



## **It For Me? Improver Kayak, Canoe or SUP**

If you have been paddling a few times and want to get better this is the course for you. Taking you on the next steps towards becoming an independent paddler, for a fun and safe time on the water.

### **Aims**

Developing an understanding of the factors which affect your paddling; developing your decision making and practical skills, giving you confidence on the water. The plan is to coach skills, challenges, recues and go on a short journey.

### **Content**

The Improver day can be completed in sit in kayak, sit on kayak (single or double) Canoe or Stand Up Paddleboard.

The content is driven by your needs and aspirations and can include technical, tactical, physical and psychological skills and techniques. The coach will develop whichever aspect of your paddling you need.

### **Pre-Requisites**

For this WOEC course you need to be aged 16 or over

There are no other prerequisites so start your course today!

### **What Will I Need?**

You are welcome to use your own equipment. WOEC has a variety of clothing and equipment for you to use included in the price of the course. For full details see the general information page.