

Help shape the future of returning to paddlesport after childbirth

Your experience could help transform how women around the world return to the water. Share your story. Shape the guidance. Support the athletes who follow you.

~4

hours of your time in total

3

online meetings, one hour or less

3–6

months, at times that suit you

PROJECT LEAD

Dr Izzy Moore

Overmyst Consultancy Limited, commissioned by Paddle Worldwide
Endorsed by the Paddle Worldwide Medical and Anti-Doping Committee

REGISTER YOUR INTEREST

dr.izzymoore@outlook.com

Real experiences. Real research. Practical guidance for getting back on the water.

Why we are doing this

Commissioned by Paddle Worldwide, the global governing body for paddlesport, and endorsed by the Paddle Worldwide Medical and Anti-Doping Committee, this project brings together women's real experiences, research and clinical expertise to create practical, empowering guidance for returning to the water.

Dr Izzy Moore is leading the project. She has previously led postpartum projects in rugby, football and running, working with women from recreational to professional level.

Who we are looking for

Women with experience of childbirth and returning to paddlesport, who are willing to share their perspective through an interview or a small group discussion.

All levels of athlete, from recreational to competitive, are equally welcome.

We want to understand

- What helped you return to paddling
- What challenges or uncertainties you experienced
- What information and support you needed
- What could make returning safer, easier and more enjoyable

What we will create

Your experiences will be combined with current research and clinical expertise to create a visually engaging guide, with practical information to help women confidently manage their postpartum recovery and return to the water.

Why it matters

By taking part, you can help create guidance grounded in women's real lives and support future athletes around the world.

INTERESTED IN TAKING PART?

Contact Dr Izzy Moore to register your interest.

dr.izzymoore@outlook.com

What we need from you

We want to create return-to-paddlesport guidance that reflects athletes' real experiences. By taking part, you will help us make it practical, clear and useful. Your total involvement is around four hours, spread over three to six months.

01

Share your experience

Join up to three online meetings, each lasting no more than an hour. In the first, we invite you to share your experience of returning to paddling after childbirth.

02

Review the draft guidance

Around 30 minutes. Tell us what works, what could be improved and whether anything important is missing — in a meeting, or as written comments on a PDF if you prefer.

03

Complete short surveys

Up to three surveys of 5–10 minutes each help us check the guidance is clear and easy to use. If feedback leads to substantial changes, we may invite you to one additional round of review.

How meetings work

Meetings can be held individually or with a small group of athletes. They will be arranged at a convenient time, and Dr Izzy Moore will contact you directly to organise them. You can let her know if you would prefer to meet individually.

Once everyone's experiences have been gathered, we will develop the draft guidance and send it to you to review.

Sharing your story

We would like to share real experiences of returning to paddlesport after childbirth on the Paddle Worldwide website. Dr Izzy Moore may invite you to share your story as a short case study, and we will work with you to create a short account of your journey.

This is completely optional. You do not have to share your story to be involved in the project.

REGISTER YOUR INTEREST

Dr Izzy Moore, Overmyst Consultancy Limited

Endorsed by the Paddle Worldwide Medical and Anti-Doping Committee,

dr.izzymoore@outlook.com