



Cumbria “CPD LIVE Event” Sat 25th Jan 2025



YMCA Lakeside (South Camp) Newby Bridge, Ulverston, Cumbria LA12 8BD [How to find us](#)

COST: £85 – (CONCESSIONs for Cumbria Club Coach/Leaders & aspirants)

To book: Scan the QR code or use the booking link below:

<https://eventsystem.paddleuk.org.uk/Events/cumbria-cpd-live-event-25-01-2025/>



AM Water sessions based on Lake Windermere/River Leven - PM dry at Lakeside

All paddlesport Coaches/leaders, (aspirants welcome) are invited to a Live CPD Event.

- **Qualify for 10 CPD points**, for your Coach/Leader Update CPD Scheme
- Meet other coaches, leaders and club paddlers to share and network
- Participate in workshops to develop coaching/leadership & paddling skills
- Learn from Britain's best, including some **National Trainers** on the delivery team.

08.00	Arrivals	
09:00	Welcome	<u>Mike Sunderland</u> - Cumbria Canoeists Chair & CPD Lead <u>Darryll Shaw</u> – Paddle UK - Overview recent Coach/Leader/ Award Developments <u>Cumbria Canoeists</u> - Who are Cumbria Paddlesport Support Vol Group?
10:30 to 13:30	Workshops (Wet) Choose <u>one</u> workshop Bring Paddling Kit Windermere Lake or River Leven	Dan Wilkinson – “Building a complete Sea Kayak Paddler” A practical in depth look into the important skills to develop in sea paddlers & why these skills are so important. For those wishing to develop a technical understanding & coaching. bring own sea kayak Chris Brain “Learning to love SUPs! Tried paddleboarding before? NOT "fallen for it" just yet? We will explore the basics and help you transition existing canoe/kayak skills onto SUP. Exploring golden tips that make a difference when we are learning to paddleboard and helping others. Sarah Keight “Look good and feel good, for longer!” Open Boating Explore the shapes we make, pivot points, blade placement, pressure and feather. Subtle changes to help paddlers prevent injury and develop efficient boat control. bring your own open canoe Ian Adey “A KAYAK Moving water workshop on the Leven” Developing coaching strategies and how to make the best use of river features for improved opportunities to coach. bring own river kayak
13:30	Lunch	Bring Packed Lunch, supplementing FREE Soup & HOT drinks Border Kayaks equipment/clothing display & SALES
15:00 to 17:15	Workshops (Dry) Choose <u>one</u> workshop Warm clothes to hand as some session will go outside	Dan Wilkinson – “The most important aspects to sea kayak leading - DISCUSS” Please “prepare a simple statement, as to one thing that YOU think is essential for leading sea kayaking. ” formulating a round table discussion (with contextual/theoretical input). This may give you a new perspective, new ideas to play with, or entrench your view that you are doing it perfectly... Let’s find out which it is! Chris Brain “Essential Soft Skills that we use as coaches/leaders” Inc icebreakers, warmups, getting to know, relationship building activities, plus theory /rational behind their importance. Sarah Keight “34.6%” Why do we have a gender imbalance in paddlesport? How as coach/leaders can we support females to develop in paddlesport? Are women specific sessions necessary /having impact? Ian Adey “Flat water DEMO” Drills (kayak & Canoe) and tasks, to develop and improve coach/leaders and participants moving water skills. Bankside Demos & classroom discussions
17:15	Close	Review Gathering, Feedback and close

