

1 Paddle Power 'Start'

Safety

- A1 **Boat Safety** – Know What to do if Someone Else Capsizes
- A2 **Water Confidence** – Know How Far you can Swim With/Without PFD
- A3 **Personal Safety** – Know What a PFD (Personal Flotation Device) is For
- A4 **Warm Up/Down** – Warm Up with an Activity

Paddling Skills

- B1 **Embarking** – Get into Boat, with Help
- B2 **Balance** – Balance in Boat, without Paddle (Showing Active Posture)
- B3 **Forwards** – Know How to Hold a Paddle
- B4 **Backwards** – Experiment Moving Backwards
- B5 **Stopping** - Experiment Stopping a Moving Boat
- B6 **Turning** - Experiment Turning Boat
- B7 **Moving & Turning** - Experiment Tuning while Moving Forwards
- B8 **Sideways** - Experiment Moving Sideways
- B9 **Edging** - Experiment Wobbling without Losing Balance

PP 1/1

© Hedley Appery 2007

Paddle Power 'Start' ... 1

Paddling Skills ...

- B10 **Lean/Roll/Recover** – Experiment 'little' Lean (Rolling Action of the Boat)
- B11 **Disembark** – Get Out at Bank/Edge/Side, with Help
- B12 **Responsibility (Others)** – Know How to put Boat & Kit away. Help Others
- B13 **Responsibility (Self)** – Know What Appropriate Personal Kit Is

Varied Experience

- C1 **Journeying** – Paddle Boat 50m
- C2 **Sessions** – Complete 1st (First) Paddling Session

Paddlesport Knowledge

- D1 **Know Paddlesport** – Know the Name of your Nearest Club
- D2 **Environment** – Leave a Clean Paddlesport Environment
- D3 **Care for Paddlers** – Why Wash Hands After Paddling?
- D4 **Food and Drink** – What Have You Drunk Today?
- D5 **Training & Practice** – Body Changes Noticed During Session?

PP 1/2

© Hedley Appery 2007

Canoe or Kayak - Pool or Sheltered Water - Should be Swimmer, under 16

2 Paddle Power 'Passport'

Safety

- A1 **Boat Safety** – Know the Safety Drill if You or Someone Else Capsizes
- A2 **Water Confidence** – Explain Your Preferred Swimming Stroke
- A3 **Personal Safety** – Put on Your Own PFD
- A4 **Warm Up/Down** – Simple Warm Up and Warm Down

Paddling Skills

- B1 **Embarking** – Put Boat in Water, with Help. Get into Boat, without Help
- B2 **Balance** – In Boat, Explore Space with Arms, Remaining Balanced
- B3 **Forwards** – Show How to Push Boat Through Water with a Paddle
- B4 **Backwards** – Show How to Paddle Boat Backwards
- B5 **Stopping** – Show How to Stop a Moving Boat
- B6 **Turning** – Show Basic Way to Turn Boat Left and Right
- B7 **Moving & Turning** – Show How to Use Paddle as a Rudder and Steer
- B8 **Sideways** – Show How to Move Sideways
- B9 **Edging** – Show How to Edge a Stationary Boat

PP 2/1

© Hedley Appery 2007

Paddle Power 'Passport' ... 2

Paddling Skills ...

- B10 **Lean/Roll/Recover** – Show How to Gently Lean Boat
- B11 **Disembark** – Show How to Get Out at Bank/Edge/Side, without Help
- B12 **Responsibility (Others)** – Show How to put Boat & Kit away and Help Others
- B13 **Responsibility (Self)** – Bring Complete Change of Clothes to Session

Varied Experience

- C1 **Journeying** – Paddle Boat 200m
- C2 **Sessions** – Complete at Least 2 (Two) Paddling Sessions

Paddlesport Knowledge

- D1 **Know Paddlesport** – Know How to Contact your Nearest Club
- D2 **Environment** – What Should you do with Paddling litter?
- D3 **Care for Paddlers** – Explain Why it is Good to Shower After Paddling?
- D4 **Food and Drink** – What Have You Had to Eat Today?
- D5 **Training & Practice** – What Happened to Heart Rate During Session?

PP 2/2

© Hedley Appery 2007

Canoe or Kayak - Pool or Sheltered Water - Should be Swimmer, under 16

3 Paddle Power 'Passport'

Safety

- A1 **Boat Safety** – Know What to do (+ explain why) if You or Someone Capsizes
- A2 **Water Confidence** – Demonstrate Your Preferred Swimming Stroke
- A3 **Personal Safety** – Demonstrate Checking and Adjusting the Fit of Your PFD
- A4 **Warm Up/Down** – Perform a Two Part Warm Up and Warm Down

Paddling Skills

- B1 **Embarking** – Demonstrate Launching Boat, with Help. Get in, without Help
- B2 **Balance** – In Boat, do Simple Task, Remaining Balanced
- B3 **Forwards** – Paddle Forwards to within 1m of a Fixed Point (active posture)
- B4 **Backwards** – Paddle Backwards 5m (reasonably straight line)
- B5 **Stopping** - Demonstrate Stopping when Moving Backwards, then Paddle Away
- B6 **Turning** – Turn Full Circle Left and Full Circle Right
- B7 **Moving & Turning** – Demonstrate Turn on the Move (mainly paddle)
- B8 **Sideways** - Demonstrate Moving Sideways (controlled paddle action)
- B9 **Edging** – Demonstrate How to Edge a Moving Boat

PP 3/1

© Hedley Appery 2007

Paddle Power 'Passport' ... 3

Paddling Skills ...

- B10 **Lean/Roll/Recover** – Demonstrate How to Recover from a Lean (In other way)
- B11 **Disembark** – Demo How to Get Out, without Help. Remove Boat, with Help
- B12 **Responsibility (Others)** – Demo Responsibility for Kit Used. Help Others
- B13 **Responsibility (Self)** – Demonstrate Responsibility for Personal Kit

Varied Experience

- C1 **Journeying** – Paddle Boat 500m
- C2 **Sessions** – Complete at Least 3 (Three) Paddling Sessions

Paddlesport Knowledge

- D1 **Know Paddlesport** – Where can you Meet at the Canoe Club?
- D2 **Environment** – What Does the Term 'Paddlesport Environment' Mean?
- D3 **Care for Paddlers** – Explain Why Warm Up is Good Practice
- D4 **Food and Drink** – Suggest Suitable Food to Support Exercise/Fitness
- D5 **Training & Practice** – How Many Times does your Heart Beat at Rest?

PP 3/2

© Hedley Appery 2007

Canoe or Kayak - Pool or Sheltered Water - Should be Swimmer, under 16

4 Paddle Power 'Passport'

Safety

- A1 **Boat Safety** – Explain the Capsize Procedure (inc. when a Spraydeck is Used)
- A2 **Water Confidence** – Swim 5m on Front and Back, wearing a PFD
- A3 **Personal Safety** – Demonstrate Checking & Adjusting Someone Else's PFD
- A4 **Warm Up/Down** – Demonstrate Warm Up (on and off water) & Warm Down

Paddling Skills

- B1 **Embarking** – Perform Own Boat Checks, Launch & Get In (if safe)
- B2 **Balance** – In Moving Boat, do Simple Task, Remaining Balanced
- B3 **Forwards** – Paddle Forwards at 2 Different Speeds
- B4 **Backwards** – Paddle Backwards, Rotate Body, Looking Back, to 1m from Point
- B5 **Stopping** – Demonstrate Stopping Quickly, Moving Forwards and Backwards
- B6 **Turning** – Turn Boat Around Simple Course (e.g. triangle)
- B7 **Moving & Turning** – Paddle Various Courses (e.g. N & S)
- B8 **Sideways** – Perform 2 Types of Sideways Move. + Near Bow and Stern
- B9 **Edging** – Edge on Move and Paddle 2-3 Strokes on Low Side

PP 4/1



© Hedley Apperly 2007

Paddle Power 'Passport' ... 4

Paddling Skills ...

- B10 **Lean/Roll/Recover** – Show 2 Ways of Recovering from Loss of Balance
- B11 **Disembark** – Disembark, without Help. Remove Boat and Empty, with Help
- B12 **Responsibility (Others)** – Demo Responsibility for Kit Used. Clean & Stow Kit
- B13 **Responsibility (Self)** – Demo Good Organization of Personal Kit and Time

Varied Experience

- C1 **Journeyming** – Paddle Boat 1,000m
- C2 **Sessions** – Complete at Least 4 (four) Paddling Sessions

Paddlesport Knowledge

- D1 **Know Paddlesport** – What is the Name of your Main Club Contact
- D2 **Environment** – Identify 2 Good Points About your Paddlesport Environment
- D3 **Care for Paddlers** – Explain Why Warm Down is Good Practice
- D4 **Food and Drink** – What Could you Bring to Eat/Drink after a Session?
- D5 **Training & Practice** – Heart Rate After Warm Up?

PP 4/2



© Hedley Apperly 2007

Canoe or Kayak - Pool or Sheltered Water - Should be Swimmer, under 16

5 Paddle Power 'Passport'

Safety

- A1 **Boat Safety** – Capsize, in a Suitable Environment (without Spraydeck)
- A2 **Water Confidence** – Swim 5m Wearing Full Paddlesport Kit Including PFD
- A3 **Personal Safety** – Name 2 Items of Safety Equipment
- A4 **Warm Up/Down** – Perform Appropriate Warm Up and Warm Down

Paddling Skills

- B1 **Embarking** – Check Boat, Launch and Get In, without Help (various locations)
- B2 **Balance** – In Boat, Explore Space with Paddle, Balanced (Dynamic Posture)
- B3 **Forwards** – Demonstrate Short Sprints and Quick Starts (Left & Right Starts)
- B4 **Backwards** – Paddle Backwards 15m Maintaining Directional Control
- B5 **Stopping** – Moving at Speed, Stop Quickly (check halted with bank/side/edge)
- B6 **Turning** – Turn Boat Simple Course (e.g. □, O, D) (Left/Right)
- B7 **Moving & Turning** – Paddle a Figure of 8 (using 2 techniques)
- B8 **Sideways** – Demo 2 Types of Sideways Move (directional control)
- B9 **Edging** – Edge on Move and Paddle 2-3 Strokes on High Side

PP 5/1



© Hedley Apperly 2007

Paddle Power 'Passport' ... 5

Paddling Skills ...

- B10 **Lean/Roll/Recover** – Perform 2 Ways of Recovering from Possible Capsize
- B11 **Disembark** – Disembark, without Help & Remove Boat (2 different locations)
- B12 **Responsibility (Others)** – Demonstrate Assisting Capsized Paddler, from Bank
- B13 **Responsibility (Self)** – Demonstrate Checking & Adjusting 2 Parts of Boat

Varied Experience

- C1 **Journeyming** – Paddle Boat 2km
- C2 **Sessions** – Complete at Least 6 (six) Paddling Sessions

Paddlesport Knowledge

- D1 **Know Paddlesport** – What is the Name of Coach and Assistant?
- D2 **Environment** – Read Canoeists Code
- D3 **Care for Paddlers** – Always Perform Good Boat/Kit Handling Practice
- D4 **Food and Drink** – Explain Easy Hydration Level Check
- D5 **Training & Practice** – Why Heart Rate Changes? How to Measure?

PP 5/2



© Hedley Apperly 2007

Canoe or Kayak - Pool or Sheltered Water - Should be Swimmer, under 16