

## A FUNtastic Flexible Paddlesport Challenge

Cross Stream Challenge has been designed around the BCU Long Term Paddler Development Programme, offering something for everyone. It aims to develop and challenge boat handling skills, strokes and moves, whilst blending Slalom, Freestyle, Polo, with a touch of Wild Water and Flat Water Racing maybe a bit of surf. Its flexibility in delivery focuses on the paddler, not just the boat, enabling paddlers to develop skills based around a predetermined course in managed and measured environment. The challenges will fully open the doors to our sport for all paddlers, providing an opportunity to experience the many different disciplines and helps coaches spot where an individual is most motivated.

### How does it work?

There are 5 starter challenges and a further 25 mover Challenges. Each Challenge has that little extra that will make a difference just when you really need to make that move happen.

- **Team Challenge**, designed for two or more paddlers to paddle together over the same course.
- **Head to Head**, some of the challenges will allow 2 boats (or teams) on the water at the same time. First team across the line is the winner.

### Equipment

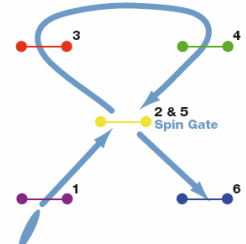
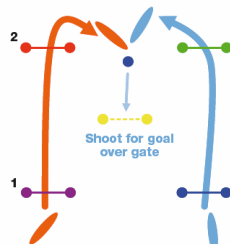
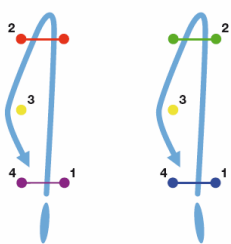
Any Canoe or Kayak will do; single or double. You will also need 5 sets of slalom gates and 3 lines or, 5 sets of buoys if you cannot hang slalom gates.

### Where can I deliver the Challenge?

The challenge has been designed to fit in to a variety of environments. The challenge has the flexibility to be adapted for use on your local stretch of water.

### Who can deliver the Challenge?

BCU Level 1 Coach under guidance or BCU Level 2 Coach or above.



The new Cross Stream challenge resources can be ordered through the BCU E-shop or by completing the attached order form. For more details contact [youth@bcu.org.uk](mailto:youth@bcu.org.uk) Tel: 0845 370 9520.