

# SACK-A-WA CANOE CLUB MANUAL

2019-05-01 *Sackawa Canoe Club - Canoe/Kayak Sprint Racing Handbook*

## *Canoe/Kayak Sprint Racing Handbook*

**Our Mission Statement:** To provide a community-based canoe club that is family oriented without losing the advantages of competitive sport for youth. To teach youth the importance of respect for self and others while building self confidence in an environment of fair play.



# SACK-A-WA CANOE CLUB

*Canoe/Kayak Sprint Racing Handbook*

## **ABOUT SACKAWA**

Sackawa was originally operated out of the basement of the Kinsmen Center, starting in 1978 and was run as a competitive paddling club. The club was officially incorporated in 1980 as a nonprofit organization and at that time received ownership of 2.2 acres of land on First Lake. With the assistance of the Kinsmen Club, the Provincial Government and a lot of fundraising, our clubhouse was built in 1982.

The name of Sackawa comes from “Sackville on the lake” and was chosen from club names submitted from school age kids in a competition. Our club has a proud history and over the years the club has sent paddlers to the Canadian Nationals, Worlds and even the Olympics.

Today we are a recreational based club focusing our energies around family centered activities, while also providing a competitive environment for those paddlers interested. We want to have a strong summer program that includes lots of paddling here at the club and at regattas, recreational activities that include beach volleyball, and other games and activities.

## **Board of Directors and Volunteers**

Sackawa is run by a board of volunteer members who meet regularly throughout the year. A new Board of Directors is elected each year at the Annual General Meeting which all parents are invited to attend.

Volunteers are the backbone of our organization and we welcome you to assist us with our special events, regattas, fund raising or working with us on the board. Please let us know if you can help. We can be reached through our website [Sackawa.ca](http://Sackawa.ca)

## OUR PADDLING PROGRAM

We offer a summer and a year-long program where we teach youths how to paddle in Canoes or Kayaks. Our focus will be on developing your paddling technique and having fun learning. Our program provides local youths of various ages the opportunity to compete at regional and national regattas (races).

In order to participate, we recommend children should have at least Red Cross level 6 (or equivalent skills), be at least 8 years of age by October 1st and have paid all their registration fees. Class status shall be determined as follows:

### Class Age Restrictions

<b>U10</b>	under 10 years of age on the 1st of January of the current year & at least 8 years of age by October 1st of the current year.
<b>U12</b>	under 12 years of age on the 1st of January of the current year
<b>U14</b>	under 14 years of age on the 1st of January of the current year
<b>U16</b>	under 16 years of age on the 1st of January of the current year
<b>U18</b>	under 18 years of age on the 1st of January of the current year.
<b>18+</b>	all older paddlers still wanting to train
<b>Masters</b>	At least 25 years of age on the 1st of January of the current year.

Recreational “dry-land” activities will be coordinated along with our “on-water” activities by our coaching staff for registrants 12 years of age and under. *Our Summer Goal:* To have athletes paddling well while learning and having fun.

## Level System

Our program will be based on ability established in the first week of the summer program. The table shows a progressive class system. The level program is designed to assist the coach and athlete. The athlete then knows the next step in his/her training and the coach has a set of coaching guide lines to follow. These skills will be taught for the small boats, which include canoe and kayak single and team boats and the war canoe. For the experienced paddlers, the focus will be on improving technical skills and speed.

Our goal is to promote competition, team spirit, participation, and fair play. The following is a brief outline of our program:

### U12 to 18+

<b>Level 1</b>	Introduction and Balance
<b>Level 2</b>	Basic Skills
<b>Level 3</b>	Learn to train
<b>Level 4</b>	Competition

### U10

<b>Level 1</b>	Fun and Balance
<b>Level 2</b>	Fun and Basic Skills

## **Canoes and Kayaks**

The canoes and kayaks that we use are different from your average boats. Both the canoes and kayaks range from one to four person boats and are designed for sprint racing down the lake. In addition to these boats, we use war canoes, which hold up to 14 individuals along with the Cox.

## **Training & Technique**

Many games can create and develop certain abilities for paddling that is called gaining boat control. An example is water polo that can improve a paddler's speed. Games with stick drills or walking on your "butt" also improve technique. Atoms through to Bantams will participate in our games. These games are not only fun but they are as helpful as regular practices. They improve a paddler's speed and technique and they have fun while they learn how to paddle well.

## **Adult Programs**

Sackawa continues to have an Adult program and participants must be 19 years or older to join. Our program is designed to range from a relaxed and enjoyable atmosphere while providing an element of physical fitness to providing a more competitive nature for those who want to compete. You will have the opportunity to race both in the small boats and the war canoe in the various Regattas that are offered in our region. The prerequisites for the Masters wishing to compete at local regattas and CANMAS are age 25 and over for both Women and Men as of December 31st. Adult members younger than 25 can still compete at Nationals and local regattas in the Open events. This is a great way to get together with other adults, and/or friends to enjoy the warm summer evenings, in a social and comfortable environment.

## **War Canoe Program**

This program is designed for the U16 and higher age groups who are only interested in paddling the war canoe. Please refer to the regatta schedule posted in the clubhouse for race dates. The schedule for this program will be determined based on the registration.

## **Swimming Lessons**

We are pleased to be able to offer our paddlers the opportunity to take swimming lessons at the club. The swimming lessons are optional and are an additional cost to the registration fee. If your child has not signed up for lessons, he or she will be participating in other fun on land activities in between paddling sessions.

## **POLICIES AND PROCEDURES**

### **Daily Attendance**

Drop off in the morning is between 7:30-9:00am and pickup is no later than 5:30pm. Upon drop off, the U10 and U12 paddlers' parents are to report to their child's coach to sign them in. The U14 and U16 paddlers are permitted to sign themselves in on the sign in sheet posted by the building.

Upon leaving at the end of the day, U10 and U12 paddlers' parents must report to their child's coach and sign their child out. If someone other than the child's parent or guardian is picking the child up this must be communicated to the coaching staff. For those U10 and U12 paddlers that are allowed to leave at the end of the day without supervision, parents please remind your children that they have to sign themselves out with their coach before they leave. U14 and U16 paddlers please remember to sign out when you leave for the day.

One other note for those paddlers who have vacation booked please inform your coach so that they can make note of the times that you may be absent. We appreciate your cooperation in helping us to maintain a safe and fun learning environment.

### **Rain Days**

When deemed unsafe by our Head Coach due to white caps, thunder or severe rain, the children will not be going on the water. If you do not have alternate arrangements for your children on these days, they are welcome at the club however we have limited space and therefore limited activities.

## General Rules

The following is a list of the most important rules of the club that must be strictly adhered to at all times. We appreciate you taking the time to go over this list with your child/children to ensure a safe environment for all involved in our program.

1. **NEW\*\*\*** U16 and under paddlers shall wear a Department of Fisheries and Oceans, Canadian Coast Guard or Transport Canada Approved Personal Flotation Device (PFD) or similarly approved life jacket while engaged in on-water training activities.
2. All participants not passing the Red Cross Swim Kids Level 6 swim test will be required to wear life-jackets whenever in our around the water.
3. U10 participants are NOT allowed to leave the property without accompaniment by a legal guardian or person previously designated by the legal guardian.
4. The Sackawa Canoe Club strongly recommends that all U17 and up who are novice to level 3 paddlers wear a lifebelt for additional flotation in the event of a spill.
5. The designated swimming area is off limits to the boats.
6. The boat docks are not a swimming area and proper care is to be taken by people using these docks. Rough play will not be tolerated on the docks, boats or anywhere on the grounds.
7. Sackawa's kayaks and canoes are continually being repaired and all paddling staff will review with their paddlers the proper handling and care of the boats. Abuse of boats will not be tolerated and will be dealt with severely and promptly by suspension of the person(s) from the paddling program for a period of time and/or other actions as determined by staff and Board.
8. Sackawa provides a bully-free environment. Any incident will be handled as per the Disciplinary Rules.
9. All members are expected to have proper footwear for all club activities. Shoes must be worn all the time, unless in boats. Water shoes are recommended for paddling and swimming. Running shoes are required for other recreation and training activities.

10. Club staff is responsible for the safe operation of programs, facilities and management of the club; Please be respectful of all instructors and do not interfere with their duties.
11. Please put all litter in the garbage cans and make sure no gum or food ends up in the water.
12. Parents must provide their children with UV protective clothing and/or sunscreen for them to use throughout the day. Staff is unable to apply sunscreen to participants but will monitor.
13. Only persons operating the canteen are allowed in that area.
14. Crew selection is the responsibility of the coaching staff.
15. Negative comments and offensive language are not permitted.
16. Respect all other athletes and Coaches.
17. No horse-play or running on or near the docks.
18. No paddling in the swimming area and no swimming in the paddling area.
19. Keep emergency access road clear of vehicles or obstructions. (This is the chained area to the left of the club looking towards the lake.)
20. If you need to use someone's wharf to get back in your boat if you have tipped, we ask that you respect their property. Do not use their water slides, etc.
- 21. Staff and Board Members are not responsible for personal items lost or stolen from club premises or during offsite activities. Please label your child's singlet, life jacket, bun and any personal belongings.**

## Swimming Rules

1. Swim only in designated area and when life guard is on duty.
2. No diving off the boat docks.
3. Limit number of people on swimming raft at one time.
4. No swimming under the docks or the swimming raft.
5. Absolutely no pushing/ play – fighting.
6. No food on or near the docks.

## Zero Tolerance

Sackawa enforces a zero tolerance policy for alcohol, drugs, vandalism and smoking.

**Alcohol and Drugs**      Zero tolerance. Any paddler found in possession or in action with these products will be immediately dismissed from the club and the program.

**Vandalism**      Any paddler found vandalizing property of Sackawa Canoe Club will also be dismissed from the program and will pay for any damages. Depending on the circumstances, action will be evaluated, and paddler may only be dismissed for the day and pay for any damages.

**Smoking and Vaping**      There is no smoking on the Sackawa Canoe Club premises, including inside vehicles during program times. Paddlers found smoking will be dismissed for the day and "Disciplinary Policy" listed below. Parents will be called and paddler will be dismissed for the day and potentially from the program.

## Paddler Disciplinary Policy

SACKAWA ENFORCES A HANDS FREE POLICY. Depending on the severity of the offense, the disciplinary action will be determined by the board. If a paddler violates a policy or behaves in a manner that is considered inappropriate, the following procedures will be pursued:

- 1st offense - Verbal warning and a call to parents
- 2nd offense - Call to parents with possibility of suspension
- 3rd offense - Suspension or Termination