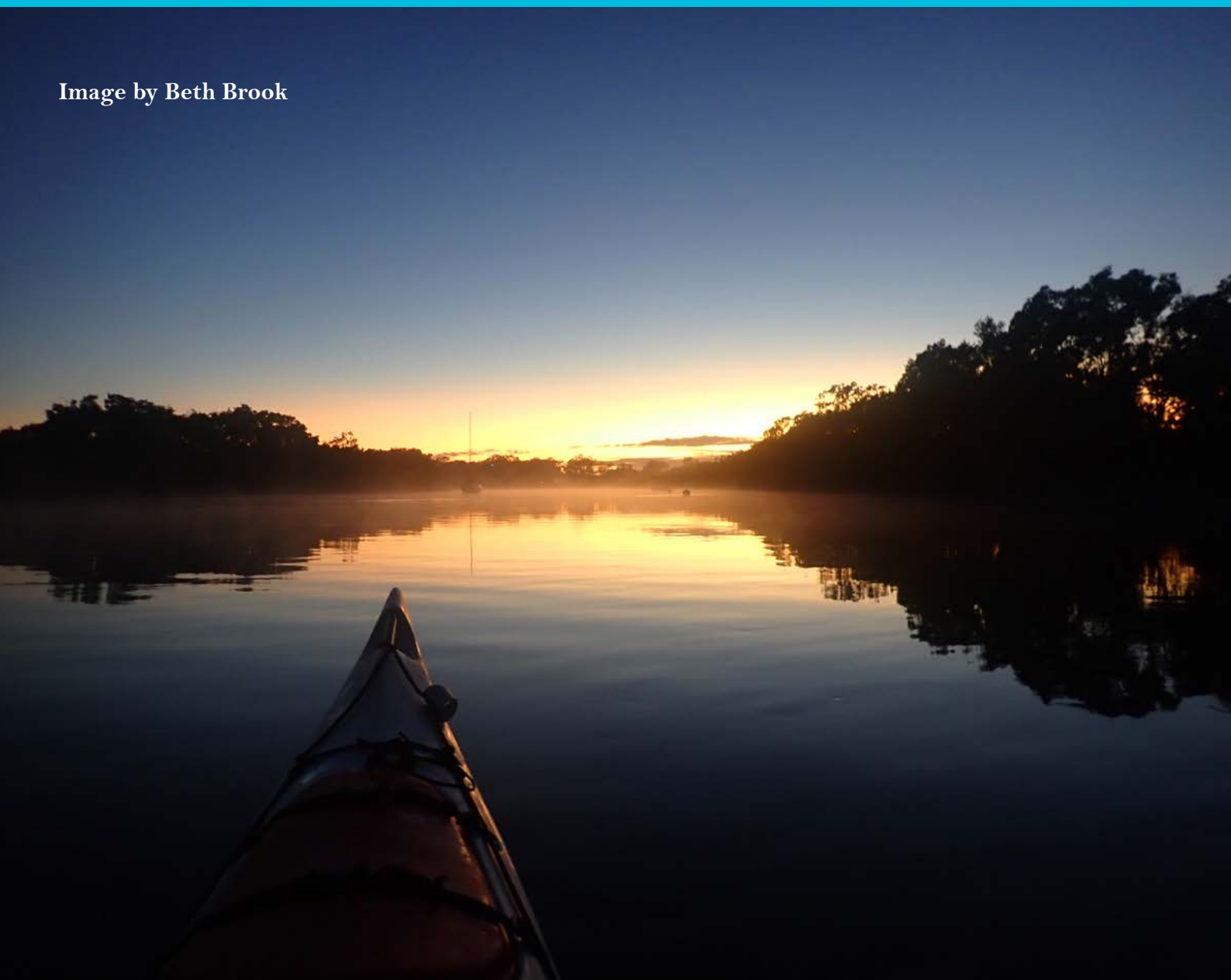


# Paddology

THE STUDY OF PADDLESPORTS

Image by Beth Brook



# Paddleology

## WELCOME

On behalf of Paddle Queensland, it is my pleasure to welcome you to Paddleology, the Study of Paddlesports.

Paddle Queensland is committed to improving the services and support provided to the Queensland paddle community which is why we're running a range of four-hour skills, safety and supporters' workshops focused on helping our member clubs, their members and the wider paddling community develop there on and off water paddlesports skill sets, regardless of their preferred discipline and environment.

Each workshop will be delivered across Southeast Queensland in partnership with member clubs, Varsity Lakes Paddlers Club (Gold Coast), Wynnum Redlands Canoe Club (Brisbane) and Sunshine Coast Paddlesports Club (Sunshine Coast).

Paddle Queensland is heading to Hervey Bay in September for the return of the Fraser Coast Ocean Classic in partnership with the Fraser Coast Regional Council, Hervey Bay Outrigger Canoe Club and the Hervey Bay Surf Life Saving Club and will run a Skills and Supporter workshop on Saturday prior to Sunday's events.

Twelve workshops are planned for 2023 and focused on a range of topics including paddle safety, craft entry/exit, paddle strokes, craft control, technique, play, basic programming, event programming, coaching, development pathways, paddle prep, equipment, leadership, paddle craft, recovery/rescue skills, trip planning, qualification scheme, officiating, event management, governance, volunteers, marketing, grants and sponsorships.

The 2023 Paddleology workshops are free to members, and we encourage all paddlers, coaches, volunteers and committee members to attend as many workshops as possible to nurture a resilient paddling community.

Yours in paddling,



Scott Sharples  
Executive Officer



# Paddleology

## SKILLS & COACHES WORKSHOP

### 2023 SCHEDULE

DATE	TIME	LOCATION
Saturday 22 Apr	10am - 2pm	Wynnum Redlands Canoe Club
Saturday 8 Jul	10am - 2pm	Sunshine Coast Paddlesports Club
Saturday 26 Aug	10am - 2pm	SYC Oxenford Watersports Centre
Saturday 9 Sep	10am - 2pm	Hervey Bay Surf Life Saving Club
Saturday 14 Oct	10am - 2pm	Wynnum Redlands Canoe Club

## FACILITATOR



A dedicated paddle enthusiast involved in canoe sprint and canoe marathon for 27 years, paracanoe for 12 years and outrigger canoeing for 15 years.

Andrea is a Level 4 Flatwater Accredited Coach, developed and coordinated the successful paracanoe program within Australia from it's inception.

Andrea established a pathway, coordinated the program and liaised with Paddle Australia, Sports Australia, Paralympics Australia, officials, coaches and volunteers on paracanoe best practice for training and racing environments.

**Andrea Wood**  
Sport Operations and Events Manager  
Paddle Queensland.


# Paddleology

## SKILLS & COACHES WORKSHOP

### WORKSHOP OVERVIEW

TIME	TOPIC
10am	Welcome and Introductions
1015am	Paddle 101: Entry/exit, rescues/recovery, balance/positioning
1045am	Paddle 101: Practical
1115am	Paddle development: Strokes, starts, wash riding, turns, portages, event strategy
12pm	Break and Q&A
1215pm	Paddle development: Practical
115pm	Paddle progression: Programming, Periodisation, Podium
130pm	Q&A and Networking
145pm	Wrap up and next workshop overview

## REGISTRATION AND EQUIPMENT

Registrations are available through  **JustGo**.com

**What to bring:** Paddle, Craft, Sun safe clothing, Water, Snacks/Food, Sunscreen, Hat, Towel, Dry clothes, Notebook and pens.

## REFUND POLICY

- Paddle Australia's Refund Policy (8th May 2020) click [here](#).
- Notice of a Paddleology workshop cancellation will be given to attendees via the email address supplied upon registration and will be advised no later than **COB two (2) days prior to each workshop**.

# Paddleology

## SAFETY WORKSHOP

### 2023 SCHEDULE

DATE	TIME	LOCATION
Thursday 20 Apr	3 - 7pm	SYC Oxenford Watersports Centre
Thursday 8 Jun	2 - 6pm	Wynnum Redlands Canoe Club
Thursday 5 Oct	2 - 6pm	Sunshine Coast Paddlesports Club
Thursday 16 Nov	3 - 7pm	Wynnum Redlands Canoe Club

## FACILITATOR



**Mark Thurgood**  
Participation and Training Manager  
Paddle Australia.

Mark has been with Paddle Australia since January 2014.

Mark has over a 25 years of experience in paddling and instructing, is a Paddle Australia qualified Assessor, Advanced Sea Instructor.

His role is to manage and develop the Paddle Australia Qualification Scheme and work with the PA education and safety technical committee and our National Training Providers.


# Paddleology

## SAFETY WORKSHOP

### WORKSHOP OVERVIEW

TIME	TOPIC
3pm	Welcome and Introductions
315pm	Paddle skills: Posture, balance, forward/back, stop, forward/reverse sweeps, draw
415pm	Equipment: Discussion on safety and general equipment carried on trips
5pm	Break and Q&A
515pm	Rescue skills: Paddle float, John Wayne, T/scoop rescue, towing
6pm	Trip planning: Things to consider
630pm	Q&A and Networking
645pm	Wrap up and next workshop overview

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# Paddleology

## VOLUNTEERS WORKSHOP

### 2023 SCHEDULE

DATE	TIME	LOCATION
Sunday 11 Jun	10am - 2pm	Wynnum Redlands Canoe Club
Saturday 12 Aug	10am - 2pm	Sunshine Coast Paddlesports Club
Saturday 23 Sep	10am - 2pm	SYC Oxenford Watersports Centre
Saturday 11 Nov	10am - 2pm	Wynnum Redlands Canoe Club

## FACILITATORS



### **Jerry Dunn Chair, Paddle Australia Canoe Marathon Tech Comm.**

Paddle Australia's "marathon man" Jeremy Dunn was honoured with Life Membership in 2020 for his services as a dedicated volunteer on club, State and National level events since 1994 as well as for his officiating at World, National and State Championships across the disciplines of Canoe Marathon and Canoe Sprint.



### **Scott Sharples Executive Officer, Paddle Queensland.**

Scott has over 15 years' experience in the South East Queensland sporting landscape and held senior management, marketing and communication roles within the media industry for over a decade.

Scott is actively involved in Queensland's sporting landscape and guides clubs on how to improve their resilience across a range of activities.


# Paddleology

## VOLUNTEERS WORKSHOP

### WORKSHOP OVERVIEW

TIME	OFFICIATING TOPICS	GOVERNANCE TOPICS
10am	Welcome and Introductions	Welcome and Introductions
1015am	Canoe Marathon: Roles & responsibilities	JustGo platform
1045am	Canoe Marathon 101: Theory	Club development
1115am	Canoe Marathon 101: Practical	PA/PQ policies
1145am	Canoe Sprint: Roles & responsibilities	Event sanctioning
12pm	Break and Q&A	Break and Q&A
1215pm	Canoe Sprint: Roles & responsibilities	Event sanctioning
1230pm	Canoe Sprint 101: Theory	MARCOM, Grants & Sponsorships
1pm	Canoe Sprint 101: Practical	Volunteers + Blue Cards
130pm	Q&A and Networking	Q&A and Networking
145pm	Wrap up and next workshop overview	Wrap up and next workshop overview

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