

International Canoe Federation Level 1 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.
- Janet Simpkins, Nkosi Mzolo and Florida Lake Canoe Club



Coaches attending the course at Florida Lake

Course date

This level 1 course was held from the 20th – 21st July 2019 and comprised of two full days (08h00-17h00) of lectures and practical.

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, practical and 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 the knowledge learnt they had to complete a practical test and written exam comprising of 20 questions (a minimum of 16 correct responses was required in order to pass) and a practical test in which they had to correctly carry out a beginners lessons.

Going forward all Coaches will need to 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.

It was also highly recommended that all coaches receive regular first aid and Cardio Pulmonary Resuscitation training.

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



Venue: Florida Lake Canoe Club

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 covering:

- The application of the above theory incorporating program design, equipment, safety and rescue, technique, and teaching a beginner.



Lectures underway

Attendance

The course was attended by 13 Gauteng Coaches. The group consisted of 7% Female and 93% male, with 46% of attendees being black.

Attendee details:

Full Name	Gender	Date of Birth	Club
Chris Prinsloo	M	02-10-00	NWU
Annette van Heerden	F	04-05-99	NWU
Lordshare Koto	M	17-03-86	Sasol
David Victor	M	19-03-86	Sasol
Juan van Pletzen	M	30-04-76	Likk
Sean van Pletzen	M	27-01-01	Likk
Ruan van Pletzen	M	13-05-03	Likk
Benjamin Mntonintshi	M	12-07-01	SCARC
Bambo Fanteni	M	20-05-01	SCARC
Wongama Makhasi	M	21-09-01	SCARC
Pete Rossouw	M	19-03-54	JCC
Peter Chissano	M	31-08-97	JCC
Joseph Sejaphala	M	02-01-90	Centurion



Examination time

Facilitator Comments

I felt that the course went off very well, there were high levels of engagement between the coaches and the facilitator and we were able to cover all the necessary theory while still spending enough time on practically applying what had been talked about.

We spent a little additional time expanding on the theory and application of training program design as the coaches felt that this was an area in which they lacked knowledge. I would suggest that going forward Canoeing South Africa should consider hosting some short courses for coach development covering physiology, training program design and periodisation, off the water conditioning and mental preparation of athletes. This would provide self-improvement opportunities for the coaches and provide them with a knowledge bridge between the ICF coaching Levels.

It is always my main aim to ensure that the coaches leave the course competent and able to transfer the necessary skills beginners would need (balance, technique etc.) in the correct way, as well as set up basic training programs that can be implemented to train their athletes towards competing in provincial competitions. I can confidently say that this goal was achieved in terms of teaching beginners however I feel that the level of training program design, in the time available, provided only for a basic understanding of training at a club level, not necessarily for results at a National level.

In terms of understanding the theoretical aspects, the coaches present on this course showed an excellent ability to comprehend and internalise the amount of information presented in time for their exam, with only one coach failing to achieve the required 80% pass mark.

My assessment of the one coach who did not pass was that this was due primarily to a language barrier, as he even battled with understanding some of my questions during his practical. I did tell him that he must ask me to explain any question during the exam that he did not understand, he did make use of this, but may have required more assistance than requested.

Canoeing South Africa should also consider the running of a CPR, water safety and first aid course for the coaches as this is critical for ensuring the safety of the paddlers training under them, coupled to this could be the consideration to make it mandatory for all certified coaches to have a current CPR and first aid certificate, whilst those coaching children should have the necessary Police clearance in order to run training sessions.

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.