

# Paddlesport Start Training and Assessment Notes

## Technical Syllabus

### Part A - Personal Paddling Skills

#### A.1 Take part in, and understand the importance of a warm-up

All paddlers should be aware of the benefits that doing a warm-up prior to paddling bring. This includes physical well-being, muscle and joint mobilization as well a psychological benefit. The level required for Paddlesport Start is that paddlers take part in an organized warm-up led by the coach.

#### A.2 Get into and out of a boat/craft with help from the bank

Training should cover how best for the paddler to get into and out of (or on and off) the craft for the environment they are paddling in. This should involve how best to keep the paddle nearby ready to move. At this level the paddler is encouraged to have help as required and this can be given by the coach. At the end of the session or activity the paddler should have a strategy to cope without the help of a coach, but may choose to have help from another paddler.

#### A.3 Balance in/on a boat/craft ready to hold a paddle i.e. showing an active posture

Training should cover some the basics of the fundamentals of paddling such as posture and connectivity. This will give the paddlers a sound basis to move on from and allow them to balance sufficiently to move their craft. By the end of the session the paddlers should have a sound grasp of how to be balanced in their craft with the use of good connectivity and posture.

#### A.4 Go forwards

Paddlers should be able to effectively transfer power so that the craft move forwards. It is not expected that they should be able to keep in straight line or show no wobble. However, they should have the understanding and show the ability to transfer power through their contact points to make the boat move in the general direction that they want.

Experiment with;

The emphasis at this level should be that of giving something a go and show that they have the beginnings of each of these areas. Coaches should not be looking for any polished performance but instead one of trial and error. Paddlers are expected to be able to move their craft in each of the directions and could practice these afterwards.

#### A.5 Moving the craft backwards

Training should cover the basics such as which side of the paddle is used and the importance of looking where you are going. At this level it does not need to be over any long distance but that paddlers can move backwards. Coaches should not be concerned about loss of direction.

### **A.6 Stopping the craft whilst moving forwards**

Training should cover the options for stopping the chosen craft moving forwards. Paddling on both sides should be covered. At this level coaches should not be concerned about the craft spinning. It should however, stop moving on the original path.

### **A.7 Turning the craft**

Paddlers should practice a variety of ways to turn their craft. This should start with paddling on one side only. This should also be done forwards and backwards directions. Training should cover stroke patterns and stroke lengths. Paddlers should be encouraged to have a practice at combining forward and reverse strokes on opposite sides.

### **A.8 Moving the craft sideways**

Paddlers should have an understanding of what is required to make the craft move sideways. They should experiment with a variety of ways to achieve this with the craft they are paddling. Coaching should focus on good posture and looking in the direction of travel.

### **A.9 Going forwards in a straight line**

Coaches should already have covered how to move the craft forward. This should be explored further so that the paddler leaves with the understanding of how to maintain their direction. The coach should highlight the importance of the positive contact points through having good posture to lead to an understanding of good power transfer.

### **A.10 Edging without losing balance**

The coach should already have covered how to balance ready to paddle. This should then be taken to what happens when the craft is not flat. Coaches should note that this is not about support strokes but that the paddler is aware of how they can feel where they are balanced and be able to respond.

## **Part B – Optional Rescue Skills**

This award is an encouragement award and as such this is about highlighting areas. The paddlers should be encouraged to have a go and those that do would not be expected to show a polished performance. They should however, be aware of their individual limitations and that of these techniques.

### **B.1 Capsize and be rescued**

The paddler should be given the option to be rescued by the coach as part of the session or activity. This should be a full deep-water rescue. The training should cover the importance for the swimmer to stay with their craft. The swimmer is expected to be coached through all the relevant areas so that they are aware of their role if they swim.

## **B.2 Capsize and self-rescue**

The paddler should be given the opportunity to capsize and self-rescue. This should be highlighted as part of the looking after themselves mentality. This self-rescue could be either a climb back in or on their craft as appropriate. If however, this were not practical then a swim ashore and empty would be the option. Paddlers to be aware of the limitations that climbing back in / on or swimming ashore has.

## **Part C - Theory**

The coach would be expected to have covered all of the following during a Paddlesport Start training course.

### **C.1 Know how to put your equipment away**

The key here is about looking after equipment. General chat around how and where to stow equipment would be required.

### **C.2 Know what is appropriate paddlesport clothing**

As the paddlers are new to paddling they should gain an insight into the appropriate clothing for paddlesport. This should cover the importance of windproofs and buoyancy aids.

### **C.3 Know the name of your nearest club or centre**

At the end of the course it would be useful if the paddler knew where to go next and what options are open to them in the local area.

### **C.4 Know why it is important to wash your hands after paddling**

Paddlers to be aware of issues with water quality.

### **C.5 Know the meaning of the term 'diet'**

Paddling is exercise and paddlers should be aware of the importance of having enough food and water with them.

### **C.6 Know your resting heart rate**

As means to keeping yourself fit and healthy it can be a good idea to know your resting heart rate.

### **C.7 Know the effects of weather on your paddling**

Paddlers need to be aware of the weather and effects that this has on their paddling.

**C.8 Know how to safely stow equipment in/on your craft**

Keeping the craft user friendly as well as 'clean' so that equipment does not get lost, broken, or in the way.

**C.9 Know the importance of staying with your craft if there is a capsize**

After a capsize the paddler should understand the importance of staying with their craft for a variety of reasons including – visibility, buoyancy or speed of rescue.