

CANOE FOCUS

Pitch up and Paddle

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We are celebrating our 85th birthday!

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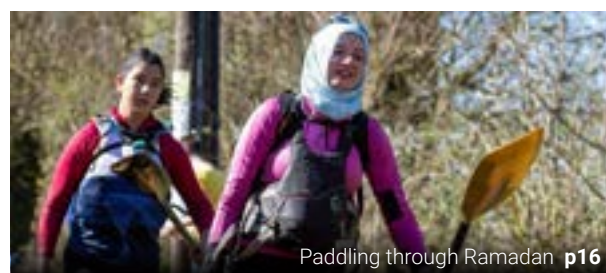
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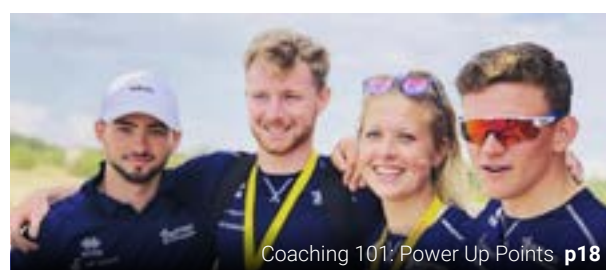
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Welcome

Welcome to the latest edition of Canoe Focus. This year we celebrate the 85th anniversary of the founding of our organisation as the British Canoe Union in 1936 and the start of a series of insights into our history that will appear throughout our channels this year.

It is also the 50th anniversary of the Holme Pierrepont National Water Sports Centre and we look forward to being able to be in the facility for some form of recognition during the course of the year.

As I write we are still uncertain about what the year has in prospect for us as our community seeks to get back to more regular paddling, more sociable groups and competition. I know that everyone is working assiduously to try to ensure that our members are given the support that we need to get back on the water. Paddling has proved to be so beneficial to our collective wellbeing. As we prepare to get back into our routines there is helpful advice from English National Talent Squad Coach, Imogen Collins, who emphasises the importance of so-called 'soft skills' as vital motivators in life as well as paddling.

It is very pleasing to start the year with record numbers of members (over 60,000) and to know that the composition of our membership is changing as new members join. Their interests, gender mix and backgrounds they come from have seen the shape of our membership evolve. We must always strive to reflect this diversity – in craft, purpose, gender and ethnicity.

March marks International Women's Day, and some of that diversity can be seen in this edition with articles on female paddlers including Sarah Blues as well as internationally renowned para athlete Jeanette Chippington. Six-times Paralympian, Jeanette won her first medal in Seoul in 1988, her first gold in 1996 in Atlanta and famously her most recent gold in Rio in 2016. Jeanette is the finest ambassador any sport could wish for and one of the most successful canoeists of recent times.

Our recent member survey reinforced the extent to which environmental issues are at the heart of our community's values. We must always ensure that we leave our natural environment in a better condition than we find it. In the latest edition of our Clear Access, Clear Waters articles; View from the Riverbank, we hear how Covid-19 has only emboldened the call for access to waterways and the countryside for all. Plus Ecoworks Marine provides advice on how to choose the right eco-friendly products to keep both your home, kit and the planet clean.

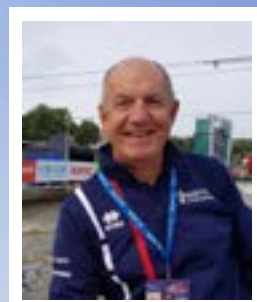
We know that the past year has been very tough for so many of our members and our stakeholders. The closure of pools affected winter pool sessions, many centres have had prolonged periods of closure affecting coaching, our club houses have been closed and our trade partners have been having it tough. It has not all been gloomy and some clubs have been successful in using this period to refurbish and uplift facilities and have generated funding to do so.

It is highly commendable that through all this our community has remained strong and we are exceedingly grateful for the continued support we have received from our partners. Indeed we have been able to extend our relationship with Jaffa and bring on board a new partner in the Caravan and Motorhome Club. As we come out of lockdown and begin to return to paddling in bigger numbers, we must remember to support those partners that have been so good to us.

Stay strong, stay healthy, support one another and let's get back to paddling as soon as we can.

Good paddling,

Professor John Coyne CBE
Chair 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



British Canoeing renews partnership with The Paddler magazine

British Canoeing is delighted to renew its partnership with 2b Graphic Design Limited, for another two years.



Find out more at: www.britishcanoeing.org.uk/news/2021/british-canoeing-renews-partnership-with-the-paddler-magazine

Paddlecast returns for a new series

The British Canoeing Paddlecast is coming back to your screens and airwaves in March. Hosted by Etienne Stott MBE, we'll be catching up with paddling and environmental enthusiasts about a range of subjects



If you missed our last two series catch up here: www.britishcanoeing.org.uk/membership/paddling-portal#webinars-podcasts

#ShePaddles Club Champion Campaign finalist for National Award

British Canoeing's #ShePaddles **Club Champion campaign** has been announced as a finalist for the Diversity and Inclusion Award at the **Sport and Recreation Alliance's Community Sport and Recreation Awards 2021**.



Find out more at: www.britishcanoeing.org.uk/news/2021/shepaddles-club-champion-campaign-finalist-in-national-award



Holme Pierrepont Leisure Country Park, home of the National Watersports Centre established as Centre of Excellence for GB Freestyle.

The GB Freestyle team have selected Holme Pierrepont Country Park, home of the National Water Sports Centre, as its Centre of Excellence for training. Recognised nationally as one of the best freestyle facilities in the UK, the Centre is due to host the 2021 ICF Canoe Freestyle World Championships in July this year.



Find out more at: www.britishcanoeing.org.uk/news/2021/holme-pierrepont-leisure-country-park-home-of-the-national-watersports-centre-established-as-centre-of-excellence-for-gb-freestyle-finalist-in-national-award



Hannah Brown wins place on UK Sport scheme to increase female representation

Paracanoe Technical Support Coach Hannah Brown has been named as one of 27 coaches to take part in a new UK Sport programme which aims to increase female representation in high performance sport.



Find out more at: www.britishcanoeing.org.uk/news/2021/hannah-brown-wins-place-on-uk-sport-scheme-to-increase-female-representation



View from the riverbank

The Voice



These are challenging times both physically and mentally, and demonstrate how restricting our freedom to enjoy the outdoors, can have a deeply detrimental effect on the wellbeing of our nation.



Find out more about the voice from our riverbank here.

Despite this, British Canoeing's Places to Paddle Team has continued to push forward with the Clear Access, Clear Waters campaign. Far from clipping our efforts to secure fair, shared access to our waters, the Covid-19 crisis has

emboldened us with even greater resolve to make our voice heard on a range of issues that affect the places we paddle and swim.

In just two years, we have become increasingly more active on topics including invasive non native species, plastic pollution and most recently water quality. The start of 2021 has given us an opportunity to have our voice heard at the highest levels and make representation on your behalf, to three important government inquiries:

Environmental Audit Committee (EAC) - Water Quality

In England, surface, coastal and ground waters suffer from significant pollution problems. Our rivers and our health are under attack from the discharge of raw sewage, microplastics and harmful chemicals that end up in the rivers we paddle. Paddlers, swimmers and anglers alike recognise that water quality has implications across the whole ecological system, from plant life to fish stocks to the health of the population. **In our submission to the EAC**, who are looking into the effect all this is having on people and nature, we highlighted our extreme concern about the impact this will have on water users.

Environment, Farming and Rural Affairs - Engagement on ELMS

The new 'Environmental Land Management Scheme' will eventually replace EU subsidies to farmers and has the potential to greatly improve how we all access and enjoy the countryside. Public money will be targeted at 'public good' which could mean improving access to our waterways. The recent EFRA consultation sought feedback on how well stakeholders have been engaged with to date. **More information on this can be found here.**

Lords Committee on Sport - A National Plan for Sport

At the end of 2020, a new Committee in the House of Lords was set up to look at a wide range of issues including how to increase physical activity, participation in sport, and whether current funding structures are effective in allocating money to areas with the most impact. These issues particularly aim to focus on underrepresented groups including women and girls, disabled people, those from ethnic minority communities and low income groups.

British Canoeing's response to this addressed a broad range of topics, but specifically related to access. In January we used our voices individually and collectively to ensure that the places we paddle are protected and enhanced for the future.

Growing our profile and being a strong voice on your behalf is crucial in building our case for legislative change on access to water in England and Wales.

British Canoeing is also making itself heard on a range of other Government consultations and inquiries including:

Trespass

- > British Canoeing and its partners continue to keep a close eye on **proposals to criminalise trespass**. A petition that secured a debate in the House of Commons, was due in January but then delayed so we await publication of further details of the Bill itself.

Landscape (Glover) Review

- > Government Report due 2021.

Environment Bill

- > (Delayed until next session of Parliament - late 2021)



Clear Access
Clear Waters

WE ARE CELEBRATING OUR 85TH BIRTHDAY!

Before a sporting body could submit a team for the 1936 Olympic Games, it was a requirement that it had to have a strong, independent sovereign governing body, which the International Olympic Committee (IOC) could recognise.

As a result, representatives from the canoe sections of the Camping Club, Clyde Canoe Club, Manchester Canoe Club and Royal Canoe Club came together on Saturday 28 March 1936 to form the British Canoe Union. The newly formed Union affiliated to the IOC and the International Canoe Federation.

Since 1936, British Canoeing has strived to support and provide opportunities for everyone to enjoy and realise their potential within all aspects of paddlesport, embracing all ages, backgrounds and abilities. It's this core principle that has led to British Canoeing having a wide ranging community with over 60,000 members, more than 11,000 coaches and leaders, and over 300 affiliated clubs. If that wasn't enough, we're also proud to support nine competitive disciplines and several regional development teams.

Without our passionate community we wouldn't be able to inspire people to pursue a passion for paddling; for health, enjoyment, friendship, challenge and

achievement. That's why we'll be celebrating our 85th anniversary by showcasing the wonderful contributions of some of those individuals and organisations who have played their part over the years. **Here's a glimpse of some of the themes we will be showcasing...**

- > Paddling Icons
- > Instrumental Influencers
- > Coaching Pioneers
- > Female Pioneers
- > Innovation
- > Access & Environment

Share a piece of history

We'd love to hear and share paddling stories from individuals, clubs, a group or organisation that you see worthy of being recognised for their contribution to paddlesport over the last 85 years. To submit a story contact us by email at **mediaenquiries@britishcanoeing.org.uk**

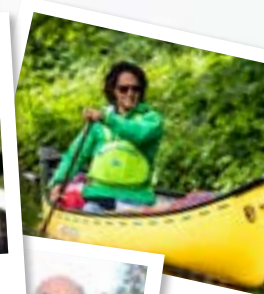
Please note any content shared with us cannot be returned and may be shared through our social and print communications.



**Stay up to date with
our celebrations by
following us on:**

 @britishcanoeing
 @britishcanoeing

or by visiting
www.britishcanoeing.org.uk



HISTORIC MOMENTS

TO CELEBRATE THE 85TH ANNIVERSARY OF BRITISH CANOEING, WE'VE HAD LOOK BACK THROUGH THE DECADES AND REMINISCED OVER SOME OF THE MOST HISTORIC MOMENTS IN BRITISH PADDLESPORE.

HERE'S JUST A FEW OF OUR MAGNIFICENT MOMENTS!

1936

The BCU sent three paddlers to represent Team GB in the Olympics Games, John Dudderidge being one of them.

1939

Franz Schulliof organised the first British slalom event, at Trevor Rocks on the Welsh River Dee.

1948

The BCU hosted their first World Championships for Canoe Sprint in London.

1959

Paul Farrant became British Canoeing's first ever World Champion.

1961

The National Coaching Qualifications & Coaching Committee was established by John Dudderidge

1962

Captain Alec Kennedy RN became BCU's first ever employee! Since then the organisation has grown to employ over 100 staff members.

1972

Brits Mike Jones, Mick Hopkinson, John Liddell, Rob Hastings, Roger Huyton, Dave Manby and John Gosling completed the first descent of the Dudh Kosi River.

1976

Derek Hutchinson became the first person to cross the North Sea in a single kayak.

1979

Brian Greenham and Tim Cornish set the current record for the Devizes to Westminster (DW) Race, with a time of 15 hours and 34 minutes.

1980

Nigel Dennis is the first to complete a circumnavigation of Britain.

1981

BCU hosted the Wild Water Racing World Championships.

1981

We hosted our first Slalom World Championships in Bala, where Richard Fox became Men's K1 World Champion. Fox went on to dominate, winning the title in '83, '85, '89 and '93.

1986

Holme Pierrepont White Water Course opens.

1988

BCU hosted the inaugural Canoe Marathon World Championships.

1992

Gareth Marriott wins Britain's first ever canoeing Olympic medal, with silver in the Canoe Slalom Men's C1.

1992

Ivan Lawler became Canoe Marathon K1 World Champion. Lawler went on to win the title another four times, in 1994 '96, '98 and '99.

1994

The first Canoe Polo World Championships are hosted in Sheffield.

2004

Helen Reeves became the first British female canoeist to win an Olympic medal, with bronze in the slalom K1

2008

Tim Brabants won Britain's first canoeing Olympic Gold medal in the K1 1000m.

2010

The International Paralympic Committee announced the inclusion of canoeing at the 2016 Paralympic Games in Rio.

2012

Team GB won 4 medals at the London Olympic Games in Canoe Slalom and Canoe Sprint including the first ever Slalom gold medal.

2014

National Go Canoeing Week launched. A mass participation initiative to inspire more people to take to the water.

2016

Liam Heath became our most successful Olympic canoeing athlete winning Gold and Silver, to add to his 2012 bronze.

2016

Jeanette Chippington, Emma Wiggs and Anne Dickins won gold medals apiece at the Paralympics in Rio, with bronze medals for Nick Beighton and Ian Marsden.

2017

GB's Claire O'Hara became the greatest female freestyle kayaker on the planet with 10x World Championship titles.

2018

#ShePaddles initiative launched with 10 paddling Ambassadors.

2018

British Canoeing launched its 'Clear Access, Clear Waters' charter to Westminster, alongside MPs, Peers, Industry Partners and Key Volunteers.

2020

British Canoeing's community grows to over 60,000 members.

STAFFORD AND STONE CANOE CLUB

AWARDED £10K GRANT

Earlier this year, Stafford and Stone Canoe Club were successful in applying for an award of £10,000 from The Arts and Sports Trust to aid their junior coaching project and club equipment supplies. Based along the waters of the River Trent, the club provides canoe slalom coaching support to junior and adult paddlers alike.



Each year the club runs canoe slalom taster days for junior paddlers with the aim of introducing them to the slalom discipline in a fun and relaxed environment. Paddlers who join following the taster session, are then guided through their learning and development in the sport and encouraged to progress as high as they aspire to go.

Stafford and Stone have grown in size and stature over the years and have established themselves as one of the most successful canoe slalom clubs in the UK. Many notable athletes including Olympic gold medallist Joe Clarke MBE (medallist Rio 2016), Lizzie Neave (Semi-Finalist London 2012), and Adam Burgess who will be representing Team GB at the rescheduled Tokyo 2020 Games, have benefitted from the club's coaching.

Chairman for the club, Rob Holdway, said: "Being able to support and encourage new junior members through a group of enthusiastic, qualified coaches, using equipment and a facility that remains fit for purpose, is critical to our success. Ensuring both aspects is a constant challenge. This grant is very welcome and will help us ensure that we can continue to nurture the champions of the future and keep Stafford and Stone on the map as one of the top canoe clubs in the country."

The Arts and Sports Trust is a family run charity who support children under the age of 18 to achieve their dreams in their chosen field of Arts or Sport. For many years their support of junior paddlers at the club was by way of grants awarded to individual athletes.

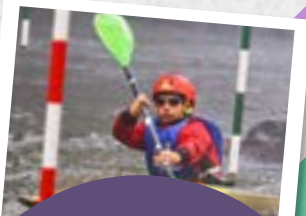
In 2020 however, the organisation changed its approach to awarding grants to organisations themselves in a move that sought to enable organisations to fund projects accessible to all juniors as opposed to individuals.

Kurts Adams-Rozentals, who has represented Great Britain, was the recipient of the award grant in 2018, and said:

"I like to believe that no matter where you come from and no matter your circumstances, anyone can achieve anything. Unfortunately, many times financial circumstances are the thing that hold people back.

"The Arts and Sports Trust has given me crucial support when it was needed most. They have helped me to fund a slalom racing boat and the endless racing costs that my mum simply couldn't afford to cover. I cannot thank The Arts and Sports Trust enough for allowing me to perform at my best."

Despite the impact of Coronavirus on club activity, Stafford and Stone still hope to begin the recruitment of junior slalom paddlers for the 2021 season. Whilst a date is yet to be confirmed for their annual taster day, it is hoped this will take place in the summer.



If you or someone you know may be interested in taking part you can register your interest at:

**staffordandstonecc.
co.uk/get-involved/2020-
junior-taster-days/**

UP CLOSE AND PERSONAL WITH JEANETTE CHIPPINGTON MBE



Jeanette Chippington MBE is one of the most successful paddlers in the world with 28 medals to her name.

Having started her sporting career as a swimmer, Jeanette competed at five consecutive Paralympic Games; Seoul, Barcelona, Atlanta, Sydney and Athens, winning a total of 12 medals, including two golds.

After a brief break from competitive sport, Jeanette swapped to paddling and made history in becoming the first ever KL1 200m paralympic gold medallist in 2016. Now aged 50, she has her sights set on the rescheduled Tokyo Paralympics this summer.

With International Women's day a little earlier this month, we sat down with Jeanette to discuss how she has found balancing motherhood with the demands of training and the representation of women in sport.

How did you get into paddling?

"I retired from competitive swimming in 2004 and began coaching. It was here, some years later that I met a woman in my class who was really persistent that I gave kayaking a go. I couldn't think of anything worse," she laughs. "But I said I'd go along with her just to stop her from nagging me!"

"From the moment I got into the kayak I loved it! I paddled 50m and was so thrilled that I hadn't capsized, I decided to keep attending and increased my distances each time. I eventually joined Longridge Canoe Club and some months later, the paracanoe team were looking for new athletes. As I wasn't looking to get back into competitive sports, I'm not sure why I went along to their trial session, but I did, and before I knew it I was training twice a day everyday!"

Although both her son and daughter are now older Jeanette tells us how she juggled motherhood with training in the early years.

"After having my son, I felt a real sense of wanting to prove myself. I was still competing as a swimmer then, and was back in the pool two weeks postpartum. When he was just nine weeks old I flew to Sydney for a training camp and competitions. Looking back I'm not sure how I managed it. On reflection, it would have been nice to have had more support from the sport

so I didn't feel I had to draw a line so cleanly between myself as a mother and myself as an athlete.

"When I made the move to kayaking the children were in school so training was a bit more manageable. I also remember my coach saying to me, that whatever I did had to be sustainable or I wouldn't be able to keep it up. I think that is a really good piece of advice. After a hard session, all I'd want to do is go to bed, but I'd have to do the children's bath and bedtime first."

With such an active mother, sport is very much a family affair. Both Jeanette's children and husband kayak and all three of them were in Rio as Jeanette took gold at the 2016 Paralympic Games.

"Having my family there screaming my name and cheering as I stood on the podium is a feeling I can't explain. It's not so much about the medal, it is everything along the way - all the support they have given me. Enjoying the journey is so important otherwise it is a very hard road to travel."

The theme of this year's International Women's Day is #ChooseToChallenge. What would you say are the biggest challenges for women in sport?

"Whether you're an athlete, or work in a completely different industry, having a family and trying to make the two work is a big challenge. My coach gave me a book '*Invisible Women*' this Christmas and it is such an interesting read. There are still so many hurdles to overcome, but I would say securing equal media time and profiling for women's sport is a challenge we need to work on. It should be a naturally occurring thing, rather than tokenistic or celebrated when women's sport is shown on tv."

Jeanette secured the British boat quota spot for the Tokyo Paralympic Games and will be looking to qualify her place in the KL1 and VL2 events at the British selection event set to be held in April.

#PaddleKitHerWay

28-year-old Sarah Blues is, as she puts it; 'a plus size paddler'. A size 18-20, Sarah felt her body was a barrier to the sport and found it difficult to find people who she could identify with.

Here she tells us her story of overcoming her relationship with her body and her **#PaddleKitHerWay** campaign for inclusive paddling clothing to make the sport accessible to more women.

Having watched others SUPing in the local harbour, it was something Sarah always wanted to have a go at, but never felt confident enough to do herself. As lockdown took hold and Covid restrictions tightened, Sarah moved home to Dorset and craved an escape.

"Paddle boarding is something I'd always wanted to try," she says.

"Whenever I visited home, in Dorset, I'd watch people paddle across the harbour to enjoy breakfast at the bar on the beach. Although they were available to rent, I'd never tried it, for fear of falling in or making a fool of myself. Then I moved back home during lockdown and just needed to be outdoors, on the water and SUP seemed the perfect solution."

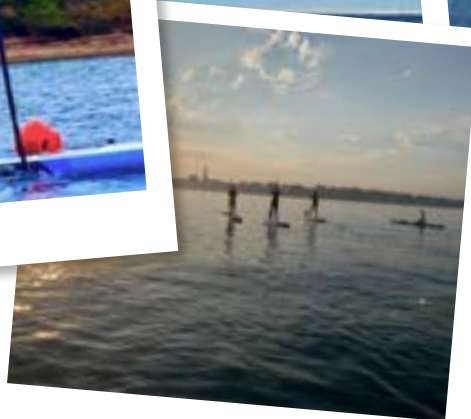
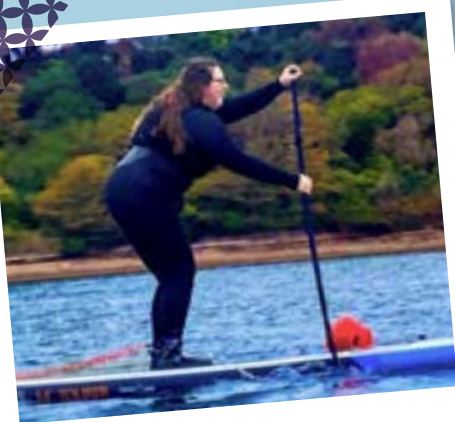
What was your first experience like?

"I was overwhelmed by the choice and lost in the myriad of advice online, so I just went for it and bought a basic board. When it arrived, I was so excited to get out! Unsurprisingly, I spent much of the time in the water. Kneeling was hard work so standing seemed an impossible goal. In those moments of floating or falling - I was hooked on the challenge and possibility of being able to stand up!

"Locals to the beach have since told me about the days they watched me falling over and over again, never giving up. I was enthralled by the new possibilities SUP offered me."

How has SUP changed you as a person?

"In the year before starting SUP, I had been working on intuitive eating and movement to manage my anxiety. SUP finally made me understand how caring for your health has nothing to do with the number on the scales. I noticed the less I focused on how I looked and the more I went by how I felt, I became increasingly determined to care for my body so I could spend more time on the water.





"I've already met and paddled with people of all different sizes. Whilst paddling adverts and kit, often don't reflect the diverse paddling community, don't let this deter you!"

"As my SUP skills grew so did my confidence, not only on the board but also in my body. With my newfound body confidence, I felt able to try a lesson, and then joined my local race club.

"Still barely able to stand, I was introduced to a wonderful community and my love for SUP was cemented. I knew this was for me!

"In joining Dorset SUP Race Club, I have met so many wonderful people and friends - they really are the best cheer squad. They've encouraged me, advised me and inspired me to do more. They have built me up and helped me increase my confidence both on, and off the water. Inspiring me to get better and think bigger."

What would you say to anyone who is worrying about their physical appearance being a barrier to paddling?

"Being a beginner is intimidating for everyone and worrying about the way you look or what your body looks like can make the prospect even more daunting. I found that if you can push yourself to embrace being uncomfortable that first time, it quickly gets easier.

"I've already met and paddled with people of all different sizes. Whilst paddling adverts and kit often don't reflect the diverse paddling community, don't let this deter you! Sometimes taking the plunge is the best thing you can do."



How is your quest for plus size paddle clothing going?

"I launched my #PaddleKitHerWay campaign after realising there was a lack of suitable kit to continue paddling during the winter. When I started talking about it, I found that it was something that all women were struggling with, not just the plus size community.

"I believe that kit options should reflect the diverse and inclusive community in paddling and although there is a long way to go, I'm passionate about continuing to raise the issue. The right kit, in the right sizes, makes the sport accessible and safe for everyone, and that shouldn't be optional.

"Over the last few weeks and months, I have been so pleased to hear from businesses who have reached out and want to get involved to become more inclusive and support the campaign - hopefully this is just the start!"

There is no stopping you now then, what's next?

"This year, I'm paddling the Great Glen and completing a virtual Lands End to John O'Groats to raise money for a local charity. The challenge was inspired by Cal Major, Fiona Quinn and Jordan Wylie. Watching Jordan's progress in his attempt to circumnavigate the UK was the first time I'd thought about the potential of SUP and now I'm well and truly hooked!"



You can find out more about Sarah Blues and her **#PaddleKitHerWay** campaign by heading over to her **instagram** page

@plussizepaddler

HOW ENVIRONMENTALLY FRIENDLY ARE YOUR CLEANING PRODUCTS?

ecoworks[®]
marine

British Canoeing partner, Ecoworks Marine is championing the sustainable revolution in marine cleaning. Founded in 2015, they produce eco-friendly cleaning products for the marine industry that are safer for users and better for the environment. Not only can you keep your kit clean, but now you can keep our planet that bit cleaner too.

WHY MAKE THE SWITCH TO ECO-FRIENDLY CLEANING PRODUCTS?

A study in 2018 revealed that bleach-based cleaning products can be as damaging to the lungs as smoking a pack of cigarettes every day! Now, you might think that you don't use bleach-based cleaners, but you may be surprised when you look at the ingredients lists of the products you are using. Even many 'eco' and green cleaners use harsh chemicals. Government regulations in this area are still minimal. If you are interested to see the hazardous raw materials and warnings for any cleaning products, you can look up their Material Safety Data Sheet (MSDS) - every product is required by law to provide one upon request.

There are a number of reasons to make a switch, the most obvious is taking care of the environment. If you're using a product that is safer for the environment, it generally means it's probably safer for you too. The less obvious effects are the impacts harsh chemical products can have on the surfaces they are applied to.



You'll find Ecoworks Marine's on each product page of our website.

ecoworksmarine.com

MORE POWERFUL, LESS HARMFUL

Many traditional cleaning products contain raw materials derived from the petrochemical industry. These products are first mined from the ground before being converted into chemicals such as Formaldehyde, Kerosene, Mineral Acids, Phosphates, Solvents and many more. Many of these chemicals have a large carbon footprint due to the processes of attaining them, and post-use they can find their way into the water systems, having a detrimental effect on aquatic life. So from the point of attaining these raw materials to the point at waste, they are damaging the environment.

At Ecoworks Marine, huge consideration is given to every ingredient that goes into our products. We use a careful selection of naturally occurring bacterias and enzymes along with many other replenishable resources. Always taking into consideration the aquatic toxicity and sustainability. Bacterias are blended on site and the product is produced with a 0% manufacturing waste. Producing anything environmentally friendly is not just about what you produce it's about how you get there, and we continue to look for processes in which we can lower our carbon footprint.

By using these combinations of bacterias and enzymes along with sustainably sourced replenishable raw materials, we've found that we can produce cleaning products that are just as effective as the harsh chemical equivalent.



To find out more about
our sustainability
efforts, ingredients, and
packaging goals, head to

ecoworksmarine.com



RESIDUAL CLEANING

Harsh chemical equivalents are generally high in acidity or alkalinity, which means they are essentially burning the dirt, grease or grime from a surface. This ultimately damages the surface making them more porous and susceptible to dirt.

The use of acid and alkalis is a one hit wonder solution; apply - burn - job finished. But what if you had ingredients that continued to clean after the initial job was finished?

Plant extracts and enzymes provide excellent cleaning results almost instantly, eco-surfactants and enzymatic processes get straight to work. Then, the microbes step in; they break down organic matter and colonise an area for as long as there is a food source such as grease, fat or protein. The microbes provide a biofilm and continue to produce enzymes to provide the residual clean.

The issue of odours is also always a problem and they come from organic soiling. The bacteria in our products break down the organic material causing the odour, and digests it. Thus the odour is **completely eliminated at the source, rather than masked** in the way traditional cleaners, armed with scents, do.

Basically, less effort with longer and better results.

SAVINGS FOR YOU AND THE PLANET

By choosing **concentrated products** - you use far less plastic than ready-to-use products. For example, our All Surface Cleaner is 1:20 - for every one-litre bottle, you get 20 litres of product. This brings significant **reductions in plastic waste**, storage, transport and associated CO₂e. Plus, an added bonus of a far lower price per litre at point of use.

YOUR HEALTH

Cleaning is not something we can avoid - if only! But we can make it healthier for you.

A list of materials we do not use can be found on our website, below are some of the more likely culprits that are used in traditional cleaners and should be watched out for:

- > **2-Butoxyethanol:** A common ingredient in kitchen, window, and multipurpose cleaners that can interfere with the health of your red blood cells
- > **Ammonia:** Found in glass and bathroom cleaners, ammonia can be very irritating to the eyes, skin, throat, and lungs
- > **Fragrance:** Although the term "fragrance" sounds innocent enough, it can refer to any one of thousands of chemicals linked to skin, kidney, respiratory, and cellular issues

The above is just a small selection of the more common ingredients that can be harmful in regular cleaning products – but there are more!

In summary there are many reasons to make the change not least your own personal health as well as that of the planet. The biotechnology that we use means that using eco friendly products is no longer a compromise. We are so reliant on clean waters not just for living but for play as well. If we want to continue to enjoy these environments, as we have, then we all need to start thinking about what we are putting into them.

Pitch up *and paddle*



British Canoeing is proud to welcome the Caravan and Motorhome Club as its Official Accommodation Partner.

Europe's biggest touring community, the Caravan and Motorhome Club provides caravanners, motorhomers, campervanners, campers and glampers access to around 2,700 stunning campsite locations across the UK and Europe.

With over 100 years of experience offering inspiration and advice on creating the perfect touring holiday, they know a thing or two about getting the most from the great outdoors.

As the nights get lighter and we begin to think ahead to sunnier times, here is our guide to the top UK Caravan and Motorhome Club campsites for you to pitch up and get paddling as soon as Covid-19 restrictions ease.



*Cambridge Cherry Hinton
Caravan Club*

Cambridge Cherry Hinton Caravan Club Site

📍 East Anglia

Touring 56 | Camping 6 | Non-members welcome

The Cambridge Cherry Hinton Club Site is set in ancient quarry works on a Site of Special Scientific Interest. The club has been imaginatively landscaped to create the impression of being in the heart of the countryside, whilst only a 20-minute drive from access to various launch points.

Paddle through a picturesque collection of England's historic colleges backing onto the River Cam. Only viewable from the water, unless you happen to be a member of Cambridge University, 'The backs' is considered to be one of England's best views. Check out the routes, launch point and trails on our dedicated River Cam page: gopaddling.info/rivers/river-cam/



Borrowdale Caravan Club

Borrowdale Caravan Club Site

📍 Cumbria

Touring 59 | Non-members welcome

Borrowdale Caravan Club Site is within easy reach of Derwent Water. Once you're pitched up, you're just a short drive to many launching points, the closest and most convenient being Kettlewell Car Park.

To download our Derwent Water paddling trail guide, head to gopaddling.info Or search PaddlePoints to find other nearby paddling adventures in the Lake District.



*Borrowdale Conistone Park
Coppice Caravan Club*

Coniston Park Coppice Caravan Club Site

📍 Cumbria

Touring 222 | Camping 10 | Glamping Pods 2

Non-members welcome

Nestled in 63 acres of beautiful National Trust woodland, Coniston Park Coppice Club Site offers a peaceful base for an active holiday that will keep the whole family happy. The fantastic bonus for those wanting to go paddling here, is the site's close proximity to Coniston Water.

A short walk of 400 yards brings you to the lakeside launching point. From there you'll be able to experience the magic that helped inspire Ransome's *'Swallows and Amazons'* and other lake novels. Peel Island, home to the book's secret harbour on Wild Cat Island, is within easy reach from here too.

Coniston Park Coppice Club site also puts you within easy reach of the southern shores of Lake Windermere. You can find a variety of launch spots and trails for this area by visiting our **PaddlePoints** site.



Norfolk Broads Caravan Club

Norfolk Broads Caravan Club Site

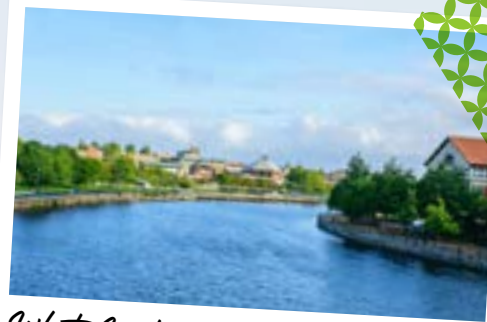
📍 East Anglia

Touring 111 | Members only

The Norfolk Broads Club Site is set in the midst of the scenic Norfolk Broads, an open and tranquil holiday destination. With the River Ant a mere 180 metres away it makes for the perfect pitch up and paddle site for exploring several of the popular Broads. These include the wooded marsh area known as Dilham Broad, as well as Barton Broad.

You can check out the routes and trails on our dedicated River Ant page: gopaddling.info/rivers/river-ant

To access the Broads for paddling, you'll require a waterways licence which is included with a British Canoeing membership.



White Water Park Caravan Club

White Water Park Caravan Club Site

📍 County Durham

Touring 97 | Non-members welcome

The White Water Park Caravan Club Site lies adjacent to one of the largest white water canoeing and rafting courses built to an international standard in Britain. The caravan site provides easy access to all the centre's facilities including a sheltered viewing balcony, a drying and changing room, canoe storage area, shop and café.

The White Water Centre offers avid white water paddlers the perfect summer playground, but you don't have to be an experienced white water paddler to experience the hair raising real-life rapid course. The centre offers group rafting experiences too. Head to tbiwwc.com to see everything this fantastic facility has to offer.

Don't fancy the rapids? If you favour calmer waters to soak up the landscapes, wildlife and heritage, the non-tidal section of the River Tees is easily accessed from the club site. From here you can paddle through picturesque meadows to the town of Yarm.

Find and download the Tees Barrage to Yarm Paddle Trial on our dedicated River Tees page on the [gopaddling](http://gopaddling.com) website.

To access and paddle along this section of the River Tees, you will require a waterways licence. This can be obtained with a British Canoeing membership.



So there you have it!

A selection of our top Caravan and Motorhome Club campsites where you can pitch up and paddle within 30 minutes. For more ideas like these, head over to gopaddling.info/pitch-up-and-paddle/

Paddling through Ramadan



37-year-old, mother of one, Anna Stishova has taken up paddling as a hobby, something that she says, "gives her so much".

Originally from Russia, Anna moved to the UK in 2003 to study, and during her time here converted to Islam and got married. Anna had few friends when she arrived from Russia, and none of whom were into sports.

"As a child, I used to love going on paddling adventures, exploring the waterways around me and taking multi-day trips away. My childhood was filled with school, homework, and the chores of family life, but paddling was a way to escape the routine."



During a return trip to visit her family in Russia, in which she spent time paddling, Anna remembered the joy it brought her. When Anna hit a difficult patch in her personal life, that left her feeling mentally drained and isolated, she began looking for something to provide a release, and decided to give paddling with a club a go. "I needed a change of environment," she said. After trying a few clubs, Anna settled at Leaside Canoe Club in London.

"When I first began paddling in the UK, I worried that being the only one in a hijab would make it hard to be accepted. Although I was the only one in a hijab", she laughs, "I love how accepting, welcoming and friendly the paddling community has been. I couldn't recommend it more for anyone looking to find friends around their community."

Anna had found a whole community to be part of and was getting good in her new discipline of white-water paddling.

"I loved the adrenaline and new skills I learnt whilst white water paddling, and with the help of my coach, I was progressing well. I decided to join a few of the club's white-water trips which were good fun, but due

to my faith, I found a few issues that made going away a challenge as a Muslim.

"The majority of the people on my trips were men and it was difficult for me to find suitable places to change due to the location of the paddles. Much of the social aspect of the trips took place in pubs after we came off the water too, but as a Muslim, I wasn't able to enter these premises unless using the bathroom or to buy takeaway food (i.e. in emergency)."

Rather than giving up on paddling all together however, Anna swapped to flat water, and has found a new love of long-distance paddling. Typically Anna trains two to three times a week, paddling anywhere between three to six miles in a session. She has also competed in a number of DW races.

"By participating in flat water, I can continue paddling without worrying about getting wet from rolling or splashing, and not having somewhere to change after. More often than not, clubs tend to have access to a club house with good changing facilities too," she says.

With Ramadan coming up in April, we wanted to find out how the holy season affects Anna's activity levels and training plans.

"During Ramadan I try to paddle earlier in the morning whilst I'm still hydrated, or last thing in the evening, so I can break my fast shortly after coming off the water. I also reduce the distance of my sessions or the number of times I go per week and try not to go out alone, just in case I feel faint. I always take a bottle of water and snacks in case of an emergency.

"I would never plan to do a big race or event that required intensive training during Ramadan either, as I wouldn't have as much energy or be as effective. When I was younger, I competed in my first short distance race during Ramadan, but I wouldn't recommend it. Completing my fasting without setbacks is more important to me now, as it's a major pillar of the Muslim faith."

Q+A with

Anna Stishova

What do you like most about paddling?

"Paddling means a lot to me. I don't like being inside and being on the water gives me time for peace and quiet, and enables me to recharge my batteries".

What does Ramadan teach you that you can apply to your paddling?

"Ramadan provides me with a lot of skills applicable to paddling. For example, fasting teaches me about perseverance and acceptance. I know when I'm on a long paddle I can keep going and know that breaking the journey into sections makes it more achievable. I'm also more accepting of my abilities - I am not fast but I can keep going - we all have strengths and weaknesses to work on, and accepting these is important."

What would you say to any Muslims thinking of taking up paddling?

"I would 100% say go for it! Don't let things like clothing or not knowing anyone put you off. You don't need any special kit. I wear my hijab, a loose-fitting top and tracksuit bottoms. When I did white water, I first wore a hooded wetsuit under loose clothing and later bought a drysuit and wore a headscarf on top of it. Now is the time to join a club - they are welcoming, accepting and doing their best to diversify, but it will take more people of varying backgrounds joining to do this."

So what is next for Anna?


"I am hoping to find more Muslim paddlers so we can connect and provide a support group to encourage one another."



You can get in touch with Anna at:

kayakinghijabi@gmail.com

or find her at

 @KayakingHijabi
 @kayakinghijabi



COACHING 101: POWER UP POINTS

According to the dictionary, soft skills are “the personal attributes that enable someone to interact effectively and harmoniously with other people.” But these skills are often overlooked.

British Canoeing’s English National Talent Squad Coach, Imogen Collins discusses the importance of these skills for deepening relationships and enhancing the performance of athletes.

“A recurring misconception in the coaching world is the negative connotations around soft skills, but in my experience these skills are becoming an increasingly significant factor making a difference between one time success and long term excellence.

“Yes, talent and hard work can get you on top of the podium once or twice, but the drive to train every day no matter what’s happening at home, school, or work, and knowing you’re doing it with the support of someone else, helps deliver long term high achieving individuals.

“For the purposes of proving just how impactful soft skills can be, I’m going to call them power up points.”

“What is it that puts you in a good frame of mind? For me it’s a picturesque training venue that makes me happy to do what I do, or a ‘good morning’ from a shop assistant as I purchase my pre-coaching cinnamon bun. Each of these simple acknowledgements power me up for the day ahead.

“I am quickly learning that working with athletes will always present some form of ‘emotional life wobble’ that can quite quickly see the talent in an athlete completely wasted. But if, as coaches, we can create an environment where they know they will be greeted with a “hello” and a “how are you?”, it helps pop a little bit of power into their battery pack to get them firing for the session ahead. These little things may not be quite as powerful as a strong coffee, but it can make training even on the most miserable of days a more positive experience and makes a difference in their attitude to training.

“Whilst these power up points are brilliant to add into the mix on a good day for an athlete, they are invaluable when things aren’t quite going to plan. When your athlete is feeling sluggish, or beating themselves up that they aren’t hitting their targets for the session, power up points help provide a few simple cues to help reignite their focus.

“Just by saying; ‘Alex, you have been smashing it lately so don’t worry if you aren’t at your best today. What do you want to achieve?’ you’re able to reassure them and help them manage their expectations for the session. You’re giving them the power to make the change and be confident in the fact you as a coach will help them.

“But it shouldn’t just be those short sharp conversations during training, power up skills are about touching base with athletes outside of their sessions as well.

“The power in this approach comes to the athlete when you take the time to try and help them work out why everything felt that tiny bit harder than they wanted it to. Taking the time as a coach to learn about the athlete’s life helps allow you to direct them in the correct way.

“The coaches that stand out to me, not just in paddling, but across all sports and levels of performance, are





those who care. Not just those who care about winning medals, or doing their job, but the ones that care about the person who is out there doing the hard work.

“Knowing more about your athletes; their favourite meal, their family set up and maybe even their Netflix go-to can seem irrelevant to some. But whilst it might not make them paddle faster or lift heavier weights, it makes them a happier, fully powered up athlete - and that makes a successful athlete.

“As a coach the ability to support through good, bad, fast, slow, strong and weak is when you are truly a part of an athlete’s support network. The ‘power up’ skills required to bring an athlete up when they’ve been down should never be described as ‘soft’.

“...I prove time and time again that I’m always there, my athletes understand when I need ‘me time’ or to switch off.”

“Coaching this way can be mentally draining, so it’s important to be aware of their needs to help limit the pressure on you as a coach. Knowing yourself allows you to know what you do and don’t have to offer, making sure you don’t give all your power away.

“Many people would challenge me and say this isn’t the right approach, however because I prove time and time again that I’m always there, my athletes understand when I need ‘me time’ or to switch off.

“My strongest belief is that by letting athletes understand me as a coach, I am better able to understand them. **The general life conversations remind them that we are all humans. More than just a stop watch or a megaphone.”**



Become a Raft Guide

Do you Raft Guide on artificial, man-made white water courses or natural rivers, in the UK or internationally? Then check out British Canoeing's new Raft Guide Awards.

The Awards are ideal for individuals, clubs and commercial operators looking to raft on man-made white water courses, as well as rivers up to grade 4. The Awards support you to run fun, safe and enjoyable white water rafting trips, based on your clients' needs and aspirations.

The choice is yours...

- > The Stadium Raft Guide Award is aimed at those looking to take groups rafting on man-made artificial white water courses
- > The Raft Guide Award is for those who go white water rafting on natural rivers, available on either grade 2, 3 or 4
- > The River Trip Leader is aimed at Raft Guides who want to lead a flotilla of rafts on natural rivers, on either grade 3 or 4

Your learning journey...

It is important that you take an active role in deciding the appropriate training and experience that you need. The new awards are aligned to the British Canoeing educational philosophy and provide choice in your development journey whilst also recognising and celebrating your existing experience.

British Canoeing Training

British Canoeing recognised training courses are delivered by highly experienced British Canoeing Raft Guide Providers and typically cover leadership skills, the associated personal skills, group management, safety and rescue skills. Our providers will also be able to help identify appropriate action plans to support your progress towards a successful assessment.

Other training opportunities

Many British Canoeing Raft Guide Providers are willing to offer bespoke training to individuals or groups. Providers have explicit knowledge of the award requirements and are well placed to design an appropriate training programme to support your development.

The choice is yours to design the development journey to suit your existing skills and circumstances. We believe this individualised approach will be cost effective, reduce travel, and broaden the ability of guides to develop their rafting practice.

Supportive resources

There are a range of resources to support Raft Guides in their development journey on the **British Canoeing digital library**, including the Leadership and Raft Guide self-analysis tool, Raft Guide video playlist, journey planners and checklists. Head to www.britishcanoeingawarding.org.uk/leadership-raft-guide-resources/ to find out more.

Assessment

Your assessment takes place over one or two days, depending on the course ratios and logistics relating to accessing suitable environments.

So what are you waiting for?

Start your development journey to becoming a Raft Guide today!



Become a British Canoeing

Delivery Partner

- > Do you want to develop and grow your paddlesports activity?
- > Are you a sole trader, hire provider, part of a centre, organisation or charity?
- > Are you looking for new avenues of promotion?

Answered yes? Then, why not become a British Canoeing Delivery Partner?

The British Canoeing Delivery Partner scheme is open to businesses who provide paddlesport activity. The partnership provides a supportive network to help develop and grow your paddlesports activity and gives you access to a variety of benefits including:

- > **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** - Access delivery and operational support including new online training for those with a role as Head of Paddlesports, as well as discounted training opportunities and a virtual conference
- > **Recruitment** - Ability to recruit new staff through personalised job adverts

Tailored to your needs, 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, as well as all the Bronze benefits.
- > Alongside the benefits of the Silver partnership, the **Gold** standard partnership includes a personalised visit specific to your needs, as well as exclusive access to events, conferences and organisational change.



Andy Monaghan, proprietor of Barefoot Kayak, said:

"At Barefoot Kayak we're delighted and excited by the prospect of becoming a British Canoeing Delivery Partner. The scheme recognises an expanding market and will future proof our business and inspire new paddlers. We strongly believe that it will build on the rapidly expanding popularity of paddlesport and enable us to expand our offer of safe, enjoyable and inspiring experiences."

Can I become a Delivery Partner?

The partnership is open to any business who provides paddlesport activity as part of their offering. This includes sole traders, activity centres, hire providers, charities, small and large organisations, both in the UK and internationally.



To find out more and sign up to receive information about the Delivery Partner Scheme visit

gopaddling.info/become-a-delivery-partner

Join British
Canoeing Today

British Canoeing 'On the Water' membership **is your gateway to the waterways**

After a long winter, the nights are getting lighter and the air is getting warmer, making us all want to take to the water. But before heading out, ensure you're paddling responsibly by making sure you've got a valid waterways licence which contributes to the sustainability and maintenance of our rivers and canals.

By joining or renewing your British Canoeing 'On the Water' membership you are helping the waterway authorities carry out a wide range of work that often goes unseen. This includes the upkeep of the banks, ensuring launch points are maintained, the removal of flood debris, inspecting towpaths, community outreach and much, much more.

**Join
today!**



**get instant access
to your waterways
licence, insurance,
plus a range of great
benefits and exclusive
offers by visiting**
britishcanoeing.
org.uk/join



Furthermore, waterways authorities and many of their dedicated volunteers carry out vital ecological work helping to keep rivers and canals healthy environments for wildlife to thrive. Our waterways simply wouldn't be the same without the dazzling array of wildlife we pass while on the water, just one more reason to paddle with a licence.

By becoming a British Canoeing member not only are you unlocking the ability to discover and explore over 4,500km of licensed waterways, but you are also ensuring this vital maintenance, conservation and ecological work can be carried out by the waterways authorities. As a result of the pandemic, unprecedented numbers of people have been enjoying these beautiful blue corridors. Your contribution has never been more important in helping many waterway authorities who have faced a significant financial impact during this time, to continue their amazing work.

Become
a Member



Join the Paddling Community

Whether you're a new or experienced
paddler we've got you covered

- 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

Or call us on 0300 0119 500

**Supporting all
paddlers:** kayak,
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Do You Know The Amazing Benefits Of Oranges?

They're full to the brim with vitamins and nutrients; just one orange counts as one of your five-a-day

By regularly including potassium-rich oranges in your diet, you can lower your risk of stroke by up to 21%

To read the full blog including an exclusive quote from **Terri Paulson**

English Institute of Sport Performance Nutritionist for British Canoeing
head to www.jaffa.co.uk

check out the full **Jaffa** range in store now



*subject to seasonal availability

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