



It For Me? PADDLE EXPLORE

Your Explore Award is about developing you as a paddler, it gives you ownership; allowing you to choose where you move next in the world of paddlesport. If you have completed Paddle Start and Discover or have done at least 12 sessions of paddlesport this course is for you. Also, an ideal course for those working towards British Canoeing Instructor, Coach or Paddlesport leader awards.

Aims

Working with a coach you will be able to develop a programme that suits what you need. Learning to make confident choices with this individualised approach. This award recognises your ability to independently paddle your chosen craft in a sheltered water environment. The coach will help you develop your personal paddling and rescue skills.

Find out more <https://www.britishcanoeing.org.uk/courses/paddle-explore-award>

Content

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

Pre-Requisites

Participants for this course at WOEC must be 16 years old or over

There are no other prerequisites so start your award 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.