

Canoeing  
Ireland



## HER PADDLE JOURNEY

HER Outdoors Week will run from 14th - 20th  
August

'Collectively paddle around  
the world in 10 days'

Her Paddle Journey will run from 10th - 20th  
August, as part of HER Outdoors Week

#FINDYOUROUTDOORS



### Around the World, by Women from Around the World

For HER Outdoors Week, Canoeing Ireland want to encourage women throughout Ireland to get out and celebrate the outdoors in any paddlesport craft, and join the journey to collectively paddle 40,000km as a community during HER Outdoors Week!

Be a part of HER PADDLE JOURNEY



**HER**

OUTDOORS WEEK

Canoeing



HER PADDLE JOURNEY

# FAQ

Frequently Asked Questions

## Who can join?

All women and girls!

If you don't have access to paddling equipment check out this link to find a paddling event/-meet near you! [HER Outdoors Week - Event Finder \(arcgis.com\)](#)

## Where should I paddle?

In a safe location near you, that you are comfortable paddling – always follow safety guidelines, Always be paddle safe!

[Summer Water Safety Campaign | Canoeing Ireland](#)

## What kind of boat should I use?

You can paddle a kayak, canoe, stand-up paddleboard, dragonboat or any other paddlesports craft! Once you have a paddle in hand, you are a part of the journey!

## Why join in?

The aim is the increase visibility of 'Women from around the World, Paddling around the World' by encouraging women from diverse backgrounds to get on the water together.

Think about how you can encourage diversity in your paddling journey?

## If I'm paddling with my group of friends, how do we join the journey?

To join HER PADDLE JOURNEY get out for a paddle, aim for a goal distance together, and then input your activity [here](#). Your journey will be added to the Kms counter!

Join on social media by posting your journey and using and following [#HERpaddlejourney](#), [#findyouroutdoors](#) & [#HEROutdoorsweek](#) and follow [@canoeingireland](#)

Contact [emer@canoe.ie](mailto:emer@canoe.ie) if you have any more questions



## How do we measure the distance and what if we are paddling in a small area?

You can use a water-proof fitness watch, or estimate the distance when looking at a maps app.

If you are in a small area you could try laps, or fun games.

You'd be surprised how far you move when enjoying games and relaxing in a small area!

## I am hosting a meet up / event. How do I add everyone's distance into the counter?

Easy! Just follow the link below and input the information prompted in the form. This will add your contribution to the Kms counter automatically!

[Distance Counter](#)

## We want to host a meet up/event, How can I register to host one?

If you are a club, sports partnership or affiliated provider, you can register your event here: [Register your ER Outdoors Week Event \(arccgis.com\)](#)

You will need a registration form for attendees.

## Can I register a group event/meet up that is only for club members / Canoeing Ireland members?

Yes you can, just be sure to include that information as a requirement in the registration form clearly.

## What information will the counter ask for?

- County
- Group size
- Distance per person (roughly)
- Number of people
- Photo from the paddle
- River, Sea, Lake or Canal
- Group/individual name



Contact [emer@canoe.ie](mailto:emer@canoe.ie) if you have any more questions

