



# Schools in Pools Kayaking

Physical Literacy for  
Boating Sports

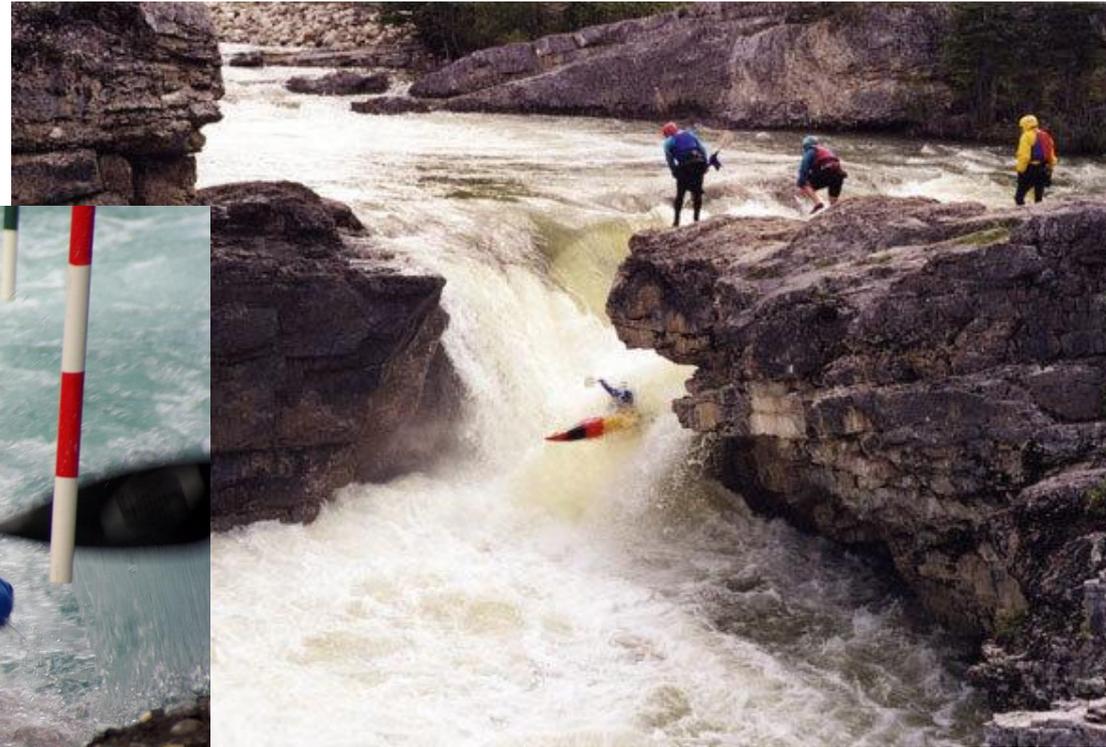


*Alberta Whitewater Association*

# 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 1<sup>st</sup> 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 Pediatricians* 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

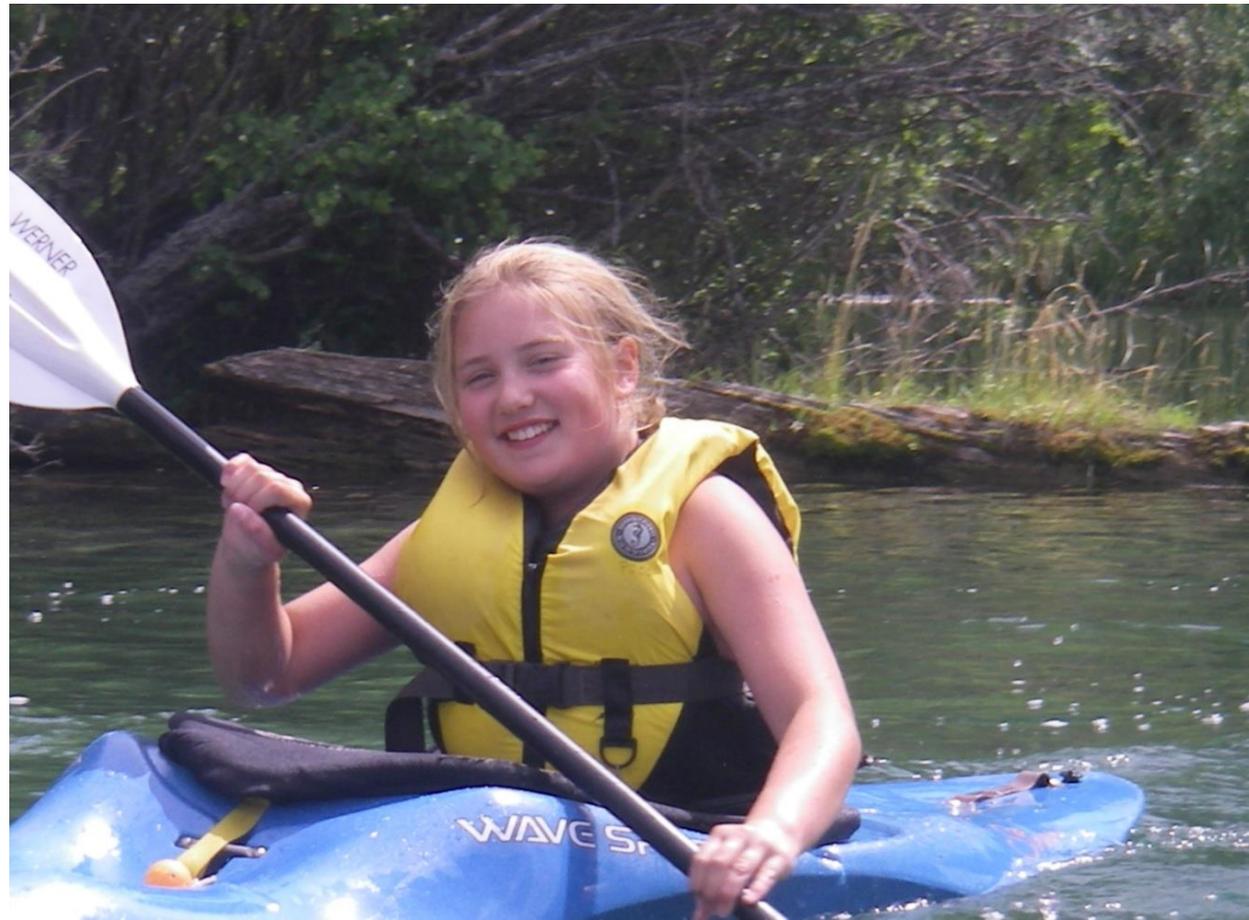
The Issue : Boating Activities have  
unique movement requirements

\* 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

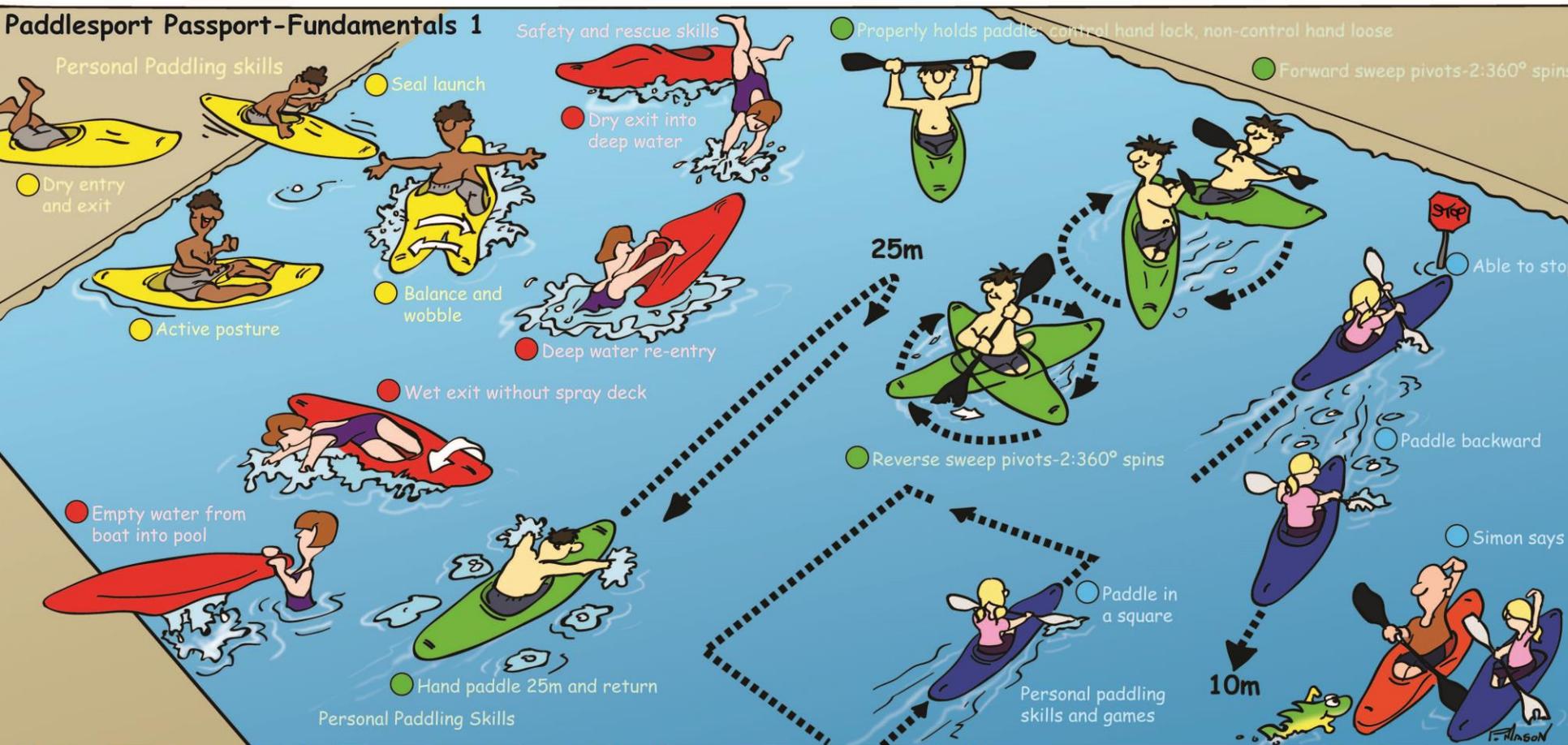
The Opportunity:

- 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



● Cool down activity and stretch



● Assists others to carry boats



● Stores boat and paddle



● Kayak, paddle, pfd, if outside the pool

**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°
- Wet exit with spray deck
- 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
- Paddling games
  - Tag or freeze tag with paddles
  - Red light/green light
  - British Bulldog



Cool down activity and stretch



Assists with hipflicks & bow rescue



Washes out boat, paddle & sprayskirt



K, P, Sprayskirt, pfd, if outside pool

**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:** \_\_\_\_\_

# Schools In Pools Kayaking - Fundamentals 3

## Paddlesport Passport Fundamentals-3

### Personal Paddling skills

- Dry entry
- Select appropriate sprayskirt and PFD
- Move boat 10m sideways using draw with underwater recovery & skulling draw
- With boat in motion-redirect boat 90° using bowdraw/forward stroke combo
- Tilt & hold boat on edge while paddling forward 10m - change edges
- High brace
- Paddle boat in a straight line for 200m and weave boat around 50m obstacle course
- Low brace
- Perform T-Rescue

### Personal paddling skills and games

- Canoe polo/kayak football
- Summer games selection test
- Perform random roll
- Perform roll after 2nd attempt
- Perform set-up roll
- Flatwater team races

### 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

**Paddlesport Passport-Developmentals 1**  
**Personal Paddling skills**

- No paddle eddy turns
- Ferry across current- no eddies
- Bow draw eddy turns
- Point out current, eddies & eddylines
- 360° spins in current
- Bow draw eddy turn into top of eddy

**Safety and rescue skills**

- Wet exit in river
- Shows river signals
- Safe swimming position
- T-rescue
- Boat assist rescue
- Seal launch
- Follow the leader

**Paddling games**

- Sponge tag

Cool down activity and stretch

Leadership and group skills

Passes on river signals to group

Stewardship

Proper care for paddling equipment

Equipment, gear and clothing

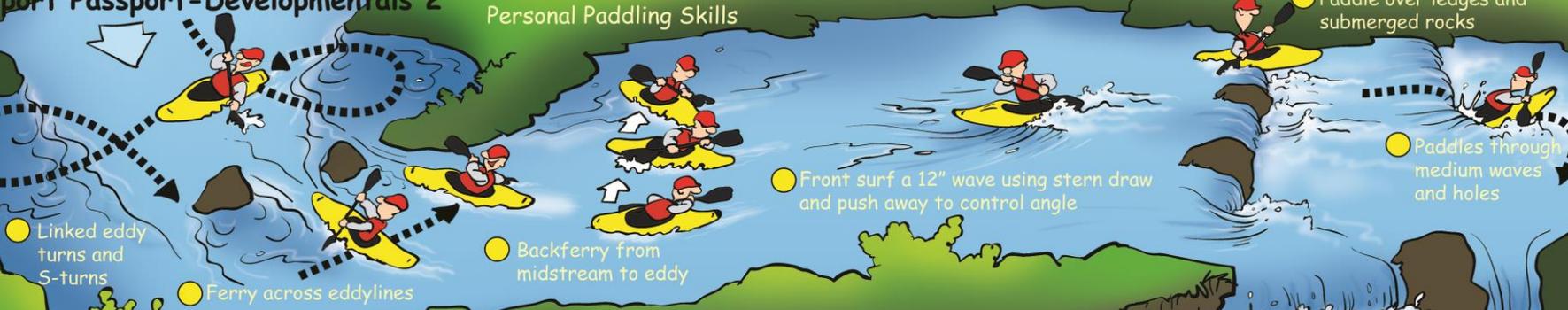
K, P, SS, PJ, FI, B, Helmet, Wetsuit

Instructor: \_\_\_\_\_  
 Location: \_\_\_\_\_  
 Prerequisites: Fundamentals 3  
 Purpose: Introduce paddlers to safe, non-threatening river environment  
 Venue type: Grade I-II river  
 Duration 3-4 hrs  
 Date: \_\_\_\_\_

# Schools In Pools Kayaking Developmentals 2

## Paddlesport Passport-Developmentals 2

### Personal Paddling Skills



● Linked eddy turns and S-turns

● Ferry across eddylines

● Backferry from midstream to eddy

● Front surf a 12" wave using stern draw and push away to control angle

● Paddle over ledges and submerged rocks

● Paddles through medium waves and holes

### Safety and rescue skills

● Performs self rescue with gear

● Throwbag rescue

● Hug a rock

● Can see horizon lines, inside corners, eddy out options and safe passage downstream

● Understands danger of wood

● Perform set-up roll in eddy

● Perform set-up roll in current

● Draw drill

### Paddling Games and Competition

● Daisy Chain- Team race

● Cool down activity and stretch



● Assists with rescuing gear



● Hit a target with throwbag



● Cleans up launch, landings & rest stops



● K, P, SS, PFD, PJ, FI, B, H, WS, Throwbag

Instructor	_____
Location:	_____
Prerequisites:	Developmentals 1
Purpose:	Build river navigation and safety skills.
Venue type:	Grade 2 with eddies, ledges and waves.
Duration	6 hrs
Date:	_____

# 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

**Paddling skills & games**

- Paddle through large waves and holes
- Boof ledges on left and right sides
- Cool down activity and stretch
- Practise slalom skills
- Practise freestyle skills
- Practise wildwater
- Practise canoe polo skills

**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

**Personal Paddling Skills**

- Excellent posture, torso rotation, edge control, coordination, fluidity, timing and paddling stroke mechanics
- Eddy in, up and out without pause
- Weaving and maneuvering using eddies
- Paddle downstream in and out of an eddy
- Catches waves on the fly
- Stern and bow squirts on an eddyline

**Safety and rescue skills**

- Identifies holes, keepers, and weirs
- Comfortable on continuous rapids
- Picks up ball off water and throws accurately
- Perform backdeck and offside rolls in pool
- Comfortable swimming rapids

**Paddling Games and Competition**

- Participate in boatercross event
- Participate in slalom race
- Participate in wildwater race
- Participate in freestyle competition
- Participate in a canoe polo tournament

**Leadership and group skills**

- Tow a swimmer to shore
- Sets up boat & TB safety on a rapid

**Stewardship**

- Participates in river cleanup

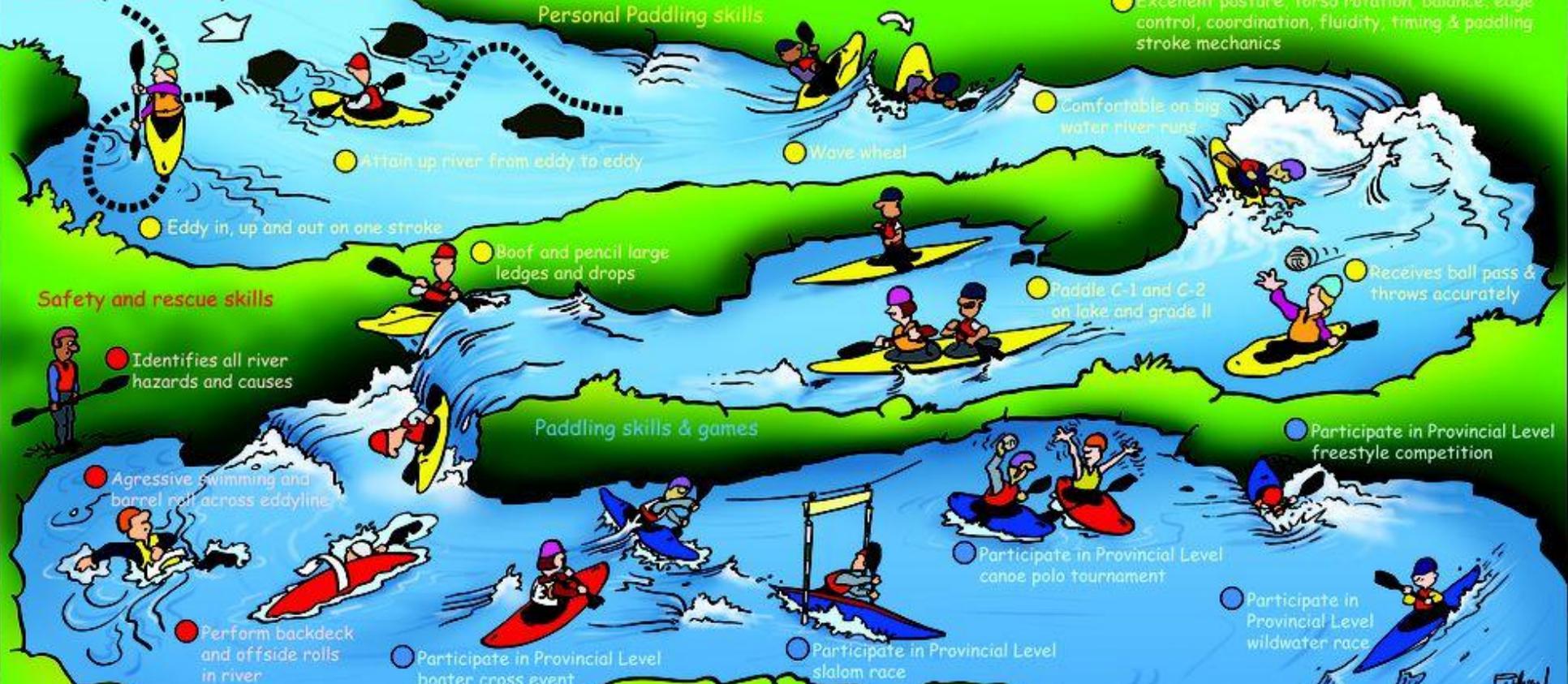
**Equipment, gear and clothing**

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

**Instructor:** \_\_\_\_\_  
**Location:** \_\_\_\_\_  
**Prerequisites:** Developmentals 3  
**Purpose:** Development of competitive & recreational skills in all disciplines  
**Venue type:** Grade 2-3 with ledges, waves and holes  
**Duration:** 16 hrs **Date:** \_\_\_\_\_

# Schools In Pools Kayaking Transformations 2

## Paddlesport Passport Transformations 2



### Personal Paddling skills

- Excellent posture, torso rotation, balance, edge control, coordination, fluidity, timing & paddling stroke mechanics

- Attain up river from eddy to eddy

- Wave wheel

- Comfortable on big water river runs

- Eddy in, up and out on one stroke

- Boof and pencil large ledges and drops

- Paddle C-1 and C-2 on lake and grade II

- Receives ball pass & throws accurately

### Safety and rescue skills

- Identifies all river hazards and causes

- Agressive swimming and barrel roll across eddyline

- Perform backdeck and offside rolls in river

### Paddling skills & games

- Participate in Provincial Level boater cross event

- Participate in Provincial Level slalom race

- Participate in Provincial Level canoe polo tournament

- Participate in Provincial Level freestyle competition

- Participate in Provincial Level wildwater race

### Leadership and group skills

### Leadership and group skills

### Stewardship

### Equipment, gear and clothing

Instructor: \_\_\_\_\_  
 Location: \_\_\_\_\_  
 Prerequisites: Transformations 1  
 Purpose: Build competitive skills and prepare for Provincial level competition  
 Venue type: Grade II-III with eddies, ledges, waves and holes.  
 Duration: 16 hrs Date: \_\_\_\_\_

# 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**

- Performs deepwater rescue and re-entry
- Performs handrolls
- Completes CKC Swiftwater Rescue course
- Drop a 10' waterfall safely

**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**

**Paddling skills & games**

- Participate in National Level boater cross event
- Participate in National Level canoe polo tournament
- Participate in National Level slalom race
- Participate in National Level freestyle competition
- Participate in National Level wildwater race

**Leadership and group skills**

- Knows how to leap frog down river
- Completes CKC/NCCP River leader 2 course

**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:** \_\_\_\_\_



# Schools in Pools Kayaking

Physical Literacy for  
Boating Sports



*Alberta Whitewater Association*