

International Canoe Federation Level 1- Online Assistant Canoe Sprint Coach Course

**Presented by Gregory van Heerden ICF Level 1 accredited course
Facilitator**

Acknowledgements

The implementation of this course would not have been possible without the generous help and support of the following:

- The International Canoe Federation and Canoeing South Africa.



ICF Level 1 Coaching Course – October 2020

Online Session in progress

Course date

This online level 1 course was held over 9 sessions split over a three-week period (13th October to 31st October 2020), with sessions of 60 to 90 minutes being held on Tuesday and Thursday evenings and Saturday mornings. Whilst predominantly an online course three practical elements were included to ensure a transfer of theory to actual coaching application.

Course Outcomes and measurement

The purpose of the Level 1 course was to provide the coaches with the basic knowledge and skills needed to coach beginners in canoe/kayak. The course comprised of theory and three practical tasks as well as an “apprenticeship”.

On the completion of the course the coaches were able to:

- Provide a safe environment for paddling to take place
- Plan and conduct beginner lessons
- Plan and conduct a basic training session
- Teach balance, the basic technique of kayak paddling and steering
- Conduct basic physical conditioning training
- Prepare athletes for domestic level competition

In order to assess the coaches’ knowledge and their practical ability to apply this they had to complete three practical assignments followed by a written exam comprising of 20 questions (a minimum of 16 correct responses was required in order to pass)

It was also recommended that all the Coaches keep a personal log of their coaching activities to document their “apprenticeship” activities as this proof will be needed as one of the requirements of entry onto the Level 2 course.

Furthermore, it is expected that all the coaches be compliant with the regulations of Canoeing South Africa in terms of having the following in place:

- A current first aid and Cardiopulmonary Resuscitation certificate,
- Proof of completion of the online Safeguarding Awareness certificate,
- Proof of the following Police clearance screenings:
 - The Sexual Offences register, Child Protection register and Standard criminal check.

All the successful candidates shall receive a “Level 1 Assistant Canoe Sprint Coach” certificate from the ICF/CAC.

Course content

The following content was covered in the course:

- Introduction to Canoeing, a short history of Canoeing, the definition, discipline descriptions and Canoe Sprint description
- Equipment; Boats, parts of the boats, paddles and accessories, handling of equipment
- Safety and Rescue; equipment, personal safety, injuries, methods of rescue
- The technique of canoeing; launching, balance, strokes of canoeing, basic paddling technique, steering
- Physical conditioning; endurance development and strength development
- Training and basic training methods; Why training is necessary, training loads, frequency and duration, long distance, fartlek, interval and complex training.

- Role of the coach; teaching skills and communication, coaching tools, methods and teaching beginners.
- Introducing racing; race course, racing rules, the goals and principles of racing

With the Practical component including three practical assignments:

- the demonstration and teaching of the Szanto dryland technique method,
- running a bodyweight training session, and
- the development and presentation of a periodised training program.



Szanto Method of Dryland Technique Training

Attendance

The course was attended by 10 Coaches from the following Provinces in South Africa (KwaZulu Natal, Western Cape, Gauteng and Eastern Cape), with one international attendee from Thailand. The group consisted of 10% Female and 90%. The Racial split was 2 Black attendees and 8 white.

Unfortunately two of the coaches failed to complete the course (P Magni and T Ngamlana).

Attendee details:

Full Name	Gender
Ian Black	M
Iewan van Zyl	M
Andrew Crook	M
Bryan Le Roux	M
Paolo Magni	M
Bonginkosi Charles Khumalo	M
Thulani Ngamlana	M
Waldo van der Linde	M
Helen Wood	F
Christiaan Thirion	M

Facilitator Comments

My general assessment of the feedback from the course has indicated that the expectations of the coaches were met, which is very positive.



The course was held on the Microsoft Teams platform and we experienced fewer technical problems than the first course as well as a higher engagement in terms of file sharing than previously.

Whilst I did ensure that each presentation was limited to between sixty and ninety minutes to maintain the attendees focus often the discussions following the delivery extended for a further 30 minutes, which I found very beneficial as it gave the coaches the opportunity to share their viewpoints, experience and ideas.

We were able to incorporate all the necessary practical elements, with each attendee having to submit two brief videos as well as present an abridged training program across all sections of the standard training periodisation periods.

WEEK	DAY	AM	LENGTH	PM	LENGTH	TOTAL	WEEK TOTAL
	Mo	Steady paddle	2:00:00	GYM Heavy	1:00:00	3:00:00	
	Tu	RUN Long Hills (1km x 4)	1:00:00	Paddle 5km + TT	1:00:00	2:00:00	
	We	CYCLE	1:00:00	Recovery Paddle	1:00:00	2:00:00	
1	Th	Paddle 5 x 2000m (2 mins rest)	1:00	GYM Heavy	1:00:00	2:00:00	
	Fr	Run 8 x 500m sprints	1:00:00	Downwind/fartkek paddle	1:00:00	2:00:00	
	Sa	Long Paddle	3:00:00			3:00:00	
	Su					0:00:00	14:00:00

This element of the practical component once again received the best feedback from the attendees with all of them really enjoying the process and learning a lot from each other during the sharing process.



In terms of understanding the theoretical aspects, I feel that by having the sessions split across three weeks this enabled the coaches to reflect on their learning as well as prepare properly for each session by reviewing the relevant chapter in the course manual prior to the online lecture.

Unfortunately, two of the coaches failed to attend a sufficient number of the lectures, with one (P Magni) withdrawing from the course prior to the 8th module, and the other (T Ngamlana) failing to attend the Theory Test. Both also failed to provide all of their practical assignments.

During our last session we once again included a discussion around the importance of developing a culture of collaboration amongst the coaches which stressed the vision of a shared goal (having South African paddlers achieving results on the world stage) and a willingness to work together towards this by sharing knowledge, recognising and respecting differences, and pushing each other to excel thereby raising the level of coaching from within our structures for the benefit of all our athletes.



As always I strive to ensure that on completion of the course that the coaches leave competent and able to transfer the necessary skills that beginners would need (balance, technique etc.) in the correct way, as well as being able to set up basic training programs that can be implemented to train their athletes towards competing in provincial competitions and I can confidently say that this goal was achieved.



In summary I believe the course objectives were met and the experience was worthwhile for all involved. I would like to thank all those responsible for providing the opportunity for this knowledge sharing experience to take place, and look forward to seeing how the coaches progress, find fulfilment in their roles and make canoeing a fun, safe and challenging experience for those with whom they interact.

