



Sport Unlimited Case Study



KENT PADDLES - SPORT FOR ALL

CSP: Kent Sport

Deliverer: Seapoint Canoe Centre
What4 – Youth Organisation

Activity: Canoeing & Kayaking

Location: Seapoint Centre, Hythe

Date: 18th November 2009

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Introduction

The Seapoint Centre in Hythe offers a range of canoeing and kayaking sessions for all ages and abilities. They run BCU and UKCC approved courses in coaching and personal skills awards. Presently 1,800 young people take part in paddle sports at the canoe centre each year. With a scenic setting on the Hythe River and 37 miles of coastline the canoe centre is ideally based for all year round activity and only recently formed a club in April 2009. The What4 Organisation is a partner to the Seapoint Centre, on average What4 works with 242 Young People a week. It helps to identify young people and also helps to support the Seapoint Centre financially.

The Project

The aim of the 10 sessions was to get more young people involved in paddle sports. Sport Unlimited has allowed the Seapoint Centre to fund a part time coach to run the sessions.

“It is fun and I enjoy doing something new! The instructors were very good and professional.”

The money has enabled the young people to receive a log book to record their achievements over the 10 sessions. The young paddlers are close to completing their Community Sports Leader Award and Expedition Award, which accounts for ½ an A-Level. The format of the sessions is all practical based. The young people learn about safety and teamwork, skills and fun games for both canoeing and kayaking all within one session! They are encouraged to undertake their BCU 1 Star Award, having completed many of the skills needed for the award. They will also receive additional theory lessons and have an assessment outside of the 10 Sport Unlimited sessions.

Involvement of Young People

The project was fuelled by the excellent teamwork of the local school, Church, police and social services.

All these groups helped to signpost the young people and get them involved in a sport that is sparsely spread across Kent, despite the easy access to waterways and the sea. The Seapoint Centre is open to all ages, the majority of people being aged 8-18. The Sport Unlimited project attracted young people aged 8-17. Despite differences of backgrounds, gender and abilities the group worked well as a positive team, which portrayed the project as being socially beneficial to all involved.

Success of the Project

The main success of the project is that more young people have had the chance to benefit from doing something active that is different and adventurous. It has enabled the young people to feel they are part of a team and they get to work towards something that will benefit them in later life. By achieving awards and becoming qualified in certain areas of canoeing and kayaking the young people can put back into the club, by assisting coaches and helping out on weekends.

“Its great I am able to pass on my experience of kayaking and canoeing to other young people and still be able to take part in my hobby which I thoroughly enjoy!”

The attendance retention has been very good, with on average 8 out of 10 of the young people attending the project each week, accounting for around 80%.

Future and Sustainability

The young people are all encouraged to join the club and carry on canoeing and kayaking after the 10 sessions have finished. The young people are all aware of the opportunities available to them after and they are supported to further their achievements by completing their Generic Sports Coach Award.