



It For Me? PADDLE START AWARD

Your first time on the water 'having a go'! A fun and enjoyable practical session, introducing you to paddlesport.

Aims

Experience your first session on the water. This is your first step into the world of paddling, ensuring you feel safe, confident and ready to progress to the Discover Award.

Find out more

<https://www.britishcanoeing.org.uk/courses/paddle-start-award>

Content

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

learning useful skills for an enjoyable paddling experience. It aims to provide you with the basic knowledge to enable you to safely get in and out of your boat, make it move and return to your start point. The session plans to include skills, challenges and a short journey.

Pre-Requisites

For this WOEC course you need to be aged 16 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.