



Supported By



WHITEWATER LEADERSHIP INSTRUCTOR SYMPOSIUM

April 25th - 29th 2022 | CANOE MEADOWS | KANANASKIS
RIVER | ALBERTA

MISSION

"To connect and inspire Whitewater Paddlersport Instructors from across Canada. Through collaboration, discussion, and experimentation, participants will develop their coaching practices and grow connections with a professional and motivated community of instructors providing support and progression to eager students."

OVERVIEW

The Western Whitewater Symposium is designed to bring the whitewater paddling instruction community together to learn, share ideas, create a cohesive and connected community and to highlight where a high level of whitewater paddling instruction can take both students and instructors.

The framework for year one will be centered around a beginner to strong intermediate instructional progression, with additional workshops highlighting niche components of our wonderful sport. This will include freestyle, slalom, working with female students, youth paddling progressions, running a kayak school/club 101, dynamic river leadership, on river communication, safety and rescue amongst many others.

Workshops will be facilitated by experienced CKC certified instructors and coach educators. The program will incorporate NCCP content for the purpose of recertification of participants if they so wish.

The days will be full, with multiple on-water workshops and evening presentations from a number of experienced industry leaders from across Canada. We hope that these workshops and classes will improve your instruction, accelerate your personal paddling, create questions you never knew you had, expose participants to entirely new ways to paddle and think about coaching.

The event will be full of discussion, personal growth and the opportunity to make new connections with instructors from across Canada. Whether you want to discover new ways of instructing, increase your confidence in a specific area, or improve on your technical knowledge, there is a workshop for you.

GOALS

For the event organizers a successful event will achieve the following:

- Introduce participants to other whitewater instructors from across Canada
- Expose instructors to new ways of approaching whitewater instruction, essentially building attendees toolbox of strategies and techniques to draw from in creating a long term paddling progression
- Inspire attendees to further develop their personal and instructional abilities
- Create a network of people to continue to share ideas and collaborate with
- Role model to participating instructors what is possible in the world of whitewater instruction.
- Demonstrate to and engage participants in the progressions of specific disciplines of whitewater paddling. Including slalom, freestyle and more.
- Run a fun, safe and engaging week long event.
- Provide a working model of instructor symposiums in the future.

OUTCOMES

As much as our organization goals are important, the outcomes for participants are equally (or more so). For attendees of this event you can expect to come away from the event with the following (and we hope much more):

- Introduce everyone to a network of other paddling instructors in Western Canada
- Improved personal paddling skills directly applicable to creeking, freestyle, slalom and river running
- A plethora of new ideas, concepts and drills to deploy in your own instruction progression. These new ideas will vary from individual to individual based on background, goals and more. There will be more to soak up than you can possibly hope to absorb in 1 week. You will however come away with a new way of looking at instruction
- You will head into the coming summer with a motivation and inspiration to seek out paddling students to test your new found skills and knowledge on. It may be friends, family or through the conduit of your work, but we are confident that you will be fired up to get after it.
- A clear vision of how you can progress a new paddler through to being a confident and independent intermediate whitewater paddler
- A tangible progression of how to introduce intermediate paddlers to freestyle and slalom kayaking.
- You will be exposed to, and have the opportunity to get on the sharp end with some of the more dynamic and engaging styles of river leadership. There will be tactics within this that you can apply to both teaching and personal paddling scenarios

And a host of other things that we won't be able to predict

LOCATION / ACCOMMODATION / FOOD

The event will be based at Canoe Meadows on the Kananaskis River in Alberta. The nearest town is Canmore where all the amenities you need will be available. **Camping** at Canoe Meadows **IS INCLUDED** in the event fees, there is a cook shelter, fire pits and outhouses available on site.

You will be **REQUIRED TO PROVIDE YOUR OWN FOOD AND MEALS** for the duration of the event.

The camping is suitable for trailers, truck bed campers, tents, tent trailers and more. The Campground will be available to participants on the evening of the 24th (Sunday before) onwards. If you are looking to 'sleep off the ground' the nearest

accommodations are located at The Stoney Nakoda Casino or Kananaskis Village. There is more cost effective accommodation available in Deadman's Flats and Canmore, though these are a bit of extra drive time.

PROGRESSION FOR THE WEEK

Monday 09:00-1700	Flat water to class 1 progression	Seebe lake and Kananaskis river
Tuesday 08:00-16:00	Class II progression	Kananaskis River
Wednesday 08:00-16:00	Slalom and freestyle	Seebe and Kananaskis river
Thursday 08:00-16:00	Class II-III progression	Kananaskis river
Friday 08:00-15:00	Personal paddling and analysis and implementation. Dynamic Leadership	Kicking Horse river (section TBA)

Leaders

Gregor Gray, Mark Lund, Mark Taylor, Simon Coward, Brenna Kelly, Liam Smedley, Katrina VanWick, Darrell Wiebe, Mike Holroyd, Jiri Stolarik, Chuck Lee +

MONDAY	KEY OUTCOMES	COMPONENTS
09:00	Welcome and introductions GREG?	<ul style="list-style-type: none"> •Mission statement •Overview and outcomes •Ice breakers •Creating the optimum Learning Environment - the theory behind the magic
10:00-13:00	Clear understanding of what to teach beginner paddlers on flat water.	<ul style="list-style-type: none"> •Getting buy in- the art of why? •Balancing wants vs needs •Drills and progressions for beginner/intermediate boaters •Sweep stroke and “power position” for

		intermediate/advanced paddlers. (building blocks!)
14:00-17:00	<p>Understand the fundamental skills to impart to beginners on moving water that will support their long-term progression.</p> <p>Applying solid fundamentals to the moving water environment.</p> <p>Site selection - choosing the ideal whitewater features as coaching venues.</p>	<ul style="list-style-type: none"> •Progressive ways of teaching eddy turns •Teaching/leadership acronyms- IDEAS and EDICTS, when, who and why •Edging out backwards (putting ourselves in the learning seat!)
19:00-20:30	<p>Evening workshop</p> <p>Adaptive - Robbie?</p> <p>Inclusion, Comfort to Control</p> <p>Event Planning</p>	<ul style="list-style-type: none"> •What's going on and opportunities resources

TUESDAY	KEY OUTCOMES	COMPONENTS
08:00-08:45	•How to be the ultimate on-water communicator Simon??	•Delivering impactful feedback
09:00-	Understand these concepts, why they are	•Cross current speed - the secret to unlocking the river?

	<p>important and workshop progressions for teaching them:</p> <ul style="list-style-type: none"> •Ferries •Upstream turn •S-Turn •Cross-current speed •Surfing 	<ul style="list-style-type: none"> •Breaking skills down into small digestible components at all levels • Combination moves and developing a toolbox of skills. •Progression towards boofing.
PM	continued	continued
Evening	Technical components of the sweep roll and the key steps for teaching this.	

WEDNESDAY	KEY OUTCOMES	COMPONENTS
08.00-08:45	<p>Expose to specific sub-disciplines of whitewater kayaking</p> <ul style="list-style-type: none"> •What's happening in the world of slalom? •What's happening in the world of freestyle kayaking? (Eric/Darrell?) •What can all recreational boaters gain from participation in these disciplines? 	<ul style="list-style-type: none"> •What's it all about? •How can people get involved? •Transference of skills? <p>Using video feedback as a teaching tool.</p> <ul style="list-style-type: none"> •Advantages •Limitations •What stages in our learner's progression is this best applied? •What apps to use?

		<ul style="list-style-type: none"> •Timing and delivery of feedback
09:00 -11:00	<ul style="list-style-type: none"> •Introduction to Slalom progression •how to coach basic, discipline specific progressions on flat water 	Breaking skills down into small digestible components at all levels . <ul style="list-style-type: none"> •Where to advise people to connect with these subdisciplines
11:15-13:15	<ul style="list-style-type: none"> •Lunch and groups swap 	
13:15- 16:00	<ul style="list-style-type: none"> •Introduction to freestyle progression 	
19:00 -	Workshop discussion about coaching youth	Club leadership and building community

Thursday	Key Outcomes	Components
08.00-09:00	Classroom session: <ul style="list-style-type: none"> •How to build a long-term program and why? Simon •Safety vs rescue – how to incorporate this into programs TTPPE Observation and analysis template Template for working through self or learner performance analysis to identify areas for improvement or limitations	Instruction is..... Coaching is..... Guiding is.... When and why to switch <ul style="list-style-type: none"> •Who, How and What of long term coaching
09:00-11:30	Class II-III progression	<ul style="list-style-type: none"> •

12:00-16:00	Continued	•
18:00-19:30	<p>How to build a long-term program and why? How does it benefit the individual and how does it benefit the sport as a whole Simon?</p> <ul style="list-style-type: none"> •NEXT STEPS: Creating an online platform for instructors to share ideas, resources and connect about opportunities. •The plan for friday: 	<ul style="list-style-type: none"> •Career development in paddle sport instruction-how can we as a community of instructors promote and develop these opportunities? •Business/operations and career development conversation. Importance of being certified and liability considerations. •Professionalism of the industry overall

FRIDAY	KEY OUTCOMES	COMPONENTS
Meet at the put in for 9am	<ul style="list-style-type: none"> •Using our own paddling as a communication tool •Developing the “style of participants” •What do you want your boating style to be? <p>Less “secret strokes”, the importance of practicing what you preach</p> <p>Dynamic River Leadership</p>	<ul style="list-style-type: none"> •Incorporating safety skills into the progression at all levels. <p>-communication</p> <p>-team work/ using resources effectively (chess board analogy)</p> <ul style="list-style-type: none"> •Importance of reflective practice in building decision-making and humility (avoiding the illusion of validity). <p>-Pose the question, “when were we most at risk today?”</p>
15:30 - 16:00	Summary, thanks and departure	

Evening Discussion Topics:

The whitewater kayaking image - are we putting out the right promotions of what the sport is about?

What can kayak instruction teach kayakers other than just kayaking? How to facilitate this in our instruction?

Career development in paddle sport instruction- how can we as a community

Nurturing youthful paddling enthusiasm into mature risk assessment and a lifelong passion

Proposed Evening Discussion Topics:

The white water kayaking image- are we putting out the right promotions of what the sport is about?

What can kayak instruction teach kayakers other than just kayaking? How to facilitate this in our instruction?

How can we nurture youthful paddling enthusiasm into mature risk assessment and a lifelong passion

Inclusivity of the sport- how our actions can facilitate this.

Career development in paddlesport instruction- how can we as a community of instructors promote and develop these opportunities?

Resources for people to stay in touch, future opportunities, nationally and internationally

How to build a long term program and why

- How does it benefit the individual
- How does it benefit the sport as a whole

COVID influx of paddlers. How does this play out in the coming years? What opportunities will/could present? Educational and inspirational opportunities.

Event planning and the role it plays in building a club/community

Business/operations and career development conversation

- Importance of being certified and liability considerations
- Professionalism of the industry overall

Safety Vs rescue- workshop scenarios and talking about incident prevention. Importance of reflective practice.

Using kayaking as a facilitation tool in an outdoor education context- effective debriefing strategies.