

CANOE FOCUS

The Big Paddle Cleanup

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Inclusion Survey Results

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2022 Freestyle World Championships Round-up

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Welcome

Welcome to our latest edition of Canoe Focus magazine.

As your new CEO of British Canoeing, I am hugely excited to have the opportunity to take on this position.

Before joining in June, I believed that the organisation was in a great position to build on its recent successes, to go again and develop even further.

In my first two months, I have witnessed first-hand what a busy organisation British Canoeing is.

Success is rarely achieved on your own. I am a great believer in the importance of good people and the ability to develop a great team.

This has been demonstrated admirably in the delivery of the 2022 ICF Canoe Freestyle World Championships in Nottingham. Having a home World Championships in my first month has been a notable highlight.

Seeing British Canoeing colleagues, the Freestyle community and our volunteers working together to deliver an exceptional World Championships on home soil, in which our athletes won an incredible nine medals was hugely impressive. Find out more about the event in our round up on page 6.

Our athletes continue to deliver on the international scene across the competition disciplines. Read more about recent competitions on page 18.

Congratulations to Mallory Franklin, who won the women's C1 European title and in the recent World Cups won several medals, alongside team-mates Kimberley Woods, Chris Bowers and Joe Clarke.

Closer to home the Big Paddle Cleanup has been a huge success, with over 300 kits provided to our clubs, commercial centres and members. Find out more about our biggest week of environmental action to date on page 12.

Equality, Diversity and Inclusion are key themes in our new Strategy – Stronger Together. I am delighted that we have launched our first Paddling with Pride event in Birmingham in July.

Last year we launched our first inclusion survey, to gain insight into how diverse our paddling community was and gain feedback from the community on what we can do better. What you told us is shared in the results on page 20.

I am looking forward to working with you and meeting you soon.

Happy paddling!

Ashley Matcalfe

CEO of 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

Summer Go Paddling Photo Challenge

Launch into Summer with our Go Paddling photo competition and be in with a chance of winning some Gill Marine goodies! Have you taken any brilliant photos on the water? We would love to see it! To take part, all you need to do is head over to Instagram and use the hashtag #GoPaddling on your photo. We'll choose our favourite photo each month and share it with our followers. Find out more below... *T&C's apply.



www.instagram.com/p/CYtGWSys0HT/?utm_source=ig_web_copy_link

British Canoeing launch Paddling with Pride

Within Pride Month 2022, British Canoeing announced the launch of our inaugural Paddling with Pride event in Birmingham this July. In partnership with Pride House Birmingham in the run up to the 2022 Commonwealth Games, British Canoeing will be welcoming paddlers to take to the water at a come-and-try event at the Roundhouse in Birmingham on Sunday 24 July 2022. Find out more below...



www.britishcanoeing.org.uk/news/2022/british-canoeing-launch-paddling-with-pride



GO | Gill | Adventure | BRITISH CANOEING | PRIDE HOUSE



Paralympic champion Laura Sugar receives MBE

Paralympic champion Laura Sugar has received her MBE for services to canoeing. Laura was named on the Queen's New Year's Honours list, receiving an MBE for services to canoeing after winning the gold medal at the postponed Paralympic Games in Tokyo following it up with a World Championship win just two weeks later. Find out more below...

www.britishcanoeing.org.uk/news/2022/paralympic-champion-laura-sugar-receives-mbe



2022 Paddlesport Coaching and Leadership Conference: Bookings Open!

Bookings are now open for the 2022 Paddlesport Coaching and Leadership Conference. The Conference brings together Instructors, Coaches, Leaders, Mentors and Coach Developers with varied experiences and from different disciplines, who are invited to engage, discuss and reflect on the insightful keynotes and workshops throughout the weekend. Find out more and how to book your place below...



www.britishcanoeing.org.uk/news/2022/2022-paddlesport-coaching-and-leadership-conference-bookings-open

People of Colour Paddle

In April 2022, People of Colour Paddle was established on social media channels with the ambition of connecting paddlesports with more ethnically diverse communities, and to improve the representation of those communities across coaching, volunteering and community leadership. We checked in with founder, Adya Misra, to chat about inclusion and diversity, and find out more about her plans for People of Colour Paddle. Find out more below...



www.britishcanoeing.org.uk/news/2022/people-of-colour-paddle

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Craft insurance for British Canoeing
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[www.towergateinsurance.co.uk
/britishcanoeing](http://www.towergateinsurance.co.uk/britishcanoeing)



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FANS FLOCK TO ICF CANOE FREESTYLE WORLD CHAMPIONSHIPS FESTIVAL 2022

With the 2022 ICF Canoe Freestyle World Championships, presented by Direct Business Solutions, coming to an end on Saturday 2 July, we take a look back over the event to truly take in what happened, and how Great Britain got 15 finalists and 9 medals.

This was the first Freestyle World Championships in Britain in over 30 years, so excitement was high from the local community.

It had also been three years since the last World Championships, so the international athletes were excited to get the competition underway and visit the widely popular Nottingham course.

The infrastructure was being built as the paddlers had their last training sessions, so by day one of the competition the scene was truly set.

GB Freestyle had a team of 28 competing on home soil. Undoubtedly the star of the show was record-breaking Otilie Robinson-Shaw, who made history by claiming three gold medals in the Women's K1, the first ever Women's C1 and the Canoe Squirt events.

Tamsyn McConchie and Alex Edwards won silver medals in the Canoe Squirt events, and there was also a double silver lining in the Junior K1 events with Ben Higson and Niamh Macken both on the podium.

Rebekah Green claimed a silver medal in the Women's C1 and in the final event of the World Championships Hary Price won his first senior medal, taking bronze in the Men's K1.

Six GB athletes also recorded top five finishes by qualifying for the freestyle finals.

With over 180 paddlers from 20 countries across the world, this event was one to kick off the freestyle scene post covid.

"It was my first worlds, it was nothing I expected but amazing. It was so cool how many came together to paddle and support and really nice getting to meet people and make new friends" - Poppy Ward, GB Junior K1 Woman

Three years had passed since the last World Championships in Sort, Spain, but the athletes were embracing and joking as if no time had passed, giving this event a very friendly feeling.

Holme Pierrepont's white water course is world renowned for its freestyle prowess, with the features speaking for themselves. However, the level of infrastructure and support really did the course justice, and this lined it up to be one of the best freestyle World Championships of all time.



The integration of festival fun events into the competition made this an event that brought together all the freestyle community, not just the elite. This flowed over into the support that the crowds gave out during athletes' runs, the noise and excitement was tangible. The smiles on athletes' faces spoke for themselves.

As the competition progressed through the week it was great to see the athletes lining the bank with friends, family, and the local community. The crowds for the semi finals and finals were truly impressive. The organising team had done an amazing job of reaching out into the local area and attracting schools and residents down to the event.

The atmosphere was incredible all week long, even during the couple of brief showers that interrupted the sunshine.

"The atmosphere around the place was amazing, with the athletes pushing themselves and each other to bring out their best rides and the support from the spectators made you feel on top of the world!" - Eoghan Kelly, Ireland, C1 Men & OC1

The 2022 ICF Canoe Freestyle World Championships was a huge event with successes on all levels. Many athletes got personal bests and broke records. The atmosphere and organisation of the event was incredible.

The volunteers all went above and beyond to welcome athletes and supporters. A big thank you must go out to everyone who came along, gave up time, and supported the paddlers from around the world.

An extended thanks has to go out to all the sponsors that made the event possible. Our community partners, Holme Pierrepont Country Park, Serco, Nottingham County Council, Nottingham City Council, and Rushcliffe Borough Council. Also our event partners, Direct Business Solutions, Gill, Aquapac, Ecoworks Marine, Erdinger, Flow Kayaks, and Jaffa.



#ShePaddles

Meet Anna Stishova

Interview by #ShePaddles Ambassador Charlotte Ditchburn



Tell us a bit about yourself. What's the day job? How do you fit in around daily life?

Hi, my name is Anna, aka **#kayakinghijabi**! I moved to the UK from Russia in 2003 and have lived here ever since. I lived in London until 2019, then moved to Bolton to start a family.

In Bolton, I had a baby, so have been pretty much a full-time mum to a baby girl and a stepmum to three schoolchildren for a while now. At the moment, I work as a part-time self-employed copywriter for a party decor and balloon artist businesses.

In London I had access to regular training at Leaside Canoe Club on the canal and took part in canoe marathons. Now, in Bolton, I paddle at the weekends mostly on Bridgewater Canal or on club trips to the Lake District. We also have paddle sessions on Monday evenings at Bolton Canoe Club.

How did you first get into paddling? Tell us about your favourite paddling experience.

As a teenager, I paddled big old foldable expedition kayaks in Russia, 2-3 seaters, on trips with up to seven days of paddling and camping in the wild (very different from comfortable UK campsites). I also did a bit of rafting. In the UK, I didn't start paddling until 2011. When I did start paddling again, it was the best decision I made for myself.

I started my paddling journey as a white-water paddler, and later switched to marathon racing. Recently, I had a lower back injury (slipped disc) which made it difficult for me to sit in my K1 racing boat, so I bought a SUP shortly after the diagnosis.

It's difficult to choose my favourite paddling experience. I've had lots of lovely adventures: not the fancy and difficult ones you read in magazines, but they all mean something to me.

From paddling in Russia, the most memorable was a 21 day catamaran rafting expedition on the River Tyia in Buriatya, Siberia, in summer 2011. I was invited along by old friends who worked in outdoor tourism. The river starts up in the mountains (only a rescue truck driver agreed to take us up there), it has rapids of course, and after a long stretch, it flows into Baykal Lake. There is lots of unique wildlife, beautiful and frightening. Wolves, bears, blueberries and wild garlic. The water is so clear, you can drink it from the river directly. I guess that trip brought my paddling spark back from childhood.



If you want to find out more about Anna and her upcoming projects,

you can find her on Instagram at **@kayakinghijabi**.





Another memorable moment was an evening paddle down the River Lea Canal towards Stratford, to watch the 2012 Olympic Games opening ceremony fireworks live. We were not allowed to paddle too close as the water was cordoned off by police, so we had to get off but that did not spoil the evening. Local residents were very friendly and helpful, and they had a large live screen outside on the canal path. Free tuna sandwiches, tea and toilets! And the fireworks! It was a night to remember!

Do you know what percentage of rivers across England & Wales have clear rights of access?

I believe it is a very small percentage, in England it is only about 4%! The problem is not only with rivers, many reservoirs are closed to public paddling too.

Tell us about the paddle moment you are most proud of.

That would be crossing the Devizes to Westminster International Canoe Race finish line, under the Westminster Bridge, in 2019, as a Junior-Veteran K2. It was myself as a Veteran, and Sirin Arif Gisel as a Junior. I am pretty sure, we were the first Muslim, female, Junior-Veteran K2 team to finish the DW race! In addition, I am pretty sure, I am the only Muslim hijabi paddler to attempt DW race on 3 consecutive years (2017, 2018, 2019), and probably the first ever Muslim to complete in a DW race in a hijab. You won't hear this on the TV or read about it in the newspaper! Maybe because I am a white Muslim, people may not think I did something special, but I did. I broke many barriers and stereotypes and turned many heads. I may not be a stereotypical Muslim woman, but I am a Muslim woman who cares a lot about Paddlesports and wants more women and girls in a hijab to fall in love with this sport and achieve great things in it!

How has paddling improved your wellbeing, mental or physical?

Paddling was my antidepressant for the start, then I took it up as a hobby and later as a sport. Although I worked in the gyms, I am not a gym person myself and prefer exercising outdoors, like cycling. So, the water

and the boat became my gym. Kayaking has kept me going through ups and downs in my life for more than 10 years now. It also encourages making new friends and seeing new places.

Why do you think other women should get involved in paddlesports?

There are many benefits of paddling for women. Paddling is very empowering: you learn to be one with nature, it allows you to meditate, to discover your strengths, to share your experiences with others, to inspire. Water has healing powers, so simply pausing on water in your kayak or SUP and connecting your mind and body with nature and just being in the moment is good medicine for body and soul. Women nowadays are so busy and have so much on their shoulders, many of us are searching for a place to recharge and have me-time and just switch off for a moment and focus on physical activity outdoors. For me, Paddlesports is an ultimate tool for female wellbeing management.

Do you have any projects in the pipeline? What are you up to as a #ShePaddles Ambassador?

I am a member of the Inclusion Advisory Group for British Canoeing. We have regular meetings where we help to create and improve the Equality, Diversity and Inclusion Strategy for 2022-2026. Check out the **#WePaddleTogether** initiative to find out more. www.britishcanoeing.org.uk/news/2021/british-canoeing-launches-wepaddletogether-campaign

I am also organising a Family Eid Paddle & BBQ event this summer for the Bolton Muslim community, with Anderton Centre, at High Rid Reservoir. The event was almost booked out within a week, so there is definitely a potential in getting more Muslim women into paddling soon! After the Eid Paddle, we are planning on running monthly Muslim Girls Paddling Group at the same venue.

There are also couple of webinars planned with British Canoeing to help clubs to encourage more paddlers from Muslim communities, so I am very excited!

Places to pitch up and paddle with The Caravan and Motorhome Club

Looking for somewhere to see out the summer? Check out a few of The Caravan and Motorhome Club's campsites. Situated across England these campsites are perfect for a paddling staycation. You can pitch up and go paddling within 30 minutes.

Coniston Park Coppice Caravan and Motorhome Club Campsite

Nestled in 63 acres of beautiful National Trust woodland, Coniston Park Coppice Caravan and Motorhome Club Campsite offers a peaceful base for an active holiday that will keep the whole family happy. The fantastic bonus for those wanting to go paddling is the campsite'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 Swallows and Amazons and Ransome's other lake novels.

This campsite also puts you within easy reach of the southern shores of Lake Windermere. You will be able to find many launch spots and trails by visiting our PaddlePoints site here: gopaddling.info/paddlepoints



www.caravanclub.co.uk/club-sites/england/lake-district/cumbria/coniston-park-coppice-caravan-club-site.camc.com

White Water Park Caravan and Motorhome Club Campsite

Pleasantly landscaped, White Water Park Caravan and Motorhome Club Campsite lies adjacent to one of the largest white water canoeing and rafting courses built to an international standard in Britain. The caravan campsite 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. Though, you don't have to be a white water paddler to experience the hair raising real-life rapid course as the centre offers group rafting experiences too. Find out more about this fantastic facility here: tbiwwc.com

If you favour a calmer journey to soak up the landscapes, wildlife and heritage you'll have access to the non-tidal section of the River Tees. Don't forget to access and paddle along this section of the River Tees you will require a waterways licence.



www.caravanclub.co.uk/club-sites/england/north-east-england/county-durham/white-water-park-caravan-club-site.camc.com

Norfolk Broads Caravan and Motorhome Club Campsite

Norfolk Broads Caravan and Motorhome Club Campsite is an open and tranquil holiday destination set in the midst of the scenic Norfolk Broads. The River Ant is a mere 180 metres away, making it a perfect pitch up and paddle campsite for exploring several of the popular Broads. These include the wooded marsh area known as Dilham Broad, as well as Barton Broad. To access this campsite you will need a Caravan and Motorhome Club membership. You can get yours here: www.caravanclub.co.uk/CaravanClubApps/Applications/JoinOnline/joinasmember.aspx.camc.com

Don't forget to access and paddle the Broads you will require a waterways licence.



www.caravanclub.co.uk/club-sites/england/east-anglia/norfolk/norfolk-broads-caravan-club-site.camc.com

Don't forget to paddle responsibly by ensuring you have a **waterways licence** if required. A British Canoeing membership also provides you cover when you have to pay compensation to any third party for accidental damage so a great safety net to have for when you are manoeuvring your craft and equipment around a caravan site or whilst on the water.



GETTING

ERDINGER



ALKOHOLFREI

FLOWING IN PARTNERSHIP WITH BRITISH CANOEING

When the British Canoeing and ERDINGER Alkoholfrei partnership was announced in January, one man was particularly thrilled.



Peter Gowans is the UK Country Manager for ERDINGER Alkoholfrei and he explains why he's personally delighted to get the partnership flowing.

"Growing up in Shepperton I went kayaking with the Scouts and loved paddling or swimming in the River Thames. I was always sporty and when a work colleague encouraged me to get involved with Triathlon, it was a new lease of life. I entered my first triathlon in 2003 and a year later competed in Lanzarote at my first Ironman, eventually entering ten of these longer distance events.

"Working for a brewery, I often stayed away from home so triathlon training helped my mental health and my focus as it was such an escape from the day to day routine.

"I was familiar with ERDINGER Alkoholfrei when they invited me to start a new UK campaign focusing on the isotonic properties that made it an ideal thirst quencher post exercise. With a sports background and a love of ERDINGER beers, it was a natural fit and it's been a pleasure to see ERDINGER Alkoholfrei become recognised as an isotonic recovery drink.

"The fundamental success of the brand is its great taste and quality but endorsement by some of the world's best athletes has affirmed its reputation within the sporting community. Initially we identified the top race organisers and developed a plan to be on the finishing line at some of the best marathons, triathlons and cycle events in the country.

"One, the Outlaw Triathlon, was at the National Water Sports Centre and set me thinking: if runners benefited from an isotonic recovery drink at the end of a competition, wouldn't paddlers also welcome a refreshing drink to quench their thirst?"

"The pandemic gave me a chance to progress some plans and when a spinal issue prevented me from running, I returned to my childhood pleasure of kayaking to relieve the impact on my back. I initially joined British Canoeing for my river licence and my wife joined me on her paddleboard. We realised what a strong paddling community there was and recognised the extent of support from British Canoeing. Having got more involved personally, I appreciated that there was also a strong affiliation between ERDINGER Alkoholfrei and paddling.

"We share some fundamental principles like the benefits of an active lifestyle, safety, and protecting our environment and I want to make ERDINGER Alkoholfrei accessible for everyone, from casual leisure to Olympic and Paralympic athletes. I'm looking forward to meeting everyone at the events ERDINGER Alkoholfrei is supporting and sharing our love of paddling over a beer."

 @erdingers.alkoholfreiUK

 @ErdingerAF_UK





Many clubs took to rivers and waterways during **The Big Paddle Cleanup** removing hundreds of sacks of plastic pollution in the process.



The campaign followed a government report that said a 'chemical cocktail' of sewage, agricultural waste and plastic are polluting our rivers.

About 80% of the plastic in our oceans originates from litter in our rivers according to a World in Data report, you can read it here: shorturl.at/ikrEJ

It is easy to feel downhearted and helpless. But our fantastic community of paddlers went beyond the call of duty to show they can make a difference.

One of them was 4As Newark (Adventure Activities for All Abilities), a community club which encourages people with physical and learning disabilities to take part in sport.

Julie Gray, a paediatric physiotherapist, who has been working with young people with additional and special needs for about 30 years, led a cleanup on 11th June, on the River Devon, near Newark.

"For my youngsters the [Big Paddle Cleanup] is ideal," she said.

"They all love it. It's one of their favourite things that we do. It's what motivates them. One lad was cleaning up before we even got on the water.

"They have good environmental awareness and it's something they can do and feel good about themselves.

"We've been having [cleanups] for three years, but it's lovely to have the extra equipment from British Canoeing."

About 25 people took part in the cleanup on the River Devon, with six big bags of rubbish collected.

They also towed a Canadian canoe and "filled it with rubbish".

Along with plucking out plastic rubbish, Julie and the club have been clearing overgrown vegetation too.

"We keep an eye on the [River Devon] more than anyone else," said Julie.

We have been impressed by the support and engagement from our members and supporters.



The Big Paddle Cleanup was an amazing week of action by paddlers. The data is still coming in, but here's what we have so far:

In total, 1179 volunteers took part. They came from 103 English canoe clubs, 30 community groups and delivery partners, along with individual members.

Each river clean took about two hours, which equates to roughly 2,358 hours dedicated to the campaign by volunteers,

They filled 667 sacks, which included 2,001 single use plastic bottles, 1,396 cans, 782 glass bottles and 3,103 food wrappers.



To see what other things paddlers found, check out our online map, here:

clearaccessclearwaters.org.uk/paddle-cleanups-map

It's worth mentioning that a full breakdown of items removed was not possible. This was because of the sheer volume and the state of the items, having been in the water for so long.

Unusual finds included, a footstool, a computer monitor, an electric scooter, a doll's leg, a water pistol, a high chair and some dental floss.



Sue Bushell, from Midland Canoe Club, in Derby, was one of the people who took part in the Big Paddle Cleanup.

She said: "A small flotilla of one canoe and three kayaks armed with bags and litter pickers headed out again in the sunshine from Midland Canoe Club.

"We weaved in and out of the trees and banks as we headed upstream towards the final section of our 'normal' paddling range not yet covered in our spring cleaning blitz.

"We were entertained en route by dragonflies, damselflies, a variety of birds and a lovely group of seventeen fluffy little mandarin ducks.

"We collected an array of shredded plastic, whole plastic bags, sweet and crisp wrappers, plastic bottles, beer cans etc. Also found, that favourite, the traffic cone plus a couple of plastic plant pots, large pieces of polystyrene and a toy gun!

"The combination of canoe, acting as a big rubbish depository, and more manoeuvrable kayaks worked well again, with good support being provided between the boats to get at the more difficult to reach items."

Chantelle Grundy, British Canoeing's Access and Environment Lead, said: "The Big Paddle Cleanup has seen an amazing week of action by paddlers.

"There was a real sense of camaraderie within our community, all coming together to protect the places we paddle from plastic pollution.

"It has been really inspiring and I would like to thank those paddlers who volunteered their time to get behind the campaign - protecting our blue spaces for people, for nature and for the future.

"The campaign has really highlighted the need to reduce our plastic footprint and the need for access to water to enable our community to protect the environment for all to benefit."

River guardians AND RIGHT TO ROAM

Paddlers often have to travel miles out of their way to waterways they know will be free from challenge or threat.

There is a perception that simply by venturing out onto our network of amazing blue environments for recreation and enjoyment, you are breaking the law and subsequently can be labelled a “trespasser”.

Writer, illustrator and Right to Roam campaigner Nick Hayes has been writing and campaigning about these issues.

“People need to access nature in order to protect it,” he said.

“[Paddlers] could do so much to improve the ecology of the river from litter picks right through to water sampling and for [their own] mental and physical health...”

Nick, who has written *The Book of Trespass* and *The Trespassers Companion*, is campaigning for the extension of the Countryside & Rights of Way (CROW) Act so that millions more people can have easy access to open space.

He has been encouraging individuals and groups across England to enter private land, but “politely”, without confrontation, and with the intention of doing something positive for nature.



“We’re encouraging [people] to do litter picks or sewage [testing], and publish it on our website so we can collect a database of trespasses that have been done primarily to improve the ecology,” said Nick.

“Go there and provide scientific data or just go with a bin liner and pick up a load of litter... to show that there’s a public appetite to protect nature.

“When they [landowners] took away our access to nature, they took away our responsibility to defend it, we’re taking both back this year.”

Nick said, while trespass itself is not a criminal offence, you are exposed in law if you refuse to leave a site and even “rude language” could lead to a charge of aggravated trespass.

Nick explains that above all if you are challenged about being on private land you have to be polite, the worst thing you can do is be aggressive, even if the person challenging you is being aggressive.

He has written a Trespasser’s Code of Conduct and being respectful and considerate is a key



“THE RIGHT TO ROAM
IS A CELEBRATION OF
THE RIGHT TO BE”

– ANDY WIGHTMAN



part. The code recommends that you listen, but also politely suggest they listen to you too.

“We don’t want to be rude,” said Nick.

“We’ve been put in a position where they’ve put a fence up that blocks us from nature...

“Why can’t the public take the responsibilities and say, ‘we are the guardians of the river and we will make sure it’s clean and it’s flowing without microplastics and sewage’.”

Nick doesn’t believe anyone should own our rivers and therefore any paddler, or swimmer, should be prevented from using them.

“[Landowners] own up to the ‘thalweg’ which is this ancient Nordic word for the deepest bit of the river,” he said.

“If I own the river up to the thalweg I also own the river bed beneath it. Rivers should be seen as a rights of way network because that’s all they’ve ever been.

“The whole of human history has been founded on the fact that rivers have always been used as a transport network.”

British Canoeing has seen some incredible action being taken during the Big Paddle Cleanup and what has been clear is how much participants enjoyed it too.

While you may not have put the litter in our waters in the first place, the difference you have made is huge.

And as a final point, Nick said you should be proud of what you have achieved.

“You’re a guardian [and] rather than get annoyed about the people who drop litter, all the science says, the less litter there is in a place the less likely people are to litter.

“The picking up of litter needs to be rebranded to something slightly more honourable.”

It seems a fitting way to end this article and express thanks to all of those people who took part in the Big Paddle Cleanup, in June.



NEW SUP SAFER COURSE

If you're looking to raise your awareness of paddling your SUP safely in a sheltered water environment, then the NEW SUP Safer course is for you!

The NEW SUP Safer course is for anyone new or relatively novice to Stand Up Paddleboarding, wanting to gain knowledge and raise their awareness of their personal safety.

The SUP Safer course is based on the British Canoeing Awarding Body Educational Philosophy and, as such, the ethos of 'supporting you, the paddler' is the main focus of the course, encouraging you to consider where you paddle, the equipment you use and provide practical solutions if you get into difficulty.

The 4 hour course takes place in a sheltered water environment, where you will explore and learn to appreciate the potential hazards you might encounter and be prepared to avoid or deal with them.

The SUP Safer course has 4 modules:

- SUP Equipment
- Environment and Weather
- Planning
- Safety on the Water

There are no age restrictions for the SUP Safer course, it is suitable for individuals, families and groups wanting to expand their safety practices when on the water. This is an ideal course for those top tips and peace of mind when you're on the water. So what are you waiting for, book your course today!

Visit your Delivery Centre website to find your SUP Safer course:

- Canoe Wales
- Canoe Association of Northern Ireland
- Paddles Up Training
- Scottish Canoe Association



Supporting your Continuous Professional Development

As an Instructor, Coach, Leader or Guide, you'll recognise you need to continually maintain your skills to reflect current best practice in paddlesport activity. The BCAB Digital Library is a great tool that can support your Continuous Professional Development (CPD).

BCAB recognises the commitment, time and effort made when obtaining qualifications and, aligned with our Educational Philosophy, wants to provide you with ownership of your continual development.

Considering your own areas for development as an Instructor, Coach, Leader or Guide will aid you in selecting appropriate methods of keeping you up to date with current practice, consider new ideas and research, as well as continually improving the experience you provide to others whilst out on the water.

To assist you in considering your development areas, you could discuss this with peers, coach developers or mentors, reflecting on your current practice. You may want to use one of the British Canoeing Awarding Body self-analysis tools which can be used to suggest areas you may want to consider as part of your development.

We encourage that you choose to develop yourself through a variety of means, and seek to recognise formal, non-formal and informal development.

British Canoeing qualifications, awards and learning resources are still very much recognised as appropriate CPD and individual records updated automatically. Instructors, Coaches, Leaders and Guides will need to gain 20 points every 3 years and provide evidence on their membership record.

Developing your knowledge and skills

The British Canoeing Awarding Body (BCAB) Digital Library has a range of resources to support your paddling, whether you're new to paddling, a parent at a club, trying a new discipline, looking to get into leading or a seasoned coach, there's something for everyone!

The resources cover all disciplines, from sea kayaking to rafting and freestyle and vary in format from videos to eLearning or podcasts. Explore the Digital Library today!

Here's our top 5 pick of new resources:

Introduction to Equality, Diversity and Inclusion eLearning

This FREE eLearning gives an insight into a range of topics with interactive activities and resources. Learners will also be signposted to further information about specific topics, such as LGBTQ+ inclusion and engaging more women and girls.

We encourage anyone from the paddling community who wants to improve their knowledge to complete the eLearning, as it's suitable for all, regardless of your involvement! Everyone benefits from a greater understanding about these topics and how we can all work to create a more equal, diverse and inclusive sport.

The eLearning will count as 5 CPD points for Instructors, Coaches, Leaders and Guides.



www.britishcanoeingawarding.org.uk/resource/introduction-to-equality-diversity-and-inclusion/

SUP Safety - Choosing the correct leash

This information sheet from British Canoeing Safety Advisory Panel gives advice on the different types of leashes for SUP and their uses. The leash is a key source of safety when paddleboarding. It keeps you and your paddleboard together when things don't go to plan.



www.britishcanoeingawarding.org.uk/resource/sup-safety-choosing-the-correct-leash/

Paddle Safer Provider eLearning

Aimed at Instructors, Coaches, Leaders and Guides, this eLearning supports you to deliver the NEW Paddle Safer course. The Paddle Safer course is for anyone new or relatively new to paddling who would like to gain knowledge and raise their awareness of paddling safely in a sheltered or very sheltered water environment.

The eLearning gives an overview of the course, and explores the content and the delivery considerations of the course.

The eLearning will count as 5 CPD points for Instructors, Coaches, Leaders and Guides.



www.britishcanoeingawarding.org.uk/resource/paddle-safer-provider-training/

Including the buzz of weirs in your leadership

The presentation and supporting documents provide valuable knowledge for any leader wishing to include the safe, dynamic appraisal and shooting of weirs in their trip planning. The Paddlesport Touring Leader Award specifically includes the use of weirs within a British Canoeing remit but these resources can be used by anyone to support the use of weirs.



www.britishcanoeingawarding.org.uk/resource/including-the-buzz-of-weirs-in-your-leadership/

BCAB Coaching Podcast

Tune in to the BCAB Coaching Podcast which explores a range of topics. Latest episodes include 'Helping your child to manage stress and promoting self care', 'The role of a Performance Psychologist' and 'Rafting: Flipping'.



www.britishcanoeingawarding.org.uk/resource/british-canoeing-coaching-podcast/



WORLD CLASS PERFORMANCE ROUND UP

CANOE SPRINT AND PARACANOE WORLD CUPS

Britain's new K4 500m Women's crew marked their arrival on the international scene with a determined performance in the A Final at the second World Cup in Poznan.

Deborah Kerr, Emma Russell, Emily Lewis and Rebii Simon combined amongst a stacked field to finish in their first international race together.

Katie Reid achieved A Finals at both World Cups as she finished seventh and ninth in the women's C1 200m in Racice and Poznan respectively.

Dan Johnson too had a successful couple of weeks as he put in a dominant display in the men's K1 1000m B Final in Racice.

A development squad travelled to Poznan for World Cup 2, with three athletes making their international debut.

Llinos Owen narrowly missed out on the podium in her first international race as she finished fourth in the women's KL3.

Lindsay Thope finished seventh in the same event, whilst Ed Clifton achieved the same result in the men's VL2. Jon Tarrant rounded off his debut with a fourth place finish in the men's KL3 semi-final.



CANOE SLALOM WORLD CUPS

The British slalom team accumulated an impressive ten medals during the first three World Cups of the 2022 series, in Prague, Krakow and Tacen.

Joe Clarke and Mallory Franklin got the campaign underway with extreme slalom medals on the final day of World Cup 1 in Prague.

Joe secured silver in an eventful men's final, whilst Mallory grabbed a podium spot with bronze to build on her medal at the European Championships.

Moving onto World Cup 2 in Krakow the next week, the British team continued their success with Joe Clarke picking up another medal, this time in the canoe slalom as he won men's K1 silver on day two of the competition.

It was medals galore on the third day of competition, with Mallory getting the haul underway with gold in the women's C1, followed by Adam Burgess' first medal since 2019 after winning bronze in the men's C1.

Chris Bowers then won gold in the men's extreme slalom, his first medal in the new discipline making its debut at Paris 2024. Joe Clarke won his second medal of the weekend in the same event, with bronze.

The series concluded in Tacen with Mallory winning back to back gold in the women's C1 as well as silver in the K1, whilst Kimberley Woods rounded off her series with a fantastic gold medal in the women's extreme slalom.



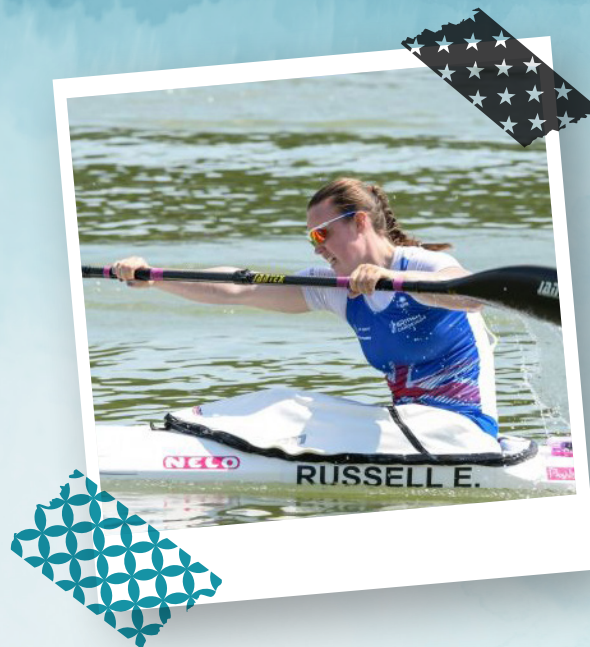
ECA CANOE SLALOM EUROPEAN CHAMPIONSHIPS, LIPTOVSKY MIKULAS

Mallory Franklin won four medals as she kick-started her international season in fantastic fashion at the slalom European Championships.

A 10-strong squad opened their international season in Slovenia after an impressive selection series in April.

Having won a team silver alongside Kimberley Woods and Megan Hamer-Evans, Mallory went on to win three individual medals, claiming bronze in the kayak, before continuing her imperious to win gold in the C1 and her first medal in extreme slalom with silver.

Elsewhere, Rio 2016 Olympic Champion Joe Clarke MBE was a narrow 0.16 seconds off the podium in the men's K1 canoe slalom final. Initially sitting in top, but a two second penalty eventually put him into fourth spot.



JUNIOR AND U23 EUROPEAN CANOE SPRINT CHAMPIONSHIPS, BELGRADE

Philip Miles, Emma Russell and Kristina Armstrong of Linlithgow led the charge in their respective A finals to conclude an excellent weekend of racing at the Junior and U23 European Canoe Sprint Championships in Belgrade.

Phil Miles set a personal best time in the U23 men's 500m A Final as he finished ninth. Miles also produced a strong performance to see him clinch victory in the men's K1 Under-23 1000m B final with a new personal best time in the week.

Emma Russell continued her great form to finish in eighth place in the women's K1 500m, crossing the line in 1:52.87 after a close finish.

Kristina Armstrong concluded the British participation in Belgrade on Sunday with the A final of the K1 Junior 200m, finishing ninth in 44.143.

Daniel Atkins (Reading) and Ieuan James (Scottish Performance Squad) saved their best race until last in the men's K2 U23 500m finishing third in the B final.



You can read more about all the events and how the teams got on here:

<https://www.britishcanoeing.org.uk/news/olympic-paralympic>

Inclusion Survey

WHAT YOU TOLD US ABOUT EQUALITY, DIVERSITY AND INCLUSION



During National Inclusion Week 2021, British Canoeing launched its first Inclusion Survey, the insight from which will help to drive forward our inclusive agenda.

The Inclusion Survey aimed to help us to understand, monitor and take steps to improve the experiences of paddlers from all backgrounds, as well better understand how our equality, diversity and inclusion work was making an impact across our sport and the organisation.

Receiving over 400 responses, the survey took a closer look at the lived experiences of our paddling community, and provided opportunities for us to take on board feedback and develop ideas for improvement.

Over the last eighteen months, British Canoeing has taken steps to centre inclusion as a core priority, through establishing its first Inclusion Advisory Group in 2021, and centering equality, diversity and inclusion in the organisation's strategy. We have continued to deliver programmes which focus on increasing representation and engagement such as the **#ShePaddles** programme, and launched our organisational commitments to equality, diversity and inclusion through **#WePaddleTogether**.



Ethnic Diversity

Overview

The data we collected from the survey showed that 93.13% of respondents were from white ethnic backgrounds, which included options such as "white British" and "other white group". This means that we heard from a limited number of respondents who had non-White ethnicities, at less than 7%.

What you had to say...

"Much better diversity in imagery and events is required"

"Reach out to us"

"As a white, English speaking individual ... I do notice the absence of other ethnicities."

"Role modelling, awareness and representation"

What we're doing...

The feedback from the Survey made it clear that representation and improving the diversity of the stories and storytellers was something we needed to improve, and something we have been doing more actively. Some of our stories include:

- > Solomon Maragh, Jamaica's first ever canoe slalom athlete was featured during Black History Month
- > We spoke to Joanna Blythe-Shields, canoe slalom junior team member, during International Women's Day.
- > Chris Brain, and athlete Noah Dembele were featured in the Black History Month episode of the Coaching Podcast in October 2021.

In winter 2021, British Canoeing participated in the Race Representation Index (RRI) which was delivered by Sporting Equals in order to benchmark our current levels of diversity in the context of ethnicity. British Canoeing scored an F, and were amongst the lowest scoring National Governing Bodies who completed the Index. This has re-emphasized our need to address the lack of representation across the board. British Canoeing has received recommendations as an outcome of participating in the Index, which we will be reviewing and implementing in due course.

What we're planning to do...

As with all other areas of diversity, we are committed to improving representation and diversity across our imagery, media and shared content, and utilising this to ensure that there are ethnically diverse role models across the paddling community.

We are excited to be exploring opportunities to work with more diverse communities across the country through our Community Hub work. Community Hubs will work to draw together and amplify the brilliant paddling activities currently happening in core inner cities, such as Birmingham, which are home to ethnically and culturally diverse communities. This approach is about supporting community deliverers to bring paddling to more people across these cities, create more community-led activity, and improve the opportunity for more diverse communities to access paddling.



People with Disabilities

Overview

From those who responded to the Survey, 15.4% told us they had a disability or long-term health condition, with an additional 7.57% of respondents telling us that they had more than one.

What you had to say...

"Paddling is a great activity for autistic individuals"

"Lack of information about adaptability options"

"Train coaches to understand multiple disabilities"

"More visibility of disabled people doing the sport"

What we're doing...

We've received many enquiries around how carers could be covered by British Canoeing membership in order to support disabled paddlers on the water. We are pleased to announce that a carers membership bolt-on will be made available during 2022 to all members with On the Water memberships who require a carer due to a disability or long-term health condition. The bolt-on costs £10, and covers a second craft as well as the person who holds the On the Water membership - this was implemented specifically to ensure those with changing or multiple carers are still able to paddle.

In 2022, British Canoeing worked with Bath Canoe Club and Parkinson's UK to host a free Paddle for Parkinson's event, which aimed to get people with Parkinson's and their families out on the water. The event was a great success, and there are plans to develop a further partnership with Parkinson's UK to support more people to get out on the water.

What we're planning to do...

We are committed to reviewing the Paddle Ability programme, to ensure support for the delivery of accessible and disability-specific paddling activities, and support more people to get out on the water. The Survey highlighted a need to include non-visible disabilities, and disabilities outside of the Paracanoe classifications, in the disability programme, which we will be taking on board.

More generally, British Canoeing is committed to improving its accessibility, through our website, media and online resources and, through supporting improved understanding for the paddling community around how to support paddlers with disabilities to get out onto the water.



The LGBTQ+ Community

Overview

13.03% of respondents to the Inclusion Survey told us that they identified in a way other than heterosexual (such as gay, lesbian, bisexual, asexual etc.).

The feedback we received in this section focussed heavily on representation, visibility and allyship. While some respondents noted that they'd seen our content around LGBT History Month and Pride Month, they wanted to see more consistent coverage and representation throughout the year.

What you had to say...

"Targeted events ... proactively support the LGBT+ community"

"Visible celebration of Pride"

"Make it clear that clubs and events are a safe space for these paddlers, where they will not be discriminated against."

"Engage more with Rainbow Laces"

What we're doing...

During the Rainbow Laces campaign in 2021, British Canoeing released a Rainbow Laces craft decal sticker

so that members of the LGBTQ+ community and allies could show their support.

In the theme of representation, British Canoeing supported LGBT History Month in February, sharing stories and experiences from Katie Reid, Clare Rutter, and Patrick Surguy; Pride Month in June; and Trans Awareness Week in November, sharing Josephine and Rachel's stories.

We also delivered a transgender inclusion webinar in grassroots paddling during Pride Month in 2022, and will look to offer this out to the paddling community.

What we're planning to do...

British Canoeing are currently planning a Pride Paddle event to coincide with the launch of Pride House Birmingham in the lead up to the Commonwealth Games in Birmingham in 2022, an idea which was suggested to us through this Inclusion Survey. We felt this was a great opportunity to show allyship to the LGBTQ+ community, bring paddling to the waterways of inner city Birmingham, and raise the profile of paddling through the coverage of the Commonwealth Games. You can find out more about the event here

Adventure. Exploration. Travel.

The Gill bag range covers all bases.



Whether you've recently splashed out on some new kit or wanting to keep that much-loved gear protected, Gill has the answer. The new collection of waterproof bags comes in a range of shapes and sizes, whether you're going out for a quick paddle or a weekend adventure.

Using the best possible materials as well as high-frequency fully welded seams, you can be confident that your kit will remain dry. Also featuring a host of new design innovations and improved functionality.



Left to right: Day Pack, Kit Pack and Voyager Back Pack.

The Voyager Pack collection features 3 versatile bag styles, all available in 3 colourways. These bags are also waterproof and use high frequency welded seams which make them ideal for use on and off the water.

The smaller 25L Day Pack uses a lighter weight PVC material making it great for everyday use when you don't have lots of kit to carry. Also featuring an internal zippered pocket for storing valuables.

The 35L Kit Pack is a great multifunctional option, packed with features. The bungee cord attachment on the front is ideal for storing and accessing kit quickly. The external zippered pocket is also great for storing handy items you need to access quickly without rummaging through your entire bag contents.

The new 30L Voyager Back Pack is a brand new bag style. Featuring twin water bottle holders either side making it ideal for longer adventures when you need to stay hydrated. Featuring a larger external pocket with a clear window ideal for storing a map or course notes. The padded and breathable airmesh harness system with removable straps means you can wear as both a backpack off the water as well as strapping down flat to your board or boat.





The Voyager Dry Cylinder collection comes in a range of sizes and colours, from a large 50L all the way to a smaller 5L for storing and transporting essentials. All featuring a roll top closure with side release fastenings for a watertight seal. The wide opening makes it easy to access and locate kit. The semi translucent window also allows you to see exactly what's inside and where it is without having to open. The multiple attachment points make it easy to secure in transit.

The Voyager duffel collection ranges from a massive 90L capacity to a more compact 10L. They all feature 6 attachment points for strapping down onto your board, boat or in the back of a car. The 30L, 60L and 90L all benefit from a heavy duty, reinforced haul handle on either side to make carrying and moving around much easier. These larger bags also feature a padded shoulder strap which make transporting heavy kit light work.

Looking for new gear?



Pursuit Buoyancy Aid, Sulphur
Adult £70, Junior £60

The Pursuit Buoyancy Aid has adjustable shoulders with Neoprene padding for a secure fit. Practical, with a self-draining zippered front pocket and reflective detailing front and back for visibility - the lightweight, minimum bulk design allows full freedom of movement. Available in Orange, Black and new Sulphur colour options and in both adult and junior sizes.



Women's Dynamic Long Jane
& Men's Dynamic Long John – £85 each

The Dynamic Long John and Women's Dynamic Long Jane feature a 3mm neoprene and 4-way stretch for a comfortable fit. Wear on its own in warmer months or with an additional base and top layer in the winter.



Aqua Parka, Dark Navy/Bluejay – £140

The Aqua Parka is an essential item for year-round water activities. Now available in 2 brand new colourways – Dark Navy/Bluejay and Ash/Eggshell.

Your member discount gives you 15% off all of Gill's full priced product, shop now at: gb.gillmarine.com



Packed and ready for action.

For your land or water-based adventures, keep your kit dry and protected with our new collection of waterproof bags. Available in a range of styles, shapes and sizes so there really is something for everyone.

Available now at gb.gillmarine.com

Don't forget British Canoeing members get 15% off Gill products.

