

Is this for you?

What we are hearing...

We run a lot of courses in the BCCC. Many are aimed at youngsters, who often rapidly progress and outstrip us all, and quite a few are for adults across a range of paddling disciplines. Most of these courses are based around the BCU's excellent PaddlePower or 'Star' schemes. But we think there is a bit of a gap for **adults** who wish to get onto paddling moving water but don't necessarily want to, at least at first, follow a scheme path directly.

'Moving Water' by a different route...

If you have some kayaking experience and now feel reasonably comfortable paddling on flat water and perhaps:

- have kids in the club who have perhaps done the PaddlePower moving water course and would like to try too keep up with them and come on some of the moving water club trips you see advertised;
- just really want to give it a go and see if it is for you;
- have perhaps done a bit in the past but need a good refresher.

Then this might be just what you are looking for.

How it will work...

This is not a course in the traditional sense in that there is no rigid syllabus at the outset and certainly no assessment or certificate at the end.

There is, however, an objective and that is to get you introduced to and comfortable with starting to paddle on moving water in a kayak and have some fun doing so. There is also a subtext; we would like to get you to a point where you would want to continue and come on some of the club trips and build your skills in whichever direction from there.

We will build up incrementally at the pace of the group and envisage probably about 6 sessions but that is a little open ended. The sessions may include:

- a kick off session and initial sessions on the canal to brush up and develop some of the key techniques that are essential on moving water and build a bit of confidence;
- a pool session;
- moving on to gentle moving water at, for example, Guildford / Theal weirs;
- trip to Symonds Yat (river Wye) and/or the Nene artificial course.

We intend to start the course in September before it gets too chilly and run it on weekends, probably a morning/afternoon session extending to day trips for destinations beyond the local area. We will be timetabling to fit around / into the existing event schedule.

It will be actively coached to help you get what you want out of it but we will be firmly aiming this at recreational fun. Beyond this its flexible. So this is where you come in as we really want to tailor this around those attending.

What you need to do...

First, please let me know you are interested. Numbers are obviously limited by virtue of how many we can effectively look after. Drop me an email or call me (details below).

I also need some information so I can get organising. So please let me know:

- your own reasons for wanting to do this or what you want to get out of it;
- any specific things you want to try or think you need to work on or want to know about;
- a little about your paddling experience;
- anything else you feel would help me design an interesting course for you.

Finally...

Contact details

Please contact me, course organiser, Richard Boreham at richard.boreham@ntlworld.com or on 07801 839621. Email is preferable after 9 August due to holidays.

The course is being supported by Paul Jeffs.

Note. As described previously, these sessions are mainly aimed at adult members of the club to fill a gap in our activities but we may be able to accommodate some younger members. Again, feel free to contact me to discuss.

As soon as I can I will confirm dates and give a little more information about structure etc.