



Club Facility Plan

Mike Holroyd - 2012

Every Club needs a place to call home. This home can change seasonally but members are more likely to come out week after week and year after year, if they know the logistics of going for a paddle. There are four main types of sites for paddling; Flatwater (lake & pool); Moving water; Whitewater; and Dryland. Each has it's own benefits and in larger center or clubs, 2 or 3 of these sites might exist.

Flatwater – Lakes

Flatwater is the easiest place to introduce new paddlers to the sport and learn fundamental skills like strokes and rolls. It is also an excellent venue for doing physical training in the boat for all disciplines of canoe and kayak. A flatwater site is crucial to be able to play Polo and introduce Slalom skills.

Minimum Requirements:

- Water at least 4ft deep
- At least the size of a swimming pool
- Within 15min of town
- 6-12 Slalom gates
- One Polo net

Extras:

- More Slalom gates
- Full Polo pitch
- Storage container
- Club House!



Bottom left clockwise: Polo net at Alberta Summer Games; Slalom pond in Sundre; Boat storage bin in Calgary

Flatwater - Pools

The ideal progression moves a paddler from the pool, to the lake, to moving water and finally to whitewater. Especially in Alberta, the pool is a crucial component of learning to paddle in a reasonable amount of time. Each pool is going to have it's own set of rules but there are a number of things you can ask for.

- Space to store boats
- Paying per person, as a normal pool user would, rather than having to rent the pool hourly
- A way to suspend Slalom gates. Posts at side of pool, hooks in the wall or ropes through the rafters, all work well.
- A way to suspend a Polo net. This can be from the rafters or even off a diving board



Slalom Gates and Polo Net – Sundre Pool

Winter Training - Dryland

Paddling in the pool everyday through the winter is simply not a reality. In order to build fitness and strength outside of the boat it is useful to have a consistent dryland training venue. A gym facility in-town like a YMCA is often a good way to go and offers a variety of training equipment from free weights, weight machines, and cardio equipment. If there isn't an easily accessible and well priced gym, then other options include school weight rooms, or an empty gym or hall with a few pieces of equipment can be transformed into a place to train and play games.

Another piece of equipment that is useful to athletes who are training seriously on a daily basis is a paddling machine. They are similar to a rowing machine but set up for a kayak stroke. There are a variety of machines available new from \$1000-\$5000. If you're lucky enough you might even find a used machine around.

Minimum equipment for a dryland facility:

2 Physio Balls
2 Medicine Balls
Wobble Board
Chairs
Chin Up Bar
Soccer Ball

Extras:

Free Weights
Paddling Machine & Mirror
Cross Country Ski Trails
Other Games and Sport Equip



Bob Niven Training Centre, Calgary



Hallway, Mt Royal Rec Centre,
Calgary

Moving Water

In many communities in Alberta it is easier to find a slow moving river channel or irrigation canal to paddle on. Slow moving water is ideal for learning the fundamentals of currents. It is also a great place to do Slalom technique and fitness training. Sometimes with minimal effort, small eddies can be built by building rock piles, wood wing dams or other object to deflect the water.

Minimum Requirements:

- 6-18 Gates
- within 20min of town



Deerfoot Meadows,
Calgary



Somewhere in Czech



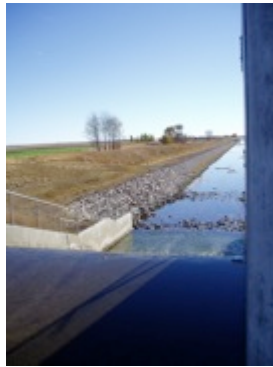
Augsburg, GER

Whitewater

The ultimate for any club is to have a whitewater course close enough to be able to paddler several times per week. Currently in Alberta there are on a couple of permanent whitewater venues, but that doesn't mean you can't dream. Check your area for Dams, Weirs, drops on irrigation canals or a natural piece of whitewater that could be modified. It's a matter of having an idea and slowly selling that idea to the right people. If you have water around and developers are looking for a draw, a pumped whitewater course can be had for around \$8 million! Who knows maybe you'll have the next permanent slalom site in your backyard.



Confluence Park, Denver, CO



Langdon Irrigation Canal, AB



Athens Olympic Course, GRE

Gate Construction

A variety of gate constructions are found around the world. The poles can be made of wood dowels, pvc plastic pipe, rubber or even tree limbs and hockey sticks. Different materials have different benefits. Painted wood poles are the best, because they look good with white and colour, and they are heavy enough to withstand some wind. Pvc pipe is by far the easiest to work with. Simply cut the pipe, drill some holes for the rope and it's ready to go. If you want the pvc gates to comply with race regulations, the best way to colour them is vinyl adhesive. See the regulations regarding Slalom gates in Appendix A.

Basics of a Slalom gate system

Gates

- One or two poles hung above the river – In the case of two poles a cross bar must separate the poles.
- Training poles should be adjustable from the water.
- You need a hole in the top of the pole that a rope can come down outside the gate. The rope should be brought to the bottom and wrapped around the pole and tied off so the rope can slide on the outside of the pole.

Cross Wire

- Thick twine, rope or wire can be used to go across a body of water.
- Twine last 6mo-1yr – +Cheap option, doesn't stretch. –Can be easily cut or melted by vandals, degrades with weather.
- Rope. Only good for short periods of time (days). +Re-usable, easily wound up. –Stretches, expensive.
- Wire. Best for permanent sites. +Doesn't stretch (much), long lasting. –Expensive, impossible to reuse.

Shore Attachment

- Trees – great for attaching cross wires for short periods of time. Over the long term wire and rope will cut into trees, damaging them. (Sundre, Jasper)
- Bipods – generally temporary, but have been known to last several years. A wood A-frame set up parallel to the current. The twine goes over the A-frame and attaches to the ground with stake, rocks, or log. (Deerfoot Meadows, Jasper)
- Post – Steel fence post or larger, driven into the ground. Where it's hard to pound a post it can be concreted into a shallow hole. (Boulder Run)

Permanent Site

- In an ideal site there is unlimited possibility for gate placement. In order to do this you need thicker wires running parallel to the current, on shore. The thinner cross wires then go from the parallel wires at right angles. This allows the cross wires to be slid up and down the river several meters. (Kananaskis)

Appendix A – Excerpt from ICF rule book

27 MARKING OF THE GATES

27.1 The gates consist of one (1) or two (2) suspended poles painted with green and white rings for downstream gates and red and white rings for upstream gates, with the bottom ring always white, each ring is 20 cm high.

In the case of a one (1) pole gate, a second pole will be placed on the respective side bank to define the gate line.

27.2 The width of a two pole gate is 1.2 meters minimum to 4.0 meters maximum measured between the poles. Poles must be round and 1.6 to 2 m long by 3.5 to 5.0 cm in diameter, and of sufficient weight that motion caused by wind is not excessive.

27.3 The lower end of the pole should be approximately 20 cm above the water, and the pole must not be put in motion by the

water. The pole adjusting system must enable easy adjustment for each pole on every gate.

27.4 Gates must be numbered in the order of negotiation.

27.5 The gate number panels must measure 30 cm x 30 cm. The numbers must be inscribed on both sides of the ICF Canoe Slalom Competition Rules 30

panels using black paint on a yellow or white background. Each number and letter must measure 20 cm in height and 2 cm in thickness. On the side of the panel opposite the direction of correct negotiation, a diagonal red line is painted bottom left to top right.