WHITESTREAM PASSPORT TO PADDLE SPORT

LONG TERM ATHELETE DEVELOPMENT PROGRAM

- Fundamentals
- Developmentals
- Transformations
Paddlesport Passport Fundamentals 2

Personal Paddling skills

- Reverse paddle 20m in straight line
- Select appropriate kayak & paddle
- Adjust seat, footrests, hip-pads to fit
- Paddle forward 50m in straight line
- Dry entry with sprayskirt
- Wet exit with spray deck
- Draw to stern - pivot 360°
- Draw to bow - pivot 360°

Safety and rescue skills

- Tilt boat on edge and held 15 seconds
- Draw boat sideways with out of water recovery
- Hip Flick holding hands pool deck or bow of 2nd kayak
- Paddle signals - stop, go, left, right

Tag or freeze tag with paddles

Red light/green light

British Bulldog

Paddling games

Leadership and group skills

- Cool down activity and stretch
- Assists with hipflicks & bow rescue

Stewardship

- Washes out boat, paddle & sprayskirt

Equipment, gear and clothing

- K, P, Sprayskirt, pfcd, 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: ____________
Paddlesport Passport Fundamentals-3
Personal Paddling skills

- Dry entry
- Select appropriate sprayskirt and PFD
- Move boat 10m sideways using draw with underwater recovery & skilling draw
- With boat in motion redirect boat 90° using bowdraw/forward stroke combo
- Tilt & hold boat on edge while paddling forward 10m - change edges
- Low brace
- High brace
- Paddle boat in a straight line for 200m and weave boat around 50m obstacle course
- Perform T-Rescue
- Perform set-up roll
- Perform roll after 2nd attempt
- Summer games selection test
- Canoe polo/kayak football
- Flatwater team races

Safety and rescue skills

Leadership and group skills
- Cool down activity and stretch
- T-Rescue support for others

Stewardship
- Respect for pool/beach facility

Equipment, gear and clothing
- 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:
Paddlesport Passport - Transformations 1

Personal Paddling Skills
- Excellent posture, torso rotation, edge control, coordination, fluidity, timing, and paddling stroke mechanics
- Catches waves on the fly
- Stem and bow squirts on an eddy line
- Paddle downstream in and out of an eddy
- Identifies holes, keepers, and weirs
- Comfortable on continuous rapids
- Picks up ball off water and throws accurately
- Participate in boatercross event
- Participate in slalom race
- Participate in wildwater race
- Participate in freestyle competition

Safety and Rescue Skills
- Weaving and maneuvering using eddies
- Perform backdeck and offside rolls in pool
- Comfortable Swimming rapids
- Participate in a canoe polo tournament

Paddling Games and Competition

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:
Paddlesport Passport Transformations 2

Personal Paddling skills
- Excellent posture, torso rotation, balance, edge control, coordination, fluidity, timing & paddling stroke mechanics
- Attains up river from eddy to eddy
- Wave wheels
- Comfortable on big water river runs
- 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
- Aggressive swimming and barrel roll across eddyline
- Perform backdeck and offside rolls in river

Paddling skills & games
- Participate in Provincial Level freestyle competition
- Participate in Provincial Level canoe polo tournament
- Participate in Provincial Level slalom race
- Participate in Provincial Level wildwater race

Leadership and group skills
- Safely rescue kayak using tow harness
- Completes CKC NCCP kayak instructor 1 course
- Assists in running competitions

Stewardship

Equipment, gear and clothing
- K, P, SS, PFD, PJ, Fl, B, H, WS, TB, DT, Tow Belt

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:
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
- Controlled dynamic paddling in wave/hole

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

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
- Paddle C-1 and C-2 at provincial Slalom event
- Accurately picks goal target and hits it

Leadership and group skills
- Knows how to leap frog down river
- Completes CKC NCCP River leader 2 course
- Demonstrates river etiquette

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

Equipment, gear and clothing
- Comfortable on technical boulder gardens

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: