

Kingston Kayak Club

Sports Unlimited

Introduction to participants:

The sessions are being run by NGB (BCU) qualified coaches. Each session scheduled to last 2 hours which includes preparation and changing time. The club has changing facilities for both male and females. All Sessions are suitable for any ability and it is intended that it will lead towards from Paddle Power Start through to Paddle Power Passport. These are introductory awards creating the foundation to becoming a regular canoeist.

Clothing:

However hard you try you will get wet so you must bring a change of dry clothing and towel. Showers are provided so shower gel is up to you. Do not bring any valuables with you as the club will not take responsibility for these and anything left on the premises is done at your own risk.

Paddle Clothing:

The 10 week course will encounter various weather conditions so if you plan for the worst you can always take off layers, remember being wet will make it feel colder. Ideally you should wear a swim suit as a base layer, if you have a thermal this should be worn over the top of this (your granny's will do), an old sweatshirt and tracksuit bottoms. If you have them then a pair of sandshoes or beach shoes can be worn but not trainers (to bulky). Canoeing is an adrenalin sport not a fashion show so remember this when packing your equipment; also these items will get wet so nothing that is going to be see through, ruined, will shrink or dye you a nice colour.

Other equipment to consider:

You'll need to have a bag that is water proof to take your wet kit home, this can be done simply by placing your wet stuff in a bin bag then inside whatever bag you like. You may also wish to bring a drink and snack.

Risk:

PLEASE NOTE: Canoeing and Kayaking are assumed risk water contact sports that may carry attendant risks. Participants should be aware of and accept these risks, and be responsible for their own actions and involvement.

Code of conduct:

While participating in this course we expect everyone to treat each other with respect and to follow the club's code of practice.

Canoeing and Kayaking are diverse water sports providing opportunities for everyone no matter your gender, age, abilities or experience. Everyone can enjoy the sport with opportunities to compete against champions at the highest levels through to a gentle summer recreational paddle with your friends.

Sport Unlimited – Kayaking/Canoeing Lesson Plan

Session	Date	Aims/Objectives	Boats	Game	Comments
1	20.05.10	<p>Introduction to Club, Instructors, Each other and Personal Equipment and Code of Conduct.</p> <p>Roll Call – to be ticked off each week</p> <p>Basic Safety Talk covering Water (capsize theory), Bank and Stop Signal.</p> <p>Theory Equipment – BA, Paddle, Kayak (Parts)</p> <p>Warm-Up</p> <p>Practical teaching:</p> <p>Manual Handling, launch and getting into and out of the Kayak.</p> <p>Rafting Up – Show basics and explain the usage and reason.</p> <p>Forward & Backwards paddling- shown basics of how to hold and control the paddle</p> <p>Debrief on session.</p>	Kayaks	Hand Paddle Race	<p>1st session all equipment will be ready on the side.</p> <p>Subsequently participants will safely remove and replace all boats.</p>
2	27.05.10	<p>Recap – Questions on Safety, kayak strokes from last session (forwards & backwards paddling).</p> <p>Theory - Canoe Sports (10,000 hrs to be champion)</p> <p>Warm-Up</p> <p>Practical teaching:</p> <p>Sweep strokes – Forwards and Reverse</p> <p>Stern Rudder</p> <p>Debrief Session and award PP Start Certificates</p>	Kayaks	Follow my leader	<p>Reassurance</p> <p>Kayaks are not designed to go in a straight line.</p> <p>Paddle Power Start certificates awarded</p>
3	03.06.10	<p>Recap – Kayak strokes from last session (sweep strokes).</p> <p>Theory - Safety see Note 1</p> <p>Warm-Up</p> <p>Practical teaching:</p> <p>Draw Strokes – Basics lifting paddle out at first.</p> <p>Controlled wobble</p> <p>100m without stopping</p> <p>Debrief Session</p>	Kayaks	Tig (pegs)	<p>Explanation of PP Passport</p> <p>Olympic challenge 2016</p>
4	10.06.10	<p>Recap – Kayak strokes from last session (draw stroke).</p> <p>Theory - Keeping warm – Spray Decks Land Based</p> <p>Warm-Up</p> <p>Practical teaching:</p>	Kayaks	Raft Games – Head Shoulders knees and	Participants will already be wet from Raft Games so there

		<p>Draw Strokes – More advanced Low Brace Support Capsize Drills with Spray Decks</p> <p>Debrief Session</p>		Toes/Jump	shouldn't be too much reluctance for capsize.
5	17.06.10	<p>Recap – Kayak strokes from last session (draw stroke, Low brace and capsize). Theory - Where to paddle safely Warm-Up – Volunteer from group Practical teaching: Recap of all previous Strokes – ½ Way mark Edging the Kayak 500m without stopping</p> <p>Debrief Session</p>	Kayaks	Ball Tig	<p>Sessions 4&5 interchangeable dependant on weather</p> <p>Progress check level 3</p>
6	24.06.10	<p>Recap – Kayak strokes from last session (Edging) Theory - Different boats Warm-Up – Different Volunteer from group Practical teaching: Transfer paddling techniques into different boats</p> <p>Debrief Session</p>	Play, slalom, polo, sea, Lightnings, Canadians	Balance games in different boats	All to try various boats.
7	01.07.10	<p>Recap – from last session Theory - Basic First Aid Warm-Up – Different Volunteer from group Practical teaching: High Brace & Low Brace Support Strokes Stop boat effectively whilst moving fast</p> <p>Debrief Session</p>	Kayaks	Hands only Polo	Progress check level 4
8	08.07.10	<p>Recap – Kayak strokes from last session (braces) Theory - Origins of Canoes and Kayaks Warm-Up – Different Volunteer from group Practical teaching: Sculling for support Sculling Draw Paddle boat at different speeds Paddle through slalom course</p> <p>Debrief Session</p>	Kayaks	Slalom	Option of delivering at Prince's Quay
9	15.07.10	<p>Recap – Kayak strokes from last session (Sculling) Theory - Rescues Warm-Up – Different Volunteer from group Practical teaching: Recap of everything</p>	Kayaks	Races	Option of delivering at Prince's Quay

		Rescues – Bow, X Debrief Session			
10	22.07.10	Recap – Kayak strokes from last session (Edging) Theory How to continue enjoying canoeing and other sports Warm-Up – Different Volunteer from group Practical teaching: Summary of all previous sessions emphasizing enjoyment Transfer paddling techniques into their chosen boats Debrief Session and whole course.	Play, slalom, polo, sea, Lightnings, Canadians	Assessment	Level 5 Paddle Power Passport Award

Notes

An example of points to cover during theory session

1. Safety

Canoeing is 'an assumed risk', 'water contact' activity however serious accidents are very rare. More people drown whilst cycling than canoeing. Accidents can be avoided by a combination of training, based on the accepted code of technique and safety; and experience gathered over a number of years, where techniques are acquired and practiced under the shadow of a leader.

Accidents can be placed in three broad categories:

- Lack of knowledge – as the saying goes 'fore-warned is fore-armed'. You can never know enough.
- Over-estimation of ability – common with inexperienced canoeists.
- Carelessness – may affect both novice and expert. Ensure you have sound knowledge of the skills, techniques and equipment you are using by undertaking adequate training and practice.

Some Golden Rules

- Be able to swim at least 50m in a buoyancy aid. You do not need to be able to swim vast distances but the ability to remain confident in and under the water, without panicking, is vital.
- Wear a buoyancy aid. This should be worn whenever you get into your boat.
- Stay with the boat. In the unfortunate event that you do capsize stay with the upturned canoe. A canoe is easier to spot than a swimmer's head and its in-built buoyancy will remain afloat.
- Never paddle alone. If anything does go wrong it is vital to have someone else along, it's also friendlier.
- Make sure you are properly equipped for the water and weather conditions you will expect to encounter.
- Attend a first aid course and get qualified.
- Practice. Keep your skills sharp and be prepared.

Of course there are other things to be taken into consideration but common sense. Signpost other areas for information i.e. reading the relevant sections of the 'Canoe and Kayak Handbook' published by the British Canoe Union.

