

Summer Evening Paddling Courses 2020



Courses are available in general purpose **Kayaks, Canoes** and on **Stand Up Paddleboards**.




Our Canoe and Kayak courses run for six evening sessions (there is one extra session in the summer holidays). There are three sets of courses between April and September.

Our coaches use a course syllabus designed to help you make progress in gaining skills and learning to become an independent paddler.

Our **Paddleboarding** (also known as **SUPs**) start at the beginning of our second set of general paddling courses on 17th / 18th June. These courses are for three weeks and should provide you with sufficient skill to be able to make short paddleboard journeys safely.

Our Marathon group, who race as *Pangbourne Canoe Club*, also run courses to introduce paddlers to race kayaks. Intermediate paddlers may wish to try Sea Kayaks.

Which Course Should I Book?

Previous Experience *	The Adventure Dolphin Course you should choose			Equivalent British Canoeing Award ##	Suggested Club Activities once completed (for members)	
Three Star Or Two Star / Improver with more experience				Safety Leadership Coaching **	Personal Proficiency Awards (similar to old 4 star) FSRT # Paddlesport Instructor Paddlesport Leader	White Water Paddling Sea Kayaking Leadership and Coaching Activity
Two Star Award Improver Course(s) Paddlepower Discover			Intermediate (six sessions)		Personal Proficiency Awards (equivalent to old 3 star) Paddlesport Activity Assistant	Unsupervised sheltered water paddling (subject to club criteria) Introduction to White Water Led paddling on moderate water
One Star Award Beginners Course(s) Paddlepower Passport		Improver (six sessions)	Intermediate (six sessions)		Explore	Sunday Morning Paddling Supervised Sheltered water trips
None or very little Start Award	Beginner (six sessions)	Improver (six sessions)	Intermediate (six sessions)		Discover	Sunday Morning Paddling (supervised activity)
None	Paddlesport Start This is a single session aimed to introduce you to Paddlesport in any craft				Start	Beginners course

* People progress through the courses at different rates and will often need to attend 2-3 improver/intermediate courses before being ready to progress to the next stage. Becoming a club member gives you access to additional opportunities to practise and participate in paddling events or trips.

Some participants have tried Kayaking and then decide to change to Canoe. It is better to drop at least one level, or start in a beginner's course, when transferring to another craft.

** Paddlers with sufficient experience may wish to consider further training to develop their skills. This can include more tailored skills development, safety, leadership or coaching skills development.

FSRT – This is The British Canoeing Foundation Safety and Rescue Training. This is a pre-requisite course for entry into the leadership and coaching awards. It is also recommended for anyone wishing to paddle in groups independent of having a qualified leader or coach.

All of our courses will develop your skills and provide an opportunity to learn about all aspects of Paddlesport. The British Canoeing Awards have been changed in the last few years. The Star Awards and Paddle Power Awards have been discontinued (although your qualification remains valid) and now alternative syllabi are available. The club are able to provide assessments for these awards, but cannot manage this during the evening courses. Please watch our noticeboard website for information on “*Assessment Days*”. These are most likely to run on Sunday mornings or afternoons.