

International Canoe Federation Level 2 Online Sprint Coaching Course

Presented by Gregory van Heerden ICF Level 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.

Course date

The course was held over 9 sessions from 27th January to 14th February 2025. Sessions ranged between 60 to 90 minutes and were held on Zoom. Whilst predominantly an online course four practical elements were included to ensure a transfer of theory to actual coaching application.

Course Outcomes and measurement

The purpose of the Level 2 course was to provide the coaches with advanced knowledge and skills needed to coach canoe/kayak. The course covered theory and four practical tasks.

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

- Compare your athlete's level with the international standard,
- Construct a yearly training plan and individual session plans for training,
- Conduct training in a safe manner,
- Demonstrate, teach and correct kayak technique in suitable conditions,
- Produce on the water training programmes that develop endurance, speed endurance, and speed,
- Plan and conduct strength development training for maximum force, strength endurance, and explosivity,
- Prepare athletes for high level competition.

Gym session practicals



In order to assess the coaches' knowledge and their practical ability to apply this they had to complete four practical assignments:

1. Development of a coaching activity Risk assessment.
2. Strength development; submission of a Gym/bodyweight video showing progression across the phases of training.
3. Technique; submission of a video demonstrating the teaching and correcting of technique.
4. Submission of a periodised athlete training plan.

In order to achieve Level 2 accreditation participants were required to complete a written exam consisting of 30 questions, with a minimum of 24 correct responses required to pass.

All the successful candidates receive a "Level 2" certificate from the International Canoe Federation.

Course content

The following content was covered in the course:

- Coaching Philosophy
- Role of the coach
- Duty of Care and safety
- The characteristic abilities required for success.
- How to identify talent.
- Understanding physiology
- The principles of nutrition
- Teaching sport skills.
- Hydrodynamics
- Technique
- The role of Psychology, goal development and motivation.
- Training plan development and periodisation
- Training, Methods, Intensity and supplementary sports

Attendance

The course was attended by the following 10 Coaches from across South Africa.

1. Mhlengi Mngadi
2. Raymond Radebe
3. Hayward Gibson
4. Thubelihle Banda
5. Benjamin Mntonintshi
6. Loveday Zondi
7. Siyamamkela kolpati
8. Mzamo August
9. Wongama Makasi
10. Divieano Pietersen

Nine coaches successfully completed the course, while one did not meet the required standards.

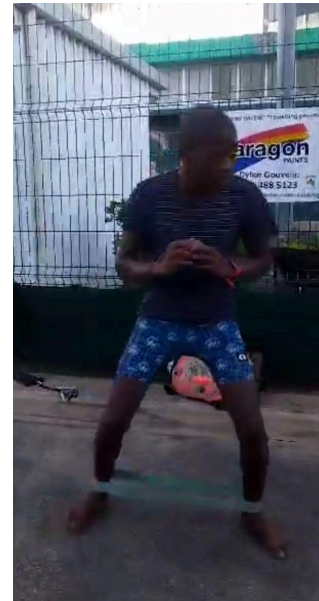
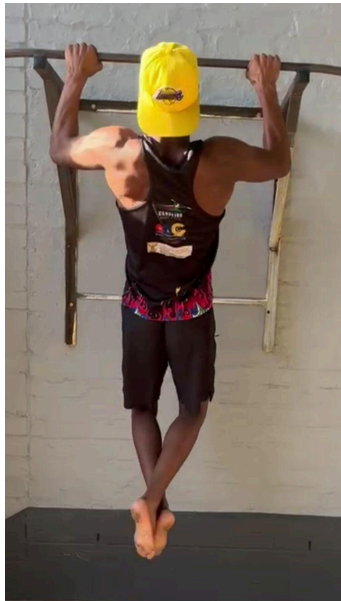
Technique in action



Facilitator Comments

The course benefited from a diverse coaching pool, representing various clubs and experience levels. This variety fostered a rich exchange of perspectives and knowledge. Although the curriculum included substantial theoretical content, the emphasis remained on collaborative learning. Sharing expertise among participants was prioritised, recognising the value of each coach's experience and promoting a culture of mutual learning.

Course feedback confirmed that coaches found the content valuable and applicable to their training and preparation, meeting their expectations.



Demonstration of strength and conditioning drills

Delivered via Zoom, the nine-session course ran smoothly without technical disruptions. Recordings were provided to accommodate coaches who missed sessions. To maintain focus, sessions were primarily kept within a 60-90 minute timeframe, with occasional extensions for in-depth discussions. Despite the virtual format, all practical requirements were successfully integrated. Participants submitted two training videos, a venue-specific risk assessment, and a periodized training program.

Risk Assessment						
Date:		24/05/2024				
Assessors Name:		Shelley Robertson				
Description of assessment		Risk assessment of facility				
Location Details		Rietvlei Dam				
What are the hazards?	Who might be harmed and how?	What are you already doing to control the risks?	What further action do you need to take to control the risks?	Who needs to carry out the action?	When is the action needed by?	Done
On the water Activity -	Hippo in the dam	Hippo sightings are reported and notification is sent out to members to avoid the area. We have a demarcated paddling zone where the hippos don't frequent. No paddling before sunrise/after sunset to avoid area when hippos are known to surface for feeding. Novice coach to inform any novices/parents of the presence of hippo and recommended behaviour.	We are in the process of drafting a disaster plan in the event of an incident.	Chairperson/Vice chairperson/Safety Officer/Novice coach/All members	Action is ongoing	
Drowning	N/A	Low risk of drowning as we enforce all members to wear PFD's whilst on water and to paddle in groups. All members must be accompanied by an authorised supervisor.	Enhance safety measures	Novice coach/Safety Officer/Timekeeper	Novice coach to continually enforce safety	

Risk assessment example

Throughout the course, coaches successfully grasped the theoretical elements and showed a clear ability to translate them into practical application



Coaching technique

My primary aim is to ensure coaches complete the course with the competence and skills necessary to positively impact their athletes' development. I am confident this objective was realized.

In conclusion, I believe the course successfully achieved its objectives and provided a valuable learning experience for all participants. I extend my sincere gratitude to everyone who facilitated this knowledge-sharing opportunity. I look forward to witnessing the coaches' continued growth, their fulfillment in their roles, and their ability to create engaging, safe, and challenging canoeing experiences for their athletes.



Coaching technique in practice