

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

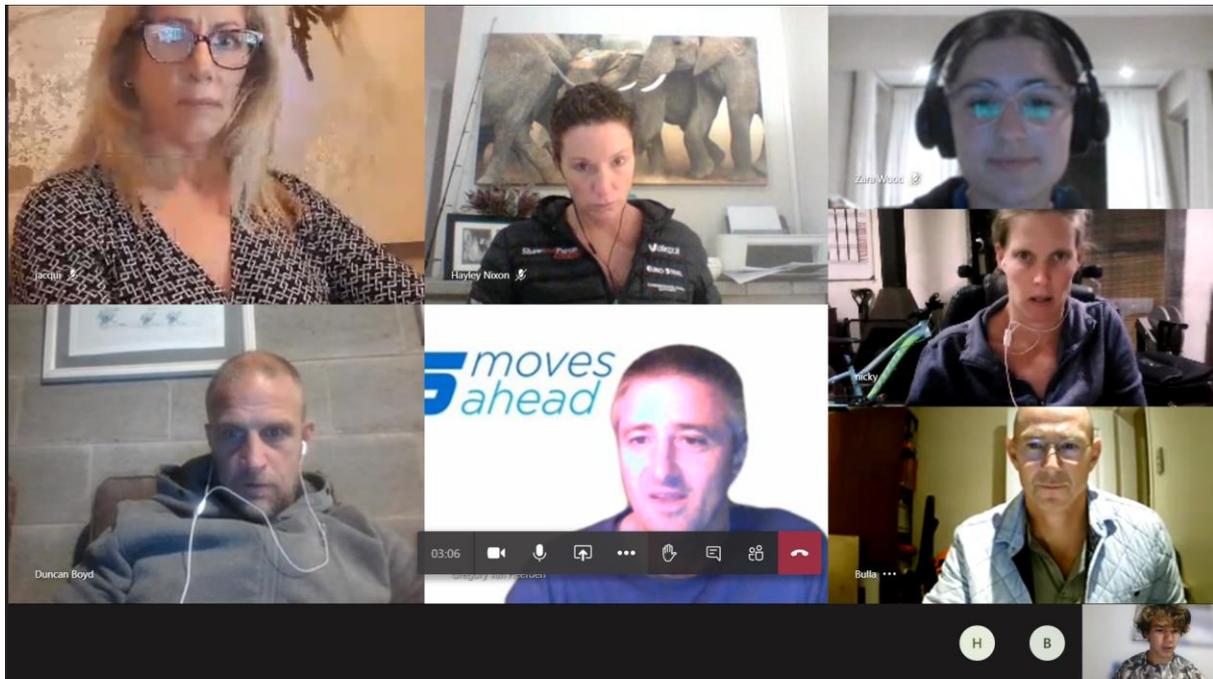
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**Presented by Gregory van Heerden ICF Level 1 accredited course  
Facilitator**

## *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.



*Online Session in progress*

## *Course date*

This online level 1 course was held over 9 sessions split over a three-week period (18<sup>th</sup> August to 5<sup>th</sup> September 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 two Provinces in South Africa (KwaZulu Natal and Eastern Cape). The group consisted of 50% Female and 50% male.

Attendee details:

	Full Name	Gender
1	Bridgitte Hartley	F
2	Hank McGregor	M
3	Hayley Nixon	F
4	Jacqui Boyd	F
5	Brendon Waters	M
6	Nicky IrvineFloros	F
7	Jordy Malherbe	M
8	Zara Wood	F
9	Duncan Boyd	M
10	Bulla Wood	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 as I felt that this provided better options in terms of breakout rooms, whiteboard access, session notes and file sharing facilities. During the first session several connectivity issues were experienced which were rectified by using a Local Area Network connection rather than WIFI. This highlights the importance of having the correct technological structures in place such as LAN connections to a relatively high-speed internet service to ensure the best experience for the attendees.

Moving the course online has been a very positive experience for me as the facilitator and has helped me redevelop many of the course modules to be more focused and centred around each core learning concept.

It is critical to keep each module limited to between sixty and ninety minutes to maintain the attendees focus and this is in line with numerous assessments of the effectiveness of online meetings and best practice.

Whilst I was not able to add the experiential learning activities in the online space we managed to incorporate practical elements that required the coaches to implement the theory being discussed, 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 1 8/31/2020 Notes	Mon 31/08	Tue 01/09	Wed 02/09	Thu 03/09	Fri 04/09	Sat 05/09	Sun 06/09
	<p>Week 1: General Preparation Week (post baseline Time Trials recorded)</p> <p>Goal: Surfski World champs            Athlete: Female, 18+            70-75% (beats/min): 175            80+% (beats/min): 183            MAF HR (beats/min): 167            TT 1 avg speed (km/hr): 11.2            TT 2 TT av speed (km/hr): 10.4</p> <p>Goal: Basic endurance, strength development, pre-conditioning, dealing with any imbalances/weaknesses.</p> <p>Approx total km: 60-70km</p>						
	Run: easy 1hr / approx 10km at low aerobic, <75%	Gym: unilateral exercises with functional / core exercises (higher reps/lower weights), with 4 primary strength exercises (lower reps, higher weights)	Home mobility and stretching	Run: approx 45mins 15min easy, 5 x 2min ON STEADY 2min OFF. 10min easy.	Gym: unilateral exercises with functional / core exercises (higher reps/lower weights), with 4 primary strength exercises (lower reps, higher weights)	Long aerobic paddle: approx 90mins-2hrs at 70-75 % or easy downwind!	Off or catch-up paddle session.
	Paddle: 1hr at 70-75 %	Paddle: 1hr tech skills and drills	Paddle: approx 1hr: 15min warm-up and tech drills then: 6 x 2km at TT 2 avg + 0.2km/hr (2min recovery)	Dice (race simulation session and tactics practice, no pressure!) 20min warm-up to star and 20min cool-down paddling to flush post dice.	Off	Off	Off

This element of the practical component 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 prepare properly for each session by reviewing the relevant chapter in the course manual prior to the online lecture. I believe this increased engagement during the session as well as allowed them to fully comprehend and internalise the amount of information presented in time for their exam, with all coaches exceeding the required 80% pass mark.



During our last session we 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.