and safe method

### Future Development

Encourage them to evaluate the options and choices they make, continuing to develop their decision making and experience, remembering each time we get on the water it is different.