

CANOE FOCUS

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Westminster**

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OUR STORY

{ Autumn
Winter
'18/19 }

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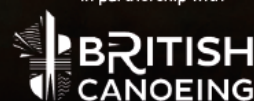
for British Canoeing members

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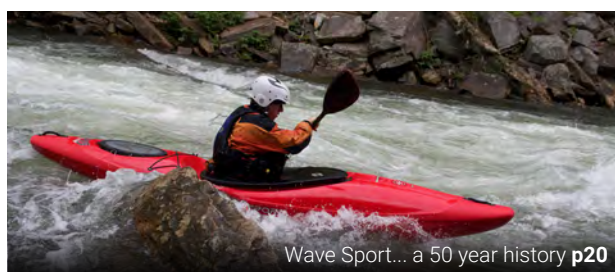
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Welcome

to the winter edition of Canoe Focus.

I hope you thoroughly enjoyed the festive period and that you are looking forward to the year ahead. There's certainly a lot planned within British Canoeing in the next twelve months.

Highlights for 2018 include; membership numbers at a record high, membership satisfaction scores up, changes to the coaching and qualifications being well received and recognised as industry leading by UK Coaching (**Page 5**), more trails and challenges launched, athletes winning more than 100 European and World Medals across all of the disciplines, the launch of a new online store, record numbers of clubs and paddlers involved in our river clean up with Surfers Against Sewage in October, and most importantly the launch of Clear Waters, Clear Access.

Members have told us repeatedly that bringing clarity to the challenges around access and working to protect the environment ought to be key priorities for British Canoeing. We have listened closely and were delighted to launch the new Access Charter in Westminster at the end of November 2018. This sets out our position very clearly and we have made some very positive early progress towards our aim to ensure fair, shared, sustainable open access on and along inland waters is recognised in law (**Page 6**).

As we work together to deliver the targets within our four year strategy – Stronger Together, there are big plans for 2019. Look out for the relaunch of Go Paddling, which has been designed to engage those new to the sport or to British Canoeing, the promotion of the new Club Associate membership category and the new club management system within clubs; the launch of a new website which maps the rivers in the UK, the access and egress points, car parking etc, a suite of new resources for clubs and centres and the launch of the new Personal Performance Awards (**Page 14**).

Olympic and Paralympic qualification for Tokyo starts in 2019 and our top slalom paddlers will be in action at Lee Valley on 14-16 June 2019 when we host an ICF World Cup event. Tickets go on sale again in late January.

Our AGM, Club Conference and Annual Volunteer Awards will be held this year over the weekend of the 9-10 March at Eastwood Hall near Nottingham (**Page 5**). If you want to hear more about our progress and plans or are thinking about ways to develop your club, why not join us this year at the AGM and Conference?

David Joy
Chief Executive





NEWS

For the latest news from British Canoeing head to our website!
If you're not a member sign up to our FREE membership category to receive regular newsletters and updates.

www.britishcanoeing.org.uk/news

www.britishcanoeing.org.uk/membership/join-us-online-here

British Canoeing win two honours at UK Coaching Awards

British Canoeing won two awards at the prestigious 2018 UK Coaching Awards.

British Canoeing
Coaching Culture Organisation of the Year

Matt Lawrence
High Performance Coach of the Year

British Canoeing picked up the award for Coaching Culture Organisation of the Year, after a transformational few months which has seen a huge improvement to the coaching experience.

Matt Lawrence won the second award of the night for British Canoeing to claim the High Performance Coach of the Year accolade.

Matt is a podium technical coach for the paracanoe programme. He is one of the leading paracanoe coaches in the world and he has coached his athletes to a wealth of international medals.



 **Click here**
to read more

AGM, Stronger Clubs Conference and Volunteer Awards

To all of our members, we would like to take this opportunity to remind you of our 2019 Annual General Meeting which will take place on **Saturday 9th March 2019** at Eastwood Hall, Mansfield Road, Nottingham, NG16 3SS.



 **Click here**
for more information



 **Click here**
for more information

Inaugural Slalom Inspires event a huge success

The first ever Slalom Inspires weekend, was a huge success, with almost 60 female paddlers from around the UK taking part.

Held at Lee Valley White Water Centre, the event was created and run by European and World gold medallist, Eilidh Gibson who wanted to create an inspiring weekend for women and girls who compete in canoe slalom division one and premier races from all over the UK.



 **Click here**
to read more

British Canoeing Launches Access Charter in Westminster



Last month British Canoeing launched its access and environment charter – Clear Access, Clear Waters - at an event held in the Houses of Parliament, hosted by Pauline Latham MP.

It was attended by more than 20 Members of Parliament including Tom Watson MP Deputy Leader of the Labour Party and John Grogan, Chair of the All Party Parliamentary Group for the Waterways. More than 60 people from across the canoeing community including British Canoeing President Ivan Lawler MBE, the Access Advisory Group, Regional Chairs and guests from key stakeholders, were also present.

Clear Access, Clear Waters argues for the right of the public to enjoy access on, and along, all navigable waterways to be confirmed in law. This would be a move that would bring England in line with Scotland and many other European countries.

Currently, out of the 42,700 miles of English inland waterways, only 1,400 miles (just 4%) can be enjoyed uncontested, leaving paddlers at risk of verbal or physical intimidation and the threat of prosecution for trespass.

British Canoeing has, based on a wealth of historical evidence, long argued that there is a public right of navigation under common law on all rivers that are physically capable of being navigated. This is a right that stretches back centuries, when people used rivers for travel, trade and pleasure.

Professor John Coyne CBE, Chair of British Canoeing, said: "The aim of producing this Charter has been

to provide clarity. Clarity on our policy, clarity for all water users and clarity on our vision for fair, shared, sustainable open access on water.

"It is our firm belief that the outdoors should be open to the public to enjoy the health and well-being benefits of recreation on and along the water."

Pauline Latham OBE, MP for Mid Derbyshire who sponsored the Westminster launch, said that open sustainable access would not only benefit the environment and the wellbeing of individuals, but also the local economy.

She added: "With Brexit on the horizon, this is a perfect time to start having conversations about the positive changes that are needed to achieve the pledges made by the Government in Defra's 25-year plan for the environment. A collective effort is required by everyone to protect and enhance our environment and it is vital that all users of waterways feel fully engaged.

"I would like to see all parties come together to agree fair, shared open access on the basis of mutual respect and shared responsibility to act responsibly. I really welcome the British Canoeing vision, to see all users, enjoying an equal right to enjoy all waters respectfully, responsibly and equally."

Chair of the All Party Parliamentary Group for Inland Waterways and member of the Select Committee for Environment, Farming & Rural Affairs, Mr John Grogan, MP for Keighley & Ilkley, added: "In Scotland the right to paddle in the nation's rivers is taken as a given and anglers and canoeists seem to get on just fine. We need to catch up south of the border in England and Wales."



**Clear Access
Clear Waters**



The Charter is based on **three key pledges:**

1

Champion the case for fair, shared, sustainable open access on and along inland waters to be confirmed in law.



3

Commit to inspire more people to be active outdoors; connecting people with their environment and promoting the benefits on mental and physical well-being.

2

Continue to act to protect and improve the health of our rivers; working to protect, preserve and enhance the natural environment.



Get involved!

We achieve much more when we work together. When the paddling community gets behind national campaigns, we make an incredibly positive impact. Getting involved in things like river clean-ups and 'check, clean, dry' are fantastic - shouting about them is just as important!



Be a Champion!

We need people to carry the **#ClearAccessClearWaters** message far and wide, beyond just the paddling community. Whether that is on social media or through involvement in a local forum, it is vital we get our voice heard!



Contact your local MP

Advice on how to do this is available on the charter page of our website (www.britishcanoeing.org.uk/go-canoeing/access-and-environment/access-charter-campaign/how-to-contact-your-mp)



Share the Space

It is up to us all to set an example of how we want to see our rivers fairly, shared by all users. Consider your actions when out paddling, be sensitive to other users, always consider the impact you are having on the environment, aim to minimise disturbance and leave no trace.

To find out how you can get involved, please go to britishcanoeing.org.uk/charter



DON'T LET YOUR PADDLING ENTHUSIASM *fade with the autumn colours!*

**Following the success of the August Paddle Challenge
we now bring you the Winter Paddle Challenge!**

As the nights draw in and temperatures start to dip it can be tough to keep up your paddling motivation. We want to give you all a little extra incentive to get yourself out of the door and into a boat this winter.

This January and February we are challenging you to paddle 30, 60 or 120 miles to earn yourself a snazzy new boat sticker! With 59 days to complete the challenge, it's time to chuck on your thermals, hit the water and bag your boat some bling.

You can take part in or on any type of paddlecraft and as it's winter, we are allowing miles paddled on an ergo to count too...how nice are we?! Once you have racked up your miles you'll be able to register your achievement with us to receive your free boat sticker.

You might choose to have an epic weekend on the water and collect all your miles in one go, or you may prefer to put in mile or two each day. It doesn't matter how you do it or what kind of craft you paddle, so long as you hit the 30, 60 or 120 mile target a shiny new sticker can be yours.

You don't need to pre-register that you are going to take part in the challenge with us. **Once the challenge starts, on January 1st**, just complete your mileage, fill in the registration form to let us know which distance you have done and you will get your sticker.




Learn more
about the
**Winter Paddle
Challenge**
here

**Prizes to be
won from
Kayak Pro**

KAYAKPRO





Go Paddling!

Say hello to fresh and new

The Go Canoeing initiative has been a staple introductory participation programme run by British Canoeing for 5 years. Its primary objective is to encourage new people onto the water, inspiring them to develop a passion for paddlesport.

Go Canoeing has served us well but following feedback and research we knew it was time for a little refresh. So, from now on Go Canoeing will become **Go Paddling**.

We see this as a hugely positive change as using the word 'paddling' instead of 'canoeing' in the future is more reflective of the wide variety of options the world of paddlesport has to offer. Making it easier for people to understand and more inclusive.

To support this change we are very excited to be launching a new Go Paddling website www.gopaddling.info in the New Year. The website will be a one-stop shop for people to find out how and where to get started.

The site will support the delivery and certification of the new introductory Paddle Awards; Start,

Discover & Explore. Everything will be in one place; from inspirational articles to a bank of information on where to go and what to do, including over 140 paddling trails.

Alongside the overall programme name change, Go Canoeing Week will now become Go Paddling Week. This year the event runs from **25th May to 2nd June**. Make sure you get the date in your diary and think how you will take time to join in!

If you are a coach, leader, club or centre delivering introductory activities or are interested in getting involved, sign up the Go Paddling programme. By joining our growing network of providers you will be listed on the new website and gain access to bespoke information and toolkits to support you with the activities you deliver.



Register your interest today by contacting:

**craig.duff@
britishcanoeing.
org.uk**

TAKE TIME TO JOIN IN

25TH MAY
TO
2ND JUNE

GO
Paddling!
WEEK

With 2019 on the horizon, plans are afoot for the next Go Paddling Week. For clubs, centres and coaches now is the perfect time to think about how the week will feature in your plans for the year. In this article you can learn more about the theme and the great changes to the week for 2019.

The light bulb moment

This Go Paddling Week we are taking time to go back to the basics of what the week is all about. The aim is to get as many people on the water enjoying themselves as possible! In 2019 the week will run from 25th May to 2nd June. We hope you will be getting involved.



Over the years our mileage targets have been a great way of recording how far people have paddled but we recognise lots of people want to take part but don't know their mileage. So, this year we are setting a people target, to get as many people on the water as possible.



In the past we feel we missed out on the 'I just got in a boat for the first time for 20 minutes' and the 'but I'm a playboater' and even the 'how many miles is 8 times down the white water course?' type of paddlers feeling they could participate. We hope that just being able to record that you went for a paddle will make taking part in the week far more accessible to all.

It will also make it easier for clubs, centres and coaches to record their figures for the week. Instead of adding up miles we just want you to tell us who you put on the water.

Time to relax

Time to learn

Time for adventure



The theme

We know that people take to the water for a huge variety of reasons. From exercise to headspace, exploration to challenge, spending time with people to spending time away from people. Whatever the motivation we are going to be encouraging people to 'Take Time' this Go Paddling Week. Stepping away from the usual routine of life to discover all the amazing things paddling has to offer.

We would love for you to help us with this by putting on activities throughout the week and registering them with us. We can then promote your activities through our website and send you materials to help you advertise to club members or the public.



Drum roll please...

We're sure you're all desperate to know what the target is for 2019! Changing from miles to people has meant we had to have a good hard think about a tough but achievable target. We hope that you will help us get 10,000 people on the water throughout the week!

Watch this space

We have a fresh new logo for Go Paddling Week, which you can find here. Please feel free to use it to promote any activities you are running throughout the week.

Over the next couple of months the website will be having a facelift and further resources will be developed and released.

We really appreciate all the support clubs, centres and coaches have shown to the week over the years and hope you will all Take Time to join us again for 2019.




Time to get fit

Time to explore

Time for fun

START DISCOVER EXPLORE

Your journey into paddling

-  **Start Award** Your first time on the water, 'having a go'!
-  **Discover Award** Developing your skills
-  **Explore Award** Learning to make confident choices

The Paddle Awards are for those new to paddlesport.

Enabling you to develop the skills to feel confident and safe on sheltered water in your chosen paddling craft.



**Paddle
Awards**



Find out more: www.gopaddling.info

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A SUP'ERS YUKON 1000

Tony Bain, a SUP instructor who runs Green Dragon Activities in South Wales is an avid white water and adventurer SUP'er and no stranger to a challenge. Among his long list of adventures, including coast to coast challenges in his native New Zealand, mountain descents and being the first to circumnavigate the Isle of Anglesey nonstop on a SUP, he had another adventure on his bucket list...the longest canoe race in the world!

By Tony Bain

Starting in Whitehorse, Yukon territory, Canada and finishing on the Dalton Highway, Alaska where it crosses the Yukon River (it is the truck stop immortalised by the TV show Ice Road Truckers") The Yukon 1000 is not for the faint hearted and is billed as the longest canoe and kayak race in the world.

Carrying everything you need for the whole journey, the race takes you hundreds of miles from civilisation. Travelling through the wilderness alone could be risky. Potentially you could end up sleeping on a beach with a grizzly, brown or polar bear so you have to complete it as a pair.

I approached the event organisers and told them a little about my paddling background and training, and to my delight they told me I had passed their selection process.

Well that was just dandy, but I still needed a partner! To my delight they informed me they had a guy from The Netherlands who's team mate had pulled out, and was looking for a replacement. I was sent Alex's contact details and we soon began planning.

Our boards had to be big enough to carry all our kit, including bear barrels to protect our food at night! Farrel O'Shea and I had designed a 17' 4" board for my attempt to become the first person to nonstop circumnavigate the Isle of Anglesey on a SUP in one go. The 'O'Shea GTOcean' was more than adequate for the tide races of Anglesey, so I knew it would be suitable for the Yukon 1000.

On race day, the day was warm and the sky clear, we were set for a week of good weather and all the teams were ready to go.

After the first 400 miles the river was going to be filling with sediments from ancient volcanic eruptions and natural soil erosion, so our biggest challenge was how we were going to get enough clean drinking water.

The first section of the Yukon 1000 is the 33km river to the start of Lake Laberge. There were roads in this section, so some interested locals and the Yukon 1000 organisers came down to the river's edge to cheer us on.

As we passed the last river check point, Lake Laberge opens up before you but you can't see the end as it's 55 kms away. We were lucky the weather was on our side, otherwise we'd have been paddling waves of around 2 to 3 feet.

We reached the end of the lake around 9.30pm and instantly set about powering our way down the river, as we still had 1.5 hrs before we had to stop for the night. The time went quickly and we found ourselves with a steep river bank to the water's edge on river right, and on river left a flat narrow grassy margin to some low scrub. Rather than incur penalty points we decided to pull up for the night. It wasn't a great choice of site as the grass margin was basically a water logged bog. Race rules say that you have to stop at 11pm and can't resume until 5am. There was no time for a leisurely breakfast as 18 hours of paddle time was in front of us.

This was a race and we were already the 14th team (that meant last place) so we packed our kit as we made our breakfast, set off on the river and ate as we went.

As this was a race re-enacting the early gold mining days, it was about being as quick as you could. If you got to the gold fields first you got the best land to set

up your diggings on. For us, our gold was the Yukon 1000 medal at the end of the race. But if we didn't get there before the end of the 10th day we wouldn't get it.

The end of day 2 was looming, the river was keeping us on our toes and we were loving every moment. Night 2 came and went, our campsite was much better and we were quicker at setting up our tents and getting our one hot meal of the day.

At the end of the end of day 3 we set camp just the other side of Dawson city. The further north we pushed towards the Arctic Circle, the longer and lighter were the nights were and we could still see the lights and hear the river ferry carrying its loads across the river. After leaving Dawson City we were heading away from civilisation again into the mountains. They were majestic, from tall bluffs towering above the river, to a patchwork of green trees covering steep rocky peaks vertically reaching for the sky.

As the event started in Canada and ended in Alaska that meant we had to deal with a border crossings. ESTAs need to be arranged prior to the race so we could enter the USA. Once we arrived at Eagle, the border crossing point in the USA, we had to report to the border authorities. We ditched our boards and headed for the town (more a small village as we saw it). Hidden in town on the side of a building was a yellow phone that put you in touch with the US border control, this was the first time in my life I had never had to queue to get through border control.

It was late in the day and as we left Eagle we had about 1 hour before we had to stop. We found a lovely flat campsite with plenty of wood for a fire. So far we had managed a fire every night except the first. A fire helps to keep animals away, but most of all it dries your clothes, body and soothes your soul. Crossing the Arctic Circle and heading into the flat lands brought long days of paddling and the slower river speed was having an effect. The winds hit us on day 6 so we had to box clever at times to make headway. The winds were too strong in the middle of the river to paddle against, even with a strong downhill water flow we were not moving forward so we needed to employ other techniques to move ahead. At times paddling was the only way to battle the head winds as the banks of the river had now turned to cliffs of silty soil and muddy foreshores.

The evenings were much colder and the light stayed most of the night. We pulled up one night thinking that we had found a great place to camp only to find a set of distinctive paw prints in the muddy river bank. The one Bear that we really didn't want to meet on this trip had passed that way. Usually this big white bear is found much further north but these days the search for food has brought the polar bears much further south.

The flats seemed to drag on for day, a few scattered settlements appeared and then disappeared, clearly we were getting somewhere. More mountains appeared and we realised we were in the final stretch. The speed picked up as the river became more defined again and the last 30 kms didn't seem to take long to pass. In fact it went too quickly.



Floating past bears and their cubs feeding on the river banks, camping in the arctic circle, and paddling down a massive river through forest fires, the Yukon 1000 adventure had past so quick that I didn't want it to end.

But round the bend it came. That was it, the finish. We had made it, we paddled on to the end, not really wanting to, it wasn't as if we could stop it happening, as if we had stopped paddling the river would just carry us on. I didn't want to stop but the cheers from the other 2 SUP teams and the Yukon 1000 organisers brought us back to reality.

The End was here, it's time to rest, eat and sleep well. And time to ponder on the next great SUP adventure.



**Personal
Performance
Awards**

NEW Personal Performance Awards

Want to try **Flat Water Freestyle**?

Looking to become an **Open Water Tourer**?

Want recognition for your **SUP skills**?



Click here
to find out
more

Then the Personal Performance Awards are for you!

The awards allow paddlers to develop their decision making and fundamental skills, working towards the award of their choice. Each discipline has 3 awards, allowing you to focus on the area you want to progress. All of the awards are direct entry and there are no age restrictions to any of the awards.

So what are you waiting for, take your Personal Performance Award today!

White Water
Canoeing
Surf Kayak
Sea Kayak
Touring
Stand up
Paddleboard
Freestyle
Rafting
Polo
Racing
Slalom
Wild Water
Racing



Which qualification or award is right for me?

With the introduction of the Paddlesport Leader and the Coach Award, and the launch of the NEW Paddlesport Instructor Award in 2019, you may be wondering which qualification is right for you, your club, centre or organisation.

This guidance will give you a clearer understanding of the options available to you and your paddlers wanting to start their journey on the qualification pathway. These are all direct entry awards which could be the first step for any aspirant Instructor, Coach or Leader.

Paddlesport Leader

Launch:	April 2017
Aimed at:	paddlers leading on sheltered water environments, running safe and enjoyable trips based on their group's needs and aspirations.
Age:	16+
Craft:	The Paddlesport Leader can lead any craft, from any craft.
Prerequisites:	One day First Aid and membership.
Training:	Not compulsory. Candidates can cross check their requirements and opt for bespoke training opportunities, for example, in-house training at your club or working alongside/shadowing other leaders at your centre.
Assessment:	1 day assessment
Examples:	In a recreational club, the Paddlesport Leader could be leading journeys, providing a safety framework for multiple craft or in a racing club, could provide a safety overview on a training session chaperoning other paddlers.

Paddlesport Instructor

Launch:	January 2019
Aimed at:	Paddlers whose main focus is to deliver paddlesport taster/starter sessions, games and short journeys in very sheltered water environments, within the safety management systems of clubs/centres or other organisations.
Age:	14+
Craft:	Stable craft - kayak, open canoe, sit-on-top and Stand Up Paddleboard
Prerequisites:	Membership and Foundation Safety and Rescue Training (FSRT)
Training & Assessment:	2 days combined
Examples:	Organisations running introductory sessions for those who have never tried paddling or clubs playing games to progress their new paddlers paddlesport skills.

Coach Award

Launch:	January 2018
Aimed at:	Paddlers who wish to coach those who want to gain/improve paddlesport skills within a chosen discipline. This will include coaching beginners new to the sport, or paddlers looking to develop their skills in the given discipline/environment so they can paddle safely without the need for a coach.
Age:	16 or over at the time of assessment. 18 for advanced water options.
Craft:	18 options available covering all of our main disciplines and environments
Prerequisites:	Membership is the only prerequisite of Core Coach Training.
Training:	2 day Core Coach Training, 2 day Discipline Specific Training.
Assessment:	1 day assessment
Examples:	A Polo club looking to develop their athlete's skills or a club coaching sea kayaking sessions in a moderate or advanced water environment.



MINIMUM FUSS

MAXIMUM FRIENDLINESS

HOW FALCON CANOE CLUB OFFER PADDLESPORTS FOR ALL

Minimum fuss and maximum friendliness is the motto for Falcon Rowing and Canoe Club in Oxfordshire, who have become a household name in their local area for offering fun, accessible and engaging paddling sessions for all.

From helping prepare adventurers with learning disabilities undertaking charity canoe challenges, to pool sessions and afternoons on the River Thames, the club, who pride themselves on being inclusive, work with a host of local organisations to ensure as many as possible can enjoy the benefits paddling can bring.

Doug Staff of Falcon Canoe and Rowing Club explains how these partnerships are helping everyone to enjoy making a splash.

“

“Canoeing is a fantastic example of a pursuit that most people can access and have a positive experience. Falcon RCC often receives enquiries from people with learning, social, emotional, physical and health difficulties who wish to join one of the club’s taster fun sessions.”

Doug Staff

Two of the organisations Falcon has worked with over the past year are **KEEN Oxford** and **Oxfordshire Association for the Blind**, who have both benefited from the sessions organised by the club.



KEEN Oxford

KEEN is a charity organisation who hold regular social sessions for children and adults with physical or learning disabilities and/or special needs.

Having worked with KEEN previously, this year Falcon offered both an indoor pool session and a fun afternoon on the River Thames for KEEN members and their families.

In February members of KEEN Oxford joined Falcon for an indoor kayaking session.

Falcon uses these 'warm water' fun sessions to introduce people to paddling in all types of craft and improve water confidence. Participants were paired up with volunteers from both KEEN and Falcon, and tried out a range of boats - including sea kayaks and racing boats.



"The coaches taught us some basic paddle skills and made even the most wary feel comfortable at our own pace. And if we fell in, that's where the fun began!"

KEEN Oxford



"It was really lovely to see children who would normally be very shy and struggle with new activities take up their paddles and learn new skills. My son had a big smile from the moment he sat in the kayak, and it was an absolute joy to watch him."

Elwira, KEEN parent

The return of the warmer weather provided the perfect opportunity for Falcon to host another session for KEEN members. This time outdoors, and family members were invited to join in with the fun too.

With a variety of boats waiting on the bank to try out, everyone took a leisurely paddle down river, either honing their own skills in single kayaks or relaxing in canoes as coaches guided them downstream. Parents and siblings were able to get stuck in too!



KEEN Oxford

Oxfordshire Association for the Blind (OAB)

Falcon invited members of OAB's Children and Young People's Programme for a fun day on the River Thames. Over 20 members and volunteers took to the river for an exciting paddle, stopping along the way to collect conkers and pick blackberries. The event was a great success with many of the participants asking when they can return to try again.



"The volunteers from Falcon did a truly amazing job and helped us into canoes and kayaks before joining us for the paddle."

Laura Finnis

**Children and Young People's Coordinator
at Oxfordshire Association for the Blind**



Falcon have now booked a programme of winter paddlesport pool sessions starting in December and running through till March 2019 which will include members from both KEEN Oxford and Oxford Association for the Blind.

COMPETITIVE PADDLING

In Autumn, Falcon RCC's Kayak Racing Team included paddlers with additional needs who successfully raced in and completed Southern Region Hasler Series events.

Karina only started kayaking at the end of July 2018 after tragically having to lose her left leg earlier this year. Falcon worked with Karina to develop her racing kayak skills including devising a system to enable Karina to steer a K1 racing kayak using just her right foot to control the rudder system in both directions.

Karina partnered with Fiona to compete in the Division 9 K2 Race at Pangbourne Hasler on Sunday 9th September where they achieved 3rd place.

From hosting accessible events, Falcon's coaches have over time adapted their coaching styles and some club equipment to cater for disabled people.



"Nothing beats the chance to put skills into practice on real Paddle-Ability events and the warm glow that everyone gets after a smile-filled successful event."

Doug and the team at Falcon



Karina and Fiona at the Pangbourne Hasler Race in September 2018.

FALCONS TIPS

FOR ORGANISING AND HOSTING AN INCLUSIVE SESSION

Falcon Coaches have taken part in Paddle-Ability training programmes provided by British Canoeing. These allow providers to develop an understanding of the barriers faced by disabled people in accessing paddlesport and what can be done to support their access to canoeing and kayaking.

How have Falcon made their accessible sessions a success?

Take a look at some of Doug's top tips!

Ongoing communication between both organisations is key and pre event planning is crucial. We ensure we receive all information and consent forms well in advance so we have an accurate picture of needs from each participant.

More information about Paddle-Ability including training courses, elearning and guidance is available on the **British Canoeing website**

Our visitors were accompanied by 'buddies' - a familiar face who knew them, their character and their capabilities. The partnership of **KEEN buddies** working alongside Falcon members was invaluable and played an enormous part in the events running smoothly.

Falcon recruited enough club members/coaches and volunteers so there was a **1:1 ratio** with visiting paddlers.



WAVE SPORT... A 50 YEAR HISTORY



British Canoeing Trade Partner Wave Sport has had a busy year with their parent company Gaybo Limited celebrating their 50th anniversary by purchasing and taking full ownership of Wave Sport.

Making kayaks since 1968, you may also recognise Gaybo Limited as the company behind Perception Kayaks. We take a look at some of Gaybo Limited's highlights from the past 50 years, including how they worked with British Canoeing to develop white water competition boats and recreational kayaks which have introduced more people to paddling than any other manufacturer.

What began with founders Graham and Bob Goldsmith wanting to find a way to fund their paddling across the world in 1968 soon turned into one of the most successful businesses in the industry; fuelling an explosion in paddling with developments that have redefined recreational kayaking and whitewater disciplines, not only in the UK but around the world.

The Trade Partnership follows years of successful working between Gaybo Ltd and British Canoeing. In 1997 British Canoeing commissioned them to produce a plastic White Water Racing Kayak, The Wavehopper. This world renowned boat was designed by World Champion Antoine Goetschy and is still made today - over 20 years later, and Gaybo's involvement in Wild Water Racing and the Wavehopper challenge continues to this day.

"Banbury Canoe Club, the winners of 2018's Wavehopper Club and Team Championships were presented with a boat from Wavesport at our Stronger Clubs Conference in 2018!"

Nearly 50 years on from building their first boat, you can find Gaybo Ltd in their purpose built factory in Uckfield, where they continue to produce a comprehensive range of kayaks.

1989

The Perception Kiwi is born and redefines recreational kayaking around the world. This short, stable and easy to paddle kayak with its extremely accessible cockpit has since tempted hundreds of thousands of people onto the water and shown how easy paddling can be.

1996

Perception makes their first sit on tops in the UK.



The Perception and Wave Sport sit on tops are also the boat of choice for British Canoeing's outreach programme where in 2018 they helped get thousands of people on the water for the first time, using sit on top boats.

2018 was a big year for the company, who not only celebrated 50 years of manufacturing kayaks; they also completed the purchase of Wave Sport. Gaybo, who initially started with



the manufacture of Wave Sport products for the European market in 2008 have now become the sole global manufacturer for the brand, and their successful purchase and ownership will allow them to further focus on projects and designs.

Wave Sport and Perception Kayaks have been instrumental in the development of the sport, with their Wave Sport products playing a big part in the racing scene - both in the UK and France.

Graham Goldsmith, Co-Founder & Managing Director of Gaybo Limited, says: "It makes me very proud to think that Gaybo Limited has been continuously in business for 50 years. This makes us the "oldest", that is to say, the longest established kayak manufacturer in the UK still under original ownership! What a way to celebrate with the acquisition of such a well-known brand. It is our intention to push Wave Sport and Perception Kayaks forward together at the forefront of our industry."

2008

Gaybo start manufacturing a couple of Wave Sport models for European distributors. This includes the original Diesels now called the D65 & D75.

2010

Gaybo become the UK distributor for Wave Sport and begin their involvement with future development projects.

2013

The first Wave Sport crossover kayak is launched, the Ethos. In Europe the Ethos is manufactured by Gaybo and offered in a choice of outfitting specifically targeted for the European paddlers needs.

2018

Gaybo celebrates fifty years of kayak manufacturing as well as completing the successful purchase and ownership of Wave Sport.

"Wave Sport's Research and Development team push the parameters to bring you the best performing kayaks on the planet....and always manage to have some fun along the way," says Graham, and 2018 demonstrated just this, with the launch of a new product which is catching the eyes of paddlers on the Boater X racing circuit.

2018

Wave Sport launch their new fast river kayak, the Phoenix. Prototype models have been catching the eyes of paddlers on the water as they achieve great results in Boater X races on the circuit with Team Paddler Michele Ramazza.

For Gaybo the Trade Partnership is an extension to years of historical involvement with British Canoeing with the mutual intention of helping more people to enjoy paddlesport and they note keeping up with the latest trends in the sport as their key to 50 years of success.



OUR STORY

{ Autumn
Winter
'18/19 }

We've been writing our story since 1974, helping people to explore the great outdoors and preparing them for adventure with passion and knowledge born from experience. But a lot has changed in 40 years and our story is changing with the outdoors. We want to make sure that the places we explore are preserved and protected for everyone to enjoy for the next four decades, and we're not the only ones...

*tested and
loved by us*



Columbia are always looking to innovate and give something back. With processes such as the ReThreads product recycling and donation programme, responsibly sourced down, and by colouring materials without water, they're working to reduce the environmental impact of everything they do, including kit like the OurDry Extreme Eco jacket, made from 21 recycled plastic bottles and dye-free fabric.

In partnership with



Women's Pine Bridge
Jacket **£180**

Full T&Cs apply. Not to be used in conjunction with any other offer or discount. Selected lines are exempt. 10% discount only on bikes.
Only valid upon production of your British Canoeing membership identification in-store or use of valid discount code online. Offer expires 30.04.19.



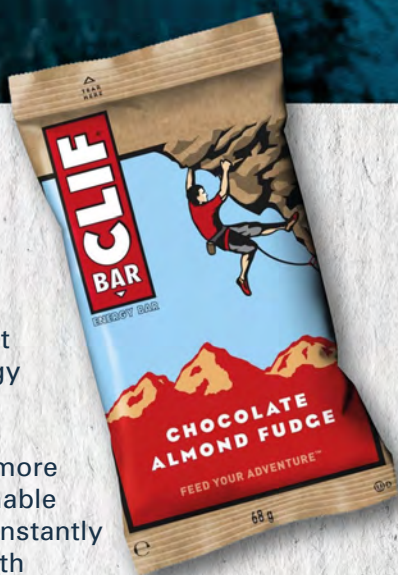
Jack Wolfskin's Texapore Ecosphere jacket is a great example of how recycled materials can be used to make innovative, high-quality and reliable outdoor kit, perfect for adventures on and off the water. Made from 100% recycled polyester, this jacket was developed to provide conscious weather protection using a reduced amount of CO2 and performs just as well when it comes to weather protection. Love the rain. Protect the outdoors.

Men's Sierra Trail
Texapore Ecosphere Jacket **£165**



Clif are passionate about providing positive energy and great nutrition to adventurers worldwide, with an aim to create a more healthy, just and sustainable food system. They're constantly working to craft food with organic, sustainable ingredients, packed in eco-friendly packaging and delivered pollution-free.

Clif Bars **£1.60**



Using a reusable water bottle or flask helps to reduce the use of single-use plastic. Sigg go the extra mile to protect and preserve the places we love by creating bottles that are 100% recyclable and eco-friendly, free from harmful substances and look great too.

Traveller Bottle 1.0L **£17**



At Cotswold Outdoor and British Canoeing, we're trying to do our bit and want to help you do the same this season and beyond. It's time to make your outdoor story a sustainable one.

Writing our story since 1974

Read more at cotswoldoutdoor.com

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