

PaddlePower at School

- Legacy for Life -



A fantastic, flexible, easy to organise, challenge for schools and young people.

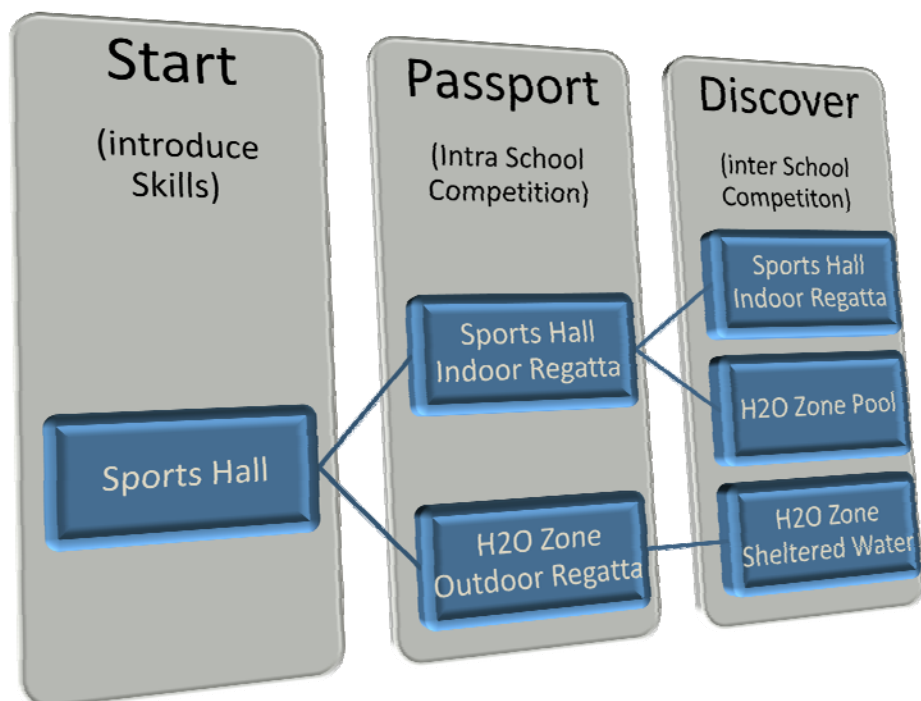
Your guide to the Canoeing Schools Competition framework



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1.0 Paddlepower Schools Paddler Pathway



The Paddlepower School paddler pathway has been developed to assist schools in helping their pupils achieve good paddling technique. It is not designed to be a rigid pathway but should be adapted to meet the needs of the paddlers.

(Throughout this document Canoeing is used as the generic term for all Canoeing and Kayaking activities, a canoe is usually an open decked craft in which the Canoeist kneels and uses a single bladed paddle, A Kayak is normally a closed deck boat in which the paddler sits and uses a double ended paddle.)

2.0 What is Paddlepower School?

Paddlepower School is an exciting new development from Canoe England designed to help and inspire children and young people to go canoeing through competition and develop the core skills that a paddler would need

The programme has been designed to be inclusive, fun as well as quick and easy to deliver. It has been developed to help schools and colleges to develop paddler pathways through Canoeing.

The events can take place in a hall, a pool or in an outside water environment so it can meet the needs of all types of schools and locations.

Within the programme there is the option to provide performance feedback for Canoe England and partners to further develop the system

2.1 How does Paddlepower School work?

The events have been designed to run either as intra or Inter School competition, could be delivered as part of a Outdoor Adventurous Activity trip or a wider competition through Sport delivery in school.

The events provide a framework that will allow the teacher in charge to adapt the competition level to suit the young people.

2.2 Who is Paddlepower School for?

Paddle Power School is divided into Key Stage age groups and is aimed at young people helping to create paddlers who are at the Paddlepower Passport standard of ability.

2.3 What are the H2O Zone and Sports Hall?

Canoeing is a water based Sport although some of the competition framework events have been designed to be delivered on the land - the Sports Hall title denotes these. The H2O Zone is just that events based on the Water although some can be delivered inside in a pool environment

2.4 What can we do?

See pages 11 to 18

Paddlepower School Start - Key stage 2

- Sports Hall Regatta
- Sports Hall Ergo League
- Sports Hall Be Part of It Challenge
- H2O Zone 1,2,3 Whoosh
- H2O Zone Bell Boat Meet

Paddlepower School Develop - Key Stage 3

- Sports Hall Regatta
- Sports Hall Ergo League
- Sports Hall Be Part of It Challenge
- H2O Zone Cross Stream Challenge
- H2O Zone Bell Boat Meet

Paddlepower School Engage - Key Stage 4

- Sports Hall Ergo League
- H2O Zone Cross Stream Skills Challenge
- H2O Zone Pass!, Polo

Paddlepower School Perform - Key Stage 5

- Sports Hall Ergo League
- H2O Zone Pass!, Polo
- H2O Zone Pass!, Polo

3.0 Organising an Event

3.1 Before the competition

1. Book the venue and carry out a site risk assessment – your Paddlesport Development Officer can help you with this
2. Organise Safety and Safeguarding, What first aid is needed? What Child Protection is in place, – How many participants are you expecting, are their any special requirements
3. Prepare event program and timetable
4. Send out consent forms and covering letter.
5. Download and familiarise yourself with the scoring sheets for the event that you are running
6. Identify all the job roles your event needs, and who will staff them – if you need experienced assistants this will need to be done a long time before the event.
7. Prepare competitor packs – do you need numbered bibs or numbered boats?
8. Are you planning to award BCU/Canoe England Awards – if so have you got the pass slips?
9. Prepare the signs you need for the event and the directions
10. Print Score Sheets and feedback forms with spares
11. Purchase Prizes or Print Certificates for Young People and the School

3.2 On the Day

1. Lay out event area.
2. Mark out spectator area.
3. Label Changing areas.
4. Set out and prepare equipment.
5. Check whistles / Hooters.
6. Brief Team Leaders.
7. Hand out score sheets to event staff.
8. Ensure Team Leaders pass on briefing on Behaviour and responsibilities, safeguarding and First aid, how the event is going to run and that they have a suitable warm up.
9. During the event ensure that all runs smoothly and that the rules are collated
10. Check and double check the results before doing the Prize giving

3.3 After the Event

1. Hand out the feedback forms to the competitors and school.
2. Publish results and send them in to Canoe England.

4.0 Example Time Table

Following is an example of a time table for 30 young people at a Cross Stream Challenge Event

3.30pm	Registration & Changing
4pm	Warm up and Course Practice
4.30pm	1 st Runs start
5pm	2 nd Runs start
5.45pm	Prize Giving
6pm	Depart

5.0 Partnership Working

Canoe England works in partnership with Schools, Canoe Clubs and Outdoor Centres to develop an effective program of school club links where there are the facilities and enthusiasm to make it sustainable. Through development of these partnerships it is hoped to be able to offer a high quality experience and build the future of performance paddlers and therefore the sport.



Canoe England recognises high quality through the Sport England Clubmark Accreditation system, Clubmark and Top Centre, Top Club and then Top Club Gold.

More information can be found here <http://www.canoe-england.org.uk/clubs-i-centres/clubmark-and-topclub/> there is a list of Canoe England Accredited Clubs here <http://www.canoe-england.org.uk/clubs-i-centres/clubmark-and-topclub/list-of-clubmark-clubs-and-topclub-clubs/>

6.0 Skills and Training for Teachers and Leaders

Canoe England can provide a range of support materials from Key stage Support cards, through award programs to Coach and Leader Training, for more information on leadership training please contact your Paddlesport Development Officer <http://www.canoe-england.org.uk/youth/contact-us/>

7.0 Where to find out more

Canoe England Works with Schools and other organisations through its network of development officers whose contacts can be found at <http://www.canoe-england.org.uk/youth/contact-us/>

Further Canoe England resources can be found at <http://www.canoe-england.org.uk/youth/>

Links to affiliated Canoe England Clubs and Approved Outdoor Centres can be found here <http://www.canoe-england.org.uk/findaclub.aspx>

Canoe England publishes a range of Guides and support materials such as Long Term Paddler Development and Cross Stream that are available from the BCU web shop www.bcu.org.uk

8.0 Canoeing Schools competition framework Organisers Sheet

Format	Key Stage	Environment	Facilities	Organisers / Helpers	Equipment	Resources available from Canoe England to Help
Sports Hall Regatta	<ul style="list-style-type: none"> Key Stage 2 Key Stage 3 	<ul style="list-style-type: none"> Indoor Land Based 	<ul style="list-style-type: none"> Sports Hall or open Space 	<ul style="list-style-type: none"> Teachers Coaches / Volunteers from local Club 	<ul style="list-style-type: none"> Standard Sports hall equipment 	<ul style="list-style-type: none"> Sport Hall Activity Sheets Paddlesport Development Officers
Sports Hall Ergo League	<ul style="list-style-type: none"> Key Stage 2 Key Stage 3 Key Stage 4 Key Stage 5 	<ul style="list-style-type: none"> Indoor Land Based 	<ul style="list-style-type: none"> Sports Hall or Open Space 	<ul style="list-style-type: none"> Teachers Young Leaders Coaches / volunteers from local club 	<ul style="list-style-type: none"> Regatta in a box Data projector 	<ul style="list-style-type: none"> Ergo guide
H2O Zone 1,2,3, Whoosh	<ul style="list-style-type: none"> Key Stage 2 	<ul style="list-style-type: none"> Outdoor Water Based 	<ul style="list-style-type: none"> 100m of Sheltered Water 	<ul style="list-style-type: none"> Teachers Young Leaders Coaches / volunteers from local club 	<ul style="list-style-type: none"> Straight running Boats Paddles Buoyancy Aids 	<ul style="list-style-type: none"> Paddlepower Schools Booklet
H2O Zone Bell Boat Meet	<ul style="list-style-type: none"> Key Stage 2 Key Stage 3 	<ul style="list-style-type: none"> Outdoor Water Based 	<ul style="list-style-type: none"> 200m of Sheltered Water 	<ul style="list-style-type: none"> Teachers Young Leaders Coaches / volunteers from local club 	<ul style="list-style-type: none"> Bell Boats Paddles Buoyancy Aids 	<ul style="list-style-type: none"> Paddlepower Schools Booklet
H2O Zone Cross Stream Challenge	<ul style="list-style-type: none"> Key Stage 3 	<ul style="list-style-type: none"> Indoor or Outdoor Water Based 	<ul style="list-style-type: none"> Pool Sheltered Water Environment 	<ul style="list-style-type: none"> Teachers Young Leaders Coaches / volunteers from local club 	<ul style="list-style-type: none"> Gates / Buoys Turning Boats Paddles and BA 	<ul style="list-style-type: none"> Paddlepower Schools Booklet Cross Stream Challenge Booklet
H2O Zone Cross Stream Skills Challenge	<ul style="list-style-type: none"> Key Stage 4 	<ul style="list-style-type: none"> Outdoor Water Based 	<ul style="list-style-type: none"> Pool Sheltered Water Environment 	<ul style="list-style-type: none"> Teachers Young Leaders Coaches / volunteers from local club 	<ul style="list-style-type: none"> Gates / Buoys Turning Boats Paddles and BA 	<ul style="list-style-type: none"> ICF Youth Olympics format Cross Stream Challenge Booklet
H2O Zone Pass! Polo	<ul style="list-style-type: none"> Key Stage 4 Key Stage 5 	<ul style="list-style-type: none"> Indoor or Outdoor Water Based 	<ul style="list-style-type: none"> Pool Sheltered Water Environment 	<ul style="list-style-type: none"> Teachers Young Leaders Coaches / volunteers from local club 	<ul style="list-style-type: none"> Ball & Goals Turning Boats Paddles and BA 	<ul style="list-style-type: none"> Pass! Polo format Cross Stream Challenge Booklet

9.0 Paddle Power School –

9.1 Sports Hall Regatta

Who is the Event For?

- All young people – aimed at Key stages 2 and 3

Aim of the Event:

- To develop skills and give access to competitive canoeing for those who may not have had the chance

Where can this take place?

- In a Hall, Dance Studio, or Classroom
- On a field, in a marquee

How Is It Set Up?

- This event can be combined with Sports Hall Ergo League and / or the Sports Hall Be Part of it challenge
- Multiple stations around the available area
- Ideal set up in a sports hall utilising available floor markings
- Teams of 7 to compete, same gender classes and mixed classes (4 girls, 3 boys). (14 seater minibus) all participants to come from the same school year.

At the Start

- Lay out station activity cards and explain to competitors,
- Young officials / partners keep score of each station
- Teacher times the changeover, 6 stations @ 6 minutes each

At the Finish

- Teacher tallies up scores, and awards prizes certificates available from Canoe England to purchase or download.

Additional Support

- Sports Hall Regatta Activity Station Cards
- Paddlesport LTAD document

9.2 Sports Hall - Ergo League

Who is the Event For?

- Naturally competitive young people who want to get out and compete

Aim of the Event:

- To give access to competitive canoeing for those who may not have had the chance

Where can this take place?

- In a Hall, Dance Studio, or Classroom
- On a field, in a marquee

How Is It Set Up?

- Sports Hall Ergo League can be combined with either or both of the other Sports Hall events and is conceived as a central venue league with the possibility of 2,3 and 4th Teams
- Kayak Ergos laid out with the paddlers facing the audience
- Screen to rear of paddlers to show race progress
- Paddlers race in teams of 4,
- Individuals race, 3 times, best times are then combined to give doubles and fours classes
- Winners are fastest single M/F, Fastest Double M/F, Fastest 4 M/F
- KS2 Paddlers do 100m
- KS3 Paddlers do 200m
- KS4 Paddlers do 500m
- KS5 Paddlers do 500m
- Canoe England do not recommend relays

At the Start

- competitors set up machine with help from Young Officials
- Computer system starts and manages racing

At the Finish

- Young People place shaft on Footrest, Young Officials ensure to this is done
- Computer prints results
- A Young Official to take the results to the Scorer

Follow Up

- The Scorer to compile results across competition and Publish them
- Organiser to publish and pass results to Canoe England

Additional Support

- Canoe England Ergo Manual

9.3 Sports Hall - Be Part of it Challenge

Who is the event for?

- All young people

Aim of the Event

- Designed to allow students to experience paddle sport with minimal equipment as part of National School Sports Week

Where can this take place?

- School or Sports Hall

How is this set up?

- Course laid out as per detail sheet
- Competitors race as teams of 4

At the Start

- Teams line up in sports hall
- Starter says go

At the Finish

- Record the finish order
- Award participation Certificates

Follow up

- Write up event for the local paper

Additional Support

- Be Part of It challenge sheet

9.4 H2O Zone - 1, 2, 3 Whoosh

Who is the Event For?

- Key Stage 2 young people who enjoy challenging themselves and taking part in new activities

Aim of the Event:

- To Provide a fun introduction to flat water racing, and to focus on effective and efficient forward paddling technique, 1 (Catch), 2 (Drive), 3 (Recovery) Woosh (Air-work)

Where can this take place?

- In a Pool
- In a Sheltered water environment such as a Lake, River or Canal for help please check with your Outdoor Education Advisor

How Is It Set Up?

- Start and finish at either end of the race distance (suggest 100m)
- Each young person needs minimum width of 1.5m, ideally 2m

At the Start

- Young People Line up with the bow of their boat level with the start line
- Object of event is explained and the no impeding / bumping rules reinforced
- Starter gives the instruction “Start within 10 Seconds” and “Go” (with a visual reinforcement)
- If a false start occurs (ie a paddler starts before GO) then the race is recalled and rerun

At the Finish

- The Timekeeper records race times as the bow crosses the line
- The Young Official Spotters will note the finish order of the race
- Results are recorded on an Paddle Power School Score Sheet (appendix A)
- Seconds are rounded up to the nearest .1 of a second so 40.33 is recorded as 40.4
- A Messenger is needed to take the results to the Scorer

Follow Up

- Scorer to publish results
- Organiser to compile results across competition and to pass to Canoe England
- Issue BCU Time trial Awards if appropriate

9.5 H2O Zone - Bell Boat Meet

Who is the Event For?

- Key Stage 2 Young People who enjoy taking part in activity in their Peer group

Aim of the Event:

- To develop team work skills, alongside efficient and effective single blade forward paddling technique

Where can this take place?

- In a Sheltered water environment such as a Lake, River or Canal - check with your Outdoor Education Advisor

How Is It Set Up?

- Start and finish at either end of the race distance (suggest 200m)
- Each boat needs a team of 10 young people plus a helm (could be adult or young leader)
- Each boat needs approx width of 5m
- Before the event you need to specify what craft you will be using eg. OC6, KataKanu or Bell Boat

At the Start

- Paddlers Line up with the bow of their boat in line with the start line
- Object of event is explained and the no impeding / bumping rules reinforced
- Starter gives the instruction “Start within 10 Seconds” and “Go” (with a visual reinforcement)
- If a false start occurs (ie a Boat starts before GO) then the race is recalled and rerun
- If Possible helms to hold a tether line on start line until GO

At the Finish

- The Timekeeper will note Boats times as the bow crosses the line
- The Spotters will note the finish order of the race
- Results are recorded on an Paddle Power School Score Sheet (appendix A)
- Seconds are rounded up to the nearest second so 40.33 is recorded as 41
- A Messenger is needed to take the results to the Scorer

Follow Up

- Scorer to publish results
- Organiser to compile results across competition and to pass to Canoe England

9.6 H2O Zone - Cross Stream Challenge

- See Canoe England Cross Stream Challenge Book

Who is the Event For?

- Key Stage 3 young people who enjoy challenging themselves and taking part in new activities

Aim of the Event:

- To develop the Young Persons skill and accuracy in a supportive competitive environment

Where could this take place?

- In a Pool
- In a Sheltered water environment such as a Lake, River or Canal

How Is It Set Up?

- Select one of the courses set out in the Cross stream manual
- Full instructions on course assembly and layout manual

At the Start

- Paddlers Line up with the bow of their boat in line with the start line
- Object of event is explained and the no impeding / bumping rules reinforced
- Starter gives the instructions “3, 2 , 1 ” and “Go” (with a visual reinforcement)
- If a false start occurs (ie a paddler starts before GO) then the paddler is recalled and rerun

At the Finish

- The Timekeeper will note Paddlers Times as the bow crosses the line
- The Young Official Spotters follow paddler along course and note gate penalties and route
- Results are recorded on an Paddle Power School Score Sheet (appendix B)
- Seconds are rounded up to the nearest .1 of a second so 40.33 is recorded as 40.4
- A Messenger is needed to take the results to the Scorer
- The Winner is the paddler who has the least number of touches

Follow Up

- Scorer to publish results
- Organiser to compile results across competition and to pass to Canoe England

9.7 H2O Zone - Cross Stream Skills Challenge

Who is the Event For?

- Key Stage 4 Young People who enjoy challenging themselves and taking part in new activities

Aim of the Event:

- To give the paddler a chance to develop their competition performance, focusing on accuracy and speed in a fun environment

Where can this take place?

- In a Pool
- In a Sheltered water environment such as a Lake, River or Canal

How Is It Set Up?

- Set up according to the Skills Challenge Document although any boat may be used
- A separate Sprint and Slalom heat is run

At the Start

- Competitors Line up with the Bow of their boat in line with the start line
- Object of event is explained and the no impeding / bumping rules reinforced
- Starter gives the instructions “3, 2, 1” and “Go” (with a visual reinforcement)
- If a false start occurs (ie a paddler starts before GO) then the paddler is recalled and rerun

At the Finish

- The Timekeeper will note competitors Times as the bow crosses the line
- The Spotters follow paddler along course and note gate touches and route
- Results are recorded on an Paddle Power School Score Sheet (appendix C)
- Seconds are rounded up to the nearest .1 of a second so 40.33 is recorded as 40.4
- A Messenger is needed to take the results to the Scorer
- Final results are combined from the sprint and slalom.

Follow Up

- Scorer to publish results
- Organiser to compile results across competition and publish as well as pass to Canoe England

9.8 H2O Zone – Pass! Polo

Who is the Event For?

- Young people who are in key stage 4 or 5 who enjoy activity

Aim of the Event:

- To give the paddler a chance to experience competition performance, focusing on seated balance, throwing , catching and team work in a fun environment

Where can this take place?

- In a Pool
- In a Sheltered water environment such as a Lake, River or Canal

How Is It Set Up?

- Pitch laid out using buoys and / or floating rope
- A goal at either end 1.5m from the Water surface

At the Start

- Both Teams of Paddlers are in their own half of the pitch
- Referee lays out conduct and plan of match
- Referee blows whistle to start
- Spotters record goals scored
- Timekeeper watches time played

At the Finish

- The Timekeeper Blows Whistle to finish Match
- Match / League Results are published

Follow Up

- Scorer to publish results
- Organiser to compile results across competition and to pass to Canoe England

Appendix A - Event Check List

Before the Competition Have you?

Booked the Venue and Equipment	<input type="checkbox"/>
Done a Risk Assessment	<input type="checkbox"/>
Arranged first Aid provision	<input type="checkbox"/>
Ordered Prizes	<input type="checkbox"/>
Advertised Event to Schools and Competitors	<input type="checkbox"/>
Do you need signage for the event	<input type="checkbox"/>
Allocate roles and responsibilities	<input type="checkbox"/>
Print off Score Sheets and Sundries	<input type="checkbox"/>
Registered event with Canoe England	<input type="checkbox"/>
Before the Competitors arrive	

Mark out the competition areas including spectator and pre-competition holding

Signpost to the venue and at the venue so that all is clear	<input type="checkbox"/>
Lay out equipment	<input type="checkbox"/>

As Competitors arrive

Give out event packs	<input type="checkbox"/>
Do Team Leader briefing	<input type="checkbox"/>
Collect / Confirm Entry lists	<input type="checkbox"/>
Ordered Prizes	<input type="checkbox"/>
Brief Event Staff and hand out scoring sheets	<input type="checkbox"/>
Start Event with a Warm up	<input type="checkbox"/>

During the Competition

Ensure results are being collected and compiled	<input type="checkbox"/>
Check results for Omissions	<input type="checkbox"/>

After the competition

Run Prize giving	<input type="checkbox"/>
Handout feedback forms	<input type="checkbox"/>
Send results to Canoe England	<input type="checkbox"/>
Write Local Paper press release	<input type="checkbox"/>

Appendix B - H2O Zone - 1, 2, 3, Whoosh / Bell Boat Meet Score Sheet

Date..... Venue.....

No	Name	Age	School	Time	

Paddle Power School Score Sheet

1, 2, 3, Whoosh / Bell Boat Meet Score Sheet

Date..... Venue.....

No	Name	Age	School	Time	

Cross Stream Course

Date..... Venue.....

[illegible]

Venue.....

Appendix E - Sample Competitor Certificate



Achievement Certificate

Awarded to

Well done you have competed in a Paddlepower School competition

 School:

Date:


Dr Tim Brabants MBE
Olympic, World and European Champion


Fiona Jarvie
European Champion

 www.canoe-england.org.uk 

PADDEPOWER © The British Canoe Union, 18 Market Place, Bingham, Nottinghamshire NG13 8AP

Available to download as a PDF from the Canoe England Website [here](http://www.canoe-england.org.uk)

Appendix F - Sample School Certificate



Thank you for taking part in Paddleschool

School: _____

 Date: _____


Dr Tim Brabants MBE
Olympic, World and
European Champion


Fiona Jarvie
European Champion

 www.canoe-england.org.uk 

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Available to download as a PDF from the Canoe England Website here

Paddle Power School Sample Risk Assessment



Date of Event
Location of Event
Event Organiser
Event Welfare Officer

Hazard	How bad is the outcome? (OK, Bad, Very Bad)	How likely is it to happen (Low, Med, High)	Things I will do to lessen the risk (control measures)	After Control the risk is (Low, Med, High)
Drowning	Very Bad	Low	Correctly fitted BA's Life jackets for Non Swimmers All Paddlers competent for task All Course in sight of event officials Suitable lifesaving personnel in place	Low
Hitting Head on Slalom Pole	OK	Med	Paddlers to wear Helmets Poles to be made free swinging First Aid Kit readily available	Low
Over exertion injury	Very Bad	Low	All paddler briefed on the activity All paddlers told to operate at the level they are comfortable with	Low
Paddle Strike to the face	Bad	Low	Paddlers Briefed not to tacke Paddlers to pass the ball not paddle with the ball	

NB This document assumes that venue specifics will be covered by the venue provider,

Canoeing Glossary

BCU	British Canoe Union – UK governing body	Kayak	A boat in which the paddler sits and uses a double ended paddle
Canoe England	Governing Body for England	Canoe	A boat in which the paddler kneels and uses a single ended paddle
Tether Line	Rope to hold bell boat on start line	Multi Hull	A Boat that has more than one hull in the water
ICF	International Canoe Federation – International governing body	Crew Boat	A boat from more than one person
Kayak Ergo	Indoor kayak machine	Hull	The bit of the boat in contact with the water
Paddler	A participant in the sport of canoeing	Cockpit	Area where the paddler sits in a kayak
Canoeing	The generic name for Canoe and Kayak sport	LTAD	Long Term Athlete Development
Paddler Pathway	A best practice framework for a paddlers progress through the sport	LTPD	Long Term Paddler Development
Bell Boat	A multi Hulled boat that has a crew of around 10	Katakanu	A multi hulled boat that has a crew of 6
Bow	The front of the boat	Stern	The back of the boat
Rudder	Movable fin in the water to help steer the boat	Skeg	Fixed fin in the water to help the boat run in a straight line
Paddle	Means of propulsion for a canoe or kayak	Blade	The end(s) of a paddle
Shaft	The narrow part of a paddle, gripped by the paddler	Wing paddle	a relatively new, spoon shape paddle type, now used exclusively in racing
Boat Control	Boats checked for weight and length to regulations	Spraycover or Spraydeck	Waterseal garment between the paddler and the cockpit
Regatta:	A canoeing competition	Wash	The rough water left behind a moving boat
Start gate	Metal 'Shoe' in which the bow of the canoe sits immediately awaiting the start	Seeding	Paddlers are distributed by seeding, initially on World Ranking. In any one race the 'better'paddlers are seeded towards the middle of the 9 lanes
Heats	Initial stages of the competition with a knock-out result	BA	Buoyancy Aid, a flotation jacket designed to assist swimmers in the water
OC6	Outrigger Canoe for six people	T Grip	T shaped handle at the top of a single bladed paddle