

Exploring with Lee

Hear from Lee, who's just completed his Explore Award



I am now a member of Avon Outdoor Activities Club and to be able to partake in kayaking trips, they expect you to complete the Paddle Explore Award, so you are competent in rescues and understand the basics. It made sense for me to do this, as I wanted to get myself on the water as soon as possible.

I really enjoyed completing the Paddle Explore Award, it was great fun. The coaches were excellent, I met loads of new people and the courses were fun. **I came out of them far more confident than I was expecting. It gave me the confidence to consider doing white water.**

The trainer personalised the training to suit each individual. Over the two days, the trainer spent time with each individual when they were struggling with any particular exercise. It was a great weekend.

Now that I've passed my Paddle Explore Award, my next steps are to do my moving water course at the end of September. I have signed up for a beginner/intermediate trip to Dartmoor with the club for white water kayaking. The club usually arrange this as a nice follow on from the moving water course. I've also signed up for White Water Safety and Rescue course in November.

Find out more about the Paddle Awards - Start – Discover – Explore at gopaddling.info

