

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 Uganda Olympic Committee (Dr Rukare)
- The Uganda Canoe Federation (Mr Iga, Mr Nakibinge, Mr Okitera)
- The International Canoe Federation (Mr Cuatrin)



Online Session in progress

Course date

This online level 1 course was held over 9 sessions split over a three-week period (24th November to 12th December 2020), with sessions of 60 to 90 minutes being held on Tuesday and Thursday evenings and Saturday mornings.

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 followed by 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 they had to complete 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 Uganda Canoe Federation in terms of coaching and working with children.

All the successful candidates shall receive a "Level 1 Assistant Canoe Sprint Coach" certificate from the ICF.

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

Unfortunately due to technical constraints and limited access to internet, and mobile phones with the necessary camera capacity the following practical assignments had to be removed from the program.

- the demonstration and teaching of the Szanto dryland technique method,
- running a bodyweight training session, and

Attendance

The course was attended by 21 Coaches. The group consisted of 33% Female and 67% male.

Attendee details:

Full Name	Gender
Gerald Angotoko	M
Shamim Nalubega	F
Jessica Achan	F
Michael Okello	M
Janet Achom	F
Douglas Musoke	M
Mary Aketch	F
Brian Sseruhogyi	M
Mary Pira	F
Betty Nabifo	F
Suzan Nabukenya	F
Bernard Edimu	M
Steven Obedigwa	M
Walter Adupa	M
Erisa Mwesigge	M
Daniel Outeke	M
Justin Ngida	M
Richard Siida	M
Peter Bagire	M
Simon Okwi	M
Moses Wampamba	M

Facilitator Comments

There is no doubt that the coaches who took part in the course have a real interest in developing themselves, the sport and their athletes and a few of the attendees really stood out in terms of their interaction with myself, the other coaches and the content that was covered.

Due to the large number of attendees it may have been hard for some of the coaches to actively participate during the online sessions and I feel that going forward attendee numbers should be kept to a maximum of 10 people. This will also really help those individuals who may need some additional support should they struggle with English or the technical content covered.

The course was held on Zoom, and a few technical problems were encountered but these were very professionally dealt with by the UCAF team (Isma, Brian and Simon). Unfortunately due to the intermittent nature and quality of the internet/WIFI in Uganda a number of coaches had difficulty connecting, however we did make all of the presentations available after each session so that those who were not able to connect could receive the lectures.

The intermittent nature of the connection and the work schedule of the coaches also made it hard for everyone to attend each and every session.

Sessions were limited to between sixty and ninety minutes to maintain the attendees focus however on occasion the discussions following the delivery extended for a further 30 minutes or so. I do feel that allowing for this to happen is very beneficial as it gives the coaches the opportunity to share their viewpoints, experience and ideas.

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.

For this course we did add to the tasks after each session with the inclusion of the following videos that needed to be watched via the ICF free online lecture series portal:

https://www.canoeicf.com/icf-performance-education-free-online-series?utm_campaign=PerformanceEducation

- Difference between women's and men's training methods,
- Choosing a paddle for young kayak athletes,
- How to train your athletes to paddle faster,
- Anti-doping Education - Keeping canoeing clean.



Exam in session

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 say that a number of the coaches have left with this ability, however I feel that it may have been more beneficial for the majority of the coaches to have received this course in person, and whilst the Covid-19 pandemic is the reason for the online version being preferred, once we are able to travel freely I would suggest a follow up course on the ground in Uganda.

In summary I believe the course objectives were partially met (an in person course would have been better for the current level of coaches) but I do feel strongly that 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.