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REPORT

subject: International Canoe Federation (ICF) Stand Up Paddling (SUP) level I international instructor pilot program

to: Mr Sebastian Cuattrin, Development Manager, Global Lead

1. SUMMARY

This 'ICF SUP level I instructor program' turned out to be an amazing opportunity to meet international leaders, coaches and institutes, federations, also sport leaders in person during the pilot course, which, due to numerous online feedback, was a success, as per as setting the bar high and pathway for future ICF SUP educational program opportunities with top coaches from all corners of the world, to confront and support ideas in terms of educational programs on a specific sport field. We encountered and participated in workshops, meetings, and sport education course itself organized and held just in prior to the 2025 ICF SUP world Championships' site.

2. DETAILED REPORT

This report outlines the support provided by the International Canoe Federation (ICF) of my travel and participation in the inaugural pilot program of the Stand Up Paddleboard (SUP) educational initiative. The program was organized and hosted on-site in Abu Dhabi, UAE, by the International Canoe Federation (ICF) and PaddlersHub UAE, a leader in water sport programs in the region, in close conjunction with the 2025 SUP World Championship, facilitating a unique opportunity for international engagement and skill development.

I, the author of the first comprehensive book and course material on SUP, was invited to deliver an intensive Level I Instructor Course. This course aimed to train registered participants from diverse countries—including South Africa, Canada, Hungary, Egypt, Iran, and others, 16 countries altogether—fostering global collaboration in SUP education. The timing of the course was strategic, held just prior to the 2025 SUP World Championship, to enable participants to attend the event actively and reflect on the pilot program's objectives.

Also, it is important to emphasise that one of the main goals of the program was and still has to be is to set the bar high for SUP education program also to level and to make accessible the international education, surplus to funnel the structure in ICF organization, as there are numerous SUP coaches, business owners, managers all around the world, dealing with, managing or running SUP related recreational and/or competitive sessions.

Objectives of the program:

- Facilitate international knowledge exchange and capacity building in SUP sport.
- Promote ICF leadership in SUP education and sport science.
- Strengthen regional and international cooperation through sport.
- Provide a platform for diverse levels, including sports leaders and sport councils, to observe and participate in cutting-edge SUP training.

- Location: Shangri-La Hotel, Abu Dhabi, UAE

- Date: 26-28 October 2025

- Participants: Registered international instructors and coaches from multiple countries, including representatives from the International Canoe Federation (ICF) and the SUP International Committee.

- Activities: The program comprised theoretical and practical training modules, emphasizing technical skills, coaching methods, and safety protocols specific to SUP sport.

Please find the registered and certified coaches' list below:

Name (FIRST NAME, GIVEN NAME AND FAMILY NAME)	Continent	Residency	Gender
Abolfazl Jafarpour	ASIA	ISLAMIC REPUBLIC OF IRAN	M
Abubakr Mohammadi	ASIA	ISLAMIC REPUBLIC OF IRAN	M
Ahmed Hamdy Ali Ibrahim	ASIA	ISLAMIC REPUBLIC OF IRAN	M
Akshay Krishnan	ASIA	UNITED ARAB EMIRATES	M
Alison Cook	AFRICA	SOUTH AFRICA	F
Amr Hamed Mohamed Zakaria	ASIA	ISLAMIC REPUBLIC OF IRAN	M
Andras Peter Szabo	EUROPE	HUNGARY	M
Antoine Piat	ASIA	UNITED ARAB EMIRATES	M
Azadeh Gaharmamesh	ASIA	ISLAMIC REPUBLIC OF IRAN	M
Balazs Bartfai	EUROPE	UNITED ARAB EMIRATES	M
Elaheh Ghahri Shirin Abadi	ASIA	ISLAMIC REPUBLIC OF IRAN	F
Fatemeh Hassanpour Kourkah	ASIA	ISLAMIC REPUBLIC OF IRAN	F
Georgie Hallatt	AMERICA	UNITED ARAB EMIRATES	F
Kobra Shouka	ASIA	ISLAMIC REPUBLIC OF IRAN	F
Kremena Ivanova	EUROPE	UNITED ARAB EMIRATES	F
Kristen Elise Thomas	AMERICA	UNITED STATES OF AMERICA	F
Kristen Marina Lefeldt	EUROPE	GERMANY	F

Krisztian Bartfai	EUROPE	UNITED ARAB EMIRATES	M
Maryam GHASEMAGHAY ZAHRANI	ASIA	ISLAMIC REPUBLIC OF IRAN	F
Mohamed Hamed Mohamed Zakaria Hamed	ASIA	ISLAMIC REPUBLIC OF IRAN	M
Neda shahraeeny	ASIA	ISLAMIC REPUBLIC OF IRAN	F
Osama Hamed Mohamed Zakaria	ASIA	ISLAMIC REPUBLIC OF IRAN	M
Peri su Yusufzadeh	ASIA	TURKEY	F
Seyedkasra Moghadasi	ASIA	ISLAMIC REPUBLIC OF IRAN	M
Sina Abedi	ASIA	ISLAMIC REPUBLIC OF IRAN	M
Sofia Naderi Fasih	ASIA	ISLAMIC REPUBLIC OF IRAN	F
Szabolcs Barna Fodor	EUROPE	HUNGARY	M
Timoththy Hallatt	AMERICA	UNITED ARAB EMIRATES	M
Waraporn Wiriyahuttamar	ASIA	THAILAND	F
Winnie Chow	ASIA	SINGAPORE	F
Yalda Bahri	ASIA	ISLAMIC REPUBLIC OF IRAN	F
Yasaman Bahri	ASIA	ISLAMIC REPUBLIC OF IRAN	F
ZIBA SAMMAK HERFEH	ASIA	ISLAMIC REPUBLIC OF IRAN	F
Aram Sadeghi sarabshahrak	ASIA	ISLAMIC REPUBLIC OF IRAN	M
Madhad Mohammed Al Mheiri	ASIA	ISLAMIC REPUBLIC OF IRAN	M

Please find below the final practical details:

Schedule:

- Day 0: arrivals, leaders' meeting, scene and scenario overview
- Day 1: 08:00 – 11:00 and 13:00 – 16:00
- Day 2: 09:00 – 12:00 and 13:00 – 16:00
- Day 3 (Exams): Morning – 90 minutes multiple-choice test
- Day 4 (in total: 5): coaching program meetings and workshops

Language: All sessions and exams were conducted in English.

Notices on information flyers prior to the course:

Please bring the following items with you:

SUP board, paddle, and any other necessary equipment

Pen and paper for notes

Always moving forward

Sun protection

Towel and a change of clothes for practical sessions

Swimwear and appropriate paddling clothing

Please note:

Food & beverages (F&B) are not included in the course.

Please arrive on time to ensure smooth participation in all sessions.

Should you have any further questions, please don't hesitate to contact us.

PROGRAM CONTENTS

1. INTRODUCTION TO STAND UP PADDLEBOARDING (SUP) – WHO AM I AS A SPORT COACH?
2. CHOOSING THE RIGHT EQUIPMENT
 - 2.1. BOARD SELECTION
 - 2.2. PADDLE SELECTION
3. HOW TO STAND ON THE BOARD
 - 3.1. HOW TO CARRY THE BOARD
4. PADDLING TECHNIQUE
 - 4.1. STROKE TECHNIQUE
 - 4.2. EFFICIENT PADDLING
 - 4.3. STEERING WITH THE PADDLE
5. BALANCE AND STABILITY
 - 5.1. ARMS PADDLING
 - 5.2. CAPSIZING
 - 5.3. BRACING (PADDLE SUPPORT)
6. WATER SAFETY
 - 6.1. WHAT IS 'SURF ENVIRONMENT', 'WAVES', TYPES OF WAVES
 - 6.2. TIDES
 - 6.3. RIPS AND HOLES, ESCAPE FROM 'RIP CURRENT'
 - 6.4. HAZARDS AND SIGNS
 - 6.5. EFFECTIVE COMMUNICATION OUT AT SEA
 - 6.6. TUBE RESCUE, INJURY PREVENTION PROTOCOL
 - 6.7. SAFETY EQUIPMENT
 - 6.8. ON-WATER SAFETY PROTOCOLS
7. PROTECTION AND CLOTHING ON THE WATER
 - 7.1. RISK MANAGEMENT
 - 7.2. PERSONAL PROTECTION
 - 7.3. INTERNATIONAL OPEN-WATER SAFETY REGULATIONS
 - 7.4. FUNDAMENTAL TRAINING THEORY
8. RECOMMENDED BOOKS AND TEACHING MATERIALS
9. CONCLUSION

Certificate: The official ICF Certificate has already been sent by email to all successful participants after the course.

3. LESSONS, POSSIBILITIES FOR PROGRESS

Significance and Outcomes:

- Educational Impact: The course was the first of its kind, setting a global standard for SUP instructor training. It attracted high-level participation and was lauded for its professionalism and content depth.
- Regional and International Engagement: The event garnered significant attention from regional embassies, sports councils, university leaders, and the ICF. Leaders of the SUP International Committee actively participated, underscoring the event's importance.
- Success Indicators:
 - Positive feedback from participants and organizers.
 - Recognition from regional sports authorities and international sports organizations.
 - Enhanced visibility of ICF's expertise in SUP sport.
 - The pilot program's role in shaping future international SUP training program standards.

Support and Contributions:

The ICF's support was instrumental, providing assistance, organizational backing, and facilitating the participation of experts. The opportunity was made possible through the ICF Development Program, reflecting ICF's commitment to advancing sport education and international cooperation.

Conclusion:

The successful execution of the SUP pilot program and instructor course in Abu Dhabi has demonstrated innovative sport education. It has created a foundation for ongoing international collaboration, further positioning ICF as a key in sport education development. Feedback from all levels confirms the program's value, and it is poised to influence future global SUP training standards.

4. THE ADVANTAGES OF THE TRIP FROM THE RESPECTIVE OF ICF

Reflections on the Advantages for ICF:

The trip and participation in this pioneering event offered numerous benefits to ICF, including:

- Enhanced International Reputation: Demonstrates ICF's leadership and innovation in sport science and SUP education on a global stage.
- Networking Opportunities: Established valuable contacts with regional and international sports organizations, universities, and government agencies, opening avenues for future collaborations.
- Knowledge and Expertise Development: Facilitated the exchange of cutting-edge techniques, pedagogical methods, and safety standards in SUP, enriching the ICF's academic and training programs.
- Visibility and Influence: Elevated ICF profile among international sport federations, institutions and sports leaders, positioning it as a key contributor to global sport development.
- Potential for Future Projects: Created opportunities for joint research, training

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programs, expanding ICF's impact and outreach.

CONCLUSION

The participation in the Abu Dhabi SUP pilot program, supported by ICF, was a landmark event that has significantly contributed to international sports education and future prospects in the field of sport science. The experience has provided strategic advantages that align with the ICF's mission to promote excellence in canoeing sports education and international cooperation.

Pictures:



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