

Canning River Canoe Club (CRCC)

CRCC POLICY 1: Guppy Program

Version: 1.1 - FINAL

Responsible Member: Coaching Coordinator

Endorsed By: CRCC Committee

Date: 23 May 2011

1. Introduction

This policy has been endorsed by the Canning River Canoe Club to guide the organisation, development, progression and safety of junior paddlers under the age of 14 (Guppies) participating in club paddling activities. Within the context of this policy, the term “Guppy” refers to a paddler under the age of 14.

2. Amendments to Policy

An application to amend this policy may be made by any club member (applicant) in accordance with the following process:

- 2.1 Application in writing to Coaching Coordinator outlining amendments to policy and providing reasons.
- 2.2 The Coaching Coordinator will word the amendment appropriately such that the intent from the initial application is preserved. Coaching Coordinator will forward amended policy clause and reasons with recommendation to the Committee. The applicant will also receive a copy of the amendment as worded by the Coaching Coordinator and forwarded to the Committee.
- 2.3 Committee members will have no less than 14 calendar days to consider and respond to policy amendment application.
- 2.4 The Committee will vote on the amendment as provided with a simple agree/ disagree/ requires discussion by submission in writing to President. The outcome will be by simple majority. In the event there is no clear majority, the application will become an item at the next committee meeting.
- 2.5 The President will advise the Committee of the outcome being either “Approved”, “Not Approved” or “Requires Discussion”
- 2.6 If the outcome is “Approved”, the Secretary will amend the Policy accordingly and the applicant will be so advised.

- 2.7 If the outcome is “Not Approved”, the Policy will remain unchanged and the applicant will be so advised.
- 2.8 If the outcome is “Requires Discussion”, then such discussion will occur at the next Committee meeting and a vote held at that meeting and action taken in accordance with 2.6 or 2.7 above. In the case of no clear majority, the President shall determine application.

3. Coaching Coordinators

A Coaching Coordinator and Deputy Coaching Coordinator will be nominated and appointed at each Annual General Meeting or as otherwise required by the CRCC Committee. The role of the Coaching Coordinator is to oversee the Guppy Program and to ensure the implementation of the Guppy Program Policy. The Deputy Coaching Coordinator will support the Coaching Coordinator and stand in when the Coaching Coordinator is unavailable.

The Coaching Coordinator and Deputy Coaching Coordinator must be financial members of CRCC and if they do not have a child in the Guppy Program must have an appropriate “Working with Children” clearance.

Coaching Coordinators will not necessarily have formal qualifications, however may make a request to the CRCC Committee to undertake basic training to reach a certain level of accreditation.

From time to time other paddlers, such as parents/carers of guppy paddlers, will participate in guppy activities in an assisting capacity. The Coaching Coordinator will encourage parents /carers to join in the session to assist in supervising/escorting guppies.

If a Club nominated coordinator is not available to take a guppy session, they may at their discretion, allow another parent/carer of one of the guppies that is a member of the CRCC to take the session on an ad hoc basis. A paddler that is not a parent of one of the guppies and/or is not a member of the CRCC will generally not be permitted to take a guppy session, unless they have appropriate qualifications or background that are acceptable to the Coaching Coordinator. For example a Guppy trainer from another Canoeing WA affiliated club or an accredited paddling coach may be permitted to take a single or series of guppy lessons.

Coaching Coordinators must paddle in a stable craft such that they are able to conduct on-water guppy rescues.

4. Age Groups

Age groups that are covered under this policy are children under 14 years of age and will generally be separated in age groups of 2 years as follows:

- Under 10's
- Under 12's
- Under 14's

Ages will be as at 1 January in that year. i.e. a paddler who is 9 on the 1 Jan and subsequently turns 10 on say the 5 April of that year will still be deemed to be an under 10 until the end of that season.

Minimum age to participate in the Guppy Squad will be 8 years old unless otherwise agreed with Coaching Coordinator.

5. Competency of Paddlers

All new guppy paddlers will be required to undergo a competency test before participating in any CRCC paddling activities. All guppies will be required to:

5.1 Be able to swim without aids at least 50m.

5.2 Have basic paddling competence. i.e. be able to remain in Guppy Kayak and propel craft forward ,backwards and turn.

Guppies will be welcome to participate in the guppy squad sessions upon satisfactorily completing an introductory competency test with the Coaching Coordinator or a designated club member.

Should a paddler not have sufficient skills to pass the competency test, they will receive one on one tuition from the Coaching Coordinator until they are able to pass the competency test.

6. Craft Type

Guppies will generally commence paddling in a Guppy K1 Kayak and progress to a larger craft as they develop.

Although not a recognised class of boat under ICF or Australian Canoeing rules, the Guppy K1 kayak has become a somewhat recognised craft catering specifically for junior or small paddlers. The Guppy K1 Kayak is generally 4.14m in length (as compared with a full size K1 kayak being 5.2m). The Guppy K1 is also generally made of fibreglass or composite and has a rear bulkhead to prevent sinking in case of capsizes. CRCC encourages the use of these standardised Guppy K1 kayaks, however should a paddler wish to, and is able to, safely paddle another type of boat then this may be allowed at the discretion of the Coaching Coordinator.

As paddlers develop in height and size they may move to a larger craft than the Guppy K1 kayak, i.e. Touring Kayak (TK1) or Single Kayak (K1). The Guppy program will still cover paddlers in other types of boats, however when racing the class will be based upon the type of craft paddled.

Although not currently owned by the CRCC, there is also a Guppy K2 kayak that can be paddled by two Guppies.

The CRCC has a number of Guppy Kayaks that are available for use either during the trail period or at other times for club activities. Allocation of Guppy Kayaks and other craft will be on a first come, first serve basis and will not generally be for any extended time period or any non-club activity.

Application for use of a Club Boat must be made through arrangement.

7. Guppy Sessions

Guppy sessions will be held twice each week by the Coaching Coordinator and include one training session (Squads) and one Tuesday night race session (Races). All guppies must wear a suitable PFD when paddling and carry a drink with them while paddling.

The squad session will generally be about one hour in duration and require guppies to provide their own equipment. The objectives of the Guppy Squad are as set out in Appendix A and may from time to time include physical activities other than paddling. Guppy squads may be split into various groups in accordance with paddler competency. All groups will have a minimum of one adult paddler supervising the group at a ratio generally no greater than one adult to six guppies. Squad sessions will also be based upon having a minimum number of guppies available to take the session as the discretion of the Coaching Coordinator.

Guppies racing at Tuesday night Club Races will do so without direct supervision and require parent/carer consent. Tuesday night races will be on a variety of courses generally between 2km to 5km in length. Guppies wishing to enter these races will be required to pay a fee of two dollars per race and be eligible to win the nightly prize. Guppies will be permitted to race in either the designated short course or long course.

Guppy paddlers will be responsible for their equipment (whether their own or clubs) including washdown at completion of session.

8. Guppy Races

Guppies will be encouraged to participate in both Intra-club races (Tuesday Nights) and also other races organised by other canoe clubs and Canoeing WA. The Coaching Coordinator will advise guppies and their parents/carers of such races. Guppies will generally need to make their own arrangements in regard to attending such races.

Races other than intra-club races (Tuesday Nights) will generally require formal registration, payment of entry fees and have parent/carer authorisation.

Races will generally be run in accordance with International Canoe Federation and Australian Canoeing Marathon Racing Rules and their amendments.

9. Membership

Guppies will be permitted to undertake the initial four sessions on a trial basis for a prescribed fee which is set at each Annual General Meeting. Should guppies wish to continue with the squad following the initial 4 week trial they will be required to become a junior club member and encouraged to supply own equipment. It is also encouraged that at least one parent also becomes a club member and preferably a paddler.

10. Application Form

Guppies will be required to fill out an application form to Canoeing WA Inc for a trial basis before undertaking competency test and trial squad.

11. Insurance

Guppies will be covered under Canoeing WA Inc insurance provisions upon joining CRCC.

APPENDIX A Guppy Squad Objectives

CRCC will aim to teach guppies the following:

1. Boat handling and stability
 - a. Paddling backwards
 - b. Crash stop
 - c. Paddling sideways
 - d. Different paddle strokes
 - e. Pass paddle under boat
 - f. K2 paddling
 - g. Race starts
 - h. Wash riding
 - i. Entering and leaving the water
2. Correct posture
 - a. Sitting correctly
 - b. Correct paddle length
 - c. Correct hand position
 - d. Body rotation
3. Correct stroke
 - a. Forward reach
 - b. Body rotation
 - c. Upper hand to ear
 - d. Paddle out at bum
 - e. No bouncing
 - f. Hand grip/position
4. Boat setup
 - a. Seat position
 - b. Pedal and t-bar position
 - c. Leg position
5. Exercises
 - a. Warm up
 - b. Cool down
 - c. Stretches
 - d. Plank
 - e. Rotation
 - f. Strength
6. Safety
 - a. Life jacket (PFD)
 - i. Fits correctly and snugly
 - ii. Cannot go over head
 - iii. Trust your life jacket
 - b. Do not go more than 20m away from an adult
 - c. Do not go onto the water without an adult
 - d. Appropriate clothing

7. Cross-training
 - a. Swimming
 - b. Running
 - c. Cycling
8. Capsize drill
 - a. Work with instructor to get back into your boat
 - i. Don't panic
 - ii. Stay with your boat
 - iii. Forget your paddle
 - iv. Do not turn boat right way up – instructor will do that
 - v. Get onto instructors boat, then into your boat once emptied
 - b. Get into your boat by yourself from behind
9. Before going onto the water
 - a. Hat/cap
 - b. Sun block
 - c. Drinking water
 - d. Shoes
 - e. If any of the above missing – no paddling
10. Racing
 - a. Starting
 - b. Tactics
 - c. Rules
11. Discipline, Responsibility, Respect and Team Work
 - a. Boat care
 - b. Equipment care
 - c. Washing and packing away
 - d. Help your buddy
 - e. Respect your Instructor
 - f. Respect the environment