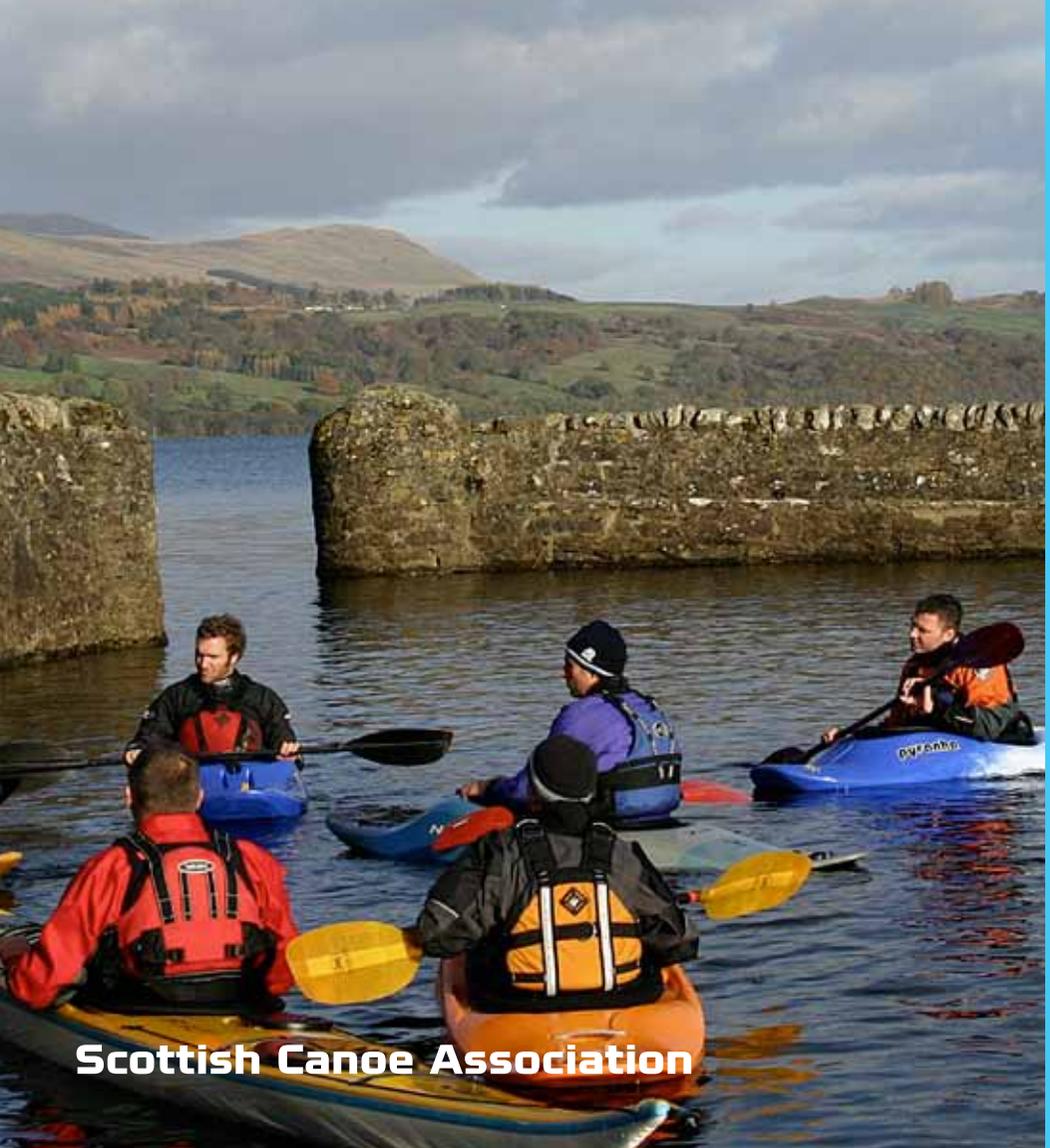


SCA 

COACHING PADDLESPO



Scottish Canoe Association

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Definitions

The term 'deployer' refers to those responsible for engaging the services of paid or unpaid coaches. Examples include clubs, centres, schools, local authorities and community programmes. The term 'Level 1, 2, or 3 coach' refers to the BCU (UKCC) Level 1, 2, or 3 Certificate in Coaching Paddlesport.



INTRODUCTION

Coaches play a vital role in ensuring people are attracted to, have positive experiences of, and achieve their personal ambitions within paddlesport. Coaching is an exceptionally diverse activity providing an extremely rewarding hobby or profession for many different people. Some people get into coaching to help others enjoy the sport recreationally, or to facilitate high performance. Others enjoy using the sport to help develop their own (or others') personal life skills such as confidence, self-esteem, communication, teamwork or decision-making. Some wish to use the paddlesport environment as an educational resource, to teach environmental education, or to provide a sport that will enable an individual to enjoy a healthy lifestyle. Many people start coaching when their children show an interest in the sport, or as part of a career in the outdoors, or because they have an interest in other outdoor activities.

Does this sound interesting? We are a growing sport, and there is always a demand for more coaches. Section 1 of this booklet provides useful information to help you decide if you want to get into paddlesport coaching, and if so how to go about it and the skills and knowledge required. Section 2 provides ideas about how to progress once you have started on the coaching pathway.

SECTION 1 – INFORMATION FOR NEW COACHES

Taking the first steps into coaching

If you are interested in coaching paddlesport, you should make sure you know what it involves. The best way to do this is to get out and give it a go. Ask a coach if you can watch them at work, and offer to help if you can. Experienced coaches will be able to give you elements of the session to run, and support you through the process. Talk to coaches who are working in the area that interests you, and ask about the best way to develop the necessary skills. Canoe clubs and voluntary organisations are often looking for willing helpers and would welcome someone with an enthusiasm for coaching. For those of you looking to pursue a career as a paddlesport or outdoor activities instructor, helping as a volunteer can give you valuable experience to help fast-track your development. There are also opportunities to get into coaching through employment in one of the many multi-activity centres. This can provide valuable training, qualifications and experience, and is a popular route into the profession for many young people.

Where does paddlesport coaching take place?

Paddlesport coaching happens in a wide range of environments. For some it is normal to be paid, whilst others coach as a volunteer. Here are some examples of coaching situations you may wish to get involved in:

- canoe clubs (regular or introductory sessions)
- mainstream primary or secondary schools (lunchtime or after-school clubs)
- special schools for children with disabilities or other special educational needs
- holiday activity camps
- outdoor pursuits centres
- outdoor education centres
- youth organisations such as the Guides or Scouts
- coaching individuals in training and/or competition
- coaching friends
- local authority community projects



The skills that will help you

Coaching requires a range of different skills, many of which are transferable from other experiences. Do you think you have some of these skills already?

- good communication skills
- being able to motivate yourself and others
- knowledge and/or experience of paddlesport
- a passion for learning
- common sense
- an eye for detail
- organisational skills
- planning skills
- group control
- knowledge of human physiology or psychology
- looking after children
- playing games
- being an entertainer

If you can answer yes to some of these questions, you have some very useful skills that should help you coach paddlesport.

What is involved with paddlesport coaching?

The roles paddlesport coaches play vary with every situation, but here are some examples of the kind of things you are likely to do:

- running activities to develop performance
- measuring performance (e.g. using a stop watch or skills checklist)
- running warm-ups and cool-downs
- planning sessions
- developing an enjoyable and positive learning environment
- developing appropriate relationships
- managing paddlers' safety and welfare
- looking after equipment
- getting paddlers kitted up with appropriate equipment
- presenting yourself in a professional manner
- minimising environmental impact and developing environmental awareness

The Scottish Canoe Association (SCA)

Established in 1939, the SCA is the recognised governing body of canoeing and kayaking in Scotland. The SCA works to improve access to waterways, delivers a comprehensive coaching scheme, and uses lottery funding to support Scottish Olympic medallists. The SCA is a founding member of the British Canoe Union. Further details on SCA membership can be found at www.canoescotland.org.

Coaching qualifications

If you are looking for a qualification in paddlesport coaching or leading, then the British Canoe Union (BCU) coaching scheme should provide a suitable award or training course for you. The BCU is the leading provider of paddlesport qualifications in the UK, and its awards have been accepted as the industry standard coaching qualifications for over 30 years. BCU coaching qualifications have been endorsed by the United Kingdom Coaching Certificate (UKCC), meeting national standards for coaching across sport in the UK. Within Scotland they are also recognised and regulated by the Scottish Qualifications Authority (SQA) and are included in the Scottish Qualifications and Credit Framework (SQCF).

These seals of regulatory approval mean that you can have every confidence in the robustness and procedures that underpin the design and delivery of BCU qualifications.

The SCA manages the delivery of BCU qualifications in Scotland, supports their qualified coaches, and offers civil liability insurance for coaches.

"When I left school I wanted to work in the outdoors. I went to work for an activity provider and gained qualifications and experience in a number of outdoor activities. I loved working together in a team and being able to provide such fun activities to so many young people!"

4.



The Level 1 Certificate in Coaching Paddlesport

For many coaches the Level 1 Certificate in Coaching Paddlesport is the first step on the coaching pathway. The qualification introduces the fundamentals of safe, ethical and effective coaching. Candidates are trained to coach basic skills to paddlers in any type of paddlesport craft in a flat-water environment. A range of coaching tips, tricks, games and activities are built into the course, along with time spent developing technical and tactical understanding of these skills.

How long is the course?

The course is delivered over four days and includes both training and assessment. Courses are run in a variety of formats: a modular course run over a series of weeks provides time to consolidate learning and gain experience and knowledge between sessions, whilst a block course is better suited to candidates with some experience of the technical aspects of paddlesport. The provider of the course will make sure you are aware of the format and let you know if any prior experience is required.

Are there any pre-course requirements?

The most important thing is that you have an interest in coaching paddlesport! You also need:

- to be aged 16 or over
- to have a basic understanding of how to paddle through either participation or observation
- safety training – the BCU runs an introductory training course covering safety and rescue skills for coaches and paddlers called BCU Foundation Safety and Rescue Training. This one-day training course is required for coaches working towards the Level 1 qualification. Some providers offer it as part of the Level 1 course, or it can be completed independently beforehand (see pages 12 and 13 for more details)

5.

If I am going to be a coach who works on the water do I need to do anything extra?

Yes – you need to hold your BCU 2 Star or Paddlepower Discover Award, and be able to show confident and consistent demonstrations of the syllabus skills in both canoe and kayak. Block courses tend to ask for this before the course starts, whereas modular courses allow you to develop these skills as the course progresses. Either way it is a good idea to hone your kayaking and canoeing skills to enable you to get the most from your course.

Do I have to be a paddler?

No – you can complete the award as a bank-based coach.

What does the assessment involve?

Practical tasks, a multiple choice question paper and tutor questioning will be used to test safety and rescue skills, coaching ability and technical understanding. The course is structured to ensure everyone has full training in these topic areas, and has ample opportunities to pass all elements required.

What is a Level 1 coach qualified to do?

The British Canoe Union recommends that the Level 1 Certificate in Coaching Paddlesport is the appropriate qualification for coaches who run paddlesport sessions in any type of paddlesport craft, in swimming pools or on sheltered water. Level 1 coaches should work either under the direct supervision of another coach, or within the management structures of a club or centre.

What next?

The SCA website has more information regarding the qualification, registration requirements, scholarships and course dates.



Frequently asked questions

Do I need to be a good paddler to coach?

No, coaching requires a different skill set to paddling: it is more important that you are a good communicator, enjoy working with people, and are able to motivate people. However, some coaching roles do involve looking after people on the water and it is often most practical to do this from a kayak or canoe. The BCU Level 1 and 2 coaching qualifications include options for both boat and bank-based coaches.

Do I have to know about first aid?

The SCA recommends that all coaches from Level 2 and above (and Level 1 coaches who are not directly supervised) hold a suitable first aid certificate. The SCA website includes a list of all recognised first aid awards suitable for the various levels of coaches.

What about child protection?

The SCA is committed to ensuring that all young people participating in paddlesport can do so free from harm or abuse. It is important that all coaches understand the role they play in safeguarding and protecting children and they should have completed relevant training in this area. Some coaches who regularly coach children are also required to join the Protecting Vulnerable Groups (PVG) scheme. This helps ensure individuals who are unsuitable to work with children are not permitted to do so.

Child protection training and PVG requirements depend on a number of factors. For more information visit www.canoescotland.org.

Is there funding available to help me cover the qualification costs?

Assistance is sometimes available to help with coaches' course fees. This is an ever-changing environment, and we recommend you explore the following potential routes:

- your deployer(s)
- your local authority, leisure trust or local sports councils
- the SCA

Do I need insurance?

If someone becomes injured or suffers loss or damage because a coach fails to meet their duty of care, they may make a claim against them. Coaches should therefore have civil liability insurance to provide cover against such claims of negligence. Civil liability insurance for 'canoeing activities' (including coaching) is included within SCA full membership. Clubs and centres will also have liability insurance to cover their operations. More details of the SCA policy is available at www.canoescotland.org.

I already have coaching experience - can I enter the award scheme at a higher level?

Candidates who have covered the BCU Level 1 course material through alternative learning opportunities can apply to the BCU for Accreditation of Prior Experience and Learning (APEL), and if successful can enter the scheme at Level 2. The APEL guidelines are available from www.canoescotland.org.

Do I really need a qualification?

Deployers are responsible for ensuring that the people they use to run paddlesport activities are competent. Holding a qualification is not mandatory, and some deployers offer in-house training, or accept competency based on experience. The SCA/BCU recommend appropriate qualifications to cover a range of deployment situations. Many people want to be coached, or have their children coached, by a qualified professional, and in many cases deployers require their coaches to hold an appropriate qualification for the role they are performing.

"My children started paddling and I wanted to get involved. I now coach other youngsters at the local club and it gives me real pleasure helping out. It's really sociable and a great family environment for us all to be involved in."



SECTION 2 – PROGRESSING AS A PADDLESPOrt COACH

Level 1 and 2 coaches are trained to work with any type of boat focusing on introducing and developing paddlers as they start the sport. However, many coaches wish to specialise and take paddlers further.

The BCU Level 1 Certificate in Coaching Paddlesport is the stepping-stone to a number of BCU coaching qualifications. Once this award has been achieved, coaches can pursue a wide range of awards to further their knowledge and skills, as well as pursuing opportunities to keep their skills and knowledge up to date.

Coach update and licensing

The BCU Coach Update Scheme provides a service where coaches' qualifications are recognised as being valid and updated. The scheme aims to encourage all coaches to keep up to date with developments in paddlesport, and indeed in general sports coaching. With sport and sports coaching receiving an increasingly high public profile – with associated ethical and social commitments – the scheme enables the status of coaches to be accounted for and verified.

Benefits of the scheme include:

- evidence for deployers or customers that you are qualified and up to date
- the inclusion of your name on the SCA's register of qualified and updated coaches
- being able to train and assess the BCU tests and awards, for example the star awards

There are a number of criteria for qualifying as an SCA updated coach. These include being a full member of the SCA, undertaking first aid training, and supplying evidence of a commitment to continual professional development. Visit www.canoescotland.org for more information.

As part of the scheme, the SCA runs an annual programme of coach update events throughout the Scottish regions. These events are open to all coaches, and provide quality learning support through the provision of workshops and information to

keep coaches up to date with current best practice. They also provide valuable networking opportunities.

The SCA also runs national events for Scottish coaches, for example, annual coaching conferences and club coach weekends. These events feature educational presentations and workshops to help coaches keep abreast of recent developments in the sport and current best practice, as well as providing networking opportunities.

Further qualifications and training to consider:

BCU discipline support modules

The BCU discipline support modules are designed to assist qualified coaches gain more knowledge about some of the specialist disciplines. The courses introduce and develop understanding of the basic techniques and coaching strategies for the development of slalom, sprint canoeing, polo, wildwater racing, freestyle, and surf paddlers.

BCU Level 2 coach

The BCU Level 2 Certificate in Coaching Paddlesport is the second step on the paddlesport coaching pathway. Like Level 1, this non-discipline specific award is relevant to coaches who wish to coach any paddlesport discipline, including those who might work with competitive and non-competitive paddlers. The award develops the foundation coaching concepts taught at Level 1, moving into the skills required for developing performance through progressive coaching. The qualification also covers the issues to enable coaches to work independently using a sheltered water environment.

BCU 4 and 5 Star Leader Awards

The BCU 4 Star Leader Award provides a qualification for those who wish to lead competent paddlers on short journeys in moderate water conditions. The qualification is available in the following specialist areas:

- sea kayaking
- surf kayaking
- open canoeing
- white water kayaking
- touring



The course covers topics such as:

- personal paddling skills
- practical navigation skills (if appropriate)
- safety awareness and risk management
- rescue skills and incident management
- leadership skills, group control and management

The BCU 5 Star Leader Award is the next leadership qualification and features a shift of focus towards developing the skills required for leading in advanced water environments.

BCU Moderate and Advanced Water Coach

The BCU Moderate Water Endorsement enables BCU Level 2 coaches to take their coaching abilities into specific moderate water environments. The award is available for those who wish to coach sea kayaking, surf kayaking, open canoeing, touring, and white water kayaking. It focuses on the application of current coaching knowledge in the moderate water environment and covers topics such as:

- how to coach discipline-specific skills and tactics
- physiological and psychological considerations for the discipline
- establishing a safe coaching environment
- developing paddlers' performance

The BCU Advanced Water Endorsement is structured in a similar way, with the focus shifting towards coaching in an advanced water environment.

For more information about these qualifications, including prerequisites, registration requirements and course dates, visit www.canoescotland.org

"I started coaching when an injury prevented me from paddling. I really wanted to help others enjoy the sport as much as I had."

BCU Level 1
Running isolated sessions within

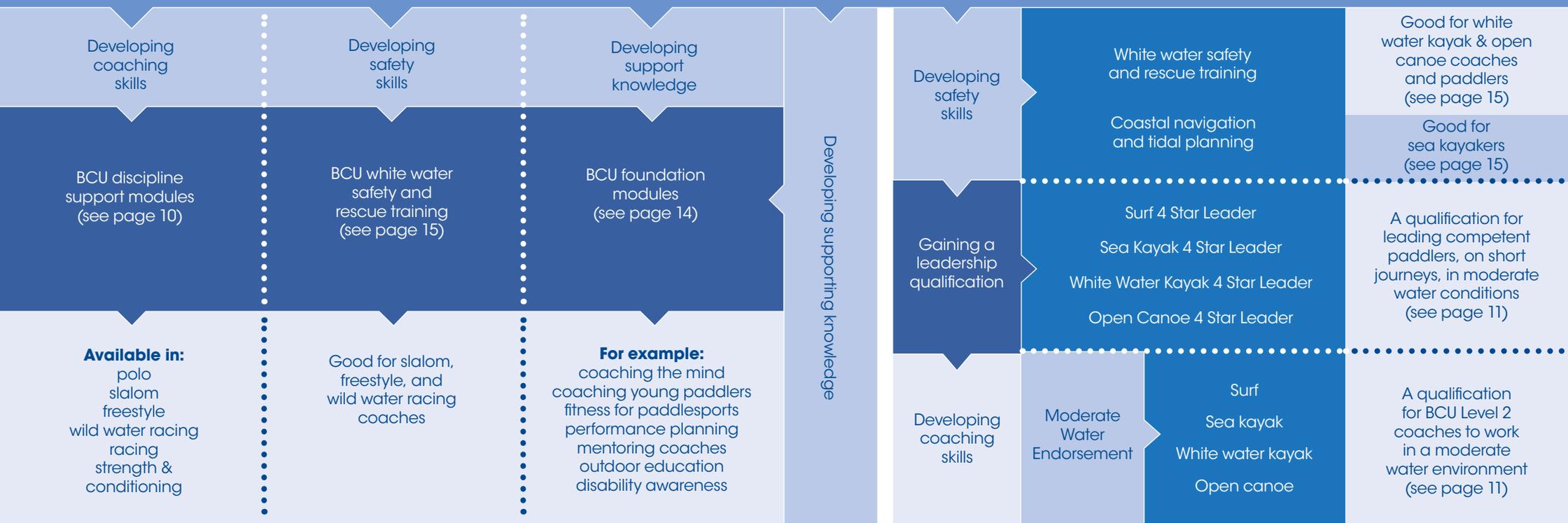
Coach
a club or centre (see page 5)

BCU Level 2
Developing paddlers through progressive

Coach
coaching sessions (see page 10)

Interested in coaching slalom, racing, polo, freestyle, or wild water racing paddlers

Interested in coaching sea, surf, white water, flat-water or open canoe paddlers



Available in:
polo
slalom
freestyle
wild water racing
racing
strength & conditioning

Good for slalom, freestyle, and wild water racing coaches

For example:
coaching the mind
coaching young paddlers
fitness for paddlesports
performance planning
mentoring coaches
outdoor education
disability awareness

Good for white water kayak & open canoe coaches and paddlers (see page 15)

Good for sea kayakers (see page 15)

A qualification for leading competent paddlers, on short journeys, in moderate water conditions (see page 11)

A qualification for BCU Level 2 coaches to work in a moderate water environment (see page 11)

Possible future progressions

Possible future progressions

BCU intermediate modules (see page 14)

Level 3 coach
Advancing paddlers through long-term programmes (see page 14)

5 star leader (see page 10)

BCU intermediate modules (see page 14)

Advanced Water Endorsement (see page 15)

BCU Level 3 coach

The BCU Level 3 coach award is for those who wish to become a discipline-specialist coach who can plan, implement and analyse long-term coaching programmes. It is an appropriate level of qualification for those who are in charge of paddlesport activities in a club/centre or as a working professional. It is available in the main paddlesport disciplines, namely:

- freestyle
- open canoeing
- canoe polo
- canoe racing
- sea kayaking
- canoe slalom
- surf kayaking
- touring
- white water kayaking
- wild water racing

BCU foundation modules

These three-hour introductory modules are designed to give coaches an insight into various different topic areas. Modules include:

- fitness for paddlesports
- coaching the mind
- performance planning for paddlesport coaches
- mentoring for paddlesport coaches
- outdoor education and paddlesport
- coaching young paddlers
- fundamental paddlesport skills
- disability awareness training

These modules are open to any coach, and are a great way to gain background knowledge to support coaching practice.

BCU intermediate modules

These six-hour modules are designed to develop coaches' understanding of various topic areas:

- coaching the mind
- optimising fitness and performance 1
- optimising fitness and performance 2

These modules are open to any coach with a basic level of understanding in these areas. They are a great way to gain background knowledge to support coaching practice.



Safety and navigation training

The BCU offers a number of safety and navigation training courses for paddlers and coaches. The objective of all these training courses is to provide underpinning knowledge and teach simple and safe practical skills that can be applied appropriately.

BCU Foundation Safety and Rescue Training provides paddlers and coaches with the key safety and rescue skills required to operate safely in a sheltered water environment and to be able to deal with common emergencies.

BCU White Water Safety and Rescue Training covers topics such as safety awareness, survival techniques, rescue techniques, and how to deal with emergencies for paddlers operating in a moderate white water environment in either kayak or canoe.

BCU Advanced White Water Safety and Rescue Training focuses on the application of topics in the white water safety training course in advanced environments.

BCU Coastal Navigation and Tidal Planning aims to give paddlers, leaders and coaches the tools to enable them to plan and navigate effectively on coastal journeys in moderate sea conditions.

BCU Open Water Navigation and Tidal Planning gives paddlers, coaches and leaders the tools to enable them to plan and navigate effectively on open water journeys in advanced sea conditions.

BCU Advanced Surf Safety and Rescue Training is designed for surf paddlers, leaders and coaches operating in moderate to advanced surf conditions. The course covers advanced rescue skills and techniques required to surf safely.

For more information about these qualifications, including prerequisites, registration requirements and course dates, visit www.canoescotland.org.

Getting involved with the BCU performance awards

Once qualified, Level 1 coaches can deliver a number of the BCU performance awards

BCU Star Awards

The BCU Star Awards recognise paddlers' skills as they progress through the sport. Level 1 coaches are able to assess the entry level award, BCU Paddlesport Start. This can be taken in any paddlesport craft, and can normally be achieved after a paddler's first session. Following some logged mentored practice, Level 1 coaches can also assess paddlers for the BCU 1 Star Award. This is a basic boat-handling skills award.



Paddlesport Performance Awards

BCU Paddlepower Awards

Paddlepower is a youth-centred scheme aimed at encouraging young people to come into and stay in paddlesport. It is structured so that key concepts are introduced at specific stages within a paddler's development, providing a strong foundation of skills and understanding. Level 1 coaches are able to deliver BCU Paddlepower Start, the entry-level award suitable for taster sessions or offered as part of a series of sessions designed for young people. Following some logged mentored practice, Level 1 coaches can also take paddlers through the BCU Paddlepower Passport. This award comprises four progressive levels covering topics including safety awareness, paddling skills, gaining varied experiences, and supporting knowledge.



BCU Placid Water Racing Awards

This is a series of awards including time trials (2–10km), 500 metre sprint awards, and marathon and half marathon awards. The awards recognise and encourage improvement in canoe and kayak racing performance. They can be attempted in any type of craft, although the aim is to encourage the use of straight running boats as a progression to racing boats.

BCU Cross Stream Challenge

The Cross Stream aims to develop and challenge boat handling skills, strokes and moves, whilst blending slalom, freestyle and polo with a touch of wild water and sprint racing, and maybe a bit of surf. It uses predetermined tasks in a managed and measured environment to enable paddlers to develop skills or recognise interest/talent in the disciplines used.

If you wish to find out more contact the SCA.
www.canoescotland.org.



"We have access to a small loch and some boats near our school. The kids kept pestering someone to get them out, so I went away and qualified as a coach. We now run a successful canoe club within the school. It seems to be really popular with some of the children who are otherwise not very engaged in school. It's great to see their self-esteem and social skills grow as they become more confident paddlers and take part in the group activities."

SUMMARY

Hopefully you are now inspired to get into paddlesport coaching or leading, or to further develop your skills!

Here are some top tips to keep in mind:

- coaching paddlesport can be a hugely rewarding hobby or profession
- make sure you know what coaching involves before over-committing yourself: get out and watch some of our coaches at work to see what it is all about
- paddlesport coaching happens in a huge range of different environments and for many different reasons; try and experience as much of the sport as you can so you can find the right bit for you
- recognise that you may well have lots of skills that you can bring into your paddlesport coaching
- the roles coaches play vary depending on the situation. Recognising these roles will help you decide if you want to get into coaching, or which specialisms you may wish to develop
- the SCA manages the delivery of a range of BCU qualifications for paddlesport coaches and leaders. If you are looking for a qualification check it's the right one for the job you want to do
- the Level 1 Certificate in Coaching Paddlesport is the first step on the paddlesport coaching pathway, and is the first qualification most new coaches will pursue

The SCA is the governing body for canoeing and kayaking in Scotland and it's there to help! Get in touch if you have any questions or require more information.

"I hope you'll join our team of coaches, helping and inspiring others to get into and develop in our sport, and enjoy a personal journey through paddlesport coaching too! Coaches are the lifeline of paddlesport in Scotland – we need you!"

Brian Chapman, SCA President



USEFUL LINKS AND FURTHER READING

Useful links

Scottish Canoe Association / www.canoescotland.org
British Canoe Union / www.bcu.org.uk
sportsScotland / www.sportsScotland.org.uk
Disclosure Scotland / www.disclosure-scotland.org.uk
Scottish Disability Sport / www.scottishdisabilitysport.com
Running Sports / www.runningsports.org
Sports Coach UK / www.sportscoachuk.org
The Scottish Government / www.scotland.gov.uk
Scottish Institute of Sport / www.sisport.com

Discipline-specific information:

Canoe Slalom / www.canoeslalom.co.uk
Slalom Technique / www.slalomtechnique.co.uk
Freestyle / www.ukfreestyle.com
Wild Water Racing / www.wildwater.org.uk
Canoe Polo / www.canoepolo.org.uk
Surf Kayak / www.bcusurf.org.uk
Sea Kayaking / www.seakayaking.org.uk
World Class Canoeing / www.worldclass-canoeing.org.uk
Marathon Canoeing / www.marathon-canoeing.org.uk

Coaching resources:

First 4 Sport / www.1st4sport.com
The SCA / www.canoescotland.org

Further reading (available from www.canoescotland.org/shop)

BCU Canoe and Kayak Handbook, Franco Ferrero (ed.) 2002
BCU Coaching Handbook, Franco Ferrero (ed.) 2006
Canoe and Kayak Games, Dave Ruse and Loel Collins (2005)

Sports Coach UK produce a number of books in the Coaching for beginners series, all of which are available from www.sportscoachuk.org.

MEET SOME OF OUR COACHES



Multi-activity centre coach

I coach young people, mainly in 'come and try it' sessions. I need good personal skills because I work on a fairly exposed loch. I've got my BCU Level 1 coach award, and BCU 3 Star in canoe and kayak, and have done the coaching young paddlers foundation module.



Outdoor education centre coach

I coach young people who usually have a few days paddling as part of an outdoor education experience. We coach basic introductory skills, and then take our groups on a river journey in open canoes. I've got my BCU Level 1 coach award and BCU 4 Star canoe leader, and have done the coaching young paddlers and outdoor education for paddlesport coaches foundation modules.



Club coach

I regularly coach at my canoe club. I run a series of introductory sessions using a range of different types of craft. My passion is sea kayaking, and I often lead the club trips. I've got my BCU Level 2 coach award, and BCU 4 Star sea kayak leader. I am thinking about doing my sea kayak Moderate Water Endorsement, or the 5 Star Leader Award so I can do a bit more!



Canoe slalom coach

My daughter has really taken to canoe slalom; it looks like I'm going to be spending lots of time on the scene! I'm trying to help her gain promotion to Division 1. I've got my BCU Level 1 coach award, slalom coaching module, and am working my way through lots of the foundation modules.



Racing coach

I retired from competing last year, and wanted to put something back into the sport. I now help to coach within the squad team. I've not done any qualifications yet, but am hoping to fast track through to Level 3 racing coach as quickly as possible.



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Acknowledgements

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Pages 4/5, 8/9, 20 (top and second from top), 21: © D Leathborough, Focused on Adventure

Page 14/15: © Peter Schofield

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