



Kayaking

Carwyn wood

What is kayaking and kayaking benefits

<https://www.youtube.com/watch?v=cWLgF91Wngg>



Kayaking is an inclusive activity that allows anybody to join in by sitting in a small watercraft by pulling yourself through water by using paddles (White, 2020).



Kayaking can be inclusive for everybody because it is a sport suitable for most ages. Additionally for people with disabilities/ in a wheelchair for example they can be placed in a dual kayak outside of the water and then can have a friend paddle for them. Lastly kayaking is the cheapest of the watersports which makes it accessible for families (Aqua Bound, 2020).

The club



In order to encourage children between 7-11 to do sports I will be running a kayaking club.



The club will take place in Llangatwg comprehensive school.



It will be running on a Tuesday evening from 6 - 7pm initially before potentially running the club for 2 hours each week.



I'm hoping that kayaking will be a fun and different activity from football, rugby or tennis for children to learn new skills, enhance fitness level and an interesting activity to learn.

Benefits to kayaking

Kayaking is a great sport that helps to improve cardiovascular fitness (Department of Health & Human Services, 2008).



For young children it is important that they keep fit and healthy and get the heart pumping. It can also increase their muscle strength through them moving the paddles.



If the club ran 3 times a week the children's energy levels would increase by around 20% (Blazin paddles, 2021)

Why I chose kayaking?

There is only around 4 kayaking clubs in Swansea. Although there are many water sports club a lot of these clubs offer activities such as rowing or surfing.

Kayaking is something different that allows children that have a fear of water to join in in water activities without having to actually swim.

It is a sport that is accessible to all.

It is a good way to for children to work on their fitness and to build muscles in their arms.

Funding/ costs

Swansea council run a be active wales fund which offers businesses grants for £9K. Due to the grant being under £10K no contribution to the grant is required. The grant's purpose is to tackle inequality and to create long-term solutions to be more sustainable.

Paddles - ($\text{£}35 \text{ per paddle} \times 10$) =
£350 for paddles.

Staff - 5 volunteering staff will be required for the club. All staff will be required to do CPR first aid training which will be paid for. It is £25pp for first aid training which equates to £125 for the team.

Canoe Wales

- The main difference between kayaking and canoeing is the paddle. Through the help of Canoe Wales they will provide 5 dual man kayaks for the children. This means that we as a company will only have to provide 10 paddles for each child.
- Canoe Wales is a committee framework that provides advice for staff about developing a club (Kinnerly, 2022).

How I will develop this activity?

- Llangatwg comprehensive school have access to a pool onsite the school grounds which means that the swimming pool could be hired out at an agreed cost per year.
- 10 paddles will be purchased in order for each individual to have one.
- https://www.go-kayaking.com/equipment/paddles/2022-palm-equipment-drift-general-purpose-1-piece-kayak-paddle--red__15106?currency=GBP&chosenAttribute=12276-321-429&gclid=EAlaIQobChMI9NGm3LbM_QIVj83tCh1j2QBwEAQYAiABEgLOxfD_BwE
- Kayaks will be provided to us which means that they would just have to be stored in a specific area in the pool.

How I will promote the activity

- Social media - Facebook and Instagram are some of the most popular social media platforms, I would create my own kayaking profile with the name of the company, details of how to join and information of dates and times.
- Once the club is up and running TikTok would be a great way to promote the activity.
- When I have a good number of children signed up to the activity there will be a WhatsApp group for all parents to join to keep in contact with me and to post any photos that they might have taken of individuals or groups of children.
- Additionally flyers would be created to hand out in local schools to encourage 7-11 year olds to join and get fit and healthy.

Flyer

Kayaking



**£10pp per session/ 1
taster session free!**

Is your child interested in water
sports?
Kayaking club for children age 7 –
11.

- Enhances fitness
- Opportunity to make new friends
- Great for wellbeing



Limited availability

If interested, please contact:
07896534524
or email Kayakingswansea@gmail.com

When/ Where ?

Tuesday evening 6 –
7pm
Llangatwg
comprehensive school:

Main Rd,
Cadoxton,
Aberdulais,
Neath,
SA10 8DB

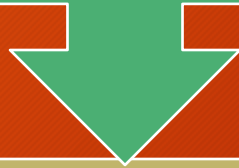
Session cost

For each new member there will be an initial taster session with will be an hour long.

After that each session will cost £10 per child. Each session will be an hour long and if the sessions are successful there could be the possibility of extending the sessions to 2 hours. This would then cost £15 per child for 2 hours

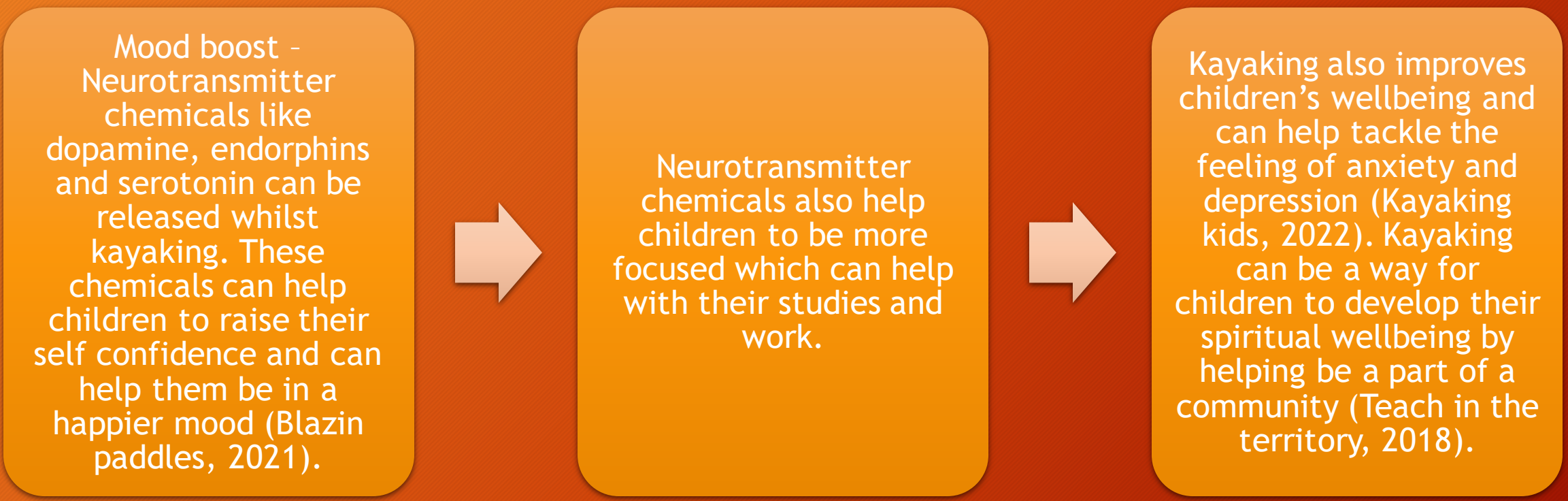
Theory sessions

Safety sessions like first aid could be important for children to acknowledge what to do if a member of the group gets into difficulty in the water. St Johns run sessions so instead of kayaking oen week a session could be held to make sure that children understand the importance of safety.



Additionally members of Canoe Wales could also run a session with the group and give their advice on some techniques that they recommend.

Mood boost - Neurotransmitter chemicals like dopamine, endorphins and serotonin can be released whilst kayaking. These chemicals can help children to raise their self confidence and can help them be in a happier mood (Blazin paddles, 2021).



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graph LR; A[Mood boost - Neurotransmitter chemicals like dopamine, endorphins and serotonin can be released whilst kayaking. These chemicals can help children to raise their self confidence and can help them be in a happier mood (Blazin paddles, 2021).] --> B[Neurotransmitter chemicals also help children to be more focused which can help with their studies and work.]; B --> C[Kayaking also improves children's wellbeing and can help tackle the feeling of anxiety and depression (Kayaking kids, 2022). Kayaking can be a way for children to develop their spiritual wellbeing by helping be a part of a community (Teach in the territory, 2018).];
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Neurotransmitter chemicals also help children to be more focused which can help with their studies and work.

Kayaking also improves children's wellbeing and can help tackle the feeling of anxiety and depression (Kayaking kids, 2022). Kayaking can be a way for children to develop their spiritual wellbeing by helping be a part of a community (Teach in the territory, 2018).

Health and Wellbeing benefits to kayaking

Not many children can be a part of the activity because the pool will be too small to hold too many kayaks.

Risk assessments must be put in place in case of accidental drownings, collisions between kayaks and dehydration (O'Brien, 2023).

Some children might have a fear of swimming which might discourage them from joining the activity.

Disadvantages

Thank you
for
listening

Is there any questions?



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