



#### About me:

It's hard talking about yourself tbh but here is some info you may find useful.

I am a British Canoeing Paddlesport Coach, in fact I'm the only **female** British Canoeing Coach in Yorkshire. So, I get really busy.

I live and breathe paddling. I coach full-time, my only day off being Sunday-which is when I go Sea Kayaking! I also run Yorkshire Sea Kayakers.

In addition to my coaching, I am also the UK Paddlesport Officer, Social Prescription Officer and a Trustee for Blackdog Outdoors. A mental health and wellbeing charity that provides supported events for those who may find their mental health can act as a barrier to them accessing the great outdoors.

I have a laid-back coaching style. I'm not the type of Coach who pushes people to achieve a set standard on a lesson or do certain techniques. For me it's more important to coach the person and the rest comes with confidence and after lots of laughs.

#### **My qualifications include:**

British Canoeing Coach

Outdoor REC Emergency First Aid

Safety and Rescue qualifications

White Water Safety & Rescue

Safeguarding and Prevention

Child Safeguarding and Vulnerable Adults

Suicide Awareness

Suicide Prevention

Mental Health First Aid

Enhanced DBS

Coastal Navigation and Planning

Sea Kayaking level 3

Autism, Aspergers and ADHD awareness

### **What to Wear:**

I bet this was the first thing you thought of!

So, whether you're paddleboarding or kayaking it's more about being comfortable. So, leggings, joggers, waterproof trousers over the top if you have any. Beach pumps or soft trainers.

Have a spare change of clothes or a towel for the drive home.

A lot of people assume you need a wetsuit. You don't. If it makes you feel comfortable and boosts your confidence, then go for it but if you fall in wearing a wetsuit, you're still going to get wet!

If you have a drybag to keep essentials/car keys in that's useful. I'll have spare with me anyway.

### **What happens on a session?**

Once everyone has arrived, I'll do a briefing on plans for the today. I'll also show you what safety kit I carry with me and why. I also show people how to use them just in case it's me that needs rescuing!

Then we'll get buoyancy aids on, make sure they feel comfortable then show you how to get on and paddle either the kayaks or paddleboards, whichever you have chosen.

Once we get underway, we can work on paddling techniques and balance.

We can rest whenever you need to.

You may also find my river lingo useful:

SUP-a Stand Up Paddleboard

Sit on Top kayak-sit on and not in so no anxiety of feeling confined.

Closed Cockpit kayak-sit in them with your legs inside and wearing a spraydeck. Wobble factor increases with these.

Throwline-to throw to any swimmers if needed.

Tow rope-if anyone gets tired or doesn't feel confident or well, I can pop a tow on you while you sit and watch me do all the work!

Counting fishes-I prefer to call it this than a capsize, sounds nicer!

Float Plan-my way of saying a Risk Assessment. The term risk assessment to me is negative and suggests anxiety so why use it.

PFD or Buoyancy Aid-not a life jacket. Life jackets are the ones with big collars like on the Titanic!

Paddle-we know what it is and what it does. It's not an oar though-they are for rowing boats and they are nowhere near as much fun.

### **Am I likely to get wet?**

Not unless you want to, but it is possible. Whatever craft you choose if you take it steady until you feel comfortable you will be fine. Falling in is rare. But even if you do, it's just water. We can get you

back onboard quickly and easily. It doesn't matter if you are not a confident or strong swimmer as you will be wearing a buoyancy aid.

I hope this answers most of your questions or concerns but if there is anything else please don't hesitate to get in touch.

See you on the water.

Lynne

