

Award Summary

“Experience your first session on the water; learning useful skills for an enjoyable paddling experience. It aims to provide you with the basic knowledge to enable you to safely get in and out of your boat, make it move and return to your start point. This is your first step into the world of paddling, ensuring you feel safe, confident and ready to progress to the Discover Award.”

Key Skills

Paddling

- Forward paddling
- Reverse paddling
- Sweep Strokes
- Stopping

Rescue Skills

- Capsize the craft and be rescued or swim to the shore (whichever is most appropriate to the craft and conditions)
- Emptying boats

Notes

There should be a focus not just on delivering/achieving the absolute minimum but instead insuring that a solid foundation is laid to lead into the discover award. The paddler should have an awareness of what the strokes they are doing are and how they could be used.

Award Summary

“Your Discover Award allows you to develop your decision making and practical skills for a fun and safe time on the water, taking you on the next steps towards becoming a proficient and independent paddler. Learn how to choose and effectively use equipment, whilst developing an understanding of the factors which affect your paddling; giving you the confidence to progress to making your own choices with the Explore Award.”

Key Skills

Paddling

- Efficient forward and reverse paddling
- Sweep Stroke
- Draw Stroke
- Sculling Draw
- Stern Rudder
- Low brace

Rescue Skills

- Capsize, swim and self-rescue
- Rescue a capsized paddler
- All in rescue

Safety, Leadership & Group Skills

- Personal risk management i.e. appropriate kit, environmental considerations (weather), risk identification, access and egress, licensing, first
- Awareness of others

Notes

On completing Discover, the paddler should be reasonably confident paddling as part of a group and feel fully in control of their chosen craft.

British Canoeing Paddle Award Explore – Whitewater Basics



Award Summary

“Your Explore Award gives you ownership; allowing you to choose where you move next in the world of paddlesport. Working with a coach you will be able to develop a programme that suits what you need. Learning to make confident choices with this individualised approach. Recognising your ability to independently paddle your chosen craft in a sheltered water environment.”

Key Skills

Paddling

- Efficient forward paddling
- Moving sideways on the move
- Supporting
- High brace
- Sculling for Support
- Rolling
- Breaking in and out
- Ferry gliding
- Maintaining direction
- Changing direction
- Reverse paddling and stopping
- Surf 1ft wave

Rescue Skills

The emphasis for the candidate is that they can be an effective member of a group. This would include that they can look after themselves and others while paddling white water (candidates to act as the rescuer, and be rescued):

- Use of tape and karabiner
- Eskimo rescue
- Throwline rescue
- Capsize, swim and self-rescue
- Rescue a capsized, swimming paddler and their equipment

Notes

The intention should be to teach the principles of the above skills in context as far as possible, taking into account the paddler's aspirations. The baseline for those wishing to attend white water trips.

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Key Skills

Personal

- Lifting, carrying, launching and landing (care of racing boats)
- Efficient forward paddling with appropriate paddle
- Use of boats with rudders/methods of steering racing craft
- Demonstration of boat control and stability in appropriate racing craft.
- Prevent a capsize

Rescue Skills

- Capsize, swim and self-rescue
- Rescue a capsized paddler

Notes

The baseline for those wishing to take out marathon boats outside of organised club sessions.