

# CANOE FOCUS

**Generation Sea:  
Plastic Protest**

Page 17

**Building stronger  
communities  
through watersports**

Page 19

**Brand new  
Paddles Up  
website**

Page 6



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# Contents

## WELCOME

Welcome note from  
Chief Executive David Joy 4

## NEWS

Catch up on the latest news  
from British Canoeing 5

## COACHING & LEADERSHIP

Paddles Up training website  
launched 6

Become a British Canoeing  
Delivery Partner 7

Introduction to Safeguarding  
eLearning 8

## FEATURE

The healing nature of  
paddlesports 10



## MEMBERSHIP

Membership myths busted 12

## FEATURE

The newest member of the Canadian  
Canoe Museum: Ray Goodwin 14

## FEATURE

Lucy Siegle: Paddle for Samburu 16

## SURFERS AGAINST SEWAGE

Generation Sea: Plastic Protest 17

## GO PADDLING

Building stronger communities  
through watersports 19



## GET INVOLVED

Yoga moves to improve your  
paddling by Adam Burgess 20

## SHE PADDLES

ShePaddles Ambassdaor Del Read  
on becoming an independent paddler 22



# Welcome

So much has happened in the last few months that it feels a real challenge to squeeze everything I want to say, into this introduction to Canoe Focus.

The only place to start is by saying a huge 'thank you' to the thousands of members who continued to support us during lockdown by renewing their membership and being so very positive, even though no paddling was permitted. This stabilised our finances at a time of great uncertainty and gave a huge boost to the staff who have been incredible during the last few months. This really was Stronger Together in action. Thank you.

I also want to offer a really warm welcome to the 20,000 new members who have joined us since May. We hope that you are enjoying your paddling this summer. If you haven't found it yet, I suggest you take a look around our **Go Paddling** website for hints and information and please do contact us with your questions and comments. We love to hear from our members and are here for you.

My third key message is to those within our community who are still facing real challenges due to Covid 19. Many clubs, centres and providers have not yet been able to return to business as usual at a time when they would normally be at their busiest. We are continuing to work hard behind the scenes to help translate the further easing of restrictions and are pleased to have secured support from the Department of Culture, Media and Sport for the immediate return of canoe polo. All of our guidance is updated regularly on our **website**.

Whilst this year has been full of challenges, there has also been a huge growth in the number of people paddling. This is being reported all over the country with record numbers of paddlers being seen on rivers, lakes and coastal waters. The trade and retail are experiencing a significant growth in sales of inflatables, sit on tops and SUPs. We know

from our own insight that the growth is in recreational paddling, with huge interest in stand up paddleboarding. Whilst times remain challenging, this growth and interest in paddling is very encouraging for the future.

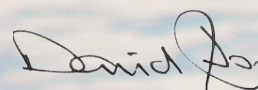
This edition of Canoe Focus is again packed with topical news and information. The feature on page 10 reminds us of the positive mental health benefits that come with paddling and being a part of a club. The She Paddles feature on page 22 builds on this and explores the steps to becoming a confident independent paddler.

We are pleased to share news on the work of our Places to Paddle team, who have been very active in ensuring that access to and along waterways is fully considered as part of the new Agriculture Bill. The recent debate on the Bill in the House of Lords, carefully considered amendments aimed to strengthen and better define wording around public access to the countryside and waterways. There is a way to go, but the rising participation and increased media coverage is adding weight to our Clear Access Clear Waters campaign and the rights to share the space and paddle responsibly on all waterways. More information on this can be found on page 4 of this Paddler magazine.

Clearer waters is the focus on page 17 as we highlight again the incredible work of Surfers Against Sewage and their Generation Sea campaign planned for September.

**Reading through these pages of Canoe Focus I am reminded that even in these most challenging of times there are so many reasons to be positive.**

**Happy paddling!**  
**David Joy**



**CEO**  
**British Canoeing**







# NEWS

Receive regular updates plus exclusive discounts for our partner products with a British Canoeing membership.

[www.britishcanoeing.org.uk/membership/join-us-online-here](http://www.britishcanoeing.org.uk/membership/join-us-online-here)

[www.britishcanoeing.org.uk/news](http://www.britishcanoeing.org.uk/news)

## Sign up for free ICF webinars

Over the past few months, The International Canoe Federation have been hosting a series of exciting, free, online webinars showcasing the latest developments in coaching and athlete preparation. To attend or catch up on the webinars so far click here:

<https://www.britishcanoeing.org.uk/news/2020/sign-up-to-free-icf-webinars>



## New Introduction to Paddlesport eLearning

British Canoeing Awarding Body is pleased to introduce the new Go Paddling Introduction to Paddlesport eLearning. Ideal for Instructors, Coaches and Leaders introducing new people to the water, the eLearning is designed to support your delivery. From equipment to craft types and safety considerations, the eLearning is designed to be easy to use, interactive and quick to complete. Find out more:

<https://www.britishcanoeing.org.uk/news/2020/new-introduction-to-paddlesport-elearning-to-support-your-new-paddlers>



**Got a great paddling story you would like to be featured in the next edition of Canoe Focus?**

Get in touch with us at [mediaenquiries@britishcanoeing.org.uk](mailto:mediaenquiries@britishcanoeing.org.uk)



## Schedule confirmed for Tokyo 2020 Paralympics

The revised schedule has now been confirmed for the Tokyo 2020 Paralympic Games next year, confirming the date fans can expect to see the Paracanoe team in action next summer. To find out more click here:



<https://www.britishcanoeing.org.uk/news/2020/schedule-confirmed-for-tokyo-2020-paralympics>

## British Canoeing extend VOW Nutrition official partnership

British Canoeing are pleased to announce the extension of our partnership with VOW Nutrition. The partnership will continue to focus on optimising senior team performance going into the next 12 months and complement the ongoing nutritional support based on British Canoeing's approach of 'balanced diet, food first'. Find out more:



<https://www.britishcanoeing.org.uk/news/2020/british-canoeing-extend-vow-nutrition-official-partnership>

## The sport of the summer

Since lockdown eased in May it has been fantastic to see so many new and returning faces on the water. Membership has skyrocketed sparking the interest of national media and opening the discussion on access. Click here to find out more:

[www.britishcanoeing.org.uk/recordmembers](http://www.britishcanoeing.org.uk/recordmembers)





# Brand new Paddles Up Training Website launched!



British Canoeing is pleased to provide a brand new Paddles Up Training website, designed to better support learners and providers, and provide more clarity for paddlers.

Paddles Up Training will rebrand the Delivery Centre (formally the British Canoeing Delivery Centre) that supports course candidates who reside in England and outside of the United Kingdom. It will continue to provide high quality service and support. There is no impact on our current way of working, providers will still run British Canoeing courses in the same manner but will now be promoted, and advertised through Paddles Up Training.



The new website provides access to high quality learning, whilst also supporting and promoting the great work of our providers. So if you're looking to find your first or next course, or are looking to become a provider, this is the website for you!

The website includes some great supportive features including:

- Intuitive search and finder functions
- Simple and interactive development guidance
- Check your update expiry instantly
- Live chat function

Explore the Paddles Up Training site now:  
**[www.paddlesuptraining.com](http://www.paddlesuptraining.com)**  
or read our **FAQs document**.

*Please note, these changes only affect the Delivery Centre function that provides British Canoeing qualifications in England and Internationally.*



# BECOME A BRITISH CANOEING DELIVERY PARTNER



Become a British Canoeing Delivery Partner and let your clients know you offer a gold standard paddlesport experience.

Becoming a Delivery Partner gives you the opportunity to join a supportive scheme to help you and your centre or hire provider develop and grow your paddlesports activity.

Tailored to your needs, choose from Gold, Silver or Bronze packages of support, which are a great way to get accreditation and promotion for your business.

## Can I become a Delivery Partner?

The partnership is open to businesses who provide paddlesport activity as part of their offering. This includes sole traders, activity centres, hire providers, small and large organisations, based in England, Northern Ireland, Scotland, Wales, as well as internationally.

## What are the benefits of becoming a Delivery Partner?

Becoming a partner with British Canoeing offers a variety of benefits:

- **Premium listings and promotion:** Delivery Partners will be listed on our maps and course listings, giving you maximum exposure to new customers
- **Exclusive branding for your business and a recognised Delivery Partner plaque:** These tools will enable you to brand your high quality sessions and promote your partnership with British Canoeing
- **Exclusive support and training opportunities:** Delivery Partners will get access to delivery and operational support, as well as discounted training opportunities and a virtual conference

## There are three partnerships to choose from:

The **Bronze support partnership** includes specific promotion of your business, the opportunity to access self-serve checks and your logo on the Start and Discover certificates.

The **Silver partnership** offers technical support and guidance, as well as a Delivery Partner plaque to let your customers know that you offer high-quality paddlesport sessions and learning opportunities.

The **Gold standard partnership** includes a personalised visit, tailored to your needs, as well as exclusive access to events, conferences and announcements.

## How can I find out more?

To find out more, visit the [Go Paddling website](#) and sign up to receive exclusive information about the new delivery partnership.





# NEW Introduction to Safeguarding eLearning

**British Canoeing and the National Associations are committed to helping everyone in paddlesport play their part in safeguarding children and adults at risk from harm and abuse.**

To complete the new Introduction to Safeguarding eLearning, [visit the British Canoeing Awarding Body website.](#)

**This eLearning is available for just £10.**

By providing appropriate training and education for coaches, leaders and deployers, we can all take responsibility.

It is essential that all coaches, leaders and deployers have at least a basic understanding of what appropriate behaviour looks like, how to identify a safeguarding concern and be confident about how to respond, as well as being clear about how to access support.

The new Introduction to Safeguarding eLearning replaces the existing Paddlesafe course. It is a great introduction for anyone who has limited contact with children or adults at risk. If you do have regular contact with these groups, please contact your National Association for courses that provide such specialised training.

## Do I need to complete safeguarding training?

As part of our ongoing review process, we will be introducing changes to our safeguarding requirements for both coaches and leaders.

From 30th September 2020:

- All coaches and leaders will need to engage in appropriate safeguarding training as a prerequisite to assessment
- All qualified leaders will need to engage in appropriate safeguarding training to keep their qualifications valid
- All coaches and leaders will need to refresh their safeguarding training every three years to keep their qualifications valid and meet the Update Scheme requirements

The new Safeguarding Renewal training will be available on the [British Canoeing Awarding Body website](#) in the Autumn, to support those needing to renew their safeguarding training.

British Canoeing is aware that many coaches and leaders already engage in appropriate and approved safeguarding training and this will continue to be recognised and recorded.

If any coaches, leaders or deployers have any questions about the safeguarding changes or are looking for further guidance on the right safeguarding training, please contact your National Association.





# BOOK A PERSONAL APPOINTMENT WITH ONE OF OUR EXPERTS

Our stores are now re-opening and we're here to help you reconnect with the outdoors.

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- Electronics Advice
- Adventure Kit List
- Camping Kit List



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# The healing nature of paddlesports

After a number of mental health 'wobbles' over the years, Mark Beasley sought refuge by returning to the water. 12 months on he says he has become 'healthier, more sociable and a better person' for it.



“

I was finding I was doing stuff for everyone else, through work or family and really ignoring the fact that I needed to look after number one. I decided that I needed to try and reclaim some 'me time' and do something that I would really enjoy and stick at," he says.

That something for Mark was joining Leicestershire's PaddlePlus club with his friend, Jamie Ashby.

"I thought about all the things I did as a kid and kayaking was up there. I hadn't paddled in almost 30 years and even then it was only on flat water. I took it up for the mindfulness and social aspect of the sport, but hoped a side effect would be losing a bit of weight and lowering my high blood pressure."

Not only did Mark find a new community in the club, but has since lost a stone in weight.

"I was nervous about joining a club as I thought paddling was a young person's game but the trust and support which surrounded me since day one has been amazing. It has allowed me to venture into disciplines I was too nervous to do, such as white water." Having not paddled since being at school,

Mark was also well aware of his need to ease back into being on the water and revise the basics of safety.

"As a sea scout many moons ago, it was drummed into us that we shouldn't go anywhere near weirs and stay well away from locks. There was a safety aspect to joining a club too as I was able to update my very rusty knowledge."

The club's relaxed and sociable atmosphere left Mark's anxieties about starting something new at the age of 45, with people he didn't know, float away. In fact, Mark's confidence has grown so much that he is now looking to develop his skills even further. Recently he enrolled on an introduction to white water course and also plans to develop his skills in safety and coaching.

"I'm interested in water safety and would like to do the British Canoeing Lifeguard training at some point," he says. "I also have a qualification in psychotherapy and after seeing the incredible difference being on the water and surrounded by nature has had on my mental health, and that of a few friends of mine, I'm really keen to use paddling as a way of getting men, in particular, to open up."





East Midlands Regional Coaching Representative, Andy Oughton has volunteered at Leicester's PaddlePlus for over 20 years. The club has more than 150 members and runs sessions on white water, freestyle, junior sessions and touring to name a few.

"As a club we recognise the importance of socialising; we're very much a club of people attached to an activity and we work hard to remove barriers for new starters wanting to try paddling for the first time. There is no minimum experience or qualification people need to join. We're there to help people discover the type of paddling they love most and build people's

confidence through learning as they go.

"Mark notes some of the less obvious, but just as important benefits of getting out on the water such as mental health wellbeing and weight loss, plus the enjoyment of setting new challenges and achievements."

Last year Andy was part of a coach development weekend which saw novice paddlers coached by aspiring coaches, who were themselves being mentored by Coach Educators, something they are hoping to repeat once Covid-19 restrictions ease.

**If you're thinking of joining a club, Mark has a few top tips:**

**1**

### **Try a couple of clubs**

Clubs offer different things, some are more coaching based, whilst others are more focused on activities.

**2**

### **Don't invest in a craft at the very beginning**

The advantage of joining a club is that you can experiment with different disciplines - you might surprise yourself with what sparks your interest.

**3**

### **Think safety**

With more people heading on to the water I've seen too many people not wearing the correct safety equipment such as buoyancy aids and helmets.



# MEMBERSHIP

# MYTH BUSTER

There are a lot of misconceptions about the work British Canoeing does and what our membership fees go towards, so we thought it was time we dispel the facts from the 'fake news'...

## TOP THREE MYTHS



**MYTH 1: MEMBERSHIP MONEY ONLY SUPPORTS OLYMPIC PROGRAMMES**



**MYTH 2: WATERWAY LICENCES ARE A TAX**



**MYTH 3: IF YOU REJOIN AFTER YOUR MEMBERSHIP LAPSES, YOU'LL BE FORCED TO BACKPAY**



### MYTH 1: MEMBERSHIP MONEY ONLY SUPPORTS OLYMPIC PROGRAMMES (NOT TRUE)

**Busted...**Membership income is ring fenced for projects that support the paddling community including grassroots participation and environmental work, none of this income supports the Olympic and Paralympic programmes.

Funding for the Olympic and Paralympic sprint and slalom teams comes through national grants received from UK Sport. Full information about our funded programmes can be found [here](#).

Membership income is, however, used to support the elite level national teams in the other non-Olympic disciplines. Each year a competition grant, funded from membership, is issued to support non-Olympic elite paddling and grassroots development within the

disciplines of freestyle, polo, marathon, rafting and wildwater racing, circa £150k each year.

We are incredibly proud of all our athletes and their huge success. Did you know as a sport last year we achieved an incredible 90 medals across nine disciplines?

Many of these athletes would have been unable to achieve their shot at gold without the structure of the organisation and the support British Canoeing provides grassroots communities. It is at this fundamental stage where your membership makes a difference. As a community, we are incredibly lucky to have very dedicated coaches (both paid and voluntary) working passionately to support paddlers up and down the country.



## MYTH 2: WATERWAY LICENCES ARE A TAX (NOT TRUE)

**Busted...** Whilst it's true you need a waterways licence to access a vast number of inland waterways, this is by no means a tax. The money generated by the waterways licence does not contribute to state revenue levied by the Government, nor does the Government add to the cost of licences as it does with other products and services. Instead the money generated from licences goes to the waterway authorities that manage them, such as the Canal and River Trust, Environmental Agency and Broads Authority,

which contributes towards the protection and maintenance of the waterways. From protecting against bank erosion and removing invasive non-native species, to installing check, clean, dry points and repairing towpaths for access.

Our blue corridors simply wouldn't be the same without the waterways authorities and many of their dedicated volunteers who carry out vital ecological work, enabling us and future generations to enjoy them!

## MEMBERSHIP INCOME HELPS PROTECT THE WATERWAYS YOU ENJOY PADDLING ON

A British Canoeing [On the Water membership](#) is the most cost effective way to get a waterway licence and in doing so contribute to the upkeep of over 4,500km of waterways! Plus when you become a member, you'll have access to a range of [fantastic benefits](#).

## MYTH 3: IF YOU REJOIN AFTER HAVING LAPSED, YOU'LL BE FORCED TO BACKPAY (NOT TRUE)

**Busted...** This is no longer true! Whilst this was the case for coaches that lapsed over 10 years ago, if you lapse now, your membership will commence from the date you renew and you'll simply be charged the standard cost for the annual membership you choose.

Whether it's work, family or injury, sometimes life can get in the way, but we love to see people rekindling their passion for paddling. There's always a new skill to learn or place to explore, regardless of your age or ability.

If you've taken a break from paddling, for whatever reason, we want to reassure you that you'll be welcomed back into the paddling community with open arms. [Find the best](#)

[membership options for you.](#)

Please note the route back into leading and delivering coaching activities may require some additional steps to ensure you are up to date with the latest best practices. If your qualifications have lapsed, visit our [website](#) to learn more about getting your coaching/leadership status reactivated.

On 30 September our Update Scheme will change, with supportive and individualised CPD options, as well as Leaders requiring safeguarding and CPD. In the meantime for any enquiries about returning to coaching, our coaching advisors would be more than happy to help. Tel: 0300 0119 500

## WHAT ELSE DOES MEMBERSHIP INCOME SUPPORT...

Income generated by membership fees is reinvested back into paddlesport in a variety of ways. Including the development of projects and resources that support the whole paddling community and benefit all paddlers, such as;

- [Clear Access, Clear Waters](#): A campaign for fair, shared and sustainable access to waterways
- [Go Paddling](#) a grassroots participation project to help people find information on where and how to go paddling
- The development of high quality training and coaching schemes
- Event development; from international competitions to local recreational activities
- Working with partners to improve environmental awareness and the conservation of waterways
- Guidance and support for paddlers, volunteers, clubs and coaches across all disciplines

For more information on specific projects and work that we do for paddlers visit [our website](#) [www.britishcanoeing.org.uk/membership](http://www.britishcanoeing.org.uk/membership)

#SupportingPaddlers



# The newest member of the Canadian Canoe Museum: Ray Goodwin



For many people in the canoeing fraternity, Ray Goodwin is synonymous with the sport. Known as one of the UK's best canoe coaches, he has more than forty years of experience in the great outdoors and in 2019 was awarded an MBE for his services to canoeing.

If that wasn't enough, earlier this year, Ray was invited to become a member of the prestigious Canadian Canoe Museum's National Council - something Ray describes as an honour.

"To be the first non-Canadian involved in this council which is made up of indigenous people and top figures in sport is an incredible acknowledgement and honour," says Ray.

Situated in Peterborough, Ontario, the Canoe Museum is home to the world's largest collection of canoes, kayaks and watercraft, with over 600 pieces in its collection. In 2013 Canada's Senate declared it a cultural asset of national significance.

Over the coming months, the museum will be working on a project to rehouse the museum at a National Historic Site between Toronto and Ottawa. The architecture of the new museum will enable visitors to enjoy an immersive experience, both on land and on the water.

As the redevelopment takes place, Ray, alongside the group of distinguished individuals passionate about the work of the organisation, will provide their support, thoughts and enthusiasm to the

construction of this new national museum.

“

Canoeing fascinates me, it is steeped in history. If you think about it, Canada depended on the canoe to create trade posts and establish borders.” he said.

But it's not all about the history, Canoeing is also about adventure for Ray; “I love the excitement of going on an adventure, taking time to enjoy solitude in nature. Over time I've come to appreciate the movement of paddling those crisp beautiful paddle strokes too.

“When people come to me for guidance, my job is to keep the flame of inspiration alive and equip them with the knowledge to go on adventures and explorations at their own level,” he added.





"It's so important to me that we don't just say 'oh I'd really like to do that one day' but that we actually go out and have that adventure, try that paddle and don't put things off! You can very quickly look back and realise you haven't done what you wanted to."

### So what's next for Ray?

"I really want to go up and paddle the Great Glen Canoe Trail from Fort William to Inverness with my daughter (Maya, aged 10). Although this won't be a 'first' for Ray who has covered the distance a number of times already, once, completing the four-five day paddle in just 16 hours, he wants his daughter to experience the adventure and stunning scenery.

And whilst Covid-19 has put a halt to his plans to paddle in Canada this summer, Ray still plans to head back next year to lead two trips around Canada's wilderness.

"I've never done the route we have planned, but it will be a fantastic expedition. I'll be guiding a group of clients along with me so I'll be able to show them the decision making process and get them to join me to really understand how to think like an adventure paddler."



Head to Ray's YouTube channel for tips and advice on everything from adventure canoeing to improving your technique.

[youtube.com/c/RayGoodwinCanoe](https://youtube.com/c/RayGoodwinCanoe)





# Lucy Siegle: Paddle for Samburu

If you'd have walked across the bridge at Hampton Court on Saturday 25th July at just gone 3pm, you would have noticed two things: the horizontal rain, due to unseasonal weather and a socially-distanced armada of kayakers spilling out of the lock at Moseley, heading for the finish line under Hampton Court Bridge.

This was the inaugural fundraiser paddle for Samburu Girls Foundation (SGF), in Kenya. The challenge? To paddle 20 miles for 2020, from Windsor to Hampton Court, taking in seven locks and some picturesque parts of the Thames, including the banks of Runnymede.

The challenge brought together a mixed ability group of kayakers including high profile names like TV presenters Angellica Bell (whose only previous kayak experience was kayaking in the Arctic for ITV Challenge show, 71 Degrees North) and Matt Allwright; Watchdog presenter, consumer expert and keen kayaker. The team and challenge was put together by Lucy Siegle (also a TV presenter on The One Show, BBC1 and environmental journalist) and her husband, Ben. Both members of British Canoeing they live near the Thames and specifically wanted to build a fundraising challenge to support Samburu Girls Foundation (SGF) in Kenya.

Both Ben and a number of the other paddlers are long term supporters of (SGF) the rescue centre and school set up by Dr Josephine Kulea in 2012. Josephine is herself a Samburu woman, and has rescued over 1000 girls from FGM (female genital mutilation), forced marriage and other abuse. Her pioneering work has drawn praise and support from leaders such as Barack Obama who said of Josephine, 'she gives me hope'.

In normal times Ben and the team have been working to set up a programme of trauma counselling for SGF but changed track when Covid19 hit Kenya and the girls were returned to their villages on order of the government, and back into danger. July's paddle raised vital funds to get food parcels and maintain

contact with the girls. 'People have given so generously to our Just Giving Page,' says Ben, 'and their money provides a lifeline for Samburu girls – sometimes literally. It has allowed Josephine's small team to maintain contact and keep the girls as safe as possible. The fundraising needs to continue, so that the girls are returned to education and safety'.

The challenge was supported by British Canoeing and Russell Smith, Area Development Officer for the South East, who met the team at every lock and followed the whole route in the support van. 'Russ was an incredible support,' says Lucy Siegle, 'and next time we hope to get him in a kayak too. We're so grateful to British Canoeing for all their help setting this up and hope this is the first of many paddle fundraisers to support SGF because now we're hooked. After a couple of hours of aching arms and drying out from the rain, we all wanted to do it again!'

Lucy and Ben would love to see reciprocal events take place on waterways all over the country, and plan to tick off the miles to match the years. 'We began with 20 miles for 2020 and next we'll edge up to 21 for 2021 and so on,' says Ben Siegle, 'so we'll be looking forward to negotiating 14 locks by 2040!'

Details of the next Paddle for Samburu will take shape over the next few months as lockdown restrictions are eased.

**To find out more about the appeal or to donate please visit the Just Giving Page.**

**[www.justgiving.com/crowdfunding/sgf-appeal](http://www.justgiving.com/crowdfunding/sgf-appeal)**



**If you would like to register your interest for taking part and supporting the next Paddle for Samburu, please contact @lucysiegle on Twitter.**





# GENERATION SEA:

## PLASTIC PROTEST

As UK lockdown measures ease, there has been an outpouring of support for the environment and eco-activism. Numbers of people wanting to take part in clean ups and campaign actions are constantly growing.

To harness this momentum Surfers Against Sewage will be championing a plastic-focussed autumn campaign with six activation points titled; Generation Sea: Plastic Protest.

Jack Middleton, Community and Events Manager at Surfers Against Sewage, said: "Generation Sea: Plastic Protest will engage and empower communities from **5 September to 18 October**, in a range of actions all aimed at highlighting the irrefutable evidence of the plastic pollution crisis. It will create a wave of noise that cannot be ignored and call on the government to raise the plastic agenda at the highest levels of power, demanding stronger legislation on reduction, production and systems."

As part of the campaign British Canoeing and the Canoe Foundation are proud to be community partners supporting the Big SAS Beach Clean: Summit to Sea which is mobilising communities across the UK onto beaches; waterways; mountains and urban areas in small groups to organise cleans.

Chantelle Grundy, British Canoeing Access and Environment Officer said: "One of the joys of paddling is seeing nature from a different angle and enjoying its calming presence. However, we

also see the hidden plastic and junk in these much loved blue spaces and the damage it causes.

"Over the years' paddlers have pulled tonnes of plastic pollution and junk from our waterways, preventing further harm. Once more, paddlers will be out on their local waterways supporting the campaign in the fight against plastic pollution and highlighting why access on water is so important."

### To sign up for the Big SAS Beach Clean: Summit to Sea

visit [www.sas.org.uk](http://www.sas.org.uk) and find out how you can get your hands on a free paddle clean up kit.

Remember to invite your MP along and show them the terrible damage plastic pollution is causing to your local waterway and how you are playing your part to remove it!



THIS  
IS A  
PLASTIC  
PROTEST





Become  
**a Member**



# Help protect the **waterways** we love...

**Did you know? British Canoeing membership includes a waterways licence which funds vital work and contributes towards the protection and maintenance of the waterways** including removal of flood debris, fallen trees, invasive non-native species and much more.

## **Membership includes:**

- Waterways licence for over 4,500km of waterways
- Public liability insurance for all your paddling
- Discounted member rates on craft insurance
- Latest paddler news and expert advice
- Access to trails, courses and events
- Exclusive member discounts and special offers



Join online [www.britishcanoeing.org.uk/join](http://www.britishcanoeing.org.uk/join)  
Or call us on **0300 0119 500**



# Building stronger communities through watersports

**The Mount Batten Watersports and Activities Centre is working in partnership with Making Waves Together, a project aimed at bringing families together to try different watersport activities. Their goal? To create a sporting habit for life using the beautiful waters of Plymouth; Britain's Ocean City.**

The project focuses on providing introductory watersports activities for family groups from the PL1 and PL2 postcodes of Plymouth. Funded by the Sport England Families Funding stream, this has enabled families living by the sea to finally realise their aspirations of trying out a new watersport.

Father-daughter duo; Kandas Dougouno and seven-year-old Fatima are beneficiaries of the scheme. When seven-year-old Fatima asked to try her hand at kayaking, her father, Kandas, 38, was keen for her to go. Unable to swim, however, Kandas had reservations about joining his daughter paddling.

Thanks to the support of Making Waves Together, Kandas took swimming lessons and built his confidence in the water. He now has the reassurance he needed to join his daughter kayaking.

"Swimming came about because my daughter wanted to go kayaking, be exposed to outdoor water activities and...do something as a family together, to enjoy," he told the BBC.

"At the beginning, I was a little bit apprehensive about the water, but I've always, deep inside, wanted to learn how to swim."

The pair have well and truly caught the bug for kayaking and plan to continue developing their experience together. Making Waves Together Project Manager, Tors Froud says: "I've seen Kandas go from a complete non-swimmer to a water confident Dad."

"Seeing how much fun they had on the water and that they can continue to have as a family, is absolutely amazing."

Sam Waites, Activities Manager for the Centre, said: "Since meeting Kandas, who volunteers as Club Secretary for Plymouth Hope, a football club for refugees and asylum seekers, we hope

to engage more members of the Black and Asian Minority ethnic community in positive, life-enriching paddlesports activities."

After hearing of Kandas' story, local charity champion, Steve Whiteway, who stores his kayak at the Watersports and Activities Centre, decided to donate his kayak to the pair so they could continue to enjoy many hours kayaking together. On receiving the generous donation, Kandas, asked Steve if he would be happy for the kayak to be widely accepted on behalf of the Plymouth Hope charity, enabling others to experience the joy of paddling. In doing so the Kayak has been aptly named Spirit of Hope'.

Steve said: "I'm delighted to be able to donate my kayak to Kandas, Fatima and the wider community at Plymouth Hope. I'm glad that they will be able to enjoy it and explore our beautiful Plymouth Sound with the support of the Making Waves Together project and the team at Mount Batten Watersports and Activities Centre. I couldn't think of a better name for the kayak too."

The Mount Batten Centre is a British Canoeing approved paddlesports provider and passionately believes in the value of working with community groups.

**To find out more about the Mount Batten Activity Centre head to [mount-batten-centre.com](https://www.mount-batten-centre.com)**





# Yoga for Paddling

## Adam Burgess provides his five top tips



Paddling white water up to nine times a week and lifting weights alongside that, it is clear that canoe slalom and Tokyo 2020 athlete Adam Burgess has built a body to master the sport.

But this amount of training doesn't come without a toll, that's why Adam spends almost every day engaging in another passion of his, yoga, rolling out the mat for both preparation and recovery.

Adam is now furthering his yoga practice which will see him qualify as a yoga teacher in the near future, and he also spends as much time as he can at his local [Triyoga](#), engaging with the community.

Adam has delved deep into his yoga catalogue to pick out five moves you can try out alongside your paddling to help activate your body and ensure you're suitably stretched before and after time on the water.

### Cat / Cow (Marjariasana / Bitilasana)

**When:** Pre-paddle

**Why:** 'Wake up' the spine moving through flexion and extension and begin to link movement with breath (for focus)

**How:** Starting in a table-top position. Shoulders in line with wrists, hips in line with knees, and spine neutral. Inhale to lift the head, the shoulders, the chest, and the hips, and you relax your belly towards the floor and draw the shoulder blades together. Without moving there's a feeling of drawing your hands towards your knees. Next exhale to press into the hands and round the spine, dropping the head, the hips, and drawing the naval in towards the spine. Continue to flow through these two poses following the pace of your own breath.



### Reverse Table-top (Ardha Purvottanasana)

**When:** Pre-paddle

**Why:** Activate glutes and back body, open across shoulders/chest/hips

**How:** Begin sitting with knees bent, soles of the feet on the floor hip width apart. Place the hands on the floor behind your back, palms face down, fingers either pointing to the sides or towards you. Press into the feet and hands and activate the glutes to lift the hips and hold for three to five breaths before lowering the seat back to the floor.





## Triangle Pose (Utthita Trikonasana)

**When:** Pre-paddle

**Why:** Take your body through some rotation and activate core.

**How:** From a standing position, begin by stepping back with the right leg, heels roughly in line if that's comfortable, toes of the back leg 45 degrees to the side and body facing the side. Lift the arms in line with the shoulders, looking over the front hand as it reaches forwards first, tilting from the hips, pressing into the outside edge of the back foot, both legs straight and strong. Lightly rest the front hand on the shin or the back of the hand on the inside of the calf while reaching and gazing up to the top hand opening the body to the side of the room. Stay strong through the obliques to hold the body in the twist and remember to breath. Repeat on both sides.

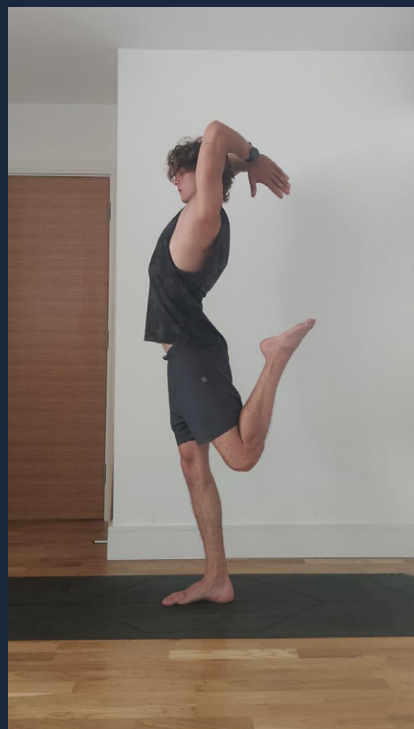


## 'Active' Dancer Pose ( Natarajasana)

**When:** Pre-paddle

**Why:** Activate 'back body', open across shoulders/chest, focus/ balance (standing on one leg challenges this)

**How:** Taking the weight into the right leg, press into the floor with the foot as you activate the upper leg muscles to form a strong base. Bend the left knee and squeeze the heel in towards your left glute. Place the palms together in a prayer position on the back of your neck, fingers pointing down and then reach down towards the heel that is lifting. Open your chest to the sky, keep your chin tucked and think about reaching up and back. The full expression is to hold the foot whilst keeping everything square and facing forwards. Like me, it's okay to be a long way away. The magic is in the intention which wakes up that whole back body preparing you for stability and connection when you pull on the paddle. You will also stretch out your whole front body which tends to get tight from paddling. (Repeat both sides)



## Front Lying Shoulder Opener

**When:** Pre-paddle

**Why:** Stretch the shoulders / chest which get tight from paddling, and to relax the spine in a gentle twist.

**How:** Lying on the front start by placing the hands palms down on the floor in front of the head, 90 degrees at the shoulders and elbows. Slide the right hand forwards and press into the left hand fingertips as you bend the left knee and drop the left foot over to the right hand side of the body. Stop here if this is already enough of a stretch in the right shoulder. To go deeper, bend the right knee to place the right foot on inside of the left knee. Hold this pose for 1-3 minutes, you should feel a stretch in your shoulder but no sharpness or pins and needles, move out of the stretch if you do.





# Why being safe is the first step to becoming an 'independent paddler'

Del Read is a white water kayaker and one of this year's British Canoeing #ShePaddles Ambassadors. In this article, the first in a series of three she has written about becoming an independent paddler, Del explores how safety plays an essential role in paddling progression. Check out her [blog](#) to read about her experiences, learnings and adventures.

A goal I believe many kayakers have is to become an 'independent boater'. Let me explain what I mean by that phrase. When someone starts off in kayaking, it is often through a club. They are reliant on those more experienced than them to organise and lead trips of which they can then join. It can be hard to move away from this structured system and become someone who goes kayaking when and where they want, with who they want.

Whilst many people would like to achieve this independence, they may not feel confident enough in their knowledge and experience to make the transition. As someone who has largely moved towards peer paddling from club boating, I considered the steps I had taken to achieve this. Looking at safety and specifically the journey to becoming safe in a paddling environment.

There are many fantastic articles on safety by people with far more expertise than me. Chris Brain's [Safety and Rescue Essentials](#) for example covers everything you ever needed to know about safety from a coach.

## Taking a course

A kayaker's safety skill set tends to come from two places: formal training and experience. I would argue that both are equally important and only having one of these things has the potential to hold you back. You can be an experienced kayaker who has learnt about safety through their peers but without any formal training for safety, you risk missing out on knowing something that could be useful for you. Equally you could do all of the safety courses available but without the experience of practicing the skills you learn, you may find yourself lacking confidence when carrying out safety in a real environment.

I have completed two courses specifically aimed at safety on white water. The first was a [White Water Safety and Rescue \(WWSR\)](#) course carried out early on in my paddling days. I chose the course as I was beginning to go on kayaking trips where I was peer paddling instead of being led. The most useful thing I found from the course was the discussion about group dynamics and considering this in the environment you're in.





I realised safety was less about rescuing people and more about preventing a rescue ever being needed. Whilst I forgot some of the more technical skills over time, this preventative approach to safety is something that stuck with me. I would thoroughly recommend to anyone who kayaks, whatever the grade, to invest in going on a White Water Safety and Rescue.

My second course was an Advanced White Water Safety & Rescue. When I signed up for this I'd gained a lot of personal experience and so attended with a different outlook. The technical skills we went over during the weekend were now more relevant as I could relate them to my personal experiences. The course added and refreshed 'tools' that I had in my 'safety toolkit' and provided reassurance about my current skills. In particular I enjoyed the scenarios, which allowed me to reflect on similar situations I had been involved in. Part of being safe is trusting in your own abilities and the decisions that you make.

### Gaining experience

Experience is fundamental for becoming confident in your safety skills. In my early kayaking days, I thought safety meant someone standing at the end of a rapid with a throw line, ready to fish us beginners out. The places I would swim seemed fairly inconsequential – Holme Pierrepont and a few grade 2 rapids on club trips.

It was only as I improved that I began to consider safety in a completely different way. For me safety is an implicit part of kayaking. It should help inform your decision making, from the river you choose to run, the order in which you paddle, the rapids you pick to scout and the lines you decide to take. Safety is about good decision making, with the aim of avoiding rescue situations, but being prepared and having the ability to stay calm if a situation should occur. It should also be about ensuring that everyone is still having fun. You can be safe whilst feeling relaxed on a river. If this isn't the case, perhaps the water you are paddling is a little advanced for the group's abilities.

If you can make safe decisions for yourself, whilst looking out for other paddlers in your group, you have most likely achieved being able to independently do safety. And that is the first key step to becoming an independent boater.

To read Del's second and third articles on becoming an independent paddler; Picking Your Own Lines and The Importance of Friends, as well as much more,

**[visit her blog: delkayaks.co.uk](http://delkayaks.co.uk)**





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## Why Not Try.... Jaffa Carrot Cake Muffins

### Ingredients:

The zest and juice of one Jaffa Citrus orange  
175g muscovado sugar  
200g wholemeal self raising flour  
1 tsp bicarbonate of soda  
2 eggs  
2 tsp mixed spice  
175g carrots, grated  
2 large eggs  
125ml sunflower oil  
To decorate - orange zest and fondant carrots

### For the icing:

100g soft butter  
200g icing sugar  
100g full fat cream cheese  
1 tsp vanilla extract

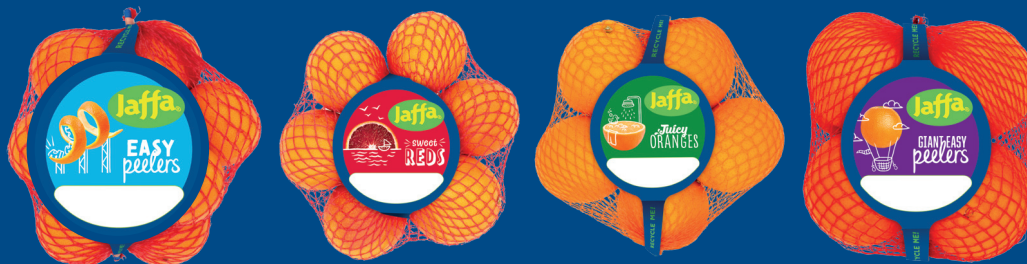
Recipe created by Jemma Webster (Instagram @JemmaLoi)



### Method:

1. Heat oven to 180 degrees and line a 12 hole cupcake tin with cases.
2. Mix together the sugar, flour, bicarbonate of soda, mixed spice and orange zest in a large bowl.
3. In a separate bowl, whisk the eggs and sunflower oil, before combining with the carrots and adding to the dry ingredients. Mix thoroughly.
4. Pour and divide between the 12 cases, before baking in the middle of the oven for 20 minutes. Once a skewer comes out clean, leave to cool.
5. To prepare your icing, beat the butter until soft. Then beat in the icing sugar, cream cheese and vanilla. Spoon the mix into a piping bag and snip about an inch off the bottom of the bag. Hold the bag vertical and pipe in circular motions.
6. Grate over some more orange zest and finish with fondant carrots!

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