A young family have brought a canoe and want to have fun short trips along stretches of sheltered water. Between the family and coach, a session(s) is developed and specific boat handling, care of equipment, portaging and safety of themselves and their dog are covered.

Now you’re ready to Explore! Your Explore Award gives you ownership; allowing you to choose where you move next in the world of paddlesport. 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.

A keen fisherman has a sit on top and wants to fish from his craft safely. He asks a coach to show him effective paddling skills, how to get back on his sit on top and how to load his boat safely.

A canoe club wants a system to allow members to have freedom to access the boat shed and take out boats onto a sheltered water environment. The club devises a series of sessions to introduce appropriate manual handling, safety on the water, paddling skills and returning equipment and lock up.

A canoe hire company ensures customers have appropriate safety skills and understanding before hiring their boats, a series of skills and competencies are developed.