**Cumbria Canoeists Youth River running 2023 Report**

**By Mike Fletcher LEAD**

Overall - Cumbria Youth River running group has had a successful 2022/2023 season – with approximately 15 events over the year; both on local rivers and those further afield.

Numbers have been lower compared to previous years but successes include:

* Five of our young paddlers have done their WhiteWater Safety & Rescue course
* Seven have gained their WhiteWater Award and are now moving towards their Progressive WhiteWater Award
* Three recently completed their Core Coach Training.

Many of the paddlers who have been with us for several years have now moved on to University or taken up apprenticeships; with their lives drawing them away from our local area.

We wish them good luck in their Paddling – and of course we have made the offer that they can paddle with us any time!!

For the 2023/2024 season - following a successful collaboration with Carlisle Canoe Club for our first Youth River Running session of the year - we have decided to make some changes to the way we operate the initiative for the rest of the Winter/Spring Season.

This will allow us to make better use of resources and to offer a better range of opportunities not only for our Youth participants but also for the Carlisle Canoe Club Membership as a whole.

Carlisle Canoe Club are a family-focused Whitewater River Running Club – and have kindly offered to adopt our programme of events and combine it with their own initiatives - to bring a range of opportunities for different levels of both ability and enthusiasm. Carlisle Canoe Club’s existing sessions cover:

* Introductory sessions on the Sands Rapids; on Saturday Morning over the winter and Tuesday & Thursday Evenings over the summer. They also have a winter pool session on Thursdays.

* Beginner river Journeying on local rivers - covering Grade 1-2; giving paddlers the opportunity to get used to paddling for longer periods of time - with more commitment - but without over over-pressuring the experience.

* Cumbria Youth General Sessions to be re titled as Carlisle Canoe Club White Water Trips. These trips will be on Grade 2/3 rivers (e.g. River Eden from Lazonby to Armathwaite, River Lune to Killtington Roadbridge etc) or other similar venue in Cumbria.

* Cumbria Youth Advanced sessions to be retitled as Carlisle Canoe Club Progressive WhiteWater Trips. These trips will be a full day trip on Grade 3/4 rivers with continuous sections of white water and larger drops; which will usually involve travel outside Cumbria. They will be early starts and late home.  
    
  By then combining the Cumbria Canoeist-run sessions; Carlisle Canoe Club will then assume management responsibility for the two series of events that had been scheduled. Those young paddlers who previously participated in the Cumbria Canoeists Youth River Running Programme are encouraged to become part of Carlisle Canoe Club and continue their paddling under the new scheme arrangements as part of their busy paddling community.

Please see the Carlisle Canoe Club website for details of how to join; [www.carlislecanoeclub.org](http://www.carlislecanoeclub.org/)

The Club runs a Spond Group for attendance for events so please use this link once you are a Member of Carlisle Club <https://group.spond.com/MZVFE>