

# 4 Week Paddlesport Development Programme

## Aims

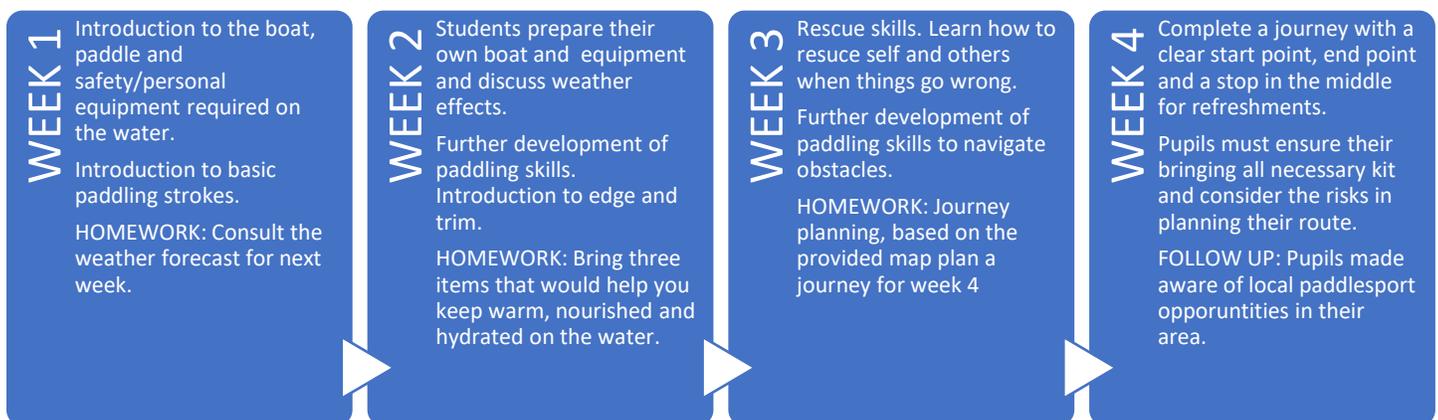
Our 4 week programme of development is a focussed and progressive activity that aims to improve personal skills, environmental awareness and risk management. It is suitable for children aged 10-18 years old. Specific objectives include:

- Understanding type of craft, personal protective equipment and safety equipment. Taking steps towards choosing appropriate equipment for the activity and self-preparing and checking kit before entering the water.
- Awareness of local weather and environmental conditions. Understanding the dynamic nature of these and starting to consider how activities can be adapted to account for what is happening on the day.
- Considering the risk of participation to self and others. Begin to plan how these risks can be minimised by adapting activity, timing, environment and equipment.
- Developing strong paddle skills in their chosen discipline. Able to competently launch, retrieve, propel, manoeuvre and stop their chosen craft. Begin to develop more technical paddle strokes such (eg. moving sideways) and understand the principles of edge and trim in relation to their craft.

## Example Programme

Each programme will be tailored to the age and ability of the group. This is an example of the type of content that might be delivered.

Programmes can be delivered on either canoe, kayak and stand up paddleboard. As this is a development programme, pupils will remain on the same craft throughout the programme rather than swapping around. Note that canoeing can only be delivered in an inland venue, we can discuss nearby lakes/ivers at the time of your booking.



## How to book and enquire

Please contact Sarah our groups manager via [groups@cullercoatsbikekayak.co.uk](mailto:groups@cullercoatsbikekayak.co.uk). Please ensure you have an idea when you can fit in four consecutive weeks of activity into your school calendar. Please note, we prefer the 4 weeks not to straddle the school holidays where possible.