

Adventure Dolphin Coaching Notes

Introduction to Paddlesport Course

This should be considered a taster session leading to The Paddle Start Award

Course Dates.....

Lead Coach.....

Skill	Details This is designed to be a single introductory session of 90 to 120 minutes	Introduced	Notes about your session
Getting Ready	Introduction- Greet group and check readiness for session Clothing – appropriate for conditions Correct fitting of buoyancy aid		
Equipment	Selection of boat and adjustment of foot rest Correct paddle type and length		
Technique	How to sit in a boat and how to get out How to hold the paddle and practice stroke action		
Lifting and carrying	Safe manual handling- how to lift safely, sharing the load. Use of wheels		
Safety Brief	Discussion of paddling area, boundaries. Identify significant hazards- wind, flow, river traffic, anglers. What to do in event of a capsized- avoid panic and listen to instructions		
Launching	How to put boats on the water and get in safely Or seal launch a kayak from landing stage, if appropriate		

Forward Paddling	Encourage forward paddling action with good posture and connectivity.		
Turning	Use of sweep strokes to spin a stationary boat (forward and reverse sweeps, alternative for kayaks)		
Steering	Simple steering solutions, such a sweep.		
Stopping	Reverse strokes		
FUN	Having covered most of the skills mentioned above adapt your session to suit the age group, including games and activities to challenge participants.		
Return to the bank	Get out without losing contact with the boat How to lift a boat from the water How to empty a boat		
Putting Away	Return boats to racks safely Sponge out boats Storage and returning paddles and BA to rack		
Health	Showering		
Review	Encourage reflection on key learning Discuss progression for participants – join a full evening course or even become a member		