



Schools in Pools Kayaking

Physical Literacy for
Boating Sports

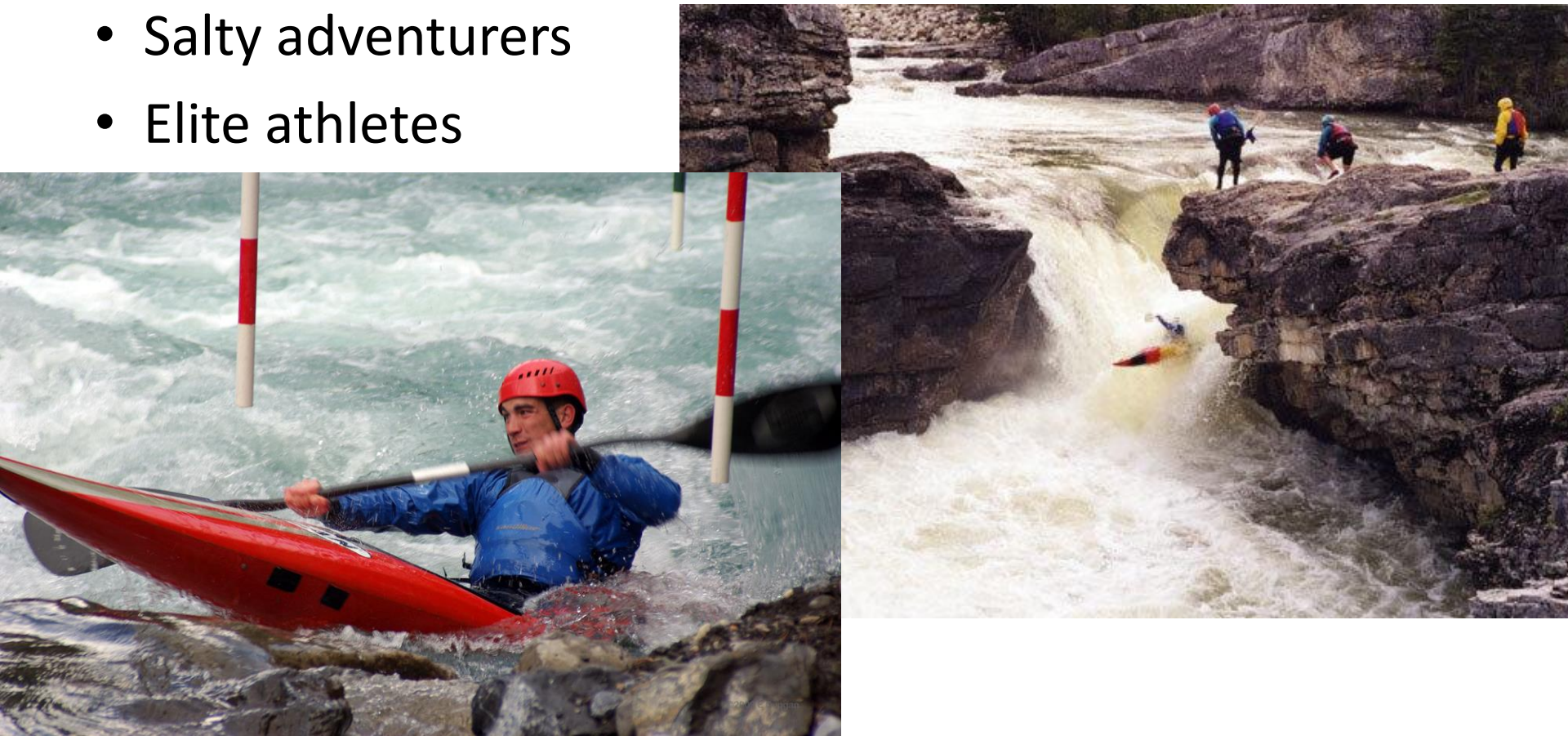


Alberta Whitewater Association

Kayaking – who cares ?

The Perception:

- It's a fringe sport for:
 - Young men
 - Salty adventurers
 - Elite athletes



The Gaps

Equipment	- Expensive
Facilities	- Out of town - costly
Human Resources	- Difficult to get trained
Profile & Image	- Waterfalls
Risk & Liability	- High and no insurance
Cost & Overhead	- Expensive

So why bother ?

Here is why !

1. Healthy and Active Children
2. Physical Literacy for Boating Sports
3. Water Smart – Water Safe Children



Background

- 1970's – ww slalom in Olympics for 1st time
- 1977 – Alberta develops Kayak Instructor cert
- 1982 – NCCP program
- 1990's – plastic playboats
- 1992 – ww slalom back in the Olympics
- 2000's – childrens kayaks
- 2002 – Competency Based Education
- 2005 – LTAD
- 2010 – NCCP approved
 - LTAD approved
 - Passports for Paddlesports
 - Physical Literacy
- 2013 – School in Pools - Kayaking



Goal 1 – Healthy & Active Children

The Issue : Childhood Obesity and
Physical Inactivity in Youth

- Stats Canada surveys show that 25% of Canadian children are overweight
- The World Health Organization declared obesity a global epidemic in 1997
- 80% of overweight youth will continue to struggle with obesity as adults (AAP)

Goal 1 – Healthy & Active Children

The Issue : Childhood Obesity and
 Physical Inactivity in Youth

American Academy of Pediatrics 2009

- Overweight children avoid activities that emphasize agility and aerobic capacity
- Overweight children respond best to a physical activity program that allows children to grow taller into their natural weight
- Diet alone is not the answer

Goal 1 – Healthy and Active Children

The Issue : Childhood Obesity and
Physical Inactivity in Youth

The American Academy of Pediatrics recommends that overweight children partake in activities that take advantage of their stature and muscle strength, such as **water-based sports** and strength training, rather than those that require weight bearing and agility especially running and jumping

Goal 2 – Physical Literacy

2010 Canadian Sport for Life &
Long Term Athlete Development Model

Ages 0 – 6: Active Start

Run, Jump, Throw, Kick, Swim

Ages 6 – 10: Fundamentals

Ski, Skate, Bike, Board

Goal 2 – Physical Literacy for Boating Sports

2010 Canadian Sport for Life &
Long Term Athlete Development Model

Ages 0 – 6: Active Start

Run, Jump, Throw, Kick, Swim

Ages 6 – 10: Fundamentals

Ski, Skate, Bike, Board

What about Boat ???

Goal 2 – Physical Literacy for Boating Sports

The Issue : Boating Activities have
unique movement requirements

- * Balance

- * Propulsion

- * Directional
Control

& *** water safety



Goal 2 – Physical Literacy for Boating Sports

Rowboats

Surfboards

Rafts

Windsurfers

Standup Paddleboards

Canoes



Sailboats

Rowing Shells



Goal 2 – Physical Literacy for Boating Sports

The Issue : Most watercraft are too big for children before the age of 10 to master

Children Sized Kayaks are the perfect vehicle to introduce children to boating sports



Goal 2 – Physical Literacy for Boating Sports

And the pool is the perfect environment to introduce children to aquatic sports



Goal 2 – Physical Literacy for Boating Sports

The Opportunity: Children develop boat skills playing games:



tag,
bumper boats,
simon says,
british bulldog,
rugby,
water polo,
or
just exploring

Goal 2 – Physical Literacy for Boating Sports

The Opportunity :

Next boats - Ages 12+

Canoes

Rafts

Rowing shells

Surfboards

Sailboats

Goal 3 - Water Smart Water Safe Children



Goal 3 - Water Smart Water Safe Children

The Reality :

- Increasing demand for water recreation

Canoe-Kayak is

- #10 participation rate among all Albertans
- # 5 desired activity

ahead of : ??

Goal 3 - Water Smart Water Safe Children

- 15% of Albertans paddled canoes/kayaks
more people than:

– Curling

- Basketball

– Horseback Riding

- Volleyball

Goal 3 - Water Smart Water Safe Children

- 15% of Albertans paddled canoes/kayaks
more people than:

— Figure Skating

— Curling

— Backpacking

— Horseback Riding

- Football

- Basketball

- Tennis & Racquet Sports

- Volleyball

Goal 3 - Water Smart Water Safe Children

- 15% of Albertans paddled canoes/kayaks
more people than:

- X-C Skiing

- Figure Skating

- Curling

- Climbing

- Backpacking

- Horseback Riding

- Baseball/Softball

- Football

- Basketball

- Gymnastics

- Tennis & Racquet Sports

- Volleyball

Goal 3 - Water Smart Water Safe Children

- 15% of Albertans paddled canoes/kayaks more people than:
 - Hockey
 - Figure Skating
 - X-C Skiing
 - Curling
 - Mountain Biking
 - Climbing
 - Backpacking
 - Horseback Riding
 - Soccer
 - Baseball/Softball
 - Football
 - Basketball
 - Martial Arts
 - Gymnastics
 - Tennis & Racquet Sports
 - Volleyball

Goal 3 - Water Smart Water Safe Children

The Issues: Inclusivity

- New immigrants not familiar with aquatic sports
- Underprivileged populations are not familiar with aquatic sports

Opportunity: *“school physical education programs are critically important, since they provide the only opportunities for the development of physical literacy for EVERY Canadian child”*

Canadian Sport for Life website

Goal 3 - Water Smart Water Safe Children

The Issues: Inclusivity

- Individuals with disabilities

Opportunity: We are exploring unique physical adaptations and individualized programs for both physical and mental disabilities.

This is still in the pioneering phase and requires more collaboration between the groups that have developed expertise in this field.

Schools in Pools - Kayaking

The Issue:

- A need exists to educate children on boating safety
- A need exists to build fundamental movement skills in boats

The Opportunity:

- Interest in school “Learn to Swim” programs drops after Grades 3/4.
- Children still want to go to the pool but teachers don’t see the educational value in a free swim



Schools In Pools Kayaking

The Issue:

- Many Swimming Pools have underutilized time from 9:00 am – Noon and 1:00 – 3:00 on weekdays

The Opportunity:

Grades 4-6, Jr and Sr High School classes for 2-3 one hour sessions

10-15 students @ \$10 /hr =
\$100 - \$150/hr for pools



Schools In Pools Kayaking

The Issue:

- Swimming Pools have limited resources to purchase the equipment necessary to run kayaking programs

The Opportunity:

Our business case shows that these boats can be paid for and generate a profit in 3 years



Schools In Pools Kayaking

The Issue:

- How would we find kayak instructors to teach kayaking during mid-week days part time ?

The Opportunity:

- New NCCP certification program for lifeguards and teachers to teach kayaking
 - An 10 hour training course for non-paddlers to learn how to teach entries & exits, holding the paddle, basic strokes and safety in the pool

Schools In Pools Kayaking

The Issue: Kayaking is perceived to be dangerous

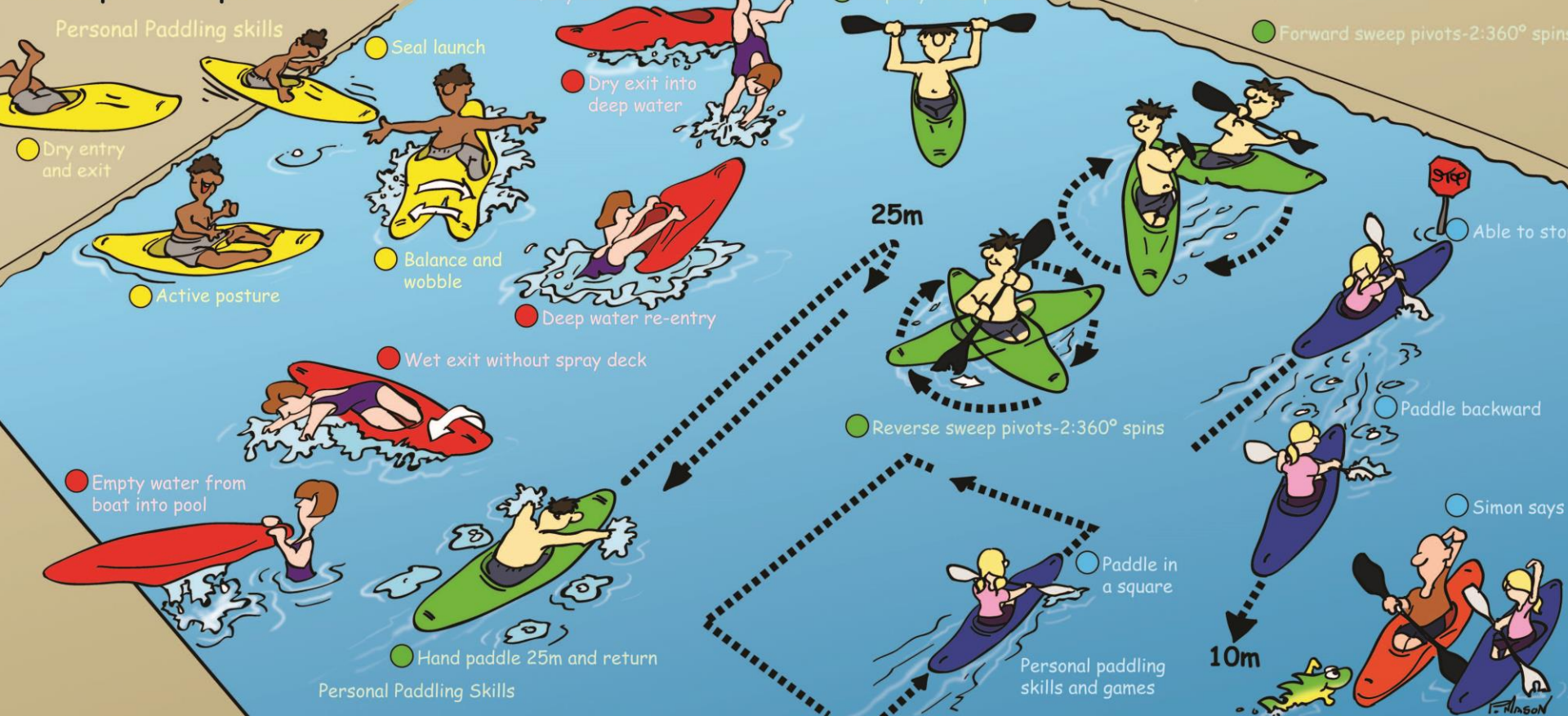
The Opportunity:

- Swimming pools are a trusted and safe place for parents and schools to send their children
- Children can build the fundamental movement skills of balance, propulsion and directional control in a safe and supervised environment and build water safety skills



Schools In Pools Kayaking - Fundamentals 1

Paddlesport Passport-Fundamentals 1



Instructor: _____
 Location: _____
 Prerequisites: confidence in water
 Purpose: exposure to basic kayak skills for all ages in a safe environment
 Venue type: pool or contained open water venue.
 Duration: 1-2 hrs Date: _____

Schools In Pools Kayaking - Fundamentals 2

Paddlesport Passport Fundamentals 2

Personal Paddling skills

- Select appropriate kayak & paddle
- Adjust seat, footrests, hip-pads to fit
- Paddle forward 50m in straight line
- Dry entry with sprayskirt
- Dry exit with sprayskirt
- Reverse paddle 20m in straight line
- 50m
- 20m
- Draw to stern - pivot 360°
- Draw to bow - pivot 360°
- Tilt boat on edge and hold 15 seconds
- Draw boat sideways with out of water recovery
- Safety and rescue skills
- Paddle signals- stop, go, left, right
- Hip Flick holding hands, pool deck or bow of 2nd kayak
- Paddling games
- Tag or freeze tag with paddles
- Red light/green light
- British Bulldog
- Wet exit with spray deck

Cool down activity and stretch

Assists with hipflicks & bow rescue

Washes out boat, paddle & sprayskirt

K, P, Sprayskirt, pfd, if outside pool

Leadership and group skills

Stewardship

Equipment, gear and clothing

Instructor _____

Location: _____

Prerequisites: Fundamentals 1

Purpose: Build basic flatwater skills for novice paddlers

Venue: pool or contained open water venue.

Duration: 1-2 hrs **Date:** _____

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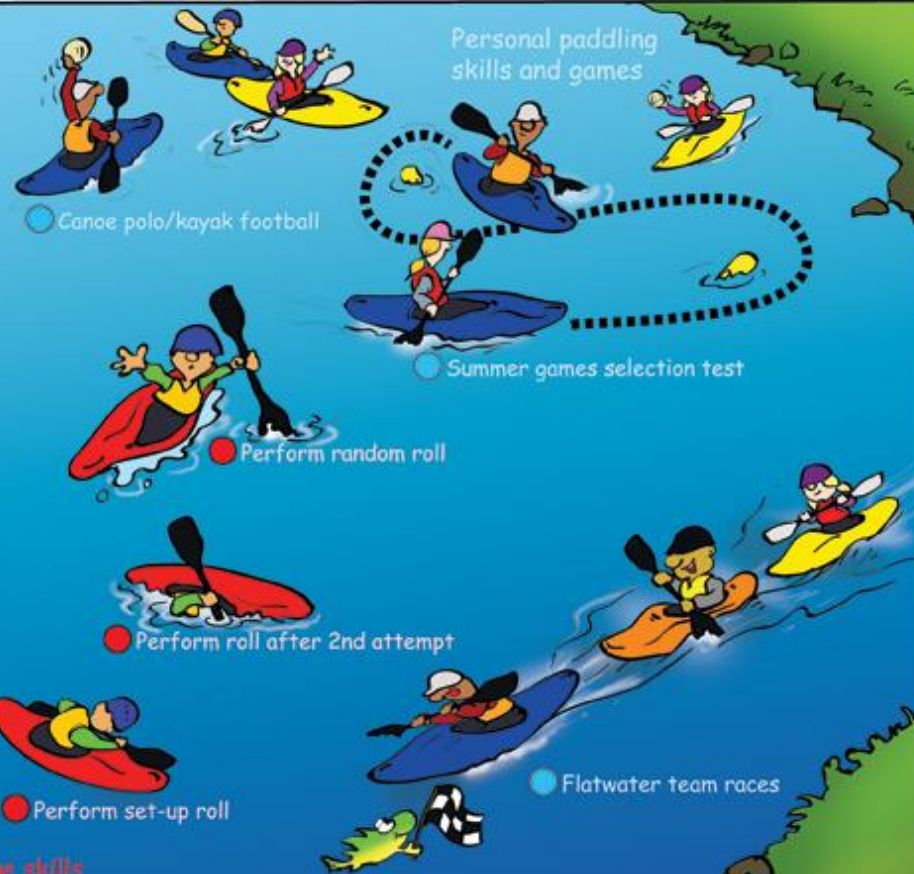
Schools In Pools Kayaking - Fundamentals 3

Paddlesport Passport Fundamentals-3

Personal Paddling skills



Personal paddling skills and games



Safety and rescue skills



● Cool down activity and stretch



● T-Rescue support for others



● Respect for pool/beach facility



● K, P, SS, PFD, Paddle Jacket, fleece, booties

Instructor:	
Location:	
Prerequisites:	confidence in water
Purpose:	exposure to basic kayak skills for all ages in a safe environment
Venue type:	pool or contained open water venue
Duration	1-2 hrs
Date:	

Schools In Pools Kayaking

Activities Planned for Pools

- Small sized boats are now readily available
- Upgrade storage systems to store boats and gear
- Promote the program to aquatic facility managers



Schools In Pools Kayaking

Activities for Schools & Teachers

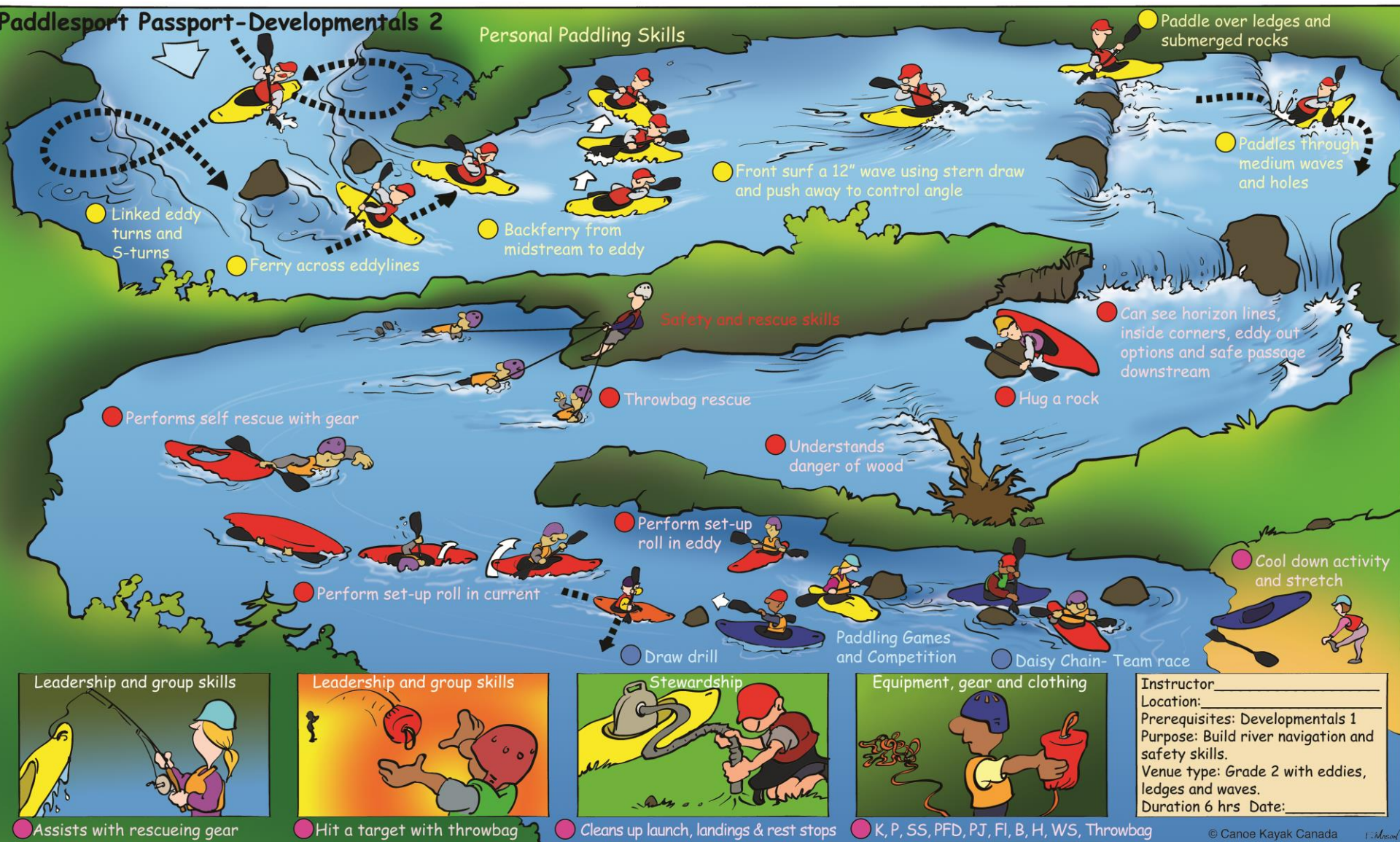
- Curriculum Guides have been developed for
 - Elementary Grades 4, 5 & 6
 - Jr High Grades
 - Sr High Grades
- Educational support materials
- Promoting the program to educators



Schools In Pools Kayaking Developmentals 1



Schools In Pools Kayaking Developmentals 2



Schools In Pools Kayaking Developmentals 3

Paddlesport Passport-Developmentals 3
Personal Paddling skills

- Excellent posture, torso rotation, balance, edge control, coordination, fluidity, timing & paddling stroke mechanics
- Catch small eddies
- Jet ferry across a diagonal wave
- Front surf and carve a 2' wave
- Move back and forth while side surfing a hole.

Safety and rescue skills

- Knows when to boat scout vs shore scout
- Wade in river using paddle or with others
- Perform self rescue with all gear
- Perform river roll in current
- Paddle through large waves and holes
- Boof ledges on left and right sides

Paddling skills & games

- Practise slalom skills
- Practise freestyle skills
- Practise wildwater
- Practise canoe polo skills
- Cool down activity and stretch

Leadership and group skills

- Sets and does throwbag rescues
- Provides support to less experienced

Stewardship

- Respects fish, wildlife & other river users

Equipment, gear and clothing

- K, P, SS, PFD, PJ, FI, B, H, WS, TB, Drytop

Instructor: _____
Location: _____
Prerequisites: Developmentals 2
Purpose: Build recreational paddling skills for intermediate paddlers
Venue type: Grade III with eddies, ledges and waves
Duration: 9 hrs **Date:** _____

Schools In Pools Kayaking

Activities Planned for Children & Parents

- Distribute the Passports to Paddlesports to distribute to all children participating



- Distribute promotional video
- Distribute information packages for parents on the sport and how to get involved

Schools In Pools Kayaking Transformations 1

Paddlesport Passport-Transformations 1



Schools In Pools Kayaking Transformations 2

Paddlesport Passport Transformations 2



Schools In Pools Kayaking Transformations 3

Paddlesport Passport Transformations 3

Personal Paddling skills

- Excellent posture, torso rotation, balance, edge control, coordination, fluidity, timing & paddling stroke mechanics
- Eddy in, up and out in not ideal conditions

Safety and rescue skills

- Controlled dynamic paddling in wave/hole
- Rock splat
- Comfortable on technical boulder gardens
- Accurately picks goal target and hits it
- Paddle C-1 and C-2 at Provincial Slalom event
- Drop a 10' waterfall safely
- Completes CKC Swiftwater Rescue course
- Participate in National Level freestyle competition
- Participate in National Level canoe polo tournament
- Participate in National Level slalom race
- Participate in National Level wildwater race
- Performs deepwater rescue and re-entry
- Performs handrolls

Paddling skills & games

- Knows how to leap frog down river
- Completes CKC/NCCP River leader 2 course
- Demonstrates river etiquette
- K, P, SS, PFD, PJ, FI, B, H, WS, TB, DT, Tow Belt.

Leadership and group skills

- Knows how to leap frog down river

Stewardship

- Demonstrates river etiquette

Equipment, gear and clothing

- K, P, SS, PFD, PJ, FI, B, H, WS, TB, DT, Tow Belt.

Instructor: _____
Location: _____
Prerequisites: Transformations 2
Purpose: To prepare for 1st National level competition in different disciplines
Venue type: Grade II-III with eddies, ledges, waves and holes.
Duration: 16 hrs **Date:** _____



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Alberta Whitewater Association