BRITISH CANOEING

CANOE FOCUS

How Can Anyone Own A River?...

Read more on page 14

Paddling with Pride 2022

Read more on page 8

2022 Paddlesport Coaching and Leadership Conference

Read more on page 18

Late Summer 2022

Contents

Welcome

Welcome 3

News

News 4

Inclusivity

Paddling With Pride 2022 8

National Inclusion Week - A year on from #WePaddleTogether 10

Clear Access Clear Waters

How Can Anyone Own A River? - DR Amy-Jane Beer on Rivers, Kayaking, Nature and Access Rights 14

The Paddlers' Code 16

Coaching and Leadership

The 2022 Paddlesport Coaching and Leadership Conference is for you.. 18

COMING SOON! Become a Stand Up Paddleboard Instructor 20

Performance

Performance Round Up 22

Welcome

Welcome to the latest edition of Canoe Focus. What a summer we have enjoyed! It has been a period that has brought together so much of what we stand for as an organisation in reflecting the interests of our members and seeking to serve them as well as we can. And our membership numbers continue to delight us – so thank you for joining and for continuing your support. It has been an activity packed two months – no doubt leaving our new CEO Ashley Metcalfe, who has settled in exceedingly well, both impressed and breathless!

On the competitive front it has been a period of success, breadth and novelty. First it was good to host the ICF Freestyle World Championships in Nottingham: for the first time! Paddler Magazine paid a huge tribute in the last edition – I need say no more. We have also had our Women's Canoe Polo Team representing GB in the World Games and our Sprint and Para teams in the new format multi event European Championships being held in Munich. Successful international events for Sprint and particularly Para Sprint in Halifax Nova Scotia have been accompanied by success from our Slalom paddlers in both the immensely significant 50th anniversary World Championships on the Eiskanal in Augsburg and then the Junior and U23 European championships in Ceske Budejovice. Wild Water Racing also saw Kerry Christie crowned the first ever British U23 European Champion in Banja Luka.

I write this from the excellent World Canoe Polo Championships in St Omer, France where we have both men's and women's senior and U23 teams represented. It is in a magnificent stadium setting that honours the athletes. It is pleasing that our Vice President, Greg Smale as Chair of the ICF Canoe Polo committee is at the forefront of these championships.

The summer has also thrown into sharp relief many of the issues that are so important to our community and we cover some of them in this edition. Safety on the water and responsibility taken when using open water has never been more high profile. It is one of the reasons we have devoted so much energy this summer to get safety messages across. Water shortages on the one hand and then pollution from raw sewage as the heavy rains came also served to emphasise how important it is to keep up the pressure for clean water, responsibly used and easily accessed. Activist and naturalist Dr Amy Jane Beer draws attention to the issues in this edition. The piece is but a taster of what you can find in her book. The way we accept responsibility as paddlers is also covered in the feature on the Paddlers' Code.

Our commitment to being a welcoming and inclusive community continues unabated. We want to fully reflect the rich diversity of the population we serve and extoll the delights and benefits of paddling to all. Our Ambassadors do a great job for us and we have had some high profile events of late that reflect this determination. Leading into the Commonwealth Games and as part of the Birmingham festival we partnered with local agencies and clubs from the West Midlands, Yorkshire and further afield for our first Paddling with Pride event. A huge success with over 60 paddlers on the water: many for the very first time. Autumn will see further action as we support National Inclusion week.

For our members active in Coaching and Club support I commend the article flagging up our Coaching and Leadership Conference that will be at Eastwood Hall in November. Our volunteer coaching community, as well as the professionals, will come together to develop their learning journey further together. We are particularly keen to reach out to the fast growing SUP community – now very firmly reflected in our membership – and the new SUP instructor course to be launched is covered later in this edition.

As busy as the period has been we shall not reduce our energy levels or commitment as we go into autumn to ensure that we keep taking the organisation forward to the benefit of the community we serve. Please join us and play your part.

Very best wishes,

John Coyne
Professor John Coyne CBE

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 2022 Membership Survey is now open!

Our 2022 Membership survey is now live. Your opinion matters to us and will help us shape how we deliver our membership offers to you. Whether you're a paddler, coach, volunteer, supporter (or all of the above!) we want to hear your views on what British Canoeing is doing. Please complete our 2022 membership survey below.

https://www.surveymonkey.co.uk/r/BCmembers2022

Visually Impared Paddlers take to the water with support from Tower Hamlets Canoe Club

Tower Hamlets Canoe Club is helping visually impaired paddlers (VIPs) take to the capital's waterways, with the help of Active Thames, founded by the Port of London Authority (PLA). The Active Thames grant, also supported by British Canoeing and London Sport, has so far funded 14 free induction sessions introducing VIPs to kayaking and canoeing at the club, based in Shadwell Basin. Alex Etherington-Smith, who runs the programme at the club, is hoping it will become a permanent fixture and inspire others to follow suit.

Find out more here: **activethames.co.uk/index.php/2022/06/17/thames-awaits-new-tower-hamlets-canoe-clubs-visually-impaired-paddlers/**

Welcome to GO GREEN Membership

Go Green with you British Canoeing Membership

British Canoeing members can choose to Go Green when signing up or renewing membership. By choosing Go Green, members will be able to use their PDF membership card, giving them instant access to all their membership benefits, and all communications will be sent digitally. Based on member feedback, and our aim to improve member services, we are taking this step to help make membership more environmentally friendly. In addition, British Canoeing is also committed to ring-fencing £2 of the membership fee of each member who signs up to the Go Green option, to support the work of the paddle cleanups and the British Canoeing Clear Access Clear Waters campaign.

Find out more here: **www.britishcanoeing.org.uk/news/2020/membership-is-going-green**

An Inland Adventure: 200 miles along the Welsh Marches

A couple of months ago Linda Smith and Andy Garland set off on an adventure. They had set themselves the challenge of canoeing a route broadly following the length of the England-Wales border from Ellesmere Port close to the Mersey Estuary in the north, to Gloucester at the head of the Bristol Channel in the south. An epic journey with many interesting stories along the way, find out how they planned it, the issues they faced and how it all went by clicking the link below.

www.britishcanoeing.org.uk/news/2022/an-inland-adventure-200-miles-along-the-welsh-marches

Share your stories with us for National Inclusion Week!

National Inclusion Week, established by Inclusive Employers, runs from 26th September to 2nd October, and is a week dedicated to celebrating inclusion. We love to feature as many stories, experiences and case studies of the great work going on across the paddling community. During National Inclusion Week and beyond, be sure to tag us in your posts, photos and videos on any of out social media platforms, using the #WePaddleTogether hashtag. If you have stories you'd like to share with us, contact us at: **mediaenquiries@britishcanoeing.org.uk**

National Inclusion Week #ThePowerOfNow Inclusive Employers

The All-Rounder Jacket

The lightweight 'down-feel' recycled polyester fill provides dependable insulation with excellent warmth to weight ratio. Layer under a waterproof jacket or wear on its own, the Fitzroy Jacket is a versatile all-rounder for use both on and off the water.

Available now at gb.gillmarine.com

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

GO Paddling! | Gill

GO Paddling!
Gill

Stay Dry.

Out in your kayak, on your paddleboard, or doing any water activity where you could use a little extra protection? Dry suits are an excellent choice.

Like the new Verso Drysuit from Gill, surface dry suits are often made with breathable fabrics as wearers who spend much of their time on the surface often get overheated and/or dehydrated.

Along with being breathable, dry suits are waterproof and watertight and insulate against heat transfer to the surrounding environment. Aiding in keeping water out, the neck and wrists often incorporate soft rubber (like latex) or Neoprene seals and purge valves to evacuate any water that may creep in.

Made with Gill's exclusive XPLORE+® 3-layer waterproof and breathable fabric and plant-based XPEL® water and stain repellent fabric finish, the Verso Drysuit is the ultimate protective dry suit.

Easy to use, with a dependable, heavyweight rear-entry zip design, step into the suit and zip yourself in. Every feature has been thought out with the user in mind. Inner Neoprene Dryseals at the neck and wrist prevent cold water flush and adjustable cuffs improve fit, whilst adding additional weather protection. The packable rollaway hood design allows you to stow the hood safely away when not in use and the soft fleece inner chin guard has laser-cut ventilation holes to increase comfort. There is also a pocket on the sleeve that's accessible while wearing a PFD.

The Verso Drysuit comes in Graphite and Bluejay colourways.

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

Combine with

Hydrophobe Thermal Top –
Adult £55, Junior £40

The new Hydrophobe Thermal Top is ideal for all water-based activities. Ideal for wearing in colder weather under a wetsuit or drysuit. The fleece lining is comfortable against the skin and traps warm air, whilst the thermal protection fabric protects the skin from UV 50+ sun rays.

Aqua Parka, Dark Navy/Bluejay – £145

Change wherever, whenever with welded seams that stretch and move with you as you change, and a long length and generous fit which gives full coverage. Keep warm and dry inside with a high loft fleece lining to keep you warm even when wet. Also available in Graphite and Eggshell.

Voyager Dry Bag, Sulphur –
£45 (50L), £25 (25L), £20 (10L), £18 (5L)

The Voyager Dry Bag is made from puncture resistant, waterproof PVC tarpaulin fabric and is constructed using stitch-free, high frequency welded seams, making it completely waterproof. Roll down the wide opening (we recommend rolling down three times) and fasten the side release clips to create a watertight seal. The semi translucent window allows you to see inside the bag without having to open it up in wet conditions. The multiple D-ring attachment points make it easy to secure down in transit on and off the water. Also available in Black and Bluejay.

Paddling with Pride 2022

In July, British Canoeing took to the water at The Roundhouse in Birmingham for the first ever Paddling with Pride event in partnership with Pride House Birmingham, and we had the most amazing day! Read on to find out what we got up to...

Respondents to British Canoeing's national Inclusion Survey in 2021 told us that they wanted to see more engagement and content on LGBTQ+ issues and inclusion throughout the year as well as during Pride Month. A key suggestion that stood out to us was a Pride-related event, open to the LGBTQ+ community and their allies to have a welcoming paddling experience.

The Pride House Birmingham initiative aimed to create safe and welcoming spaces and environments for supporters, athletes, staff and everyone involved at the 2022 Commonwealth Games who is part of the LGBTQ+ community.

Pride House Birmingham, launched in January 2021, ran alongside the Birmingham 2022 Commonwealth Games, and we were excited by the opportunity to partner with them to bring this idea to life, and create an event and space that was welcoming and inclusive for the LGBTQ+ community and their allies - and so Paddling with Pride was born!

Although currently there aren't any paddling events as part of the programme for the Commonwealth Games, there was certainly the appetite for it in Birmingham! More than 60 people joined us on the Birmingham Canal Old Line at the Roundhouse to try their hand in kayaks, sit-on-top canoes and stand-up paddleboards, and enjoy what Birmingham's waterways had to offer. Excitingly, over three quarters of paddlers were either beginning or novice paddlers, meaning many of the paddlers who joined us on the day were new to paddling!

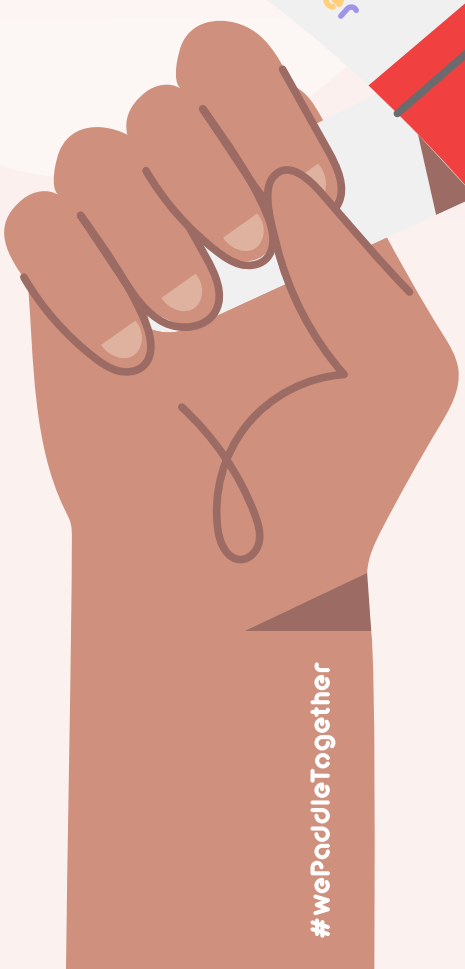
"I think it's nice to have a Pride event that's not based around alcohol ... and it's getting out and trying something new, and we had some really interesting conversations about the environment ... so it's been a really good way to get out and meet people." said, Kim Walton-Evans

One lucky paddler was Darren Lamb, who was the winner of event partner Aquaplanet's rainbow-themed MAX SUP! Darren told us: "Paddling with Pride was a fantastic opportunity to try something different and meet some great new people, both allies and members of our LGBTQ+ community. Winning my own board was a wonderful surprise and I can't wait to get on the water again and try it out. Minoritised groups are sometimes reluctant to try sports, so it was great to have such a friendly space to meet!"

Helena Russo, Equality, Diversity and Inclusion Lead for British Canoeing, said:

"The Paddling with Pride event was such a fantastic day to organise and be part of, and see so many happy paddlers out on the water throughout the event. We were delighted to see the event reach so many people, and we've already had feedback that attendees are already looking at new paddling opportunities, so we really hope we've opened up paddling as an accessible and welcoming activity."

British Canoeing hopes to see more of these events run in other core cities in the future, in order to build on the successes of Paddling with Pride in Birmingham. A huge thank you also goes out to our wonderful volunteers who supported us on the day, both from the Roundhouse in Birmingham, and from clubs across the West Midlands, Yorkshire and further afield. We couldn't have delivered this event without you, and we were so pleased you could be with us to welcome a host of new paddlers to the water!



National Inclusion Week - A Year of #WePaddleTogether

National Inclusion Week, established by Inclusive Employers, runs from 26th September to 2nd October, and is a week dedicated to celebrating inclusion. This years' theme is The Power of Now, and we're reflecting on all of the great work in equality, diversity and inclusion from across the paddling community, and looking forward to the year to come.

2021/2022 HIGHLIGHTS

#ShePaddles Ambassadors Spotlight

Our She Paddles Ambassadors are brilliant role models for women and girls from all backgrounds, working to encourage more women and girls into paddling. Their achievements have been substantial and some of the highlights include:

- In June of 2021, Shilpa Rasaiah set off on a mammoth 160 mile paddle along the Grand Union Canal, an effort which took almost three weeks to complete.
- In July, Anna Stishova delivered an Eid paddle at the Anderton Centre, engaging with local Muslim communities in Bolton, and will be a Muslim Girls Paddlesports Club into the autumn at the same venue.
- Jen Warren supported International Day of Persons with Disabilities in December 2021, showcasing disabled paddlers and their

Quality Club Criteria 2022

British Canoeing was excited to announce an update to the Quality Club criteria in 2022 that focuses on equality, diversity and inclusion in the club communities. The five new sections are: Good Governance, Understanding Your Club, Understanding Your Local Community, Making Paddling Accessible and Tackling Discrimination. We're looking forward to seeing even more great work happening across the club network as a result.

Inclusion Advisory Group

The Inclusion Advisory Group has now been established for over a year, and in the past year have been heavily involved in lots of different areas of work. The IAG has been involved with supporting us to; embed equality, diversity and inclusion into Stronger Together; develop the new Quality Club criteria; developing the upcoming Diversity and Inclusion Action Plans; and even got involved with the Big Paddle Clean Up! We look forward to seeing their brilliant work continue!

People of Colour Paddle

2022 saw the launch of People of Colour Paddle, a new initiative 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. Since April, a mix of beginner paddling sessions and social paddles will have reached over 100 people by September, in Liverpool, Cheshire and Bristol, with upcoming beginner sessions in Glasgow!

London Youth Rowing partnership

London Youth Rowing (LYR) is a not-for-profit organisation working to create more diverse, inclusive and accessible rowing settings, engaging with disadvantaged young people across London, and over 10,000 young people through clubs and schools every year. British Canoeing are delighted to be working with LYR to add canoeing to this offer through engagement programmes across London, Leeds and Kent.

WHAT'S HAPPENING DURING NIW 2022?

There is plenty of action coming for National Inclusion Week 2022, running from the 26th September to 2nd October, and we'd love you to be involved and to hear what you might be getting up to to support the initiative.

Power of Now

The theme of National Inclusion Week 2022 is The Power of Now, which is about highlighting the importance of taking action on inclusion in the current moment, and how real inclusion happens through the day-to-day actions we all take. We'd love to see what actions you're taking to embrace the #ThePowerOfNow, and you can share your photos with us on social media with the hashtags #WePaddleTogether and **#ThePowerOfNow.**

National Inclusion Survey returns for 2022

The second National Inclusion Survey will be opened, with the aim of understanding, monitoring and improving inclusion and diversity within our sport, and understanding the paddling community's view of our sport and British Canoeing as an organisation; gather lived experience views; and the impact and effectiveness of our work in the area of equality, diversity and inclusion. To complete the survey, visit the British Canoeing website.

'You can't be what you can't see'

A key piece of feedback British Canoeing received through the National Inclusion Survey was the lack of representation of paddlers from a variety of backgrounds, communities and identities. As a result, we're launching an initiative to improve the diversity of our imagery, and we want to hear from you! Tell us about your 2023 events or sessions by contacting **mediaenquiries@britishcanoeing.org.uk,** and we could be coming to visit you for photography and videography!

WHAT'S TO COME?

While we've achieved lots in the last year, there is still lots yet to be achieved. Equality, diversity and inclusion are just as much about the smaller, everyday actions we can all take, as well as the large-scale achievements. So what's to come in the next year?

Strategy for equality, diversity and inclusion

In March 2022, British Canoeing launched its organisational strategy for 2022-2026, Stronger Together, where equality, diversity and inclusion features as a core cross-cutting theme. Later this year, a strategy and action plan outlining the specific actions we'll be taking in order to achieve our inclusive agenda will be launched.

Key dates for 2022

There are many initiatives, celebrations and dates coming up during the rest of 2022 - here are some of the initiatives we're looking forward to supporting, and hope you can join us on!

October - Black History Month

OCT 10 — **OCT 10th -** World Mental Health Day

November - Islamophobia Awareness Month

NOV 12 — **NOV 12th-19th -** Transgender Awareness Week

NOV 19 — **NOV 19th -** International Men's Day

December

DEC 3 — **DEC 3rd -** International Day of Persons with Disabilities

DEC 8 — **DEC 8th -** Rainbow Laces

Inclusive Language eLearning

During National Inclusion Week 2021, the Introduction to Equality, Diversity and Inclusion eLearning was launched, and feedback on new resources made it clear that inclusive language, banter and microaggressions was a topic in demand. We are delighted that an eLearning on this topic will be launched in the autumn of 2022!

WELCOME BACK TO PARADISE.
With all Covid restrictions now lifted, the Cayman Islands is fully open and ready to welcome you back.
CAYMAN ISLANDS
GRAND CAYMAN | CAYMAN BRAC | LITTLE CAYMAN
VISITCAYMANISLANDS.COM

Paddle Logger

Get more from your time on the water

Download on the App Store

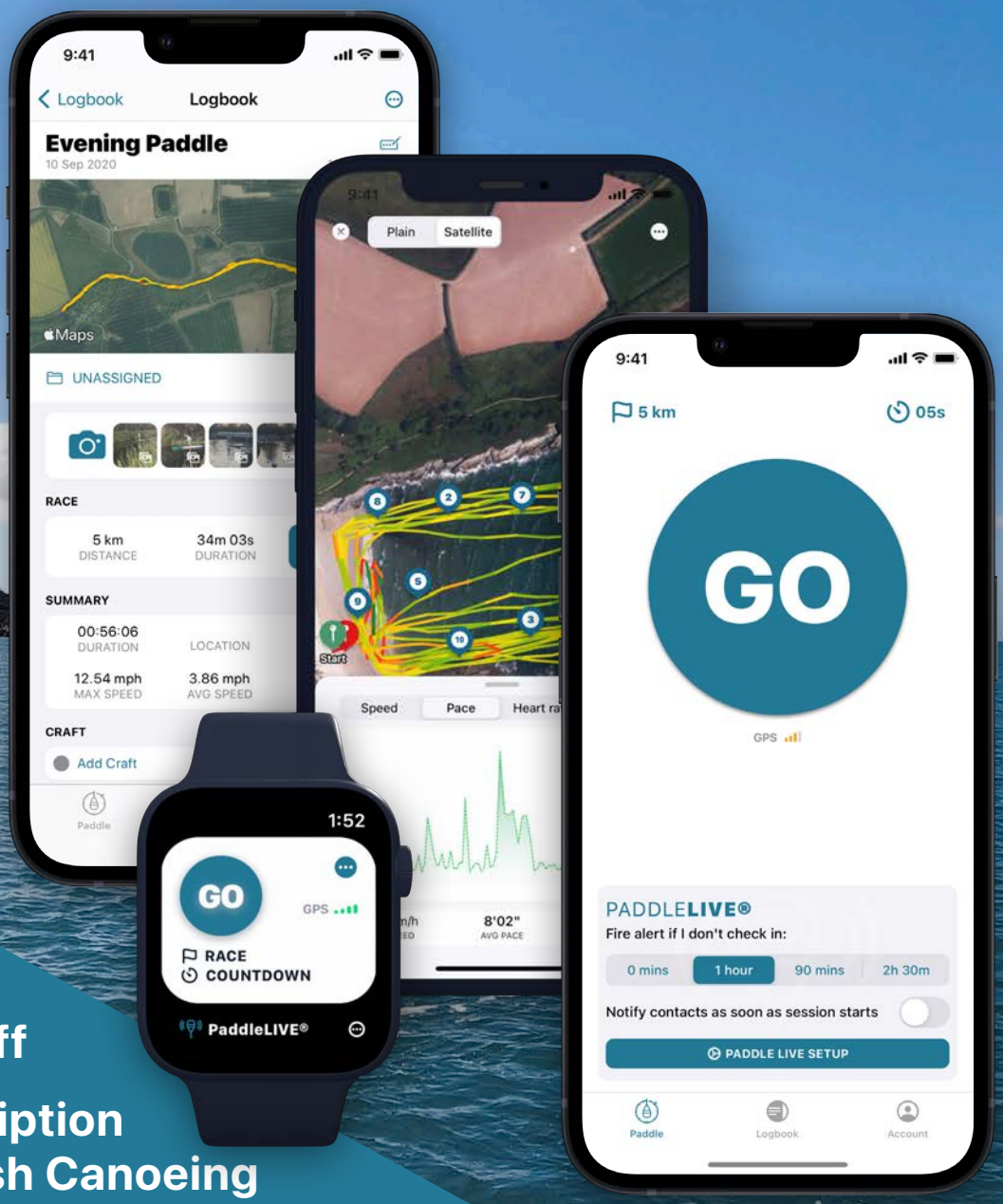
Works with Apple Health

PADDLE LOGGER · PADDLE CLUB ·

PADDLELIVE

We harness the power of your everyday devices so you can track your progress, share your location and record your time on the water...

all in one easy-to-use app.



50% off

Annual Subscription with your British Canoeing Membership*

*terms and conditions apply

PADDLE LOGGER

‘HOW CAN ANYONE OWN A RIVER? IT’S A COMPLETE ABSURDITY’:

DR AMY-JANE BEER ON RIVERS, KAYAKING, NATURE AND ACCESS RIGHTS.

Writer and naturalist Dr Amy-Jane Beer knows more than a thing or two about paddling. There’s nothing more she would love than for everyone to have better access to the country’s waterways for exploration and for nature.

“Kayaking ticked all my boxes for adventure, for adrenaline, for being part of a close knit community,” she said.

“Most of all, for the places that we got to go, that ability to take you to places that it’s pretty much impossible to get by any other way. And that was always the magic for me.”

It was Amy-Jane’s husband Roy who got her into kayaking, after she moved to York.

However, after falling in love with paddling she felt “baffled” at learning that in some people’s eyes, she was in fact trespassing on some of the rivers she was using.

“It was a startling revelation,” she said. “How can anyone own a river? It’s a complete absurdity.”

Dr Amy-Jane Beer, who is based in North Yorkshire, has more than 20 years experience as a science writer and editor, contributing to more than 40 books on natural history.

In The Flow, her new book about water and our place in nature, Amy-Jane recalls an incident where barbed wire had been stretched across a river.

“Our initial instinct was that it was put there for us, deliberately,” she said.

“[Maybe it was] to keep livestock from straying around the end of a fence and down the river… but even then, it’s still an incredibly foolish thing to do.

“A river is just too dynamic to make that a safe thing to do under any circumstances.”

Amy-Jane, who is working with the Right to Roam campaign, had felt disillusioned by the lack of progress with access rights.

However, she said it feels like “there’s more of a push” for greater access and some positivity has emerged from the depths of the crisis facing our rivers.

Earlier this year, the Chief Medical Officer for England, Chris Whitty, said raw sewage entering our rivers was becoming a “growing health problem”.

Weeks later, the Environment Agency announced the performance of water companies fell to the lowest level seen under the Environmental Performance Assessment (EPA).

Prison sentences for chief executives and board members, whose companies are responsible for the most serious incidents, was also mooted.

“Rivers are having such a kind of cultural moment,” said Dr Beer.

“With the increase in public awareness of the state they’re in… much of that is coming from people whose involvement with rivers, whose love of rivers, involves routinely being seen to be trespassing on them.”

British Canoeing, through its Clear Access, Clear Waters campaign, believes with greater access more people will engage with nature and want to protect it.

Amy-Jane, who got involved in our Big Paddle Cleanup in June, said paddlers have always been good at looking after their environment.

“As a kayaking community, we’ve probably always done decent things,” she said.

“We’ve rescued endless sheep and collected endless lots of fishing line and litter.

"Generally we try to look after the environment."

However, she said, while the public could always be more responsible, it is not an argument for preventing greater access.

"It is a sort of constant gaslighting… blaming the public for the state of the environment when all the problems, which without reverse are systemic, are caused by corporate greed and failure of regulation.

"They're not caused by people going out to enjoy the river."

How do things change? What does greater access to rivers and waterways in England and Wales look like, how could it happen?

"It's not even as though this is hypothetical," said Amy-Jane.

"I mean, literally a few miles north [in Scotland], and they have a different system."

In Scotland, you can access most land and inland water for recreational purposes, as long as you do so responsibly.

The Scottish Outdoor Access Code encourages people to look after the environment and respect the needs of others working the land or enjoying the outdoors.

"There are still people who will go out and behave inappropriately [on Scottish land and rivers], but it is a minority," said Amy-Jane.

"Landowners have this fear that opening up rivers will cause an increase [in bad behaviour].

"If that was true, then Scotland would be trashed."

In England and Wales, the laws are very different, with less than 4% of rivers having a clear right of access.

It means the majority of the public are at risk of confrontation and challenge each time they take to the water for enjoyment.

Amy-Jane Beer has experienced such confrontations leading to feelings of intimidation. She said every challenge she has had about river access was from "lone entitled males", acting on behalf of landowners.

"I sort of put on this mask… I'm gonna stay calm, I'm going to not let them know that they're getting to me," she said.

"This person is actually challenging my right to exist in this place and that cuts deep."

While writing her book, Amy-Jane spent a lot of time by rivers, without a kayak, talking to people with a mutual love of rivers.

"I do try to think the best of people and generally the people I meet," she said.

"They don't necessarily know that I'm a kayaker, and you get into some interesting conversations.

"But then you mention kayaking, and sometimes the conversation continues in a positive way and other times you just sort of see the barrier go up.

"It's so English. I mean, can you not actually see how weird this situation is? If we need to be part of a tribe, let's just be part of one tribe of river love."

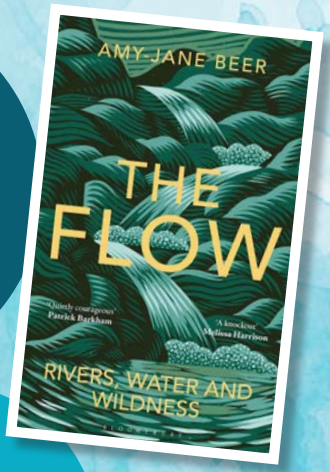
In Amy-Jane's experience, the vast majority of people are in the "messy middle" of the debate about access. Whether they are paddlers, anglers, conservationists, landowners and farmers, many are prepared to listen and work together to achieve the same aims.

Those aims, the shared ideals, are about the environments where we paddle, swim, fish and work. A mutual goal should be to engage people in nature and protect those important places.

"Culture can be changed and attitudes to the outdoors can be changed," said Amy-Jane.

"That won't happen unless we have the access, unless we have the time and the space to go and learn to love these places and re-engage with them and recognise them as the home that we share."

Dr Amy-Jane Beer's book, **The Flow, Rivers, Water and Wildness,** published by Bloomsbury, is out now.



You can follow her on Twitter:
@AmyJaneBeer

The Paddlers' Code

Respect · Protect · Enjoy

Respect

Protect

Enjoy

The new Paddlers' Code is a guide for canoeists, kayakers and stand-up paddle boarders. It has been developed in partnership with paddlers and a wide range of stakeholders who it is hoped will adopt the code themselves.

It shows how we as paddlers can best protect wildlife and spot pollution among other pieces of advice on how to behave out on our rivers and waterways

Ben Seal, the head of access and environment at British Canoeing, said: "Following the growth in new people taking to paddling, we felt this was a great opportunity to set out the sorts of things we as paddlers do to protect our environment, respect other users and safely enjoy being on the water.

"It's a super simple set of good practice guidelines that we hope people will share and use every time they go out paddling. It is not about giving people a set of rules to abide by. It is more about describing the good things we do as a community to paddle responsibly."

The code includes advice for paddlers to keep group sizes small and discreet, avoid damaging fences and walls when lifting crafts over them and generally being respectful to those you meet along the water.
To protect nature, paddlers are asked to avoid dragging boats on river banks and to avoid gravel beds, which can be important spawning grounds for fish.

Also, the guide reminds paddlers to check, clean and dry their kit after each trip. This is key to helping stop the spread of invasive, non-native species.

The code also includes safety advice, including wearing a buoyancy aid and having the appropriate leash for the environment if paddling SUP.

The code can be found at its new website www.paddlerscode.info

paddlerscode.info

LIFEJACKET®

> SKIN PROTECTION <

WE DON'T DO SKINCARE. WE DO SKIN PROTECTION.

Time outside on the water puts stress on your skin, your body's largest organ and its first line of defence from the outside world.

Skin damage can be anything from redness, soreness, irritation and cracked skin, all the way to skin cancer.

Following our own personal experiences with the illness, we're on a mission to halt the increase in skin cancer, one of the world's most common (and preventable) cancers. Since the 90s, incidence rates have doubled and they're forecast to double again over the next 20 years.

Even during winter, UV hits you twice when paddling: once from the sun and again when it bounces off the water. Re-apply regularly and protect any exposed skin, so you can just focus on doing what you love knowing you're skin-safe.

Add LifeJacket to your kit bag. Protect your skin every single day using our range of daily moisturisers, sunscreens and UPF 50+ apparel.

British Canoeing members get 10% OFF our online store. Enter the code CANOEING at checkout or click here for it to be automatically applied to your basket.

We've Got Your Back.
#BeSkinvincible

LIFEJACKETSKIN.COM

FOLLOW US @LIFEJACKETSKIN

The 2022 Paddlesport Coaching and Leadership Conference is for you...

Aimed at all clubs, centres, parents, paddlers, coaches and leaders, this year's Paddlesport Coaching and Leadership Conference has something for everyone!

Be inspired by our speakers...

Of course, we've managed to secure some truly inspirational keynotes:

- Doug Cooper will explore 'Putting the 'YOU' into coaching: Knowing 'who' you are as a coach to support, understand and enhance all you do';
- Ian Pitchford will delve into 'Keeping the 'YOU' in coaching fresh and safe: Understanding how to care for yourself and keep you safe and at the top of your game';
- Liz Birkinshaw will take a practical focus, looking at 'New Skills, New Thinking, New Learning';
- Emma Atkins will conclude the day in an interactive way, exploring 'Mentoring – Helping everyone to survive, drive and thrive'.

To feel truly inspired, make new connections and learn new skills, you need to be in the room.

Take your pick from the wide range of workshop options...

The Sunday programme has been designed so that you can personalise your own learning journey.

Whatever your interest or developmental need, the workshops aren't just aimed at Coaches and Leaders. We're confident there's something for everyone! A flavour of some of the workshops available:

SUP Safety and Skills

This practical workshop is aimed at anyone who wants to upskill and learn new rescue techniques. This workshop is a great way to introduce the importance of some key safety aspects to the sport of stand up paddleboarding.

Physical Preparation for Paddlesports

This workshop will examine some of the key concepts around physical preparation and its application to paddlesport. Gain understanding around strength and conditioning and the impact this can have on both athletes and coaches alike.

What are my deployment responsibilities and good practice guidelines?

This workshop will discuss the deployment responsibilities and good practice guidelines, utilising, where possible, real world examples and speakers, alongside British Canoeing learning, support and guidance. We will also discuss the interrelationship between differing types of activity within the club activity framework and how this can be applied.

Crossing Lines

This workshop is aimed at those who work regularly with children. The workshop will explore conduct, boundaries and safe practice, to enable you to feel confident that you are acting within safeguarding guidelines at all times, in the interest of keeping the children you coach, yourself and your colleagues safe.

Coaching for all: Inclusion in coaching

This workshop will take a look at why inclusion is an important consideration in coaching and how it can impact on and benefit their practice; what resources are available to coaches to help improve their understanding of this topic; and what coaches can take away to implement and consider in their practice.
Still not sure? Read our full programme to find further details of each of the workshops.

www.britishcanoeingawarding.org.uk/Events/conf2022

So, what are you waiting for?

NOV 19-20

Join us at Eastwood Hall, Nottinghamshire on the 19th and 20th November

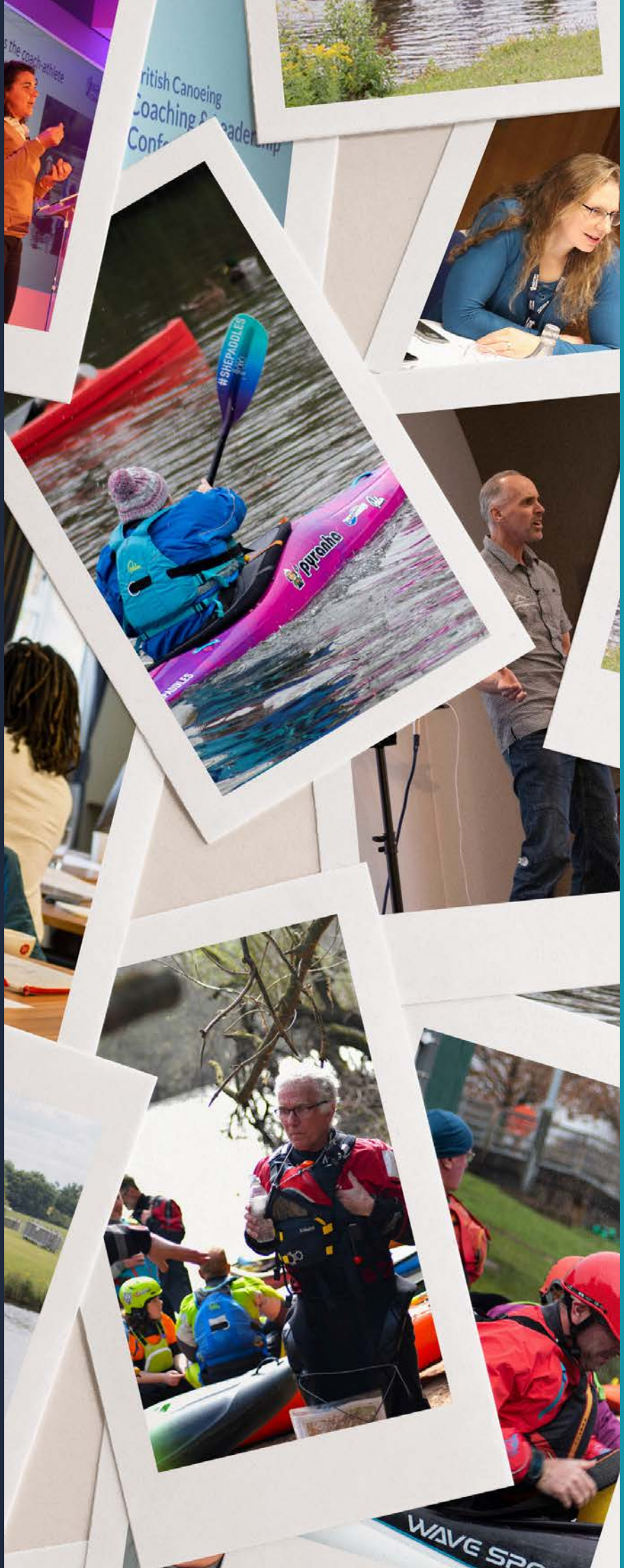
You will be able to:

- connect with like-minded paddlers, coaches, leaders and clubs across all disciplines;
- engage discuss and reflect on the insightful keynotes and workshops throughout the weekend;
- enabling you to think differently about how coaching and leading can enable your participants to thrive
- update your CPD for 3 years!

Make sure you don't miss out!

Read the full programme and book online today:

www.britishcanoeingawarding.org.uk/Events/conf2022



Coming Soon!

BECOME A STAND UP PADDLEBOARD INSTRUCTOR

If you're looking to run stand up paddleboard starter / taster sessions, games and short journeys at your club, centre or other organisations, then the NEW Stand Up Paddleboard Instructor is for you!

Available from January 2023, the two day course helps to prepare you for your first SUP instructing role, ensuring you are 'primed and ready' to deliver safe and enjoyable sessions for people new to paddleboarding, within the safety management systems of clubs, centres or other organisations.

The qualification will support the instructor with practical skills such as kitting up a group and getting afloat, initial familiarisation activities, games and activities to support learning and how to use mini journeys to inspire adventure and exploration.

This will be enhanced with support on how these sessions can be delivered in a way that is enjoyable, safe and rewarding.

The course is suitable for those over 14 years of age. National Association membership is required as well as an appropriate personal skill level and understanding of SUP safety and rescue.

Visit the British Canoeing Awarding Body website for further details. Courses will be available from 4th January 2023.

www.britishcanoeingawarding.org.uk

Aquaplanet®

SEPTEMBER SALE

SAVE 10% ON ALL PADDLEBOARDS

USE CODE: SEPTEMBER10

OFFER ENDS 30TH OF SEPTEMBER

WWW.AQUAPLANETSPORTS.COM

CHAMPIONSHIPS ROUND UP

SPRINT AND PARACANOE WORLD CHAMPIONSHIPS

Britain's paracanoe team equalled their record-breaking medal tally of 10 medals at the 2022 ICF World Championships in Halifax, Canada.

Charlotte Henshaw MBE retained both her World titles after winning gold in both the women's VL3 and KL2.

Emma Wiggs MBE claimed her tenth paracanoe world title with a dominant performance in the women's VL2, whilst joining Charlotte on the KL2 podium with silver.

Laura Sugar MBE and Jack Eyers too retained their titles from 2021 in Copenhagen with strong performances in their respective finals (KL3 & VL3).

A nail-biting men's KL3 final saw Rob Oliver win silver, a narrow 0.02 seconds off his first World title.

Dave Phillipson won his first ever World Championship medal, taking home silver in the men's KL2, whilst Hope Gordon also won silver in the women's VL3 final.

Racing for the first time since Tokyo 2020, Jeanette Chippington OBE backed up her Paralympic bronze medal in the VL2 with the same colour medal in Canada.

Deborah Kerr and Emma Russell battled to fifth place in the women's K2 500m in the canoe sprint, and they also teamed up with Emily Lewis and Rebii Simon in the women's K4 500m to finish 8th.

SPRINT AND PARACANOE EUROPEAN CHAMPIONSHIPS

Great Britain won an impressive 11 medals during the 2022 Multi-Sport European Championships in Munich, Germany.

The world-leading paracanoe team continued their form just two weeks on from the World Championships in Canada, with Emma Wiggs MBE (VL2) and Laura Sugar MBE (KL3) securing 'Grand Slams' - holding Paralympic, World and European titles at the same time.

Emma went on to claim her second gold of the championships, winning the women's KL2 final, with Charlotte Henshaw MBE taking silver in the same event. Charlotte followed up her VL3 world title winning gold two weeks later, and Jack Eyers too added European Championship gold to his World title.

Hope Gordon chased Charlotte all the way to win silver in the women's VL3, as well as a bronze in the women's KL3 alongside Laura.

Jeanette Chippington OBE won her 31st international medal as she joined Emma on the VL2 podium with silver, whilst Dave Phillipson backed up his World Championships silver with bronze in the men's KL2 final.

Jonny Young rounded off the British paracanoe success with bronze in the men's KL3, his first international medal since 2017.

Elsewhere, Britain achieved a number of A Finals in the canoe sprint, with the women's K4 of Deborah Kerr, Emma Russell, Emily Lewis and Rebii Simon concluding their successful season with a sixth place. Deborah and Emma too combined in the women's K2 to finish 7th.

Brothers Matt and Dan Johnson combined to finish 6th in the men's K2 1000m, whilst Dan also achieved his first individual international A Final with 8th in the K1 1000m.

The full roundup of both championships can be found on the British Canoeing website **https://www.britishcanoeing.org.uk/news/olympic-paralympic/olympic-paralympic-sprint-news/**

Coverage was aired across the BBC and you can catch up on some of the action **online here https://www.bbc.co.uk/iplayer/episode/m001bgb2/european-championships-2022-day-11-part-1-canoeing-gymnastics**

CANOE SLALOM WORLD CHAMPIONSHIPS

Great Britain ended the 2022 ICF Canoe Slalom World Championships in Augsburg on a high with Joe Clarke and Kimberley Woods winning gold and silver in the Extreme Slalom.

As reigning World Champion Joe Clarke had all the expectation on his shoulders. But on a course which suited his aggressive raw speed with a long run into the roll zone, Joe was able to power through each round of the Extreme Slalom.

Having come second in his first heat, Joe changed tactics, picking a new lane enabling him to keep out of trouble and dominate and claim his second Extreme World title.

Having achieved a lifetime best of fourth place in the C1, Kimberley Woods backed up a great championship with silver in the Extreme Slalom.

Olympic silver medallist Mallory Franklin claimed bronze in the women's C1, ten years on from winning her first ever senior international medal in Augsburg as a junior.

The first day of the World Championships opened with GB winning two medals in the team events, with silver for the K1 Men and bronze for the C1 Women.

The 2023 Slalom World Championships will be taking place on home soil at Lee Valley White Water Centre! Find out more below
https://britishcanoeingevents.org.uk/slalom2023/

JUNIOR AND U23 CANOE SLALOM WORLD CHAMPIONSHIPS

Nikita Setchell superbly defended her U23 Extreme Slalom World title and Etienne Chappell battled to silver in a nail biting end to the Junior and U23 slalom World Championships in Ivrea Italy.

Jonny Dickson also claimed bronze in the U23 men's K1 and Sam Leaver won Britain's first junior men's K1 medal in over 20 years with bronze.

Britain also got off to a medal winning start at the competition, winning two bronze on the opening day of racing in the teams finals, with the junior men's K1 trio and the U23 women's C1 team both securing third spot.

JUNIOR & U23 EUROPEAN CANOE SLALOM CHAMPIONSHIPS

Ed McDonald (Holme Pierrepont) and Arina Kontchakov (Lee Valley) bagged Extreme Slalom bronze medals to round off the ECA Junior & U23 European Canoe & Extreme Slalom Championships.

You can read the full round up of all the slalom championships on the British Caneoing webiste **https://www.britishcanoeing.org.uk/news/olympic-paralympic/olympic-paralympic-slalom-news/**

CANOE MARATHON EUROPEAN CHAMPIONSHIPS

Great Britain had their best-ever performance at the 2022 ECA Canoe Marathon European Championships after a medal-laden four days in Silkeborg.

The British squad won seven medals, eclipsing the previous best haul of five achieved in 2017.

The charge was headed by two silvers for Beth Gill (Chelmsford) in the C1 short race and standard distance event, and a silver and bronze in the K1 races for Sam Rees-Clark (Nottingham).

Greta Roeser (Wey) also claimed a medal double, with both an individual bronze and K2 junior bronze with Nerys Hall (Wey), while Charlie Smith (Nottingham) earned a silver for the under 23 men's K1.

Sam-Rees Clark and team-mate James Russell (Chelmsford) have also recently competed at the World Games in Birmingham, Alabama, with both recording top ten finishes in the short course and stand distance events.

CANOE POLO WORLD CHAMPIONSHIPS

The four Great Britain teams all secured top 10 finishes at the 2022 ICF Canoe Polo World Championships in Saint Omer, France.

The GB men were defeated by Germany in the semi-finals and by Italy in the bronze medal match, but fourth place represented their best finish in 18 years.

The side had prior experience of global success with captain Shivan McCutcheon, Alex Lowthorpe, Suryan McCutcheon and James Mallon part of the U21 world champion teams in 2016 and 2018.

It capped a good week for the British teams who all secured automatic qualification for the 2022 World Championships in China.

The Under 21 women and Under 21 men had several players making their debuts and showed plenty of potential, finishing fifth and seventh place.
The senior women, who recently competed at the prestigious World Games, finished in ninth place.