

*Responsibilities and duties
of WWC coaches for children
and beginners*

Responsibilities of WW Coaches

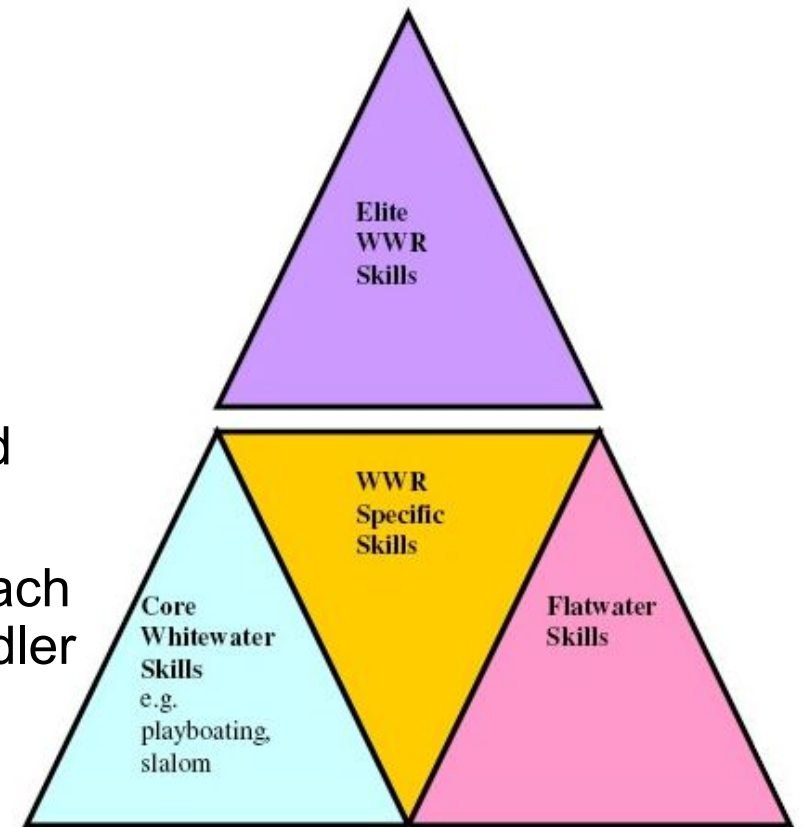
- Basic Canoeing Skills
- White Water Specific
- Safety
- Safeguarding
- Swimming in White Water
- Flip the boat
- Rescue
- Sprint v Classic

FUN



Responsibilities of WW Coaches (Basic Skills)

- Absolute Beginners – Starting for the First Time
- Core whitewater skills – including river awareness and understanding e.g. from playboating or slalom
- Flatwater skills – the ability to make a boat move fast on flatwater and training discipline
- WWR specific skills – steering a WWR boat, paddling forward effectively and essential river skills in a WWR boat
- We need to assess what stage each paddler is at and take each paddler on a journey to becoming a White Water Racing paddler



Responsibilities of WW Coaches (Basic Skills)

- Core whitewater skills – including river awareness and understanding e.g. from playboating or slalom
- The type of boat does not matter, Sprint, playboat, slalom, wwr.
- Use K1, C1, C2, K2
- Go through the theory, Find a link to a good reference
- Downstream Stability
- Upstream Stability
- Figure of 8's
- The aim is to build confidence and a respect for the water, teach them to understand how moving water interacts with the boat

Responsibilities of WW Coaches (Basic Skills)

- Flatwater skills – the ability to make a boat move fast on flatwater and training discipline.
- A good strong and efficient forward stroke essential.
- It needs to be taught early.
- Paddling white water is easier with good forward technique.
- Use all boat types, C1, K1, C2, K2, K4
- Useful links https://www.youtube.com/watch?v=gGwF2d_Ac3w and <https://www.wildwater.org.uk/wwr-manual/>
- Resource by 5 times Marathon World Champion Ivan Lawler
https://www.youtube.com/watch?v=2BYRIT9IYoA&list=PLUJ0lj3ZYveiYQLSul_5C911MvKDA0i23

Responsibilities of WW Coaches (Basic Skills)

- WWR specific skills – steering a WWR boat, paddling forward effectively and essential river skills in a WWR boat
- Single stroke “foot/knee steer”
- Double stroke “foot/knee steer”
- Cross bow stroke K1 and C1
- Drop hip steering edging
- Wet hands

Responsibilities of WW Coaches (Safety)

- Equipment, Helmet, Buoyancy aid, Shoes
- Boat, needs to be fitted well, footrest, thigh bars or knee blocks, hip blocks
- Choose suitable moving water or easy white water and build confidence.
- Confidence is everything
- Trees are dangerous, know the river, check conditions
- Love the obstacle, always through yourself down stream over the top of the obstacle.

Responsibilities of WW Coaches (Safeguarding)

- Safeguarding
- We have to keep young people safe.
- Provide a fun, supportive and positive environment.
- Know who to report concerns to.
- Protect your self and do not get into situations that are not appropriate.

Responsibilities of WW Coaches (Moving to WW)

- Moving to White Water
- Understand the water never stops flowing
- Understand eddies
- Understand waves
- Understand stoppers
- Reading the water and route planning
- Useful links https://www.youtube.com/watch?v=gGwF2d_Ac3w
and <https://www.wildwater.org.uk/wwr-manual/>

Responsibilities of WW Coaches (Swimming)

- Swimming in White Water
- It is not a big thing!
- Look downstream
- Plan a route to an eddy
- Swim on your back
- Feet up and feet first
- Ferry glide yourself to the side
- Practice in training!



Responsibilities of WW Coaches (Flip the boat)

- Flip the boat



Responsibilities of WW Coaches (Flip the boat)

- Flip the boat



Responsibilities of WW Coaches (Rescue)

- Rescue
- WW paddlers have to learn how to self rescue themselves and their equipment.
- They also have to learn when they need to forget their equipment and get to the bank.
- We need to make sure they learn and practice these skills

Responsibilities of WW Coaches (Sprint v Classic)

- Sprint v Classic
- Sprint courses are great for learning
- Safety cover from the bank is usually easy
- When do you send them down a classic course on their own?
- It is a big question!!
- Individually assess each paddler and make a decision.
- Can they, read the water, role, self rescue, do they know the river.
- Are they sensible? Mature enough to make good decisions?
- How difficult is the river, what are the conditions on the day?

Responsibilities of WW Coaches (Sprint v Classic)

- FUN
- We want to make every experience or adventure as much fun as possible.
- Teach them the skills so they can love our sport
- Teach them about satisfaction of a good run
- Teach them to help and support newer paddlers
- **Very few can be world champions, but we can teach them all to LOVE the challenge of Wild Water Racing.**