

ABOUT YOU

Please write your name and address below clearly:

Name.....
Address.....
.....
.....
Postcode.....
Date of Birth..... School Year Group.....
Email Address*.....
Club/Centre/Group name.....
.....
.....

*Optional information – this will help us to let you know more about Paddlepower.

The above named has completed Paddlepower Passport.

Coach Name..... BCU Number.....
Coach signature.....
Date.....

Please make sure your coach has signed above – then send this booklet to the BCU Office at the following address to receive your **PADDLEPOWER PASSPORT** Certificate. Your booklet will be returned with your certificate

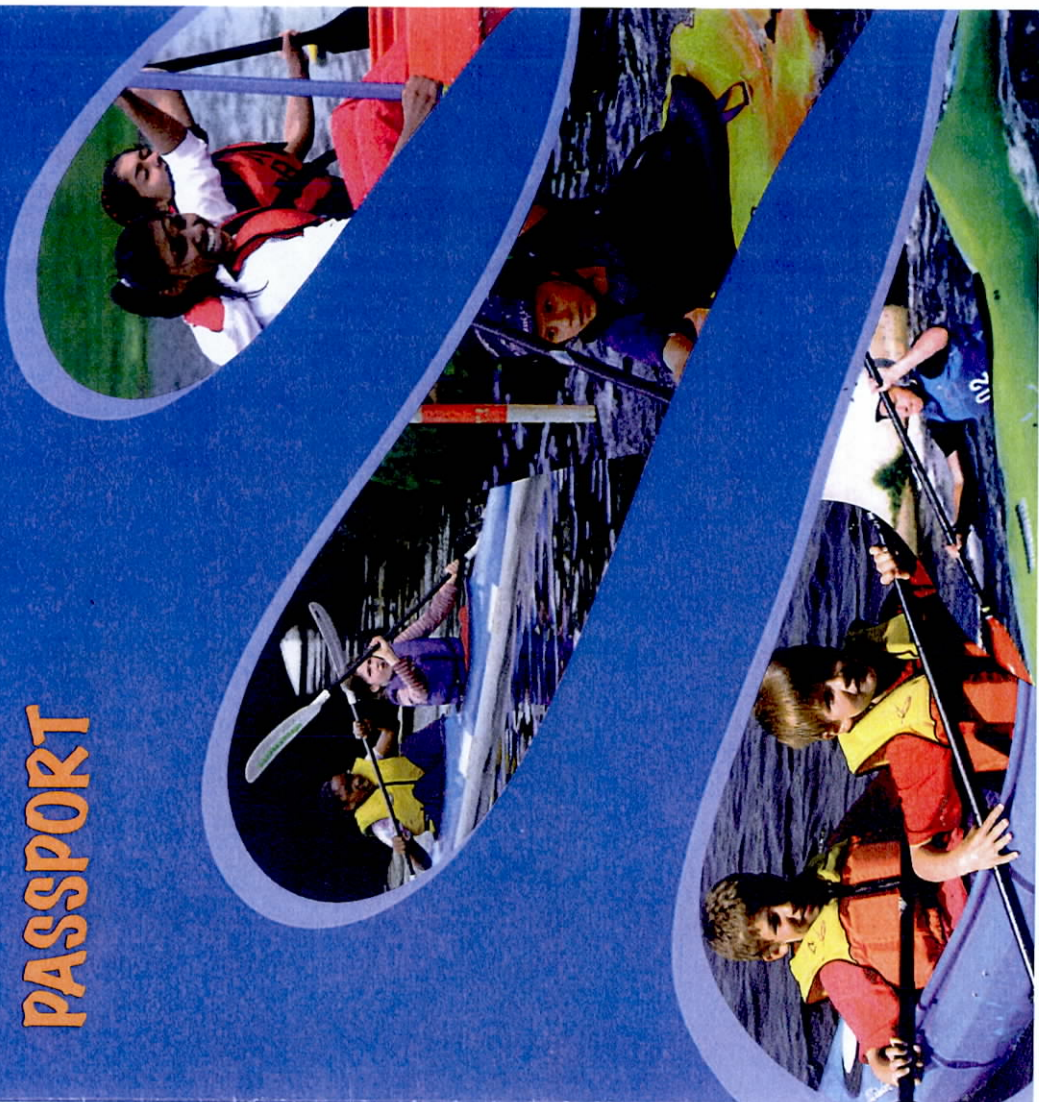
British Canoe Union
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Bingham
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Name





MORE ABOUT PADDLESPORT

There is huge variety within Paddlesport – in fact something for everyone! If you like adventure, action and excitement you can challenge yourself on steep mountain streams, sea and surf. If you like competition, speed and action then you can test yourself on flat and moving water, or if you prefer to take it a bit more easy – then there's lots of fun to be had travelling and exploring slow moving rivers, canals and lakes.



FREESTYLE

Freestyle is one of the most exciting and expressive Paddlesport disciplines with paddlers performing tricks, scoring highly for verticality and variety – park and play!



MARATHON RACING

For exciting mass starts and long distance races from 2km to 200km try Marathon racing. It's on all types of water throughout the whole year – pace the race!



OPEN CANOE

Open Canoe is exploring the waterways or running the rapids, solo or crew; your shelter by night, your transport by day – by paddle, pole or sail!



POLO

Polo combines paddling and ball handling skills within an exciting contact team game where tactics are a big ingredient – like football – shoot and score!



SEA KAYAKING

The opportunity to enjoy stunning coastlines, an ever changing and sometimes challenging environment whilst close to nature – a special kind of freedom!



SLALOM

Slalom is an Olympic discipline offering excitement and challenge. An ultimate test of manoeuvring skill – slalom paddlers race on moving water through a series of gates – the aim is fast and clean!



SPRINT RACING

Sprint Racing is also an Olympic discipline – offering excitement and challenge – the ultimate test of straight line speed. Sprint Regattas take place on flat water – explosive power!



SURF

Surf paddlers combine their skills with the power of the ocean to perform increasingly dynamic and high-performance moves – down the line, cut back, bottom turns and aerials – enjoy the ride!



TOURING

Touring – cruise the waterways, rivers and sea to explore, enjoy the scenery or challenge your skills – rough or smooth water – take your pick!



WILD WATER RACING

Wild Water Racing is paddling flat-out down stretches of moving water. Negotiating a sprint or classic time-trial course – downhill racing on water!



Have you heard of Cross Stream Challenge?

It's a great way to get you started on any of the above – ask your coach about it.



British Canoe Union
 Tel: 0845 370 9500
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 paddlepower@bcu.org.uk
 www.bcu.org.uk

LEVEL 5

Do These:

- Warm up and warm down, including gentle paddling
- Check your boat, launch it, from a different surface get into it
- Show good position, shape and balance in a moving boat whilst doing simple paddle tasks
- Paddle effectively at different speeds including short sprints
- Stop your boat whilst moving at speed
- Steer your boat using different paddling actions
- Edge a boat and paddle on the high side (Single-hull)
- Get out of a boat onto a different surface, help empty any water from it
- Paddle the boat a total distance of 2 kilometres
- Complete at least 6 paddling sessions

Develop These:

- Paddle backwards along a 15 metres straight course
- Handle boats and equipment correctly
- Paddle left and right sides (Multi-hull)

These are Your Challenges:

- Capsize your boat
- Demonstrate two checks or adjustments to a boat

Know These:

- Identify two items of safety equipment
- Look at the Canoeists Code
- Measure your heart rate

Coach Signature:

Date:



LEVEL 2

PADDLEPOWER PASSPORT

Do These:

- Take part in a whole body warm up
- Get into your boat as explained by your coach
- In your boat show good body position, shape, and balance
- Hold a paddle correctly and go forwards
- Stop your boat from moving forwards
- Show how to steer a boat with a paddle or rudder
- Show a controlled 'wobble' in a stationary boat (Single-hull)
- Get out of your boat as explained by your coach
- Paddle the boat 200 metres without stopping
- Complete at least 2 paddling sessions

Develop These:

- Turning your boat left and right
- Stand up in a stationary boat holding your paddle with both hands (Multi-hull)

This is Your Challenge:

- Move a boat sideways

Know This:

- Know how to contact your nearest Canoe Club

Coach Signature:

Date:

PADDLEPOWER PASSPORT

LEVEL 3

Do These:

- Warm up thoroughly, and gently warm down.....
- Get into a boat without any help.....
- Show good balance in a boat whilst doing a simple task.....
- Paddle properly and close to a named point without hitting it.....
- Stop your boat from moving backwards.....
- Use your paddle to turn a boat.....
- Slowly 'wobble' a moving boat (Single-hull).....
- Get out of a boat without any help.....
- Paddle the boat a total distance of 500 metres.....
- Complete at least 3 paddling sessions.....

Develop These:

- Paddle backwards on a straight course for about 5 metres.....
- Paddle in time with the crew (Multi-hull).....

These are Your Challenges:

- Fit your own buoyancy aid.....
- Explain the advantages of warm up.....

Know This:

- Know and explain the Safety Drill.....

Coach Signature:

Date:



PADDLEPOWER PASSPORT

LEVEL 4

Do These:

- Warm up, and include paddle strokes. Warm down.....
- Check your boat, launch it, and get into it.....
- Show good balance in a moving boat whilst doing a simple task.....
- Paddle properly at two different speeds.....
- Stop your boat quickly – forwards and backwards.....
- Steer a boat along a simple course.....
- Edge a boat and paddle on the low side (Single-hull).....
- Get out of a boat and help empty any water from it.....
- Paddle the boat a total distance of 1000 metres.....
- Complete at least 4 paddling sessions.....

Develop These:

- Turn your boat around a simple course.....
- Show two ways of moving a boat sideways.....
- Paddle from a forward position and set the stroke rate (Multi-hull).....

These are Your Challenges:

- Swim wearing a buoyancy aid.....
- Show two ways of recovering from losing your balance.....

Know These:

- Check and look after equipment. Help others.....
- Bring food and drink for after your paddling.....

Coach Signature:

Date: