

CANOE FOCUS



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COACHING & LEADERSHIP

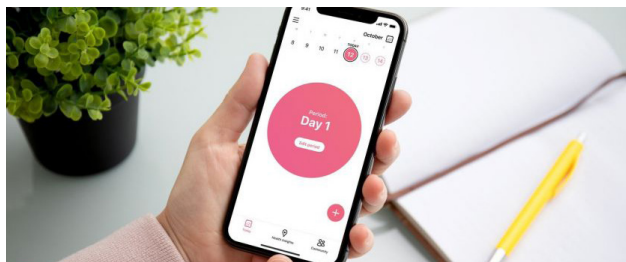
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Welcome

The first welcome message of 2021 provides an opportunity for both reflection and anticipation as we look back on 2020 and forward to 2021.

Last year was like no other and our first thoughts go to all of our members who have lost loved ones to Covid-19. We know that many within the paddling community have also been badly affected by the impact of the pandemic, including those who earn a living as coaches, instructors, providers and within centres. We look forward to 2021 being a much more positive year for you all.

There were some other big disappointments, including having to cancel the international events that we were due to host in 2020 as well as all of our domestic championships and none of our GB teams competed internationally during the year.

Whilst our sports activity was restricted, recreational paddlers took to the water in their thousands during the summer months and we attracted 30,000 new members between May and October. Record retention rates saw our membership grow to 62,000 during the year. Our insight shows that 45 per cent of new members joined as families, around 40 per cent were females and the majority identified themselves as recreational paddlers with a growing interest in stand up paddle boarding.

Due to increased membership income and reduced annual costs, we anticipate reporting a significant year end surplus. I am pleased to invite you to join us (virtually) at our AGM on 13 March 2021, where we will review the year in more detail.

We have already started to invest this new income. The pace we were able to develop and release new high quality digital services for members, was one of the highlights of the year. Our Go Paddling website and digital resources have gone from strength to strength, with over

400,000 paddlers using the site in 2020. We launched Paddles Up Training during the year, which is a fantastic new digital resource for learners and providers interested in coaching, leading and instruction. We also launched The Clubhouse, a new digital platform for clubs.

We are excited to be developing a new relationship with the Canoe Foundation and I'm looking forward to its relaunch in spring 2021. A new funding stream of £100,000 focussed on local access projects was released on 5 November.

We are already looking forward to a slightly 'more normal' 2021. We will be working hard to continue to engage with paddlers of all interests and from all communities, to understand and meet their needs, to improve the diversity of participants and to attract even more paddlers into our membership community.

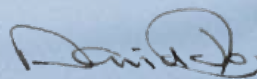
We will also be ready for the spotlight that will inevitably come on to paddling around the time of the Tokyo Olympic and Paralympic Games next summer.

We will also finalise our next four year plan for the British Canoeing Strategy this year and there will be many opportunities for you to have your say. My colleagues and I look forward to hearing your views.

It is already shaping up to be a busy and exciting year. On behalf of the Board and all of the staff we wish you all the very best for 2021.

Happy paddling.

David Joy



Chief Executive
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

www.britishcanoeing.org.uk/news

AGM

British Canoeing will hold its 41st Annual General Meeting on Saturday 13 March 2021 at 10am. This year, with the ongoing Covid pandemic, it will be held virtually for the first time to enable members to attend safely. With the substantial growth in membership last year, we very much hope that as many members as possible can join us. To find out more click here:

<https://www.britishcanoeing.org.uk/news/2020/british-canoeing-agm-to-go-virtual-in-2021>



Robin Powell presented with Outstanding Contribution Award

British Canoeing is delighted to have presented Robin Powell with the Outstanding Contribution Award for his major contributions to Worcester Canoe Club. This award is reserved for the recognition of outstanding service, commitment and contribution to the paddling community over a number of years, at club, local, regional or national level within England.

<https://www.britishcanoeing.org.uk/news/2020/robin-powell-presented-with-outstanding-contribution-award>



Changes to Canoeing Paris 2024 Olympic programme approved by IOC

The Executive Board of the International Olympic Committee (IOC) has approved the event programme for the Paris 2024 Olympic Games. The new programme will see the removal of the K1 200 for both men and women from Canoe Sprint, and the inclusion of a newly instated discipline of extreme slalom.

<https://www.britishcanoeing.org.uk/news/2020/changes-to-canoeing-paris-2024-olympic-programme-approved-by-ioc>



PLx

Canoe

Sprint athlete

Noah Dembele and Athlete Rep

Chair Emilia McAllister Jepps presented a case study on the work they have done within the World Class Programme, to begin breaking down barriers in conversations around diversity at **PLx, the annual UK Sport Conference**. The duo presented 'Our World Too,' a critical thinking game designed by 100 young people in Hackney to enable open and honest discussions around racism and inequality. Find out more here.



<https://www.britishcanoeing.org.uk/news/2020/british-canoeists-present-groundbreaking-game-at-plx>

British Canoeing signs record teamwear partnership with hummel

British Canoeing has signed a new long-term kit deal with hummel, who will become the Official Teamwear Partner to the sport. The new partnership will see hummel's world class technical and sportswear garments supplied to the British Canoeing international teams, including leisurewear, base layers and on water technical clothing for paracanoe and canoe sprint.



<https://www.britishcanoeing.org.uk/news/2020/british-canoeing-signs-record-teamwear-partnership-with-hummel>

Award season for British Canoeing

2020 saw British Canoeing shortlisted for a number of prestigious awards.

Craig Morris picked up the Special Impact on High Performance in a Sport at UK Sport's PLx Award. Craig was then shortlisted for the High Performance Coach of the Year at the UK Coaching Awards 2020 alongside Trevor Hunter, for Talent Development Coach of the Year and the Self-Analysis Tool and Digital Library for a Transforming Coaching Award.

British Canoeing was also shortlisted for four awards at the Association Awards, picking up the top prize in the Best eLearning/Online Education category for the Self Analysis Tool with recognition also given for three other awards:

- Individual Member Association of the Year – British Canoeing
- Effective Voice of the Year - Go Paddling this Summer campaign
- Best Digital Transformation – Go Paddling website



Joining forces

to tackle highly invasive floating pennywort choking the UK's waterways

British Canoeing is joining forces with environmental groups and government agencies to help halt the spread of a highly invasive non-native plant which is choking rivers and lakes across Great Britain. Tiny fragments of floating pennywort can grow an incredible 20cm a day, rapidly forming dense rafts on the surface of the water which then block out light and kill wildlife.

These dense rafts can also make waterways inaccessible to paddlers, anglers, and other water users and present significant flood risks by creating plant dams that back up around weirs and clog up sluices and drains.

Floating pennywort is notoriously difficult to control because very small fragments of the plant can regrow meaning that efforts to eradicate it need to be regular and focussed.



A new way of working

British Canoeing, along with Maidstone Canoe Club, has already worked in partnership with the Medway Valley Countryside Partnership and the Environment Agency (EA), plus local contractors to remove floating pennywort in their local waterways.

Learning from the success of this project, and similar efforts in other catchments, plans are being developed to expand this approach nationwide. By working together, and establishing local partnerships, it is hoped the further spread of floating pennywort is prevented and its impacts in established catchments is minimised.

Recently Lord Gardiner, Parliamentary Under-Secretary (Department for Environment, Food and Rural Affairs) joined a group of paddlers at the Medway to observe the removal in action. He said,



“Floating pennywort profoundly disrupts aquatic habitats for insects, fish and other wildlife, and disrupts how people interact with England’s rivers and lakes. Today’s move is a step in the right direction for improving our cherished waterways.”

The future

Richard Atkinson, Policy Officer for British Canoeing, said: “Effective management of floating pennywort can only be achieved through strategic, coordinated action. The partnership established on the River Medway is a great example of how government organisations and community groups can work together to make a real difference to the environment.

“As a result of this success, and other similar examples across the country, British Canoeing, the Angling Trust, the Environment Agency and the Non-Native Species Secretariat are working together on a new national strategy to tackle floating pennywort. This strategy will be launched this spring.”

Locally, volunteer efforts are continuing to expand, and a second local partnership is being developed with British Canoeing on the River Thames at Reading. This partnership is a pilot which, over the coming months, will be reviewed, refined and expanded to deliver a number of the recommendations to the Environmental Audit Committee (EAC) Invasive Species Inquiry (2019).

The EAC called for a more strategic, catchment-based approach to invasive species management and the formation of a ‘citizen’s army’ to help to tackle invasive species.

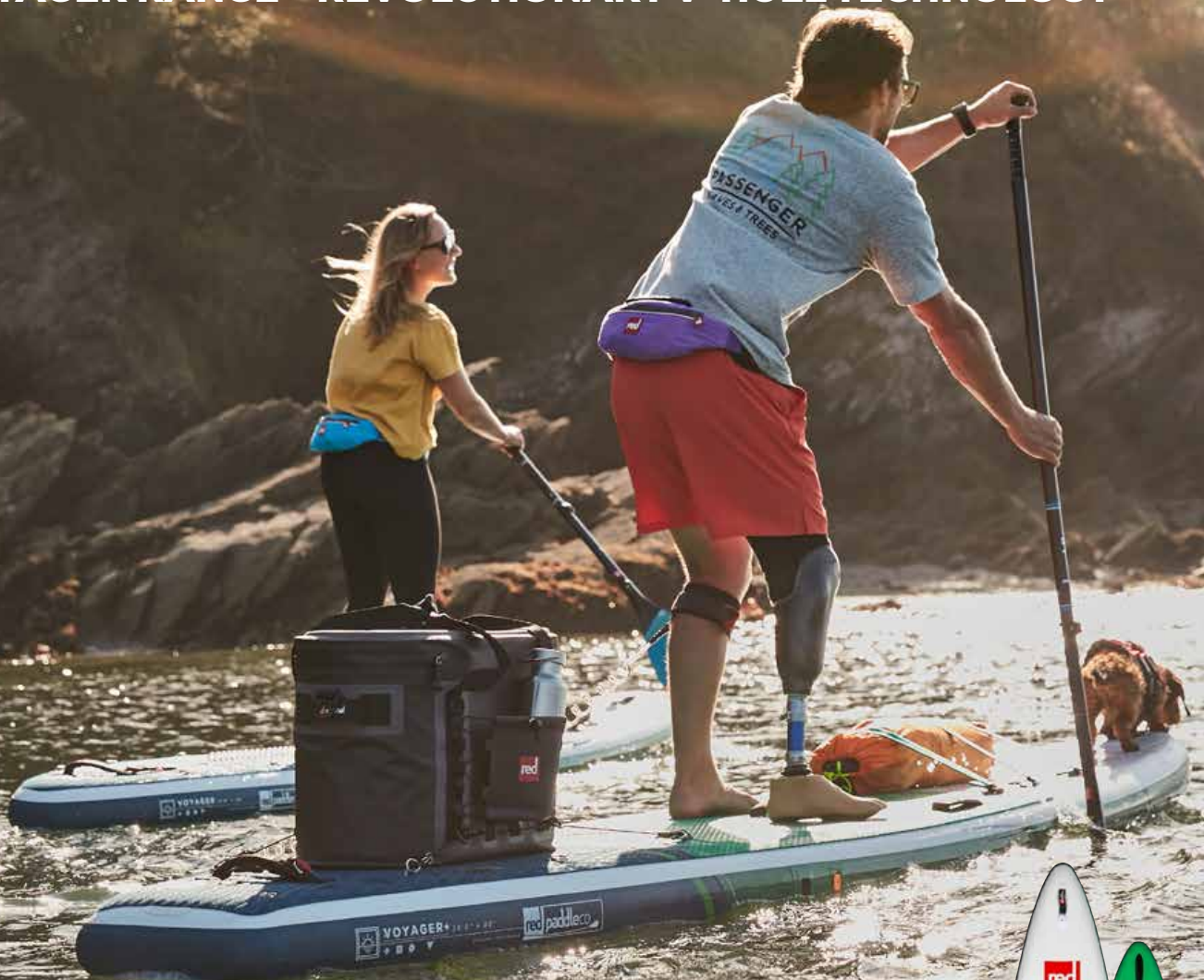
How you can help

To find out more and volunteer, please contact Richard Atkinson at Richard.atkinson@britishcanoeing.org.uk



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NEW YEAR NEW CHALLENGES

As we paddle into the new year, our thoughts begin to flow towards the challenges and resolutions we'd like to set ourselves for the next 12 months. Establishing some achievable targets is a great way to stay motivated, focused and protect our overall wellbeing.

To get you thinking and the inspiration flowing, we've pulled together a list of six challenges every paddler can strive to accomplish. Which one will you choose?

PLEDGE TO PADDLE 10, 25 OR 50 HOURS IN JANUARY

After kicking back and keeping cosy during the festive period, January is the perfect time to blow off the cobwebs and reboot. And what better way to get your new year underway than with Go Paddling's January "Pledge to Paddle Challenge". You don't need to paddle the fastest or the furthest, or be participate in a certain discipline to take part. Whether you're a canoe polo player SUP-er or love white water, this challenge is all about taking time to enjoy being out on the water by clocking up the number of hours spent paddling.

Commit to clock up to **10, 25 or 50 hours** of paddling and redeem your digital certificate over at gopaddling.info

Not only will you have something to show for your efforts, but you'll reap the benefits of being out on the water too, including:

- **Boosting your mind, body and soul.** Paddling has been found to boost your mood whilst reducing depression, anxiety and anger
- **Getting your daily dose of vitamin D.** Paddling is a great way to increase your vitamin D levels - more important this winter than ever before
- **Improving your perspective.** Paddling helps improve the way we look at the world and often gives us a fresh perspective on overcoming challenges in our own lives



COMMIT TO PADDLING 10K A MONTH

Challenge yourself to complete a 10K paddle throughout each month of 2021 and feel the many benefits of being outside on the water and deep in nature. Why not use this challenge to explore some new places to paddle too? To discover more places to paddle head to gopaddling.info/find-paddling-trails/

The great thing about this challenge is you can tailor the distance to your level and set yourself your own monthly target by decreasing or increasing the distance you aim to paddle. To make it more challenging you could try:

- Paddling 15km or even a half marathon once every month
- Challenge yourself to paddle 10K twice a month



COMPLETE A GO PADDLING CHALLENGE ROUTE

Go Paddling has eight carefully developed [challenge routes](#) covering iconic locations around the United Kingdom. Select one of these nationally recognised challenge routes based on your ability and what inspires you the most and challenge yourself to complete it. You never know - you might discover a brand new place you never knew existed!

Fancy stepping it up a gear?

Why not take on the biggest of the challenge routes and check out the [Three Lakes Challenge](#), which will see you tackling the UK's longest natural lakes: Llyn Tegid (Lake Bala) in Wales (7 miles), Windermere in England (11 miles) and Loch Awe in Scotland (25 miles).

Just be sure to check local covid restrictions before setting out on your journey.

So what are you waiting for? Visit gopaddling.info/gopaddlingchallenges and find the route to suit you!

DEVELOP YOUR PADDLING SKILLS WITH A COURSE

Why not challenge yourself to complete one of British Canoeing's Paddle Awards! If you haven't been paddling too long and would like to develop your independent paddling skills in a dynamic and fun environment, then look no further. The [Discover](#) or [Explore](#) awards provide paddlers with a better understanding of the fundamentals of paddling and evolve your decision making and practical skills, giving you more confidence on the water.

Visit gopaddling.info for more information and find a course near you.

British Canoeing members can enjoy 50% off PPA candidate fees.

Visit gopaddling.info for more information and find a course near you.



ORGANISE A PADDLE CLEAN UP

Become a champion of your local waterway by organising a paddle clean up. Not only are you helping to keep your local waterway tidy but you'll also be helping to strengthen the paddling community's voice for fairer access.

Visit clearaccessclearwaters.org.uk/organise-a-paddle-clean-up/ for information on how you can organise a paddle cleanup.



LOOKING TO GET MORE SERIOUS AND SPECIALISED IN YOUR CRAFT TO EMBARK ON NEW EXPERIENCES?

If this is you then you'll want to check out the [Personal Performance Awards \(PPA\)](#). There are 39 awards available providing every paddler the opportunity to develop their skill in every aspect of paddlesport - from flatwater touring to whitewater and competitive sports such as canoe polo.

To find the right course for you, head to paddlesuptraining.com

KEEP A PADDLING DIARY, BLOG OR PHOTO ALBUM

Keep a track of all the paddling adventures you've been on throughout 2021 by logging them in a handwritten diary, photo album or, if you want to go digital, why not set up a blog or an Instagram page?

Not only will an Instagram page remind you of the beauty found on the water, but you'll also find it is a great way to keep yourself motivated and serve as a useful guide for seeing your progression in a visual format.



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by Siraj

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NEW LEADERSHIP AWARD PATHWAYS



British Canoeing's new suite of Leadership Awards launched on 4 January 2021. Designed to better support you to lead fun, safe, enjoyable trips, the awards are based on your groups' needs and aspirations.

The new awards are ideal for clubs, centres and activity providers looking to lead groups on single or mixed craft journeys, from sheltered water to advanced water.

The new suite includes additional award pathways to support your leading activity.

Paddlesport Touring Leader

The Paddlesport Touring Leader supports you to lead mixed craft journeys on inland open water environments and slow moving rivers. The Leader can choose the craft from which they work and can look after others in both single discipline and mixed fleets, from SUPs and Open Canoes to Sit on Tops. This award is ideal for clubs participating in trips and journeys with a mixed range of craft.

This is also a great award for Paddlesport Leaders looking to expand their remit.

SUP Inland Open Water Leader

The SUP Inland Open Water Leader enables you to take stand up paddle boarders on trips on inland open water and slow moving water. As a Leader, you can work independently or be deployed by a club, centre or organisation and support trips ranging from educational experiences, social adventures or guided tours.

SUP Coastal Leader

Want to lead stand up paddle boarders along stretches of coastline? Then this is the award for you! The coastal environment is a wonderful place to journey and share with others, and SUPs are a great craft to explore this on.

Stadium White Water Leader

If you often paddle at artificial white water courses then check out the Stadium White Water Leader Award. This course will equip you to lead groups of paddlers on man-made courses such as Lee Valley White Water Centre and Pinkston, in Scotland.

Your personalised journey to gaining a Leadership Award

Paddlers have different skills, knowledge and experiences, so we have designed each of the new Leadership Awards with direct entry options. This gives you the choice to select the best route for your personalised learning journey, saving you time and money.

Optional training and direct entry opportunities mean you can create your own development pathway. You choose whether to attend formal training courses, or develop your personal skills, leadership and safety and rescue knowledge with the help of a mentor or through your club or organisation.

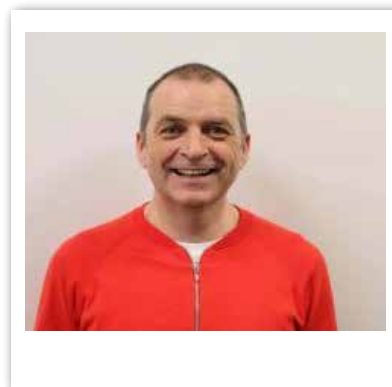
To find out more about the Leadership Awards, visit the British Canoeing Awarding Body website (www.britishcanoeingawarding.org.uk/new-leadership-awards), or book your training and assessment courses with your National Association today!



“CLUBBING TOGETHER”

WITH RUSS SMITH

Russ Smith is British Canoeing's Area Development Officer for the Midlands and has been paddling for over 50 years. During his career he won gold in the K1 team event at the 1987 ICF Canoe Slalom World Championships in Bourg St.-Maurice. Russ still enjoys chasing the old slalom poles down a rapid when he gets the opportunity, but now concentrates on widening engagement and participation in paddling around the Midlands.



Over the past few months Russ has been part of a team which has been looking at ways to improve resources and knowledge sharing for clubs and coaches. Here he tells us more about what's on offer for clubs, coaches and leaders over the coming months. Russ take it away!

“Okay, so it's January and the title ‘Clubbing Together’ isn't my attempt at getting us together on a socially distanced dance floor to boogie around to the Top 10 hits of 2020 to burn off that second helping of Christmas pud that just won't budge!

“Instead, this is a shout out to let all club representatives know about our new webinar series and brand new Clubhouse facility providing you with a central hub for everything coaching, development and more!”

Clubhouse

“British Canoeing has recently launched a new ‘Clubhouse’ portal, providing a place for club representatives to interact with one another. So whether you have a burning question that needs answering at a committee meeting, or want to link up with another club to organise an inter-club paddle, club members can do it all from the Clubhouse portal.

“The new online facility addresses feedback from club representatives who said information and resources were hard to find, so we hope you find the Clubhouse a valued place to find a variety of club specific information and resources.”

For more information on The Clubhouse please visit:

www.britishcanoeing.org.uk/guidance-resources/clubs-centres-providers/clubs/the-clubhouse

Webinars

Following the fantastic reception we received after the webinars which ran throughout 2020, we're pleased to say the series will continue into 2021.

The previous webinars provided an opportunity for club representatives to come together to share best practice, discuss subjects and exchange top tips and handy hints on topics including club membership systems, deploying coaches and leaders for club activity and the benefits of running club trips.

Webinars in 2021 will cover a range of topics including:

- Club Leader and Coach CPD
- Running an event
- Deploying coaches and leaders in your club

To view the Club Webinar programme for 2021 and to book your space, head to the British Canoeing website:

www.britishcanoeing.org.uk/guidance-resources/clubs-centres-providers/clubs/club-webinars

“Covid may not have gone completely but I believe 2021 is going to be a great year for getting back on the water and doing what we love. In the meantime I'm off to practice my dance moves for when we no longer have to socially distance.”

THE CLUBHOUSE

Paddling and periods

Whether you have a menstrual cycle or not, it's important to understand the impacts that it can have physically on yourself, members of your group or as a coach or leader too.

Having a period certainly doesn't mean no paddling, and it most definitely doesn't mean you can't plan awesome adventures. But what it might mean is you can use and embrace your cycle to make the most productive use of your time. By understanding your flow and hormonal levels, as well as practicalities like where you can change a pad, cup or tampon on a paddle adventure, it takes a whole level of stress out of the equation for both paddler and leader or coach. So, let's get stuck in!

Females experience a period approximately every 28 days as part of their menstrual cycle (although this can fluctuate from individual to individual and be longer or shorter). This is a normal cyclical process and can be an indicator for health monitoring and reproductive status.

So what on earth do periods have to do with paddling!?

Well, the whole cycle from start to finish has an effect on hormone levels which in turn means there's likely to be some days when you're on top of the world, and others when you feel tired and lethargic. Then there's a whole bunch of days in-between. We thought we'd take a look into the different considerations for paddling on your period so coaches and paddlers alike can be more mindful of their impact on performance as well as the practical considerations when planning a day out on the water.

Did you know, various phases can affect your body in different ways?

Menstruation = Your energy, focus, and productivity levels are at their lowest during menstruation. Give yourself time to rejuvenate in this time and get plenty of rest and sleep.

The Follicular phase = You have heightened energy during this phase thanks to rising estrogen levels. It's a good time to learn and drive to succeed may be higher.

The Ovulation phase = The hormonal peak of testosterone gives you an outward focused energy, while the estrogen peak makes you feel energetic and proactive. This is the 'go get 'em' phase!

The Luteal phase = Productivity levels are low. It's a natural winding-down time. You can take advantage of this phase's reflective, intuitive nature.



Whether you paddle competitively or recreationally along the canals, tracking your cycle may provide some useful information to help get the best out of your paddling. There are a range of apps available to track your menstrual cycle including (but not limited to) Flo, Natural Cycles, Clue, Fitwoman, Garmin Connect.

Period Power

Knowing and understanding your own cycle is important. But if you're a leader or a coach, considering how this information might also affect:

- Members at your club; remember it's not just teenagers that might be affected by this
- Clients on a course you're running
- Any females you train on the water or in the gym
- Multi-day adventures you're planning – are there places to change? Are you making the most of your own cycle?

Where to go for further information

The British Canoeing #ShePaddles initiative collated information throughout November, with further information about paddling and periods. [Click here to visit the #ShePaddles news section.](#)

<https://gopaddling.info/paddling-adventures-and-periods-keep-paddling-on-your-period/>

Looking to connect with other women? [Click here to join the women's paddling community on Facebook.](#)

Into the Maelstrom:

Scottish Sea Kayakers Norwegian Adventure 40 Years On

In January, the Scottish Maritime Museum will be opening a new exhibition celebrating the 40th Anniversary of the first formal Scottish sea kayaking expedition.

Into the Maelstrom: The Scottish Kayak Expedition to North West Norway 1980, includes highlights of two of the four original 'Baidarka Explorer' kayaks as well as striking photographs and 8mm film footage from the expedition.

In 1978 friends, Jim Breen, Angus Mathieson, Bill Turnbull and Peter Wilson were experienced kayakers, in their mid-twenties, looking for their next challenge. Together they would circumnavigate the Lofoten and Vesterålen island groups of north west Norway.

The expedition took place 200 miles within the Arctic Circle during the summer of 1980 and include the first recorded dual crossing by sea kayak off the treacherous Moskenstraumen. Also known as the Maelstrom, it is one of the largest whirlpool areas in the world. Fuelled by the story of the first dual crossing of the Maelstrom, the expedition gained media attention, appearing in newspapers and on television.

The expedition took many months of organising, and the route was planned using maps of Norway, Admiralty charts and the Norway Pilot Book. The important information was transferred to local maps which were then waterproofed for easy access and use on the kayak decks. At the same time, a push for sponsorship was embarked upon to raise the £10,000 in funds needed. After sending out 800 letters, the team secured sponsorship, equipment and food from a wide range of companies including J&B Whisky, Fred Olsen Cruise Lines and Baxters foods.

On 1 July the expedition team launched from Stangnes on the island of Hinnøya. Over the next 28 days they would experience stunning views of the Norwegian islands, with their rocky coastlines and majestic mountain backdrops.

That month saw a heatwave in Norway and the team endured paddling in extreme temperatures. The phenomenon of the midnight sun meant that the team could be flexible with paddling times, sometimes launching at 1am to avoid paddling at the hottest times of day.

The team's careful planning and the favourable weather conditions had worked to their advantage when crossing the 'Maelstrom'. If the weather had been bad, the crossing would have been near impossible due to the effect of wind against the fierce tidal streams which could reach up to 12.4 miles (20 kilometres) per hour. Although the Maelstrom was 'kind' when they crossed, they had to work very hard to counter the many fast and confused tidal flows running in the large area.

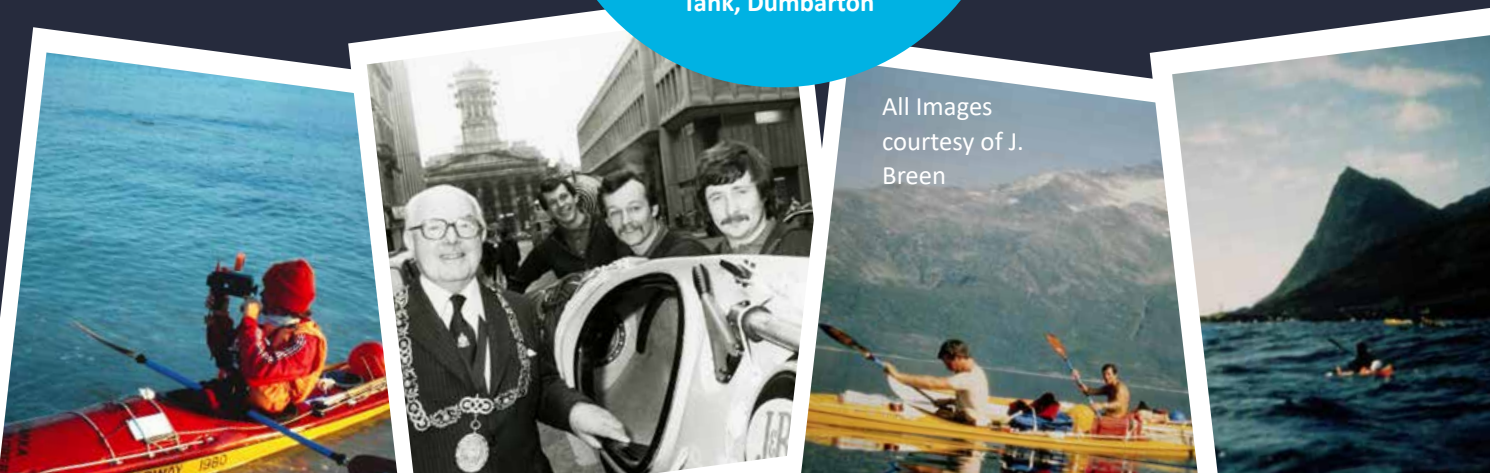
The team paddled nearly 400 miles in total. On their return, a formal report was written which included a thorough breakdown of the expedition and 'daily diary'.

Team Leader Jim Breen said about the experience "Today, with the benefits of the Internet, fast communication, comprehensive information and ease of travel and transportation, supported by a global kayaking infrastructure, would make this journey so much easier. We were proud however to complete this 'first' for Scottish sea kayaking leaving us 'old guys' with some very special memories."

Into the Maelstrom:

The Scottish Kayak Expedition to North West Norway 1980 runs from Sat 16th January – Mon 3rd May 2021 at the Scottish Maritime Museum, Irvine and from Sat 8th May 2021 - Tues 7th Sept 2021 at The Denny Ship Model Experiment Tank, Dumbarton

All Images courtesy of J. Breen



Five reasons why a British Canoeing membership is fantastic value!

Join or renew your British Canoeing membership for 2021 and get instant access to these five fabulous membership benefits!

Most affordable way of obtaining a comprehensive waterways licence covering over 4500km of waterways across England and Wales

If licences were purchased directly across the different authorities, to cover the same number of waterways included within a British Canoeing membership it would cost over £130 (£38.20 for the Environment Agency, £53.71 for the Canal & River Trust and £33.84 for the Broads Authority)

Public and Products Liability Insurance

Providing you with an essential safety net if you are ever required to pay compensation to any third party for accidental injury to them or their property during the period of insurance

Communications & Resources

You'll receive our Members' News featuring paddling related top tips and handy hints, latest news stories and updates, exclusive offers and much more! You'll also be able to stay in tune with paddling news from across the globe with a digital version of the Paddler, including a 24 page supplement of Canoe Focus, as part of your membership

Discounted craft insurance provided by Towergate

British Canoeing members can access an exclusive preferential rate for craft insurance. Covering you for theft and accidental damage for any type of craft up to £2000, including kayaks, canoes, stand up paddle boards, alongside cover for paddling equipment such as paddles, helmets and buoyancy aids

Exclusive member discounts and offers

We've joined forces with a number of key partners to offer all members a range of discounts and offers!

- Aquapac - up to 30% discount
- Cotswolds - 15% discount
- dryrobe - 10% discount
- Discounted craft insurance provided by Towergate
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Visit britishcanoeing.org.uk/rewards to learn how you can start saving today. If you're already a member and want to add this to your membership please call our membership team on 0300 0119 500.



FUNDING LAUNCHED TO PROTECT AND IMPROVE THE PADDLING ENVIRONMENT



Late last year, British Canoeing and its charity partner, the Canoe Foundation, announced a funding pot of up to £100,000 to support projects that create better access to water for recreational users and projects that protect the paddling environment.

Paddlesport saw an incredible uplift in interest during 2020, with British Canoeing membership rising to over 62,000. Sales of new boats and equipment also soared, with a considerable rise being attributed to stand up paddle boarding.

With thousands more people taking to the water during the summer, many locations around the country have been under increasing pressure, facing challenges with parking and physical access to the water.

In recognition of this increase in activity, the Canoe Foundation, together with a contribution from British Canoeing, has made the additional cash investment available to fund applications with a strong case and plans for implementing projects that will improve access to paddling around their area.

Examples of how similar funding provided by the Canoe Foundation has been used previously, include the replacement of a landing stage on the River Severn in Shropshire and slipway repairs in Somerset, providing improved access for paddlers.

Hampton Loade, River Severn, Bridgnorth, Shropshire

Shropshire Wildlife Trust and the National Trust worked alongside other key partners, organisations and individuals to develop resources to support safe and responsible exploration of the River Severn in Shropshire.

The project aimed to create a Severn Canoe Trail and make improvements to the location of a rope ferry at Hampton Loade which had become defunct, unsafe and remained in poor condition. The location is a popular access point for the river as it has a car park and is a useful distance from upstream and downstream access and egress points. The project aimed to remove the old

structure and replace it with a new, simple, more robust landing stage, improving access overall and minimising the likelihood of damage by flooding.

The re-profiled access path was topped with fine stone and compacted, making it easier to de-silt should local flooding occur. In contrast to the previous structure the improvements are simpler to maintain for the National Trust Ranger and their team of volunteers.

Shropshire Wildlife Trust River Projects Manager, Pete Lambert was delighted to see the first paddlers using the new landing to access the river following the first easing of lockdown last summer.

He said, "Hampton Loade has a long history as a crossing place for travellers to safely span the Severn. A 'loade' is a traditional name for such a ferry crossing down the Severn and appears a number of times from the Welsh border to the sea.

"Thanks to the Canoe Foundation and Sport England funding and the collaboration of the landing owners at the National Trust, the new landing stage has replaced the old battered structure. Shropshire Wildlife Trust oversaw the project and the first of the improved river access projects associated with the Severn Canoe Trail was completed."

You can follow the Severn Canoe Trail on social @ [SevernCanoeTrail](#) or head to severncanoetrail.com for information on exploring the area by river.

Huish Bridge, River Parrett, Langport, Somerset

Residents, councils, the Inland Waterways Association and local businesses were keen to see improvements made to a slipway along the River Parrett in Somerset and improve access for boaters and paddlers alike.

The lower end of the slipway had largely disintegrated, broken away and needed significant repairs. As such, access was limited to a narrow set of steps at the west end of Cocklemoor in Langport. The slipway was acquired by Langport Town Council in 2016 as part of the Langport River Project.

Successful completion of the major repairs to the slipway have seen increased use of the river by visiting boaters, canoeists, kayakers and paddle boarders, who are now able to access and egress the river at this location and make use of over seven miles of navigable water on the non-tidal River Parrett and its tributaries (the rivers Yeo and Isle), which cross the Somerset Levels and Moors.

These improvements and a canoe trail will shortly be available on the Go Paddling website.

gopaddling.info/find-paddling-trails/

Canoe Foundation Trustee, David Belbin, said:



“We are really pleased to be able to make this funding available to a whole range of potential recipients, and are keen to lend support to local communities for the provision of sustainable and accessible places for people to access the water.”

Grants from £500-£10,000 will be made available, with applications being received via the online application form until 28 February 2021.

If you or an organisation you know would like to find out more about the application process and funding, full details can be found on the Canoe Foundation website:

www.canoe.foundation.org.uk/online-funding-applications/



Applications must be received by 28 February 2021 to be considered and the fund is open to applicants from across the UK.

A first-hand look at British Canoeing's Advanced Sea Kayaking Leadership Award

British Canoeing's Advanced Sea Kayak Award is the highest ranked sea kayak leadership qualification within its portfolio. The award focuses on paddling on the sea in winds over force four and/or tides over two knots, and provides those with the qualification the ability to lead safe and enjoyable, single or multi-day journeys.

Julie Perren, aged 56 from Totnes, is one of just a handful of female Sea Kayak Leaders to have recently completed this advanced award, so we sat down with her - albeit virtually - to find out more about her journey into paddling and her progression to obtaining her prestigious Leadership Award. True to form, Julie had just returned from a paddling trip to clean a beach near Dartmouth, when she took our call.

“

“Coaching wasn't an obvious fit for me,” she said. “I was a classic example of a woman lacking in confidence. I worried that my age and small frame would be an issue.

“I was in my early forties when I began paddling, so was mid-forties by the time I began taking up the qualifications. The thought of completing the 3* and 4* qualifications seemed completely unattainable to me, let alone the Advanced Sea Kayak Leader Award!” she laughs.

“Initially paddling was an activity I did alongside my partner and daughter and we joined Totnes Canoe Club together. I've been a member for 12 years now and Club Chair for two. After two or three years of paddling recreationally, I was approached by a member of the club to see if I would become a coach. There were 22 coaches in the club at that time and only two of them female, so my arm was twisted and my journey into paddle coaching began.”



With more paddling experience behind her and at the age of 51, Julie was persuaded by British Canoeing's Head of Coaching and Qualifications, Lee Pooley, to attend a 4* Assessment (now the Sea Kayak Leader) in which she was successful in achieving.

This year, five years on from that assessment, and lots more paddling later, Julie attended the 5* training (now Advanced Sea Kayak Leader) and completed her assessment last Autumn.

"The thought of being assessed filled me with dread - I hadn't been under that sort of pressure since being at school," said Julie.

Lee Pooley, Head of Coaching and Qualifications at British Canoeing, said: "I have had the pleasure of knowing Julie for many years, and watched her develop both as a paddler and coach. Julie feels the need to master something at the highest level and beyond before going for any assessment.

"Her enthusiasm and her enjoyment of paddling and the way Julie introduces others to the sport on a very individual basis, is fantastic.

"The conditions leaders need to be able to operate in, to pass this assessment are not benign, and this puts some individuals off as they assume you need to be physically strong. In actual fact, the Award is all about experience, using the conditions to your advantage, good technique, knowledge and practice," added Lee.

The Advanced Sea Kayak Award requires an understanding of a variety of sea conditions so Julie spent a lot of time travelling around the country to places such as Anglesey in the run up to her assessment to practice in environments that provided the necessary conditions.

The assessment took two and a half days to complete and included navigation tasks, a daylight paddle session as well as a paddle on the sea at night.

Julie said: "I love exploring new environments and travelling around to explore different waters, so this was an enjoyable aspect of my preparation for the assessment.

"Undertaking this Award took me out of my comfort zone, but has taught me a lot about my own strength and capabilities.

"I've also learnt a lot from completing the Award, particularly that I am better than I thought I was and to trust myself more. It has given me more confidence in the skills I have."

Due to Covid-19, fewer participants completed their Advanced Sea Kayak Leader Award during 2020 and Julie was the only female to do so. Going forward female participation numbers across all qualifications and awards in paddling is something Julie hopes to see increase.

"My advice to any woman thinking of taking an award at whatever level, is to try it. There are so many reasons why you shouldn't or can't but don't let age or ability - or being female be one of them."

Julie is a British Canoeing #ShePaddles Ambassador and hopes to inspire more women to take up roles leading and coaching paddling. When she isn't paddling herself, she is mentoring others along their journey through her own mentoring scheme for women. If you would like to know more you can contact Julie at julie.perren18@gmail.com

To find out more about the Sea Kayaking Leadership Award and any of the British Canoeing qualifications head to the brand new [Paddles Up Training website](#).



OUR 2020 VIRTUAL AWARD WINNERS



**VIRTUAL
AWARDS**

Following an extraordinary year for all, the 2020 British Canoeing Virtual Awards provided a chance to celebrate the great spirit of the paddling community throughout the challenges of Covid-19. The awards recognised paddlers, clubs, coaches, leaders, volunteers or individuals who gave up their time and went the extra mile during Covid-19, making a significant difference to their community through their contribution.

All members of the paddling community were welcome to submit unlimited nominations for each award and we would like to thank everyone who took the time to submit a nomination.

Winner - Olivia Moore

During the first phase of lockdown, eight-year-old Olivia Moore's mental wellbeing took a hit. As the reality that there would be no paddling adventures or escaping the stresses of daily life through paddling for several weeks sank in, Olivia's confidence began to take a hit.

It was at this point that the World Back Yard Rolling Competition began sweeping across social media and Olivia was given the reason she needed to get back in her boat each day.

Throughout April, Olivia spent every day trying to improve her on-land rollover technique, posting regular updates on her Facebook page. With hardly enough strength to rock the boat, let alone roll the kayak over, Olivia demonstrated her drive, passion and love for paddling by diligently practicing her rolls, with a beaming smile.



**towergate
insurance**

The Digital Award - Best lockdown video/photo - sponsored by Towergate

This award was presented for the best paddling related digital piece showcasing how the nominee continued to love and embrace paddling during the summer lockdown.

Engagement Award - sponsored by Igloo Energy

This award is in recognition of an individual or group of people who have gone above and beyond to engage paddlers and keep motivation high during lockdown.



Winner - Lynne Marie Dale

Throughout the summer Lynne volunteered her time to put on socially distanced, Covid secure paddling events covering canoeing, kayaking and SUP with Black Dog Outdoors. Black Dog Outdoors is a small, volunteer led organisation that supports people to improve their mental health and wellbeing by getting them outdoors and active for free.

Winner - Ben Broadbent / Abingdon Canoe Polo Team

Abingdon Canoe Polo Team wanted to maintain engagement with the sport and keep their team spirit high during lockdown, whilst also improving their coaching knowledge. To do this, the team wrote a coaching handbook which they have used to help plan the delivery of sessions to less experienced paddlers in the club. This involved weekly Zoom calls to discuss the content for each chapter and edit sections of drafted copy.

Ben Broadbent said: "We are a group of sixth form students from Abingdon who have enjoyed playing Canoe Polo for the past four years. Last year we completed our paddlesport instructor award and since September have been running 'intro to canoe polo' sessions twice a week for younger students at school."

Best Use of Lockdown - sponsored by Jaffa

This award recognises an individual or a group's outstanding contribution, commitment and time during lockdown.



Best Creative Activity - sponsored by Vow Nutrition

This award recognises an individual or a group who inspired others with their creative achievements since lockdown began in March.



Winner - Jordan Wylie

On the weekend of the 26 July 2020 Jordan, 36, from Blackpool, Lancashire began an official world record attempt to complete a full circumnavigation of Great Britain on a stand up paddleboard in aid of Frontline Children.

Throughout the build up to the challenge Jordan spent countless hours doing media rounds, both nationally and internationally, to raise awareness of the challenge, SUPing and his overarching message of "dream big, embrace the spirit of adventure and do it safely".

Jordan is currently continuing on his expedition and regularly keeps his social media followers updated with weekly short films, regular blog posts, podcasts and various social media updates. As this goes to print, Jordan has paddled 2305.13km!

To learn more about Jordan's world record attempt visit www.thegreatbritishpaddle.com



Winner - Sarah Jane Coombes

Sarah runs the British Canoeing affiliated club 'Blue Therapy Paddle Community' based in Southend, Essex. Throughout 2020 Sarah provided the community with countless Covid secure paddling activities to suit all abilities, from complete novices to more developed SUPers. In doing so she created a near 1,000 strong community of paddlers in a town with a population of around 10,000 people.

Not only has Sarah helped so many paddlers, but she has juggled this whilst managing the Southend Coastguard team during its busiest year on record. Southend became the second busiest Coastguard station in the UK (out of approx. 350 stations) throughout 2020 recording over 240 incidents.

Lockdown Hero - sponsored by Peak UK

This award recognises an individual who has gone above and beyond during Covid-19.



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- 3 tbsp x Raw Cocoa Powder
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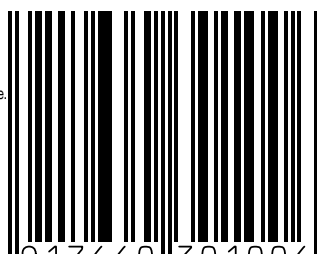
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TO MAKE

STEP BY STEP

1. Place the pitted dates in a food processor and blend to a thick paste (adding a little water if necessary)
2. Add the almond milk, protein, vanilla extract and cocoa powder, blending again until combined
3. Add the whole almonds and the zest and juice of the orange (reserving some zest for rolling)
4. Blend until the mixture is coarsely ground and starts to come together
5. Take a tablespoon of the mixture in your hands and gently roll with your palms
6. Place the remaining zest in a shallow plate and roll the balls in the zest
7. Enjoy!

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