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ICF Coaches Course LEVEL 1

Aneho, TOGO 10th till 17th

April 2025



1. Background and Objectives

As part of developing the technical skills of canoeing and kayaking instructors, the Togolese Canoeing Federation

(FETOC), in collaboration with the International Canoeing Federation (ICF), Olympic Solidarity, the African Canoeing Confederation, the National Olympic Committee, and the Ministry of Sports and Recreation, organized a Level 1 coaching training course. This training aims to strengthen participants' skills in planning, safety, technique, and pedagogy for canoeing and kayaking instruction.



2. Participants

Total registered: 35

Togolese: 33

Nigerians: 1

Beninese: 1

Mr. Komi NOUMONVI, Secretaire General Aneho,

Mrs. Adiho Akpene vice presidente CNO-TOGO

Mr. Benjamin BOUKPETI, medalist olympic slalom

Mrs. Kpatcha SALAKA representante Minister Sport



3. Course Structure & program;

The program consisted of two phases, theory and practical sessions lasting 5-6 hours per day.

The water and weather conditions were not suitable for beginner kayakers due to safety reasons, the bay of the river at a distance of max. 100 m from the shore. It was more suitable in terms of logistics, technical and safety. This place gave the participants more confidence and facilitated the progress of the course participants. At the end of each practical session, several people could sit in the kayak and paddle, experimenting with the acquired technical knowledge. They could recognize better techniques to practice while kayaking. Each end of the practical sessions all course participants learned to swim. Most of the participants could not swim. After a few days they learned to stay on the water at least and in the moment of capsizing from the kayak be able to swim to the shore.

Due to the lack of equipment at the same time there was a change for all participants and the rest paddled dry.





Duration: 7 days

Modules Covered

Introduction to Canoeing

Brief History of Canoeing

Indoor Canoeing

Description of the Sport

Handling Equipment

Safety and Rescue

Canoeing Technique

Physical Conditioning

Basic Training and Methods

The Role of the Coach

Presentation of Races/Competitions

Methodology: Alternating between theoretical lessons, group work, practical scenarios, and a final assessment.

4. Results

- Number of participants completing training: 28
- Number of diplomas awarded: 28
- Number of drop-outs during training: 7
- Main reasons: prolonged absences, non-compliance with training requirements.



5. Conclusion and Recommendation

The training took place under generally good conditions, with satisfactory engagement from the majority of participants.

The 28 diplomas awarded demonstrates the success of this session. It is recommended to:

- Strengthen upstream participant monitoring to prevent dropouts.
- Regularly organize level 2 sessions to ensure training continuity.
- Encourage neighboring countries to participate in future sessions to strengthen regional cooperation.



6. Future Togo;

The Aneho region and the federation are very interested in developing Canoe Sprint in Togo.

We visited several places for training and competitions in canoe in Togo. The first level of the course was organized in Aneho due to the great support from the Aneho region.

It was not a good place for daily training, only for training camps or competitions.

The development of canoe in Togo requires further attention and support with equipment from the ECA and ICF and support to encourage gender equality among athletes and technical staff.

The interest is very high, and the commitment from the president, Simiedo, and the secretary, Francois NOUDOH is very high. They dedicate their time to the development of canoe in Togo.



On the last day we were received by the Minister of Sport
Mr.Kodzo DOGBEDA AGANO

The second meeting was at the Olympic Committee and a
meeting with the president Mr. Dolodem AKPAKI
accompanied by the vice presidents.

**The promise we received was a free transport of
equipment from Europe to Togo.**

I think it is worth conducting the second level of the course in
Togo.



The willingness and commitment of the participants from Togo is great, but also from the nearby countries from BUNNE and Nigeria





Meeting at the TOGO Olympic Committee and with the president Mr. Doladem AKPAKI in the company of the vice presidents and the president of the kayaking federation Mr. Simiedo Comlan Mawuko Jean

Activists of the Canoe Federation in Togo who do everything to ensure that canoeing in Togo holds the highest possible position in Togo, Africa and the world.

At the end of my report, I would like to emphasize once again that it is worth considering organizing a level 2 course.





Zdzisław Szubski

ICF Expert

Always moving forward