



**SPORT
AUS**

MOVE IT AUS
PARTICIPATION
GRANT

INFORMATION FOR SCHOOLS

PADDLE OZ

Paddle 
Australia



ABOUT PADDLE AUSTRALIA

Paddle Australia is the peak national body for paddling in Australia. The Paddle Australia Qualification Scheme (PAQS) is the national benchmark for paddling, with PAQS presenting the highest standards of skills and safety to the general public, recreational paddlers, commercial operators and educational organisations.

Paddle Australia has six affiliated State Paddle Associations throughout Australia, namely Western Australia (PaddleWA), South Australia (PaddleSA), Victoria (PaddleVIC), New South Wales (PaddleNSW), Queensland (PaddleQLD) and Tasmania (PaddleTAS).

Each of these six State Paddle Associations has affiliated Clubs scattered around their region offering paddling to suit all ages and abilities from competitive discipline paddling, including Canoe Polo, Wildwater, Marathon, Ocean Racing, Slalom, Sprint, and Para Canoeing, to unstructured, fun, recreational paddling on lakes, moving rivers, and the ocean.

Paddling can be done in pairs, as a family, with a club or community group or as a social trip with friends.

Paddling has something for everyone!



MOVE IT AUS

'Move It Aus' is an initiative from Sport Australia to encourage inactive Australians to become more active, more often.

Paddle Australia has received support from Sport Australia under the 'Move It Aus' initiative to deliver the Paddle Oz program to high school aged children from rural and remote areas.

Paddle Oz will introduce participants to the sport of paddling, providing education on basic water safety and paddling techniques, while also offering opportunities for participants to continue paddling at the conclusion of the program.

As part of the funding requirements participants will be asked to complete some pre and post program questions to help determine the success of the program.

PADDLE OZ PROGRAM

Paddle Oz is Paddle Australia's national participation program. With the support of Sport Australia's 'Move It Aus' initiative, Paddle Oz will be offered as a free paddling program, consisting of 4 x 1-hour sessions.

Two different programs are available under Paddle Oz: [Paddle Discovery](#) or [Paddle Ball](#).

More information on these programs is detailed below.

AIMS OF PADDLE OZ

- Enable more young people to try paddling and stay paddling
- Engage young people in the sport of paddling through the power of play
- Provide a quality, enjoyable, sociable and safe introduction to paddling
- Eliminate barriers to participation by providing access to equipment and instruction
- Use games and activities to support experiential learning
- Establish basic paddling skills and knowledge that support future paddling pathways
- Provide a progression through to specialised areas of paddling
- Develop an awareness of all aspects of paddling
- Provide links to clubs, Paddle Education and other paddling opportunities
- Assist clubs in developing young paddlers
- Allow flexibility in delivery according to venues and situations
- Increase the level of safe paddling practices in the community through educating young people

ABOUT THE DELIVERERS

All Paddle Oz deliverers are fully qualified and registered with Paddle Australia as either an Instructor, Guide, Supervisor or Coach, all of which are referred to as 'Deliverers'.

These Deliverers:

- Work within the Paddle Australia Safety Guidelines
- Have a Working with Children Check
- Hold a current First Aid Certificate

Each activity has a detailed risk management plan and all Deliverers carry first aid and communication equipment. Part of their training includes monitoring situations including weather, environment impacts, other users and participants. Safety is our highest priority, next to providing the most enjoyable experience for your group!



PADDLE DISCOVERY

The Paddle Discovery program is designed for participants to learn the basic skills of paddling in an experiential manner through a range of games and activities. Basic instruction may be required to consolidate learning from the games and activities. Very basic craft handling and safety skills should be achieved by the completion of this level.

AIMS OF PADDLE DISCOVERY

The Paddle Discovery program aims to introduce young people to the activity of paddling. Participants will be able to learn basic paddle skills through the use of games and a fun environment, discovering what an exciting activity paddling can be!

VENUE

The venue for the Discovery program can be almost any swimmable, enclosed flat water. This program would work well in a swimming pool, or on a lake or slow-moving river which would allow for a very controlled environment for safety and ease of communication during activities.

PROGRAM CONTENT



- Awareness of water safety
- Choose and fit your lifejacket and appropriate clothing for conditions
- Demonstrate basic knowledge and use for parts of paddle
- Get into and out of craft from shore without assistance
- Paddle your craft with an upright sitting position
- Change direction while paddling to follow a course
- Maintain balance while rocking craft from side to side
- Exit your craft, swim around, self-rescue with assistance
- Make appropriate safe decisions when paddling with others
- Improved water confidence

PADDLE BALL

The Paddle Ball program is designed for participants to learn the basic skills of paddling in an experiential manner to enable them to develop skills and knowledge to participate in the team sport of Paddle Ball. Very basic craft handling, safety skills and rules of the game should be achieved by the completion of this level.

AIMS OF PADDLE BALL

The Paddle Ball program aims to introduce young people to the sport of Canoe Polo using a modified version of the game, known as Paddle Ball. The aim of the program is to promote an activity that can be delivered by a local community or group, on their local waterway or pool, targeting teenagers between 13-18 with little ongoing support required.

VENUE

The venue for the Paddle Ball program can be almost any swimmable, enclosed flat water such as a swimming pool or similar venue which allows for a very controlled environment for safety and ease of communication during activities.

PROGRAM CONTENT



- Choose and fit your lifejacket and appropriate clothing for conditions
- Show basic knowledge and use of parts of paddle
- Get into and out of craft from shore without assistance
- Paddle your craft with an upright sitting position
- Change direction while paddling
- Maintain balance
- Make appropriate safe decisions
- Awareness of water safety
- Improved water confidence
- Gain knowledge and experience the game of Paddle Ball
- Work as part of a team
- Strengthen relationships

FAQS

1. What age do the participants need to be?

13 – 17 years.

2. Do participants have to know how to swim?

No, all participants are fitted with lifejackets. Paddle Oz Deliverers are fully qualified and will assist all participants and ensure that everyone has a great time on the water!

3. What clothes should participants wear to the program?

- Clothing suitable for paddling and wet-water activities (participants will get wet).
- Footwear that can get wet, to wear while paddling. These are to protect the feet from things under the water. Aquasocks/neoprene-type beach shoes or surf booties are ideal. An old pair of runners or sandals will also work. NOT thongs as these can fall off in water.
- A complete spare change of warm, dry clothing to change into when the participants get off the water.
- A towel.

In colder weather this includes:

- A thermal top or light woollen jumper (like a school jumper).
- Comfortable pants e.g. thermal/woollen pants, board shorts or leggings NOT jeans.

In warm weather this includes:

- Board shorts / shorts / t-shirt/ rash vest
- Suitable sun protection, e.g. 30+ sunscreen, long sleeved shirt, hat.

4. Will all paddling equipment be provided?

Yes, the Paddle Oz Deliverer will have all the paddling equipment available for a safe and fun experience on the water. This includes a correctly fitted lifejacket and helmet if required.

5. Should participants bring food and water?

Paddling uses up lots of energy, so participants should bring along a drink bottle, lunch or snacks. Ideas for snacks include: muesli bar, banana, apple, mandarin, packet of nuts, dried fruit etc.

6. What if a participant wears glasses?

It is advised that a strap to secure the glasses is worn.

7. Will someone stay with a participant if their pick up is running late (out of school program)?

Yes, the Paddle Oz Deliverer will stay behind until the last child has been picked up from the venue.

8. Any other questions or queries

Please contact your local State Paddle Association.

9. Where do I find out more information on the Survey?

At the link found [here](#) you will find the information about the survey that the participants are asked to complete.

HOW TO GET INVOLVED

For more information on the 'Move It Aus' Funding or what exciting paddling opportunities Paddle Australia can offer you, please contact your local State Paddle Association:

PaddleWA > Rosalie Evans - eo@paddlewa.asn.au | 08 92858501

PaddleSA > David Heard - sa@paddle.org.au | 0408 390 211

PaddleVic > Roz Manester - education@paddlevic.org.au | 0488 366 116

PaddleNSW > Peter Tate - admin@paddlensw.org.au | (02) 8736 1254

PaddleQLD > James Billing - eo.qld@paddle.org.au | 0414 960 728

PaddleTAS > Sandra Kent - paddle.tas@paddle.org.au | 0497 656 710