



WHY CANOEING

What are the benefits of playing my sport?

Canoeing is a sport with something for everyone. In fact, everyone can canoe!

It is a great way to enjoy staying fit and healthy.

Canoeing enables young people to:

- Become physically active.
- Creatively seek/solve problems under pressure.
- Develop resilience.
- Increase awareness of the natural world, and the need to protect it.
- Develops individual responsibility to themselves and others.

TOP Tip!

British Canoeing engaging young people with complex learning needs

British Canoeing worked with a school in Hampshire to increase achievement in maths, English and science through the sport of canoeing that culminated in a School Games event.

CANOEING

Spirit of the Games:
Excellence through competition
How does your sport exemplify these values?



Giving it 100%, putting your heart and soul into the competition and never giving up.

Passion makes you enter the competition and passion makes you finish it.



For competition officials, for your fellow competitors, for your team mates, for yourself and for the sport of canoeing. Accepting victory and defeat with grace, treating others politely and with understanding. Respect every day, in every sport and for everyone.



With others and with yourself.

Have the courage to do the right thing and what you know is right. Let the best person win, not the best cheat!



You've got to believe to achieve.

Have the self-belief and confidence to succeed, to unlock your potential and be the best that you can be.



Treating everyone equally, supporting each other and working together to have fun and achieve. Celebrate each other's success and always be a positive team player.



Drive yourself and your team mates towards success, especially during tough times, accepting that there are no shortcuts to success.

Priority competitions:

- **Name of the competition:** Cross Stream Canoe Slalom.
 - **Age group:** Key Stage 3 (years 7, 8 and 9).
Paddlers compete in single gender or mixed gender teams within their key stage age group.
 - **What Level/location:** Intra School Competition (Level 1) – Intra-school activities run by school staff, and young leaders.
Inter School Competition (Level 2) – A local inter-school festival with winners progressing to a County Final - Inter School Competition (Level 3) event, where one exists.
 - **Who runs it?** Inter School Competition (Level 2) – School Games Organisers, school staff, and young leaders.
County Final - Inter School Competition (Level 3) – County LOC.
 - **How to enter:** Inter School Competition (Level 2) – enter through your local SGO.
County Final - Inter School Competition (Level 3) – qualify through the Level 2 competition pathway or via direct entry.
 - **When does it take place?** Flexible throughout the year as a stand-alone event. The suggestion is to run all Intra School Competition (Level 1) and Inter School Competition (Level 2) activity before the County Final - Inter School Competition (Level 3) event.
 - **Next steps in competition after this competition**
Individuals can compete at local and regional Slalom events. For further information, visit www.britishcanoeing.org.uk/competition/competition-calendar/full-calendar-and-regional-events.
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- **Name of the competition:** Sports Hall Sprint.
 - **Age group:** Key Stage 3 (years 7, 8 and 9).
Paddlers compete in single gender or mixed gender teams within their key stage age group.
 - **What Level/location:** Intra School Competition (Level 1) – Intra-school activities run by appropriately trained school staff, and young leaders.
Inter School Competition (Level 2) – A local inter-school festival with winners progressing to a Level 3 county event where one exists. All activity can be run in a typical school sports hall.
 - **Who runs it?** Inter School Competition (Level 2) – Appropriately trained School Games Organisers, school staff, and young leaders.
County Final - Inter School Competition (Level 3) – County LOC.
Appropriately trained means they have received British Canoeing training on the use of Kayak Ergos; for more information contact info@britishcanoeing.org.uk.
 - **How to enter:** Inter School Competition (Level 2) – enter through your local SGO.
County Final - Inter School Competition (Level 3) – Qualify through the Inter School Competition (Level 2) competition pathway or via direct entry.
 - **When does it take place?** Flexible throughout the year as a stand-alone event. The suggestion is to run all Intra School Competition (Level 1) and Inter School Competition (Level 2) activity before the County Final - Inter School Competition (Level 3) event.
 - **Next steps in competition after this competition**
Individuals can compete at local and regional Sprint events; for further information, visit www.britishcanoeing.org.uk/competition/competition-calendar/full-calendar-and-regional-events.

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Priority competitions:

Name of the competition: Fours Up Canoe Polo.

- **Age group:** Key Stage 3 (years 7, 8 and 9).
Paddlers compete in single gender or mixed gender teams within their key stage age group.
- **What Level/location:** Intra School Competition (Level 1) Intra-school activities run by appropriately trained school staff, and young leaders.
Inter School Competition (Level 2) A local inter-school festival with winners progressing to a County Final - Inter School Competition (Level 3) county event where one exists. All activity can be run in a typical school sports hall.
- **Who runs it?** Inter School Competition (Level 2) – Appropriately trained School Games Organisers, school staff, and young leaders.
County Final - Inter School Competition (Level 3) – County LOC.
Appropriately trained means they have received basic guidance from British Canoeing around best practice for Canoe Polo. For more information, contact info@britishcanoeing.org.uk.
- **How to enter:** Inter School Competition (Level 2) – Enter through your local SGO.
County Final - Inter School Competition (Level 3) – Qualify through the Inter School Competition (Level 2) competition pathway or via direct entry.
- **When does it take place?**
Flexible throughout the year as a stand-alone event. The suggestion is to run all Intra School Competition (Level 1) and Inter School Competition (Level 2) activity before the County Final - Inter School Competition (Level 3) event.
- **Next steps in competition after this competition**
Individuals can compete at local and regional Canoe Polo events. For further information, visit www.britishcanoeing.org.uk/competition/competition-calendar/full-calendar-and-regional-events

Signposted competitions:

Additional competitive and performance opportunities exist to complement the Inter School Competition (Level 2) and County Final - Inter School Competition (Level 3) Schools Games pathway. Information on local and regional events can be found here:

www.britishcanoeing.org.uk/competition/competition-calendar/full-calendar-and-regional-events.

Specific event details can be found here:

www.britishcanoeing.org.uk/competition/canoe-slalom/

www.britishcanoeing.org.uk/competition/canoe-sprint/

Relevant web links:

www.britishcanoeing.org.uk

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Where do young people go next (from school to club/community)?

The next step beyond the school games competition is to for young people to transition into a local club; you can find details of local clubs using our Canoe Near You feature: <https://www.britishcanoeing.org.uk/canoe-near-you>

For specific signposting, help and advice, email info@britishcanoeing.org.uk

Our Club network is run entirely by volunteers and is diverse across all forms of the sport. British Canoeing can help schools to identify which local clubs have the resources and capacity to meet the needs of young people.

Young Leader/Officials courses/qualifications available:

British Canoeing – Paddlesport Activity Assistant Endorsement

Minimum age: 14.

The role aims to engage individuals of all paddling abilities to deliver or support specific sessions on and off the water. The nature of sessions or activities will depend on the needs of the organisation. Examples of activities include, for example, training sessions, practice sessions, taster sessions or carrying out specific roles during events.

The role is suitable for current and new volunteers and no previous experience is required as full training and support will be provided by British Canoeing. The Paddlesport Activity Assistant programme provides a fully developed support pathway towards a British Canoeing Endorsement.

The sessions a Paddlesport Activity Assistant can lead must be within the organisation's Standard Operating Procedures and be fully risk assessed.

Embracing the School Games Vision

Development Competitions provide an opportunity to engage all young people.

Utilising the NGB format, consider:

- Identifying targeted participant groups (i.e. gender, physical activity levels, impairment groups).
- Using the STEP principles to condition activities.
- Consider how to reward success – what does it look like?

Relevant web links:

www.britishcanoeing.org.uk/guidance-resources/education-youth-organisations/schools/how-to-get-involved/

Competition Card 1

Primary or Secondary:

Secondary

Name of competition:

Cross Stream Challenge

Age group:

Key Stage 3 is the focus but can be accessed from school year 5 upwards, and disability-specific events.

How to enter:

Schools are encouraged to set up their own competition locally.

Tournament format:

This competition could be organised by your local outdoor centre or canoe club, or in a school pool. This event can take place as a standalone competition at a central venue e.g. school pool, lake or river. Alternatively school teams can compete in a local cluster league on a home and away basis, depending on facilities.

Simple rules:

- Read the Cross Stream Challenge Book available from www.britishcanoeing.org.uk/guidance-resources/education-youth-organisations/schools/how-to-get-involved/.
- Paddlers to compete in teams of four, but team and individual performances should be rewarded.
- Rewarding skill is more important than rewarding stamina.
- Gates should be laid out as per the Cross Stream challenge, although course and gate dimensions need to fit environment and craft.
- Where space allows paddlers should race head to head, and pre-start should hold the back of the boat until they hear "GO!".
- Paddlers race around course, in the most time efficient manner. A penalty is awarded for each gate that is struck or missed.
- Gate 'touch' penalties are given when a paddler moves a gate. The first touch is penalised with a two-second penalty; second touch is a four second penalty, doubling with each touch. Only one penalty can be awarded per gate.
- Gate judges should follow the paddler down the course and can encourage and give hints.

Think inclusively!

The event can and should be altered to accommodate all paddlers, perhaps removing one pole of the gate to allow to different widths of boat. Increasing or decreasing the gaps between gates will allow for different aerobic capacities. Perhaps holding a doubles event would allow those who need more support to participate.

- If SEN/disabled athletes are unable to access the water, create a slalom course that the athletes can run or wheel through.
- Create a dry land course using cones, spots, or raised poles and include gates that replicate the movement of canoe slalom, e.g. moving sideways and forwards and backwards.

Relevant web links:

www.britishcanoeing.org.uk/guidance-resources/education-youth-organisations/schools/how-to-get-involved/

Roles for young people:

- Gate judge.
- Starter.
- Finisher.
- Results compiler.

How can depth in competition through extra teams be achieved?

- Multiple teams should be encouraged.
- The format can be expanded to the constraints of the environment where the event is run.

The route from here to County Final - Inter School Competition (Level 3)

Canoeists who have reached this level should be encouraged to progress their paddling skills. If SGOs in partnership with their Local Organising Committees would like to hold Canoeing as a County Final - Inter School Competition (Level 3) event then British Canoeing will support where possible.

How can regularity be achieved?

Cross stream should be fun and allow paddlers to develop at their own rate and not to be put off by not performing on the day. Schools are encouraged to form a local school cluster league.

Example slalom course

