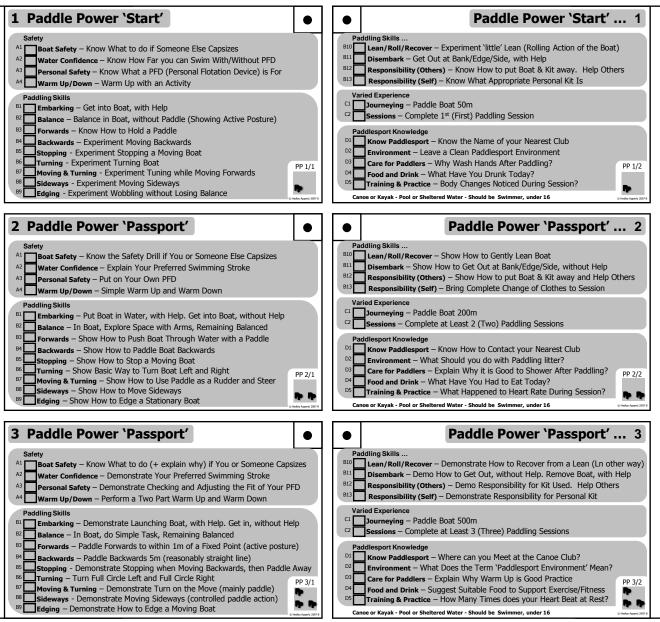
## Hedley's Paddle Power Crib Cards (PPCCs) Page 1 Version 5

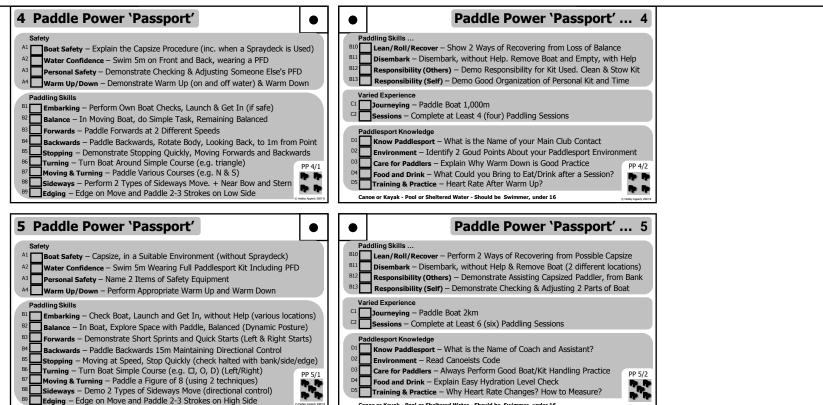


As a Trainee BCU L2 Coach, I produced these cards for my coaching practice and therefore thank Stroud Valley Canoe Club, in particular David Thomas, Paul Gibson and Paul Smith Print the page on A4 paper and cut along guide lines. Cut out the corner squares. Laminate using readily available (e.g. Staples) credit card size (90x60) pouches. Punch Holes as marked. This will ensure a waterproof seal. Cards are numbered and cards with X/2 numbers are intended to back onto the relevant x/1 card, and can be laminated together.

## Disclaimer

Paddling and paddle sport coaching can be dangerous activities. If you decide to use these cards, the risk assessment, decisions and actions are yours alone. I take no responsibility for any loss or injury resulting from ideas expressed on these cards.

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Canoe or Kayak - Pool or Sheltered Water - Should be Swimmer, under 16