



A British Canoe Union award scheme designed to meet the needs of young people.



It's colourful and youth centred approach aims to:

- ◆ Encourage more young people to come into and stay in the sport
- ◆ Provide progression and reward achievement in a wide range of topics
- ◆ Show them all aspects of the sport – both competitive and adventurous
- ◆ Provide signposts into Clubs where their skills and development can be nurtured
- ◆ Provide a flexible structure for delivery according to venue/situation

The scheme has recently been revised and now comprises of 5 Awards to support a young paddler's introduction and progress in Paddlesport.



Paddlepower Start – an entry level award suitable for taster sessions or as part of a series of sessions.

Paddlepower Passport – four progressive levels based on 24 topics which can be grouped into Safety Awareness, Paddling Skills, Varied Experiences, and Supporting Knowledge. The award is equivalent to 1 Star.

Paddlepower Discover – this follows on from Passport with a further 4 levels to take the young paddler to equivalent of 2 star standard.

Paddlepower Explore - Supporting different levels takes the paddler on an extensive journey exploring the great variety Paddlesport, with topics focused on participation in events and journeys in the competitive and non-competitive disciplines.

Paddlepower Excel - three levels to test the paddler on all elements of paddlesport including being responsible for self and others, participation in journeys, coaching sessions, training, events in a variety of disciplines, background knowledge of the sport; access, rules, environmental.

How does it work? At Paddlepower Start there is a certificate which is awarded by the coach. For each award after Start there is a colourful Progress Card for the young paddler to record their progress and to encourage them to move to the next stage with a BCU certificate awarded on completion of each award.

Who can deliver the Awards? A Level 1 coach can deliver Paddlepower Start, after that a Level 2 coach is required. For Explore and Excel a Level 2 coach can deliver with support from a discipline specific coach/s.

How do I get started? All levels are now available. There is no need to register but all coaches must have the Coaches Manual to start delivering the scheme. A starter pack which includes a sample of the progress cards together with the Coaches Manual to support delivery is available to purchase via our E-shop, along with the Progress cards and Start Certificate. The Coaches Manual is available to download from www.canoe-england.org.uk.



For more information contact paddlepower@bcu.org.uk or telephone 0845 370 9520
The British Canoe Union, 18 Market Place, Bingham, Nottingham, NG13 8AP

