



Project update July 2023



Aim of the Programme

The project aims to roll out a series of training sessions in each council area on impacts of cold water and basic safety messages for Stand Up Paddleboard (SUP) and Sit On Top Kayak (SOTK) users as well as for open water swimmers.

It involves collaborative working between National Governing Bodies, local authorities, Maritime Coastguard Agency, Royal National Lifeboat Institute, Outdoor Recreation Northern Ireland, The Outdoor Partnership (NI) and Sport NI / Tollymore National Outdoor Centre.

Programmes have been set up every weekend and every Wednesday evening between May and the end of August.

Outdoor Recreation Northern Ireland are promoting the opportunities via the [GETWET NI website](#) and [associated social media](#), but also via local community groups and councils social media as well to share the information.

This report provides information on take up and feedback up to the end of June 2023.



SUP and SOTK

A syllabus for training in SUP and SOTK was established through engagement between the head of paddle sport at TNOC and the Canoe Association of Northern Ireland. All the tutors delivering the programmes are trained and qualified paddle sport instructors / coaches who also went through an induction on key messages for the training. Laterally British Canoeing has developed a “Paddle Safer” certificate and all the tutors have been accredited with the ability to provide this certificate (which is provided free to the participants).

Sessions in June were held in the following council areas and venues:

SUP and SOTK		
Date	District Council	Venue
2nd June	Causeway Coast & Glens BC	Portna Lock
3rd June	Causeway Coast & Glens BC	Somerset Park Bann
4th June	Causeway Coast & Glens BC	Swanns Bridge Roe
7th June	Newry, Mourne and Down DC	Jane Shore's Launch Point
9th June	Lisburn & Castlereagh CC	Moirá lakes
10th June	Lisburn & Castlereagh CC	Moirá lakes
11th June	Belfast CC	Shawsbridge
14th June	Newry, Mourne and Down DC	Cranfield
16th June	Armagh City, Banbridge & Craigavon BC	Magherý
17th June	Armagh City, Banbridge & Craigavon BC	Blackwater (Verner's Bridge)
18th June	Mid Ulster DC	Bantry Lake
21st June	Ards & North Down BC	Donaghadee
23rd June	Armagh City, Banbridge & Craigavon BC	Magherý
24th June	Fermanagh & Omagh DC	Round O Enniskillen
25th June	Fermanagh & Omagh DC	Gortin lakes
28th June	Newry, Mourne and Down DC	Killyleagh (Coastal)
30th June	Mid & East Antrim BC	Drains Bay
OWS		
Date	District Council	Venue
4 th June	Ards & North Down BC	Millisle Beach
10 th June	Causeway Coast & Glens BC	Portballintrae
10 th June	Newry, Mourne and Down DC	Newcastle Harbour
11 th June	Ards & North Down BC	Crawfordsburn
13 th June	Mid Ulster DC	Lough Macrory

OWS		
Date	District Council	Venue
16 th June	Lisburn & Castlereagh CC	South lakes
24 th June	Causeway Coast & Glens BC	East Strand, Portrush
24 th June	Ards & North Down BC	Ballywalter beach
25 th June	Lisburn & Castlereagh CC	Moirs lakes
27 th June	Mid Ulster DC	Lough Macrory
28 th June	Mid & East Antrim BC	Ballygalley beach
29 th June	Newry, Mourne and Down DC	Warrenpoint
10 th June	Causeway Coast & Glens BC	Portballintrae

Throughout May and June the number of sessions advertised, booked and attended were as follows:

Month	SUP bookings	SUP places available	% Booked	Actual attendance	% attendance (bookings)	% attendance (availability)
May	127	190	67%	86	68%	45%
June	186	240	78%	112	60%	47%
Total	313	430	73%	198	63%	46%

Month	SOTK bookings	SOTK places available	% Booked	Actual attendance	% attendance (bookings)	% attendance (availability)
May	62	190	33%	44	71%	23 %
June	136	240	57%	81	60%	34%
Total	198	430	46%	125	63%	29%

Month	OWS bookings	OWS places available	% Booked	Actual attendance	% attendance (bookings)	% attendance (availability)
May	109	136	80%	90	83%	80%
June	125	144	87%	63	50%	44%
Total	234	280	84%	153	65%	55%

Unfortunately Swim Ulster had to cancel 1 training event / session due to adverse weather conditions and/or lack of agreed access.

As part of the programme and also to help to complete an Outcomes Based Accountability score card a survey has been provided to participants using a QR code on site but also a follow up email was sent to them afterwards with a link to the survey. The survey tool was "Kobo Toolbox."

Results of the survey

The survey was kept deliberately very short to encourage a good number to complete it. By the end of June, 270 people had completed the survey which in total is a 57% response rate. The breakdown of numbers who responded by activity is highlighted in figure 1.

Figure 1: Numbers responding by activity.

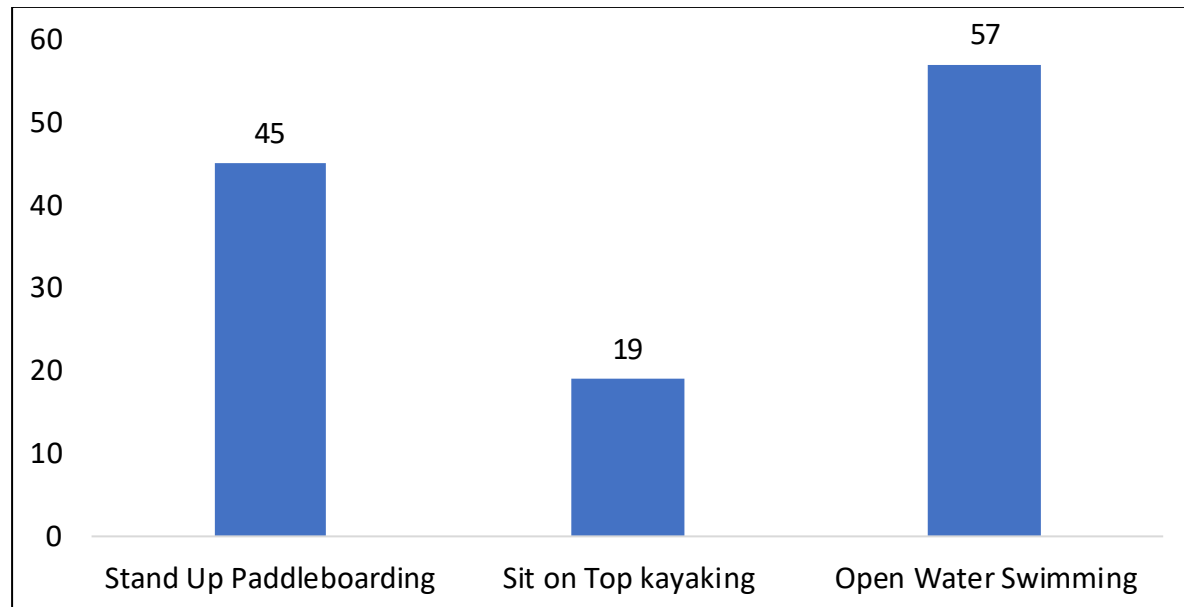
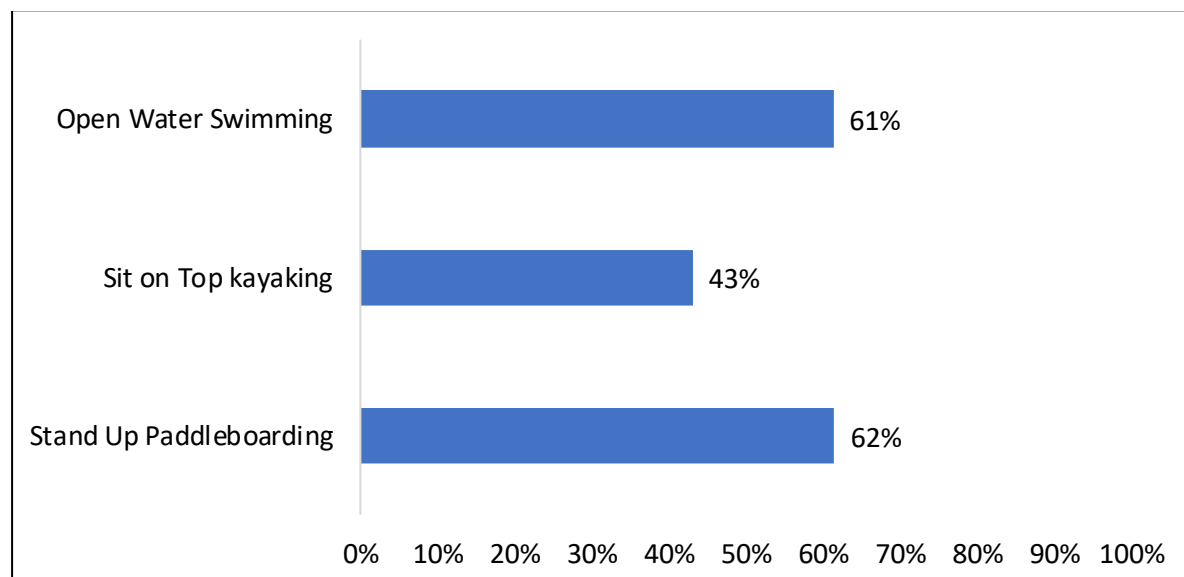


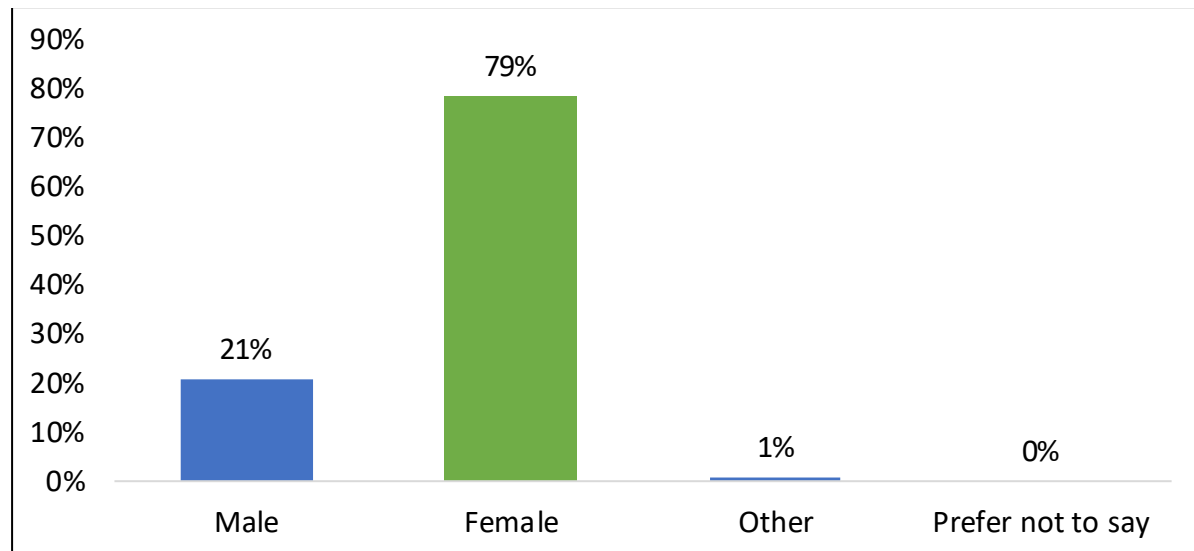
Figure 2: Response rate by activity.



Demographics

It is noteworthy that 79% of the respondents to the survey were female. The tutors running the programmes have also commented on the high proportion of females who are attending the training. Anecdotally there may be a greater willingness amongst females to avail of safety training.

Figure 3: Gender of respondents



There is a reasonably even spread of ages of respondents with the majority in the 41 – 50 age bracket. There are no significant differences between males and females in terms of age of respondents.

Figure 4: Age of respondents.

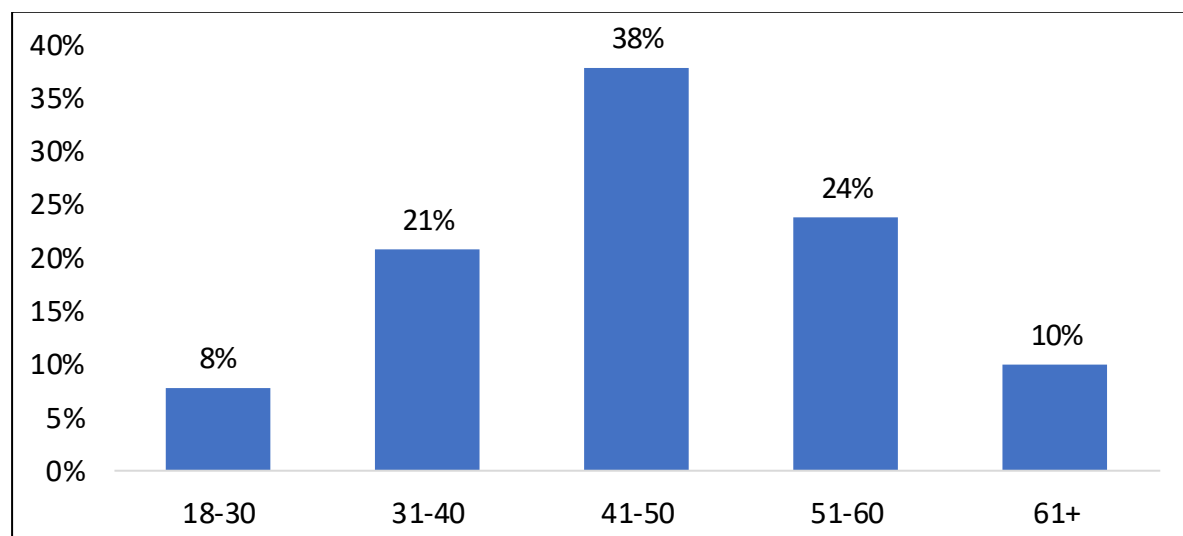
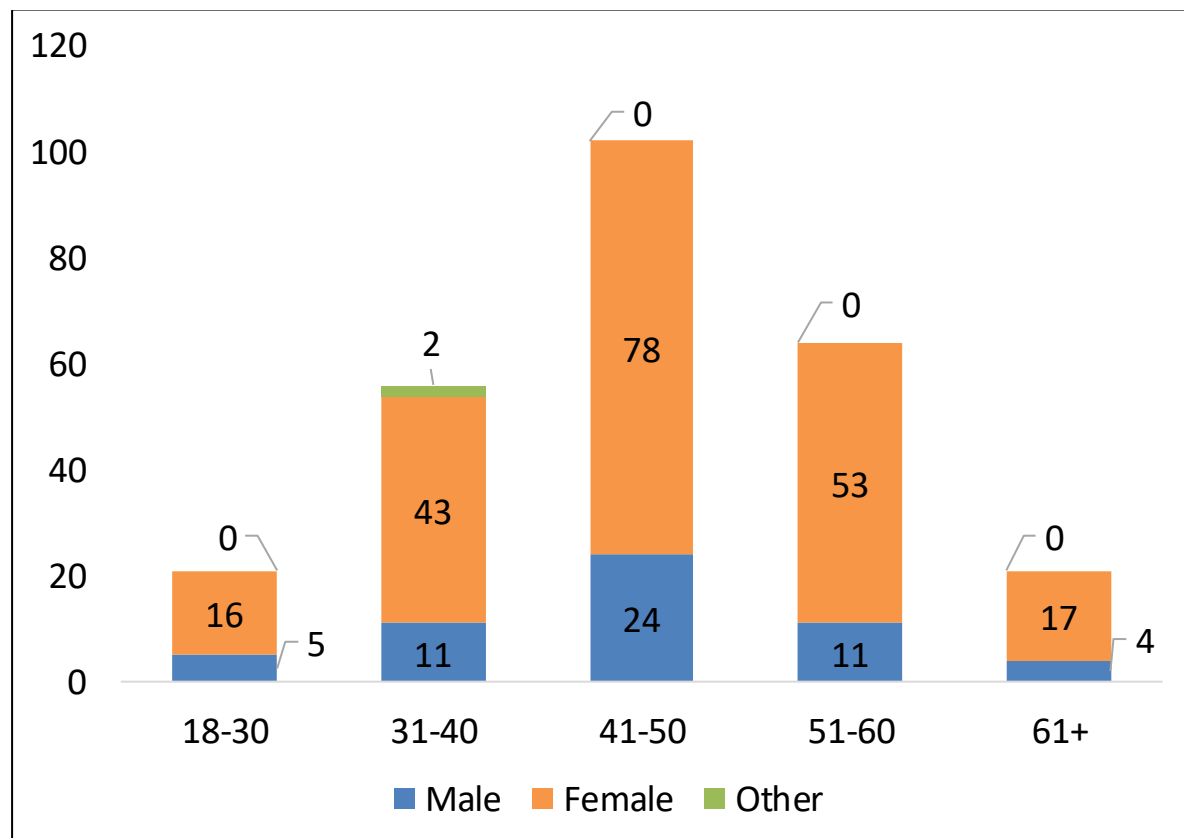
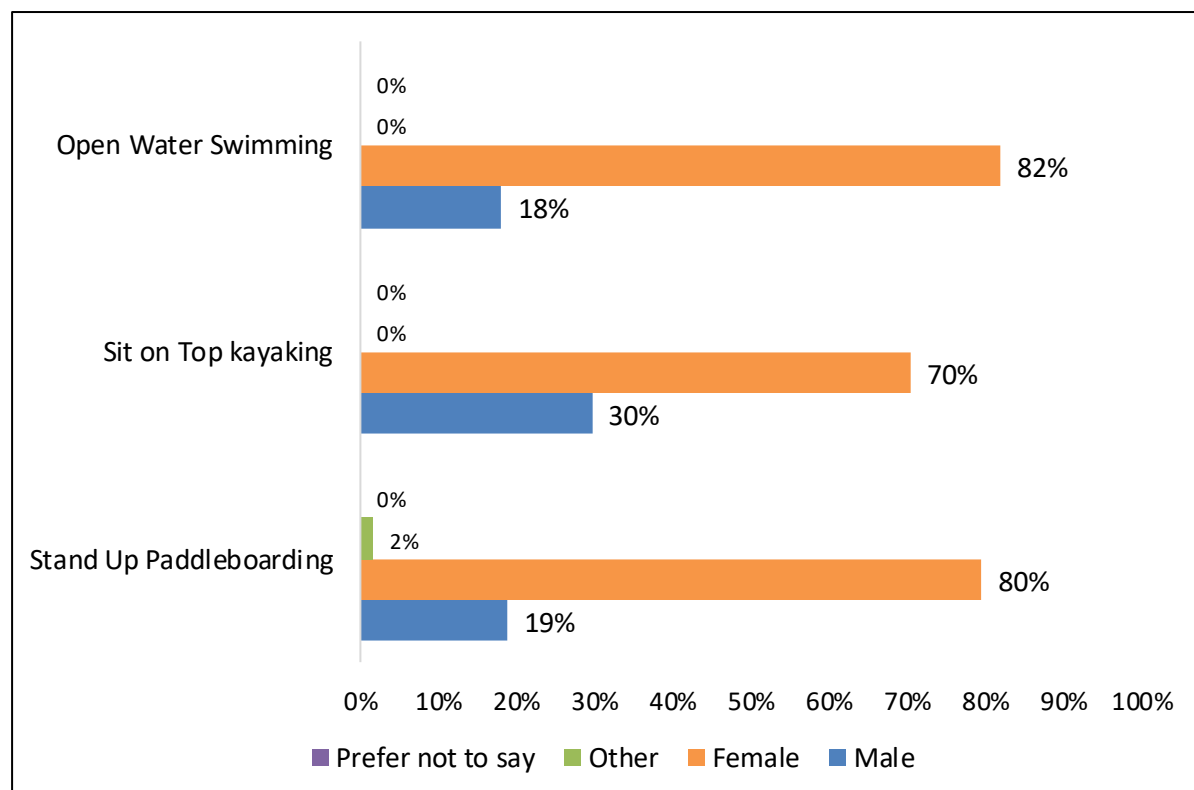


Figure 5: Age and gender of respondents



The ages and gender of respondents do not show any significant variations.

Figure 6: Gender and activity undertaken.



Communication

Social media and word of mouth are the two most prevalent ways that respondents found out about the programmes. It should be noted that word of mouth may also be via e-communication (tagging others or sending messages via WhatsApp etc.)

Figure 7: How respondents found out about the programme

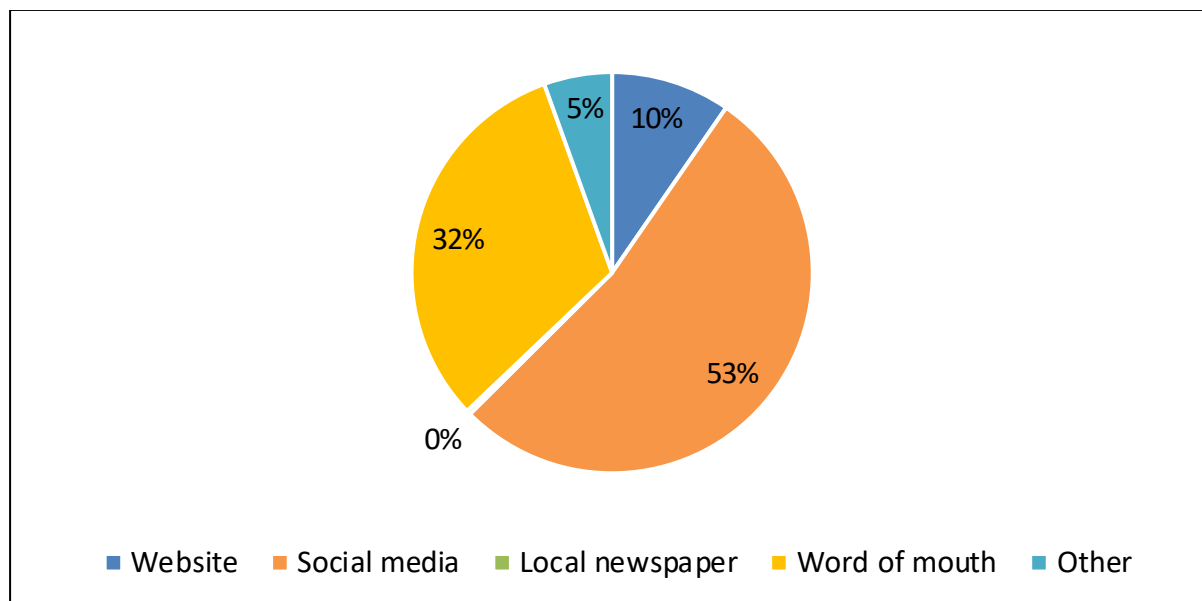
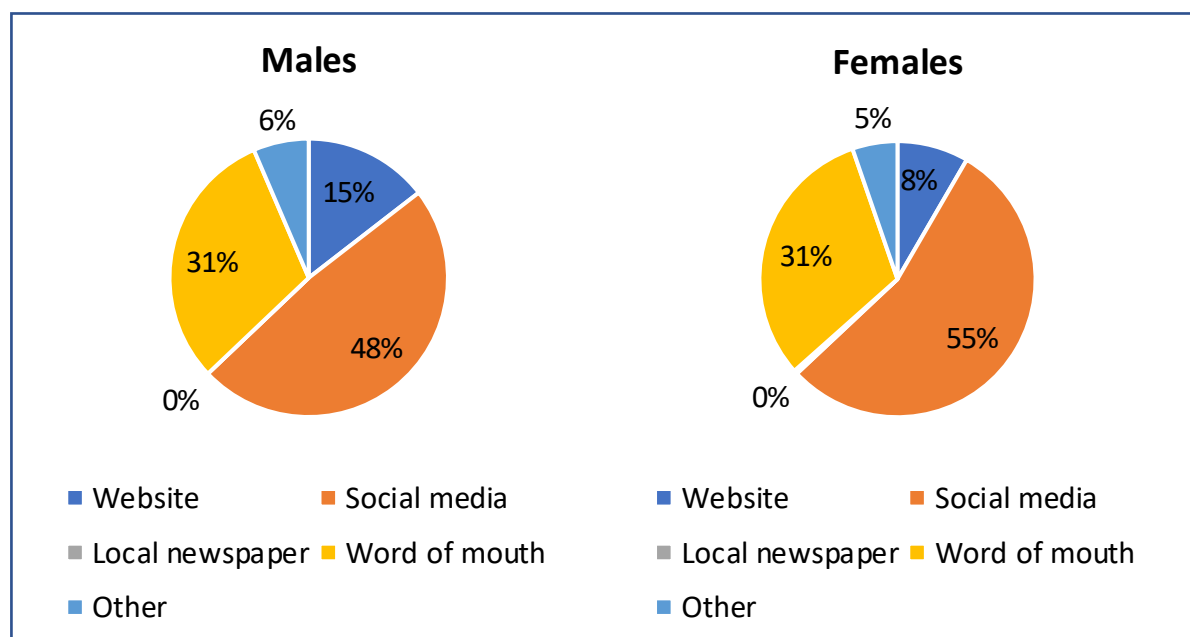


Figure 8 Gender and how they heard



While social media accounts for fairly equal numbers of males and females hearing about the programmes, word of mouth is much more prevalent among females, while information from websites more prevalent among males. Data from the National Water Safety Forum in GB indicates that 81% of water related accidental fatalities were male.



Feedback on programmes and learning gained.

It has been very important to receive feedback from participants especially to be able to create an Outcomes Based Accountability report card. To date 99% of the feedback on all three elements of the training, the instructor and the venue has been good or very good.

Figure 9: Feedback.

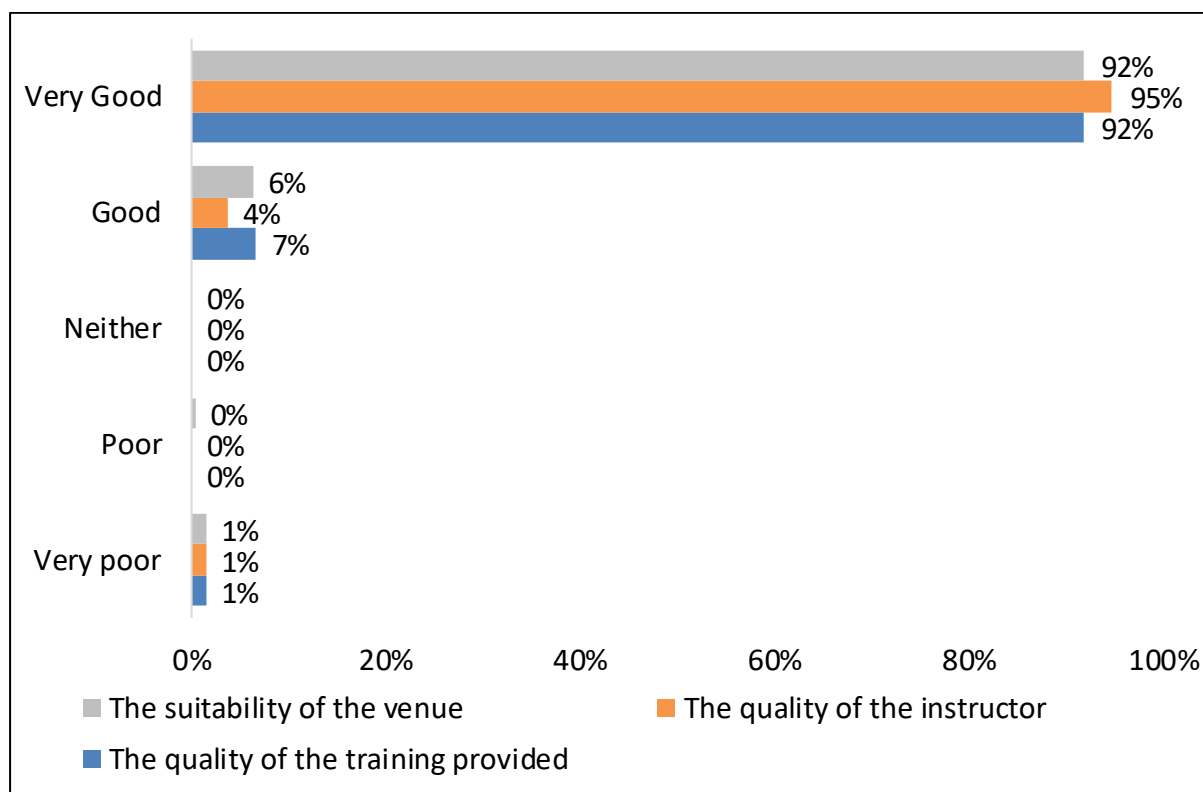
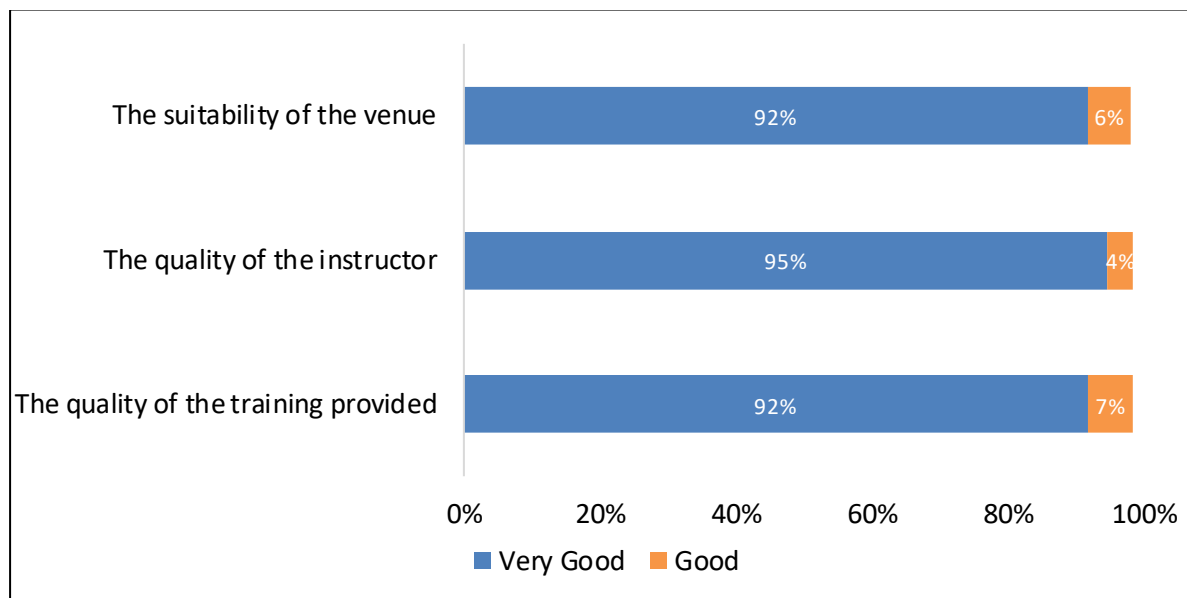


Figure 10: Feedback highlighting good or very good.

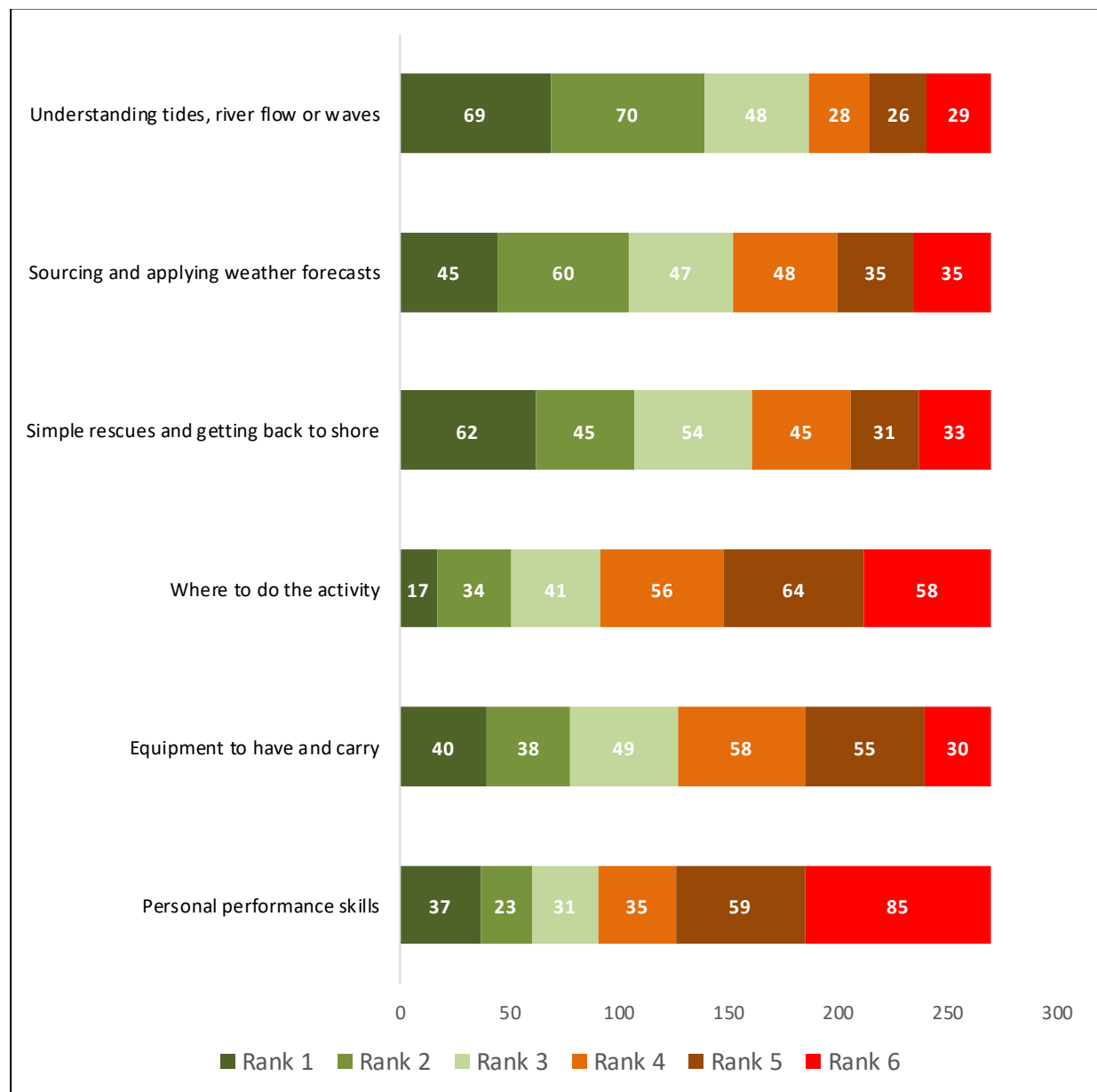


As can be seen from figure 9, 92% or more of the feedback on all aspects was “very good”

Respondents were asked to rank 6 key elements of the training programme in terms of what they thought was most useful to them. The elements were ranked from 1 (most useful) through to 6 (least useful)



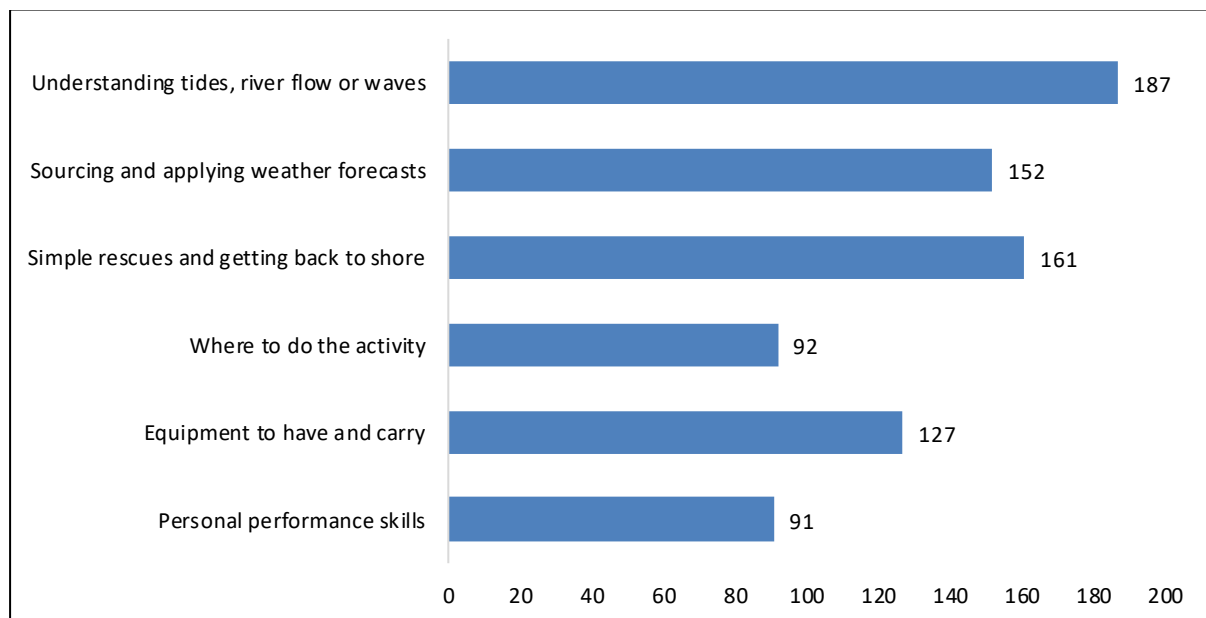
Figure 11: Ranking of key learning elements.



The three elements that came out as most useful were:

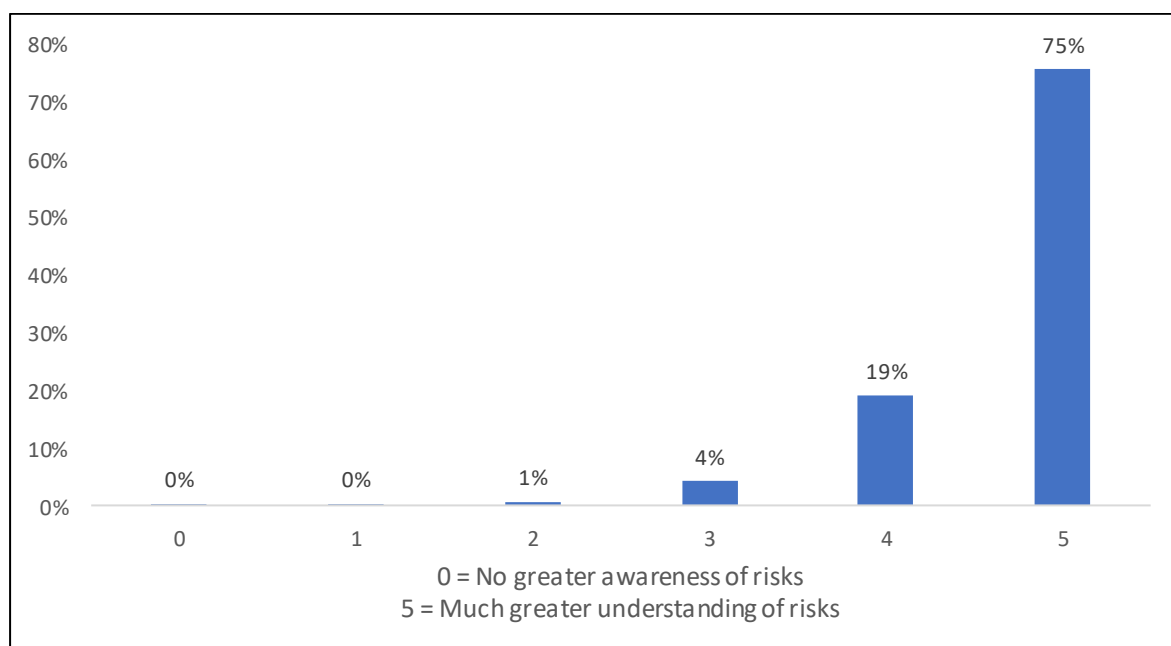
- Understanding tides, river flow or waves.
- Sourcing and applying weather forecasts.
- Simple rescues and getting back to shore.

Figure 12: Top 3 ranked scores



Respondents were also asked to rate how aware they are now of the risks associated with the activity on a rating from 0 – 5 (0 = no greater understanding of risks, 5 = much greater understanding of the risks involved). It was very positive to see that the majority of respondents felt that they had a much greater understanding of the risks but also that a number were quite honest in relation to this question. However, it was clear that there is generally a higher level of understanding.

Figure 13: Increased understanding of risks



Club Membership

The final question asked respondents if they were interested in joining a club for the activity.

As can be seen from Figure 14, a significant majority of respondents indicated that they were interested in joining a club (51%) but this increased to 56% for females and reduced to 38% for males. A very significant number of males indicated that they were already a member of a club. This presents a great opportunity for the NGB's. All participants receive written information on how to engage with governing bodies and clubs as a resource after the programme.

Figure 14: Interested in joining a club (all)

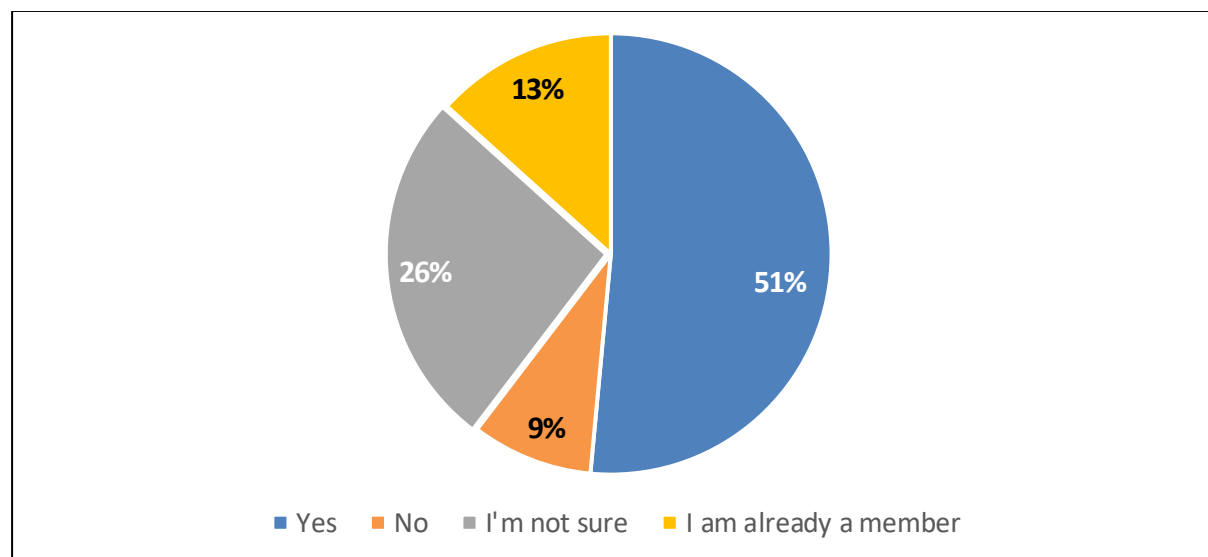


Figure 15: Interested in joining a club (by gender)

