



U CANOE

CANOE YOUR WAY

U Canoe is an informal youth based activity that can be delivered to a wide range of young people aged 14-25 yrs, across a variety of youth settings, including schools, FE, HE, Doorstep Clubs and youth groups.



For more information visit
www.canoe-england.org.uk

U CANOE ANYWHERE

U Canoe aims to plug gaps in the current levels of activity, encourage new participants to the sport and stop the participant drop out of our sport. U Canoe has two offers to help achieve this. U Canoe Wired and U Canoe Unleashed.



wired

U Canoe Wired provides the initial excitement of canoeing in virtually any setting. Using Indoor Kayaking Machines participants can undertake a range of challenges, improve technique, challenge their friends or simply canoe.

- Delivery Centres can be schools, HE, FE, youth clubs and doorstep clubs
- Loan of 2 Indoor Kayaking Machines
- £30 for 6 weeks or £60 for 12 weeks
- Tutor training available - Free! (half day course)
- Or delivery of in house Activator training to young people - Resources Free
- Range of Activity cards to help assist delivery
- Use of social media to help fuel interest
- Further opportunities into local clubs and centres for on the water experience and U Canoe Unleashed
- Led by young people for young people

UNLEASHED

U Canoe Unleashed can either follow on from U Canoe Wired or act as a direct entry into canoeing. Participants can try out a range of activities which will test and develop their canoeing skills without having a structured coaching session.

- Delivery Centres can be clubs, centres, uniformed groups and leisure centres
- Range of activities to suit needs
- Resource and equipment bag available to help delivery - £50 +VAT
- Participants can lead and decide their own outcomes
- Activator training for qualified canoe leaders - 1 hour
- Fun first time experience on the water
- Exit routes to encourage participation for life
- Use of social media to help fuel interest
- Informal and social introduction into canoeing



facebook.com/ucanoe



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