

APPENDIX ONE - PROGRESSION TABLES

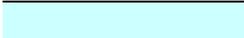
PADDLEPOWER START, PASSPORT & DISCOVER

	Paddlepower Start	Paddlepower Passport			
Topics	Level One	Level Two	Level Three	Level Four	Level Five
Boat Safety	Know what to do if you or another paddler capsizes	Know the Safety drill and explain what to do if you or another paddler capsizes	Know what to do, and explain why, if you or another paddler capsizes.	Explain the capsize procedure, including when a spraycover is in use.	In any suitable environment capsize without wearing a spraycover
			Know and explain the Safety Drill		
Water Confidence	Know how far you can swim with or without an aid	Explain your preferred swimming stroke/method	Demonstrate your preferred swimming stroke/method	Perform a 5 metre swim on your front, and on your back, whilst wearing a buoyancy aid, in any suitable environment	Swim a minimum of 5 metres wearing your typical paddlesport clothes, and a buoyancy aid, in any suitable environment
				Swim wearing a buoyancy aid	
Personal Safety	Know what a buoyancy aid is for.	Put on and attach your own buoyancy aid	Demonstrate checking and adjusting the fit of a buoyancy aid on yourself	Demonstrate checking and adjusting the fit of a buoyancy aid on another paddler. Demonstrate, if appropriate, how to adjust a helmet	Name at least two pieces of safety equipment
			Fit your own buoyancy aid.		Identify two items of safety equipment
Warm Up & Warm Down	Before paddling warm up with a physical activity for a few minutes	Show a warm up for a few minutes and a simple warm down to finish	Perform a warm up for a few minutes and demonstrate two parts to it. Warm down.	Demonstrate, off and on the water, a warm up lasting for a few minutes. Warm down.	Perform an appropriate warm up and warm down for the session.
		Take part in a whole body warm up.	Warm up thoroughly, and gently warm down.	Warm up, and include paddle strokes. Warm down.	Warm up and warm down, including gentle paddling.
Embarking	With help get into a boat	With help put a boat on the water and show how to get into it without help	Demonstrate launching a boat, with help if necessary, and embarking without help	Perform your own checks on a boat. Launch it and embark without help if safe to do so.	Perform your own checks on a boat. Launch it and embark without help from different locations.
		Get into your boat as explained by your coach.	Get into a boat without any help.	Check your boat, launch it, and get into it.	Check your boat; launch it, on a different surface get into it.
Balancing	Balance in a stationary boat, without a paddle. Show an active posture.	Sit in a boat and explore the space around the boat with your hands / arms showing an active posture to remain balanced.	From within a stationary boat demonstrate remaining balanced whilst completing a simple task.	From within a moving boat demonstrate remaining balanced, and maintaining a dynamic posture, whilst performing a simple task.	From within a moving boat explore the space around the boat with a paddle; demonstrate remaining balanced and maintaining a dynamic posture.
		In your boat show good body position, shape, and balance.	Show good balance in a boat whilst doing a simple task.	Show good balance in a moving boat whilst doing a simple task.	Show good position, shape, and balance in a moving boat whilst doing simple paddle tasks.
Forwards	Know how to hold paddles correctly	Show how to push your boat through the water with the aid of a paddle.	Demonstrate forward paddling with a dynamic posture. Move to within about 1 metre of a fixed point, e.g. landing stage, buoy.	Perform forward paddling at different speeds.	Demonstrate an understanding of changes in pace, including short sprints for approximately 5 secs. Demonstrate a quick start from left stroke first and right stroke first
		Hold a paddle correctly and go forwards.	Paddle properly and close to a named point without hitting it.	Paddle properly at two different speeds.	Paddle effectively at different speeds including short sprints.
		Stand up in a stationary boat holding your paddle with both hands (Multi-hull)	Paddle in time with the crew (Multi-hull)	Paddle from a forward position and set the stroke rate (Multi-hull)	Paddle left and right sides (Multi-hull)

	Paddlepower Start	Paddlepower Passport			
Topics	Level One	Level Two	Level Three	Level Four	Level Five
Backwards	Experiment with moving a boat backwards	Show how to paddle a boat backwards	Demonstrate paddling a boat backwards on a reasonably straight course	Perform backwards paddling whilst rotating your upper body to look where you are going. Move to within about 1 metre of a named point, e.g. landing stage, buoy.	Paddle a boat backwards along a 15 metre course maintaining directional control with paddle or rudder.
			Paddle backwards on a straight course for about 5 metres		Paddle backwards along a 15 metre straight course
Stopping	Experiment with stopping a boat whilst moving forwards	Show how to stop a boat when moving forwards	Demonstrate stopping a boat when moving backwards and then paddling away	Demonstrate stopping a boat quickly in either direction	Paddling at speed demonstrate stopping a boat quickly checking with the bank, shore, edge that all progress has halted.
		Stop your boat from moving forwards.	Stop your boat from moving backwards.	Stop your boat quickly - forwards and backwards	Stop your boat whilst moving at speed.
Turning	Experiment with turning a boat	Show the basic way of turning a boat, to the left and to the right	Perform a valid technique to turn a boat a full circle, to the left and to the right.	Demonstrate turning a boat to show a simple shape such as a triangle. Demonstrate with turns to left and right.	Demonstrate turning a boat to show a variety of simple shapes, such as a square, a circle, a letter 'D'. Demonstrate with turns to left and right.
		Turn your boat left and right		Turn your boat around a simple course	
Moving and Turning	Turn a boat whilst it is moving	Show how to use a rudder or how to use your paddle like a rudder	Demonstrate turning a boat whilst on the move using mainly a paddle	Paddle around a variety of courses, such as letters 'N' and 'S', showing directional control	Complete a figure of 8 course using at least 2 different paddling techniques
		Show how to steer a boat with a paddle or rudder	Use your paddle to turn a boat	Steer a boat along a simple course.	Steer your boat using different paddling actions.
Sideways	Experiment with moving a boat sideways	Show how to move a boat sideways	Demonstrate moving a boat sideways with a controlled continuous paddle action	Perform two different methods of moving a boat sideways. Show the effect of one method if used nearer to the bow or stern.	Demonstrate two techniques for moving the boat sideways. Demonstrate one way with good directional control
		Move a boat sideways		Show two ways of moving a boat sideways	
Edging (Single-hull)	Experiment with wobbling a boat without losing balance	Show how to edge a boat whilst stationary	Demonstrate edging a boat whilst it is moving	Edge a boat whilst moving and paddle a few strokes on the low side	Edge a boat whilst moving and paddle a few strokes on the high side, where relevant to the boat paddled
		Show a controlled 'wobble' in a stationary boat.	Slowly 'wobble' a moving boat.	Edge a boat and paddle on the low side.	Edge a boat and paddle on the high side.
Lean, Roll, Recover	Experiment with just a little lean a very gentle rolling action of the boat	Show how to gently roll a boat with a slight lean of the body	Demonstrate recovering from a lean and rolling action by quickly leaning in the opposite direction to return to the start position	Perform two techniques for recovering from a rolling action and a possible loss of balance	Perform two techniques for recovering from a possible capsized. One way shown with a slight loss of balance
				Show two ways of recovering from losing your balance	
Disembark	With help get out at the side, bank, edge, or beach,	Show how to get out at the side, bank, edge, or beach, without help	Demonstrate getting out of a boat without help and, with help, remove it from the water to a safe place.	Disembark without help and, with help, remove it from the water to a safe place and empty it.	Disembark without help at two different locations, and with help remove the boat from the water
		Get out of your boat as explained by your coach.	Get out of a boat without any help.	Get out of a boat and help empty any water from it.	Get out of a boat onto a different surface; help empty any water from it.

	Paddlepower Start		Paddlepower Passport		
Topics	Level One	Level Two	Level Three	Level Four	Level Five
Responsibility to Others	Know how put away a boat and equipment - and help somebody else!	Show how to help put away a boat and equipment - and help others!	Demonstrate responsibility for all equipment you have used. Help others with the boats and equipment.	Demonstrate responsibility for all equipment you have used. Check that it is clean and has been properly put away. Help others with the boats and equipment. Check and look after equipment. Help others	Demonstrate assisting a capsized paddler from the bank
Responsibility to Self	Know what appropriate personal paddlesport kit is.	Bring a complete change of clothes, including footwear and towel, to your sessions	Demonstrate responsibility for your personal kit before and after each session	Demonstrate good organisation of personal kit and personal time	Demonstrate checking and/or adjusting any 2 parts of a boat Demonstrate two checks or adjustments to a boat
Journeying	Paddle the boat 50 metres	Paddle the boat 200 metres without stopping	Paddle the boat a total distance of 500 metres	Paddle the boat a total distance of 1000 metres	Paddle the boat a total distance of 2 kilometres
Sessions	Complete your first paddling session	Complete at least 2 paddling sessions	Complete at least 3 paddling sessions	Complete at least 4 paddling sessions	Complete at least 6 paddling sessions
Know Paddlesport	Know the name of your nearest Canoe Club	Know how to contact your nearest Canoe Club Know how to contact your nearest Canoe Club	Where and when can you meet at the Canoe Club	What is the name of one of the following (or similar!): the Junior Organiser, Team Leader, Junior Coach, Youth Committee Chairperson	What is the name and contact number of your Coach? In the event of his/her not being available state the name and contact number of another appropriate coach.
Paddlesport Environment	Leave a clean paddlesport environment	If you have any litter whilst paddling what should you do with it?	What does the term paddlesport environment mean?	Identify two good points about your paddlesport environment	Read a copy of The Canoeist Code Look at the Canoeists Code
Care for Paddlers	Know why it is important to wash your hands after paddlesport	Explain why it is good practice to shower after paddlesport	Explain why warm-up is good practice Explain the advantages of warm up	Explain why warm down is good practice	Consistently perform good practice in the basics of handling boat and equipment Handle boats and equipment correctly
Food and Drink	What have you had to drink today?	What have you had to eat today?	Suggest examples of suitable food to support exercise and fitness	What could you bring with you for consumption after your paddlesport session? Bring food and drink for after your paddling.	Explain an easy method of checking your hydration levels
Training and Practice	What changes have you noticed take place to your body during your first session?	What has happened to your Heart and Breathing Rates during your first sessions	How many times per minute does your Heart beat when at rest?	What would you expect your Heart Rate to be after your warm up?	Why does Heart rate increase during activity? How can you measure your Heart Rate (bpm) Measure your heart rate

The highlighted boxes are what the paddler has to tick off on their progress card to achieve the award.

Key:		Do this		Your challenge
		Develop this		Know this

PADDLEPOWER DISCOVER

PROGRESSION TABLES

	Paddlepower Discover			
Topics	Level Six	Level Seven	Level Eight	Level Nine
Boat Safety	In any suitable environment capsize whilst wearing a spraycover, if appropriate	Capsize; swim to the nearest shore, bank, pool edge; empty, launch, embark Capsize and swim 5m.	Capsize; with assistance empty the boat and climb back in or climb back in then bail out	Demonstrate a method of assisting a friend back into their boat after a capsize Help a friend back into their boat after a capsize.
	Swim with a boat and paddle a minimum of 5m to the nearest shore, bank, pool edge. Swim with boat and paddle 5m	Strategies for climbing back in with minimal help from others	Show how to recover from a loss of balance when holding a fixed object e.g. landing stage, poolside rail, another boat. Maintain appropriate points of contact (e.g. feet & seat). When holding a fixed object show good boat and body action to recover from a loss of balance.	Show how to recover from a significant loss of balance (e.g. the boat rolls to gunwale or 90 and up to 180 deg). Maintain appropriate points of contact (feet & seat).
Personal Safety	Suggest two possible hazards on the water you are about to paddle. Name two hazards on the water.	State and explain a rule of navigation State and explain a rule of navigation.	Explain the importance of boat buoyancy and how this can be provided. Explain boat buoyancy.	Explain the relevance of two of the following to local paddlesport: Weil's disease, river grading, weirs, time & tide, weather conditions. From a list explain two aspects of paddlesport.
	Perform an appropriate warm-up, involving off the water and on the water activity. Finish with a warm down. Consistently perform appropriate warm up and warm down at each of your sessions	Perform a warm-up for a few minutes and demonstrate three different parts to it. Finish with a warm down Consistently perform appropriate warm up and warm down at each of your sessions	Perform an appropriate warm up including on the water activity relevant to the boat being paddled. Finish with an appropriate warm down. Consistently perform appropriate warm up and warm down at each of your sessions	Perform an appropriate warm up for the session. Finish with an appropriate warm down. Consistently perform appropriate warm up and warm down at each of your sessions
Embarking	Perform your own checks on a boat; show 2 different methods for launching and embarking Check your boat. Show two different methods for launching.	Embark without help and without aid from a paddle Get in your boat without help.	With help from a partner show 2 different methods of lifting and carrying a boat to the water's edge over a distance of approximately 10 metres With help show two methods for lifting and carrying a boat.	Without help show 2 different methods of embarking. The boat must be afloat for at least one, of these methods Get in your boat without help using two different methods, one with the boat afloat.
	From within a moving boat remain balanced, maintain a dynamic posture, and perform a range of tasks showing good control of the boat - body unit. Show good boat and body control in a moving boat whilst performing different simple tasks.	Perform all propulsive tasks whilst remaining balanced and maintaining dynamic posture Paddle your boat with good balance and posture	Perform all paddling tasks whilst remaining balanced and maintaining dynamic posture Perform tasks with good balance and posture in a moving boat	Show consistently good balance and dynamic posture in all tasks and throughout regular paddling sessions Show good balance and posture in all paddling sessions.
Forwards	Demonstrate a minimum of 5 good points of technique in your paddling. Demonstrate at least 3 of these at speed. Show five good points of Forward paddling at different speeds	Show the ability to maintain a good speed over a distance of at least 200m using a cyclical and rhythmic paddle action Maintain good technique for 200m	Show the ability to maintain good posture, use of footrest, upper body rotation etc. Paddle within 15cms of a named point. With good posture and technique position your boat accurately.	Show the ability to maintain the distinct elements of a good catch, a power phase and a recovery phase in each stroke Show good 'Catch', 'Propulsion' and 'Recovery' with the blade.

	Paddlepower Discover			
Topics	Level Six	Level Seven	Level Eight	Level Nine
Backwards	Paddle a boat backwards over a prescribed course maintaining directional control with paddle or rudder.	Show the ability to maintain an appropriate speed over a distance of approximately 15m using a cyclical and rhythmic paddle action	Show the ability to maintain good posture, use of footrest, upper body rotation. 'Look where you want to go' and demonstrate looking over one shoulder and/or alternate shoulders	Show the ability to maintain good control over a 15m course and to direct the rear of the boat to within 30cms of a named point.
		Paddle backwards effectively and at appropriate speed.	Paddle backwards with good posture, direction and control	Paddle backwards effectively and accurately.
Stopping	From a short sprint (e.g. 6 strokes) demonstrate stopping a boat quickly, retaining directional control,	Forwards: cruising at a good speed show an efficient stop. Retain posture, control, balance, steerage and appropriate trim	Backwards: travelling a short distance (5m) at appropriate speed show an efficient stop. Retain posture, control, balance, steerage with appropriate trim	In both directions show the ability to stop efficiently and effectively within four strokes. Show visual checks against the bank or shore or other relevant fixed point.
	Stop quickly and maintain directional control	Stop efficiently with good posture, control, balance and steerage.	Travelling backwards stop efficiently with good posture, control, balance and steerage.	Stop effectively and efficiently forwards or backwards in no more than four strokes.
Moving and Turning	Paddle a figure of 8 course showing a range of techniques	Paddle a prescribed course to show a variety of turning techniques and strategies. Typical course shapes: BHKMR48	Show the ability to move and turn over a prescribed course indicated by markers (poles, buoys, boats) such as typically considered in 'diamond s', 'xtreme s' or the 'wiggle t'	Demonstrate three clear techniques including propulsive strokes (sweeps, b & s draws), rudders (b & s), trim (edging &/or dipping)
	Using several techniques steer your boat around a figure of 8 course	Using several techniques steer your boat around a course described to you.	Using several techniques steer your boat around a set course.	Show how to turn using three different techniques
Sideways	Demonstrate two techniques for moving the boat sideways with good directional control.	Show the ability to maintain good posture, upper body rotation, paddle position/angle, blade position/angle, a constantly submerged blade, if appropriate, and directional control. Demonstrate one technique with the boat on the move.	Perform efficient and effective sideways strokes over a distance of 5m and over a lesser distance whilst on the move. Show an understanding of the sculling action. Show an understanding of the effect of bow and stern draws. Show a basic ability to displace the boat sideways after backwards paddling.	Show good use of sideways strokes by moving the boat to a variety of fixed and moving points (land stage, buoy, boat, ball.) Show other options for moving sideways (draws, prys, pushes, crossdeck/offside)
	Move the boat sideways using two different methods		Move the boat sideways over 5m. Demonstrate sculling.	
Edging (Single-hull)	Whilst edging a moving boat continue to forward paddle with alternate strokes, where relevant to the boat paddled	Using appropriate strokes demonstrate the ability to turn with the low edge on the outside	Using appropriate strokes demonstrate the ability to turn with the low edge on the inside, where relevant to the boat paddled	Show the use of edging as a positive and useful strategy during your normal paddling activities
	Maintain forward paddling technique whilst edging	Show how to paddle an outside low edge turn	Show how to paddle low edge turns relevant to the boat type	Show appropriate use of turning with edging.
Lean, Roll, Recover	Show how to recover from a near loss of balance by maintaining appropriate points of contact. Perform two techniques for recovering from a possible capsize and a significant loss of balance. (All relevant to boat type)	Show dynamic posture to show good control of the boat/body unit. Show the use of the non-drive face/blade to offer additional support to the boat/body unit. One technique to be shown with the boat on the move.	Low recovery' to show use of blade in response to loss of balance of the boat/body unit	Low recovery to forward paddle Low recovery scull to high recovery scull High recovery to low recovery to forward paddle On the move (Appropriate to the boat being paddled)
	Show two paddle techniques to recover from a loss of balance.		Recover from a loss of balance by use of low recovery.	
Disembark	Perform 2 different methods of disembarking, and how to remove a boat without assistance	Show consistently accurate approaches to land stage, grass bank, other boats, canal side, beach, stepping stones etc	Show constant control and balance with the boat afloat. Show consideration for equipment and the environment by ensuring no damage to bank or beach, boat, body, blade etc.	Show the use of a variety of techniques and strategies in preparation to disembark, including S & B rudder, draws, edging, l b turn, break o, etc
	Get out of a boat using two different methods	Consistently make accurate approaches to land to get out of a boat	When getting out show consideration for the landing area.	Show different techniques to approach land in order to get out.

	Paddlepower Discover			
Topics	Level Six	Level Seven	Level Eight	Level Nine
Responsibility to Others	Demonstrate assisting a capsized paddler from a boat	Show the willingness and ability to assist in a minor role, from a boat, with the boat to boat rescue of a capsized paddler	Show the willingness and ability to assist in a specific role, from a boat, with a recognised procedure for boat to boat rescue of a capsized paddler	Show the ability to perform one procedure for boat to boat rescue and be able to take a lead role
	From a boat help a capsized paddler.			
Responsibility to Self	Demonstrate checking and/or adjusting any 3 parts of a boat	Show consistently sound procedures in checking the safety and suitability of personal equipment used	Demonstrate an understanding of, and the ability to use, straps and similar mechanical devices to properly secure boat and equipment to racking, trailers and roof racks.	Demonstrate the ability to tie the appropriate knot when using rope to secure boat or equipment to racking, trailers or roof racks.
		Make sound safety checks of personal equipment.		Show how to safely secure equipment to storage or roof racks.
Journeying	Paddle the boat a total distance of 3 kilometres	4k preparations for 'out' and 'in' journeys	5k preparations for 'in' journeys	6k preparations for 'out' journeys
	Have you paddled this distance? 3K	Have you paddled this distance? 4K	Have you paddled this distance? 5K	Have you paddled this distance? 6K
Sessions	Complete 10 hours of paddlesport activity.	Complete 15 hours of paddlesport activity.	Complete 20 hours of paddlesport activity.	Complete 25 hours of paddlesport activity.
Know Paddlesport	What is the name of the NGB for the UK? Give its website address.	Recognise three hazards in your normal paddlesport environment. Who is likely to be most at risk?	From three hazards you recognise in your normal paddlesport environment work out the ones you think create the greatest and least risk to paddlers.	What controls are in place to reduce risk. What else might you consider in order to further reduce the risk level?
	Know the website address of your National Governing Body of Paddlesport - England, N Ireland, Scotland, Wales.	Recognise hazards and risks	Recognise hazards and risks	Recognise hazards and risks
Paddlesport Environment	What does the term pollution mean? (links with 'assumed risk' below)	On discovering pollution in a paddlesport environment what should you do?	Identify a range of users in the paddlesport environment. Do any present a risk to paddlers? If yes, what is the risk?	What measures are in place to improve your local paddlesport environment or to avoid damage to it by paddlers?
		To whom do you report pollution?		What is done to prevent damage to your paddlesport environment.
Care for Paddlers	Explain the meaning of "Paddlesport is an 'assumed risk sport' "	Give examples and explain the use of simple hand signals for paddlers	Give a simple explanation of Hyperthermia and how to avoid it in oneself and others	When paddling show an appropriate method to assist a swimmer or a boat to the shore, bank, pool edge.
	Recognise hazards and risks.	Give examples of simple hand signals used in paddlesport.		Help a swimmer or boat to land and get out.
Food and Drink	Show that you are organised to take suitable fluids and food after your paddlesport session	Explain what you understand by a 'balanced diet'.	Suggest examples of Carbohydrates	Demonstrate the use of appropriate fluid and food intake types and levels before, during and after exercise
	Bring suitable food and drink for having after your session			Have appropriate food and drink during your paddlesport session.
Training and Practice	Why does Breathing rate increase during activity?	What do the words stamina and suppleness mean?	What do the words strength and speed mean?	Explain and demonstrate the principle of 'Overload' as related to the desire to improve performance.
	Know the 4 'S' of Fitness and the term Overload - Stamina	Know the 4 'S' of Fitness and the term Overload - Suppleness	Know the 4 'S' of Fitness and the term Overload - Strength	Know the 4 'S' of Fitness and the term Overload - Speed

Key:



Do this



Your challenge



Develop this



Know this