

DCC SUP Beginners Course

Wed Evenings 15th April – 20th May 2026

The Deben Canoe Club will be running a StandUp Paddleboard Beginners Course for club members starting on Wednesday evening 15th April for 6 weeks. The aim of the course is to introduce new members to paddling leading to the governing body recognised award, Paddle Discover and to provide the skills necessary to paddle with the club. The course will also include the Paddle Safer Award.

From the Paddle Discover Syllabus:

Aim

Taking you on the steps towards becoming an independent paddler, for a fun and safe time on the water. Developing an understanding of the factors which affect your paddling; developing your decision making and practical skills, giving you confidence on the water.

Learn how to choose and effectively use equipment, whilst developing an understanding of the factors which affect your paddling; giving you the confidence to progress to making your own choices with the Explore Award.

The Paddle Safer course is designed for anyone wanting to gain knowledge and raise their awareness of paddling safely in a sheltered water environment, in or on the craft that they paddle.

Pre-requisites – None.

Ideally Candidates will be water confident but this is not essential.

Course Details:

The paddling sessions on Wednesdays will be from the Deben Watersports Centre at Woodbridge, where SUPs will be provided. Deben Canoe Club is not allowed to use SUPs in Deben Pool so there is no pool session associated with this course – Rescues will be practised on the river during the course.

- **Wednesdays** 15th April - 20th May, 6:30pm to 8:45pm at DWSC near Kingston Playing Field, The Avenue, Woodbridge. Just over the railway crossing towards the river and by the boating lake. (See <http://www.debencanoecub.org.uk/index.php?page=general-faqs>)
- **Costs:** £75 for members. This fee includes all SUP hire, coaching and the Discover Award.
- **Clothing:** Candidates will get wet paddling their SUPs and so a wetsuit or drysuit is required to keep warm. Old shoes/trainers that you don't mind getting wet and muddy are also necessary. If conditions are cold then a woolly hat is also a good idea. Please bring a complete change of clothes (including underwear and shoes) and towel.

If you are interested in taking part, please book through our online booking system at:

<https://club.spond.com/landing/courses/debencanoecub>

Any questions contact Tim Midwinter on tim.midwinter@btopenworld.com or 01473 623020.

<http://www.debencanoecub.org.uk/>