



## **Paddle**

Paddle Start

## START DISCOVER EXPLORE

Your journey into paddling

The Paddle Awards are for those new to paddlesport, enabling you to develop the skills to feel confident and safe on sheltered water in your chosen paddling craft. So whether you're getting into a boat for the first time or looking to develop your skills, there's something for everyone!

Awards take place in sheltered water enabling progression at your own pace and confidence level, whilst developing both your understanding and skills in the exciting world of paddlesport.

Your first time on the water 'having a go'! A fun and enjoyable practical session, introducing you to paddlesport.

Learning useful skills for an enjoyable paddling experience, providing you with the knowledge to enable you to get safely in and out of your boat, making it move and return to your start point, ensuring you feel safe and confident on the water.

## **Paddle**

Paddle Discover

Taking you on the next steps towards becoming an independent paddler, for a fun and safe time on the water. Developing an understanding of the factors which affect your paddling; developing your decision making and practical skills, giving you confidence on the water.

## Paddle Explore

Now you're ready to Explore! 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. This award recognises your ability to independently paddle your chosen craft in a sheltered water environment.