

# *Junior Participation Program*

Discovery, Action, Adventure



***Paddle  
Oz***



# Contents

- Congratulations 3
- Overview 3
- Paddle Oz Flow Chart 4
  - Discovery 5
  - Action 5
  - Adventure 5
- Minimum Requirements for Trainers 6
  - Discovery and Action 6
  - Adventure 6
  - Age Limits 6
- Equipment Needs 7
  - Craft 7
  - Paddle 7
  - Lifejackets 7
  - Clothing 7
- Resources 8
- Registering a Program 9
- Participant Pack 9
- Games and Activities 9
- Discovery 10
  - Aim 10
  - Venue and Equipment 10
  - Time 10
  - Delivering the Program 10
  - Example Lesson Plan 11
  - Discovery One 11
  - Discovery Two 11
  - Discovery Three 11
- Action 12
  - Aim 12
  - Venue and Equipment 12
  - Time 12
  - Delivering the Program 12
- Adventure 13
  - Aim 13
  - Venue and Equipment 13
  - Time 13
  - Delivering the Program 13



## Congratulations!

Congratulations on becoming a Paddle Oz trainer. This trainer manual contains information on all aspects about Paddle Oz and its programs.



## Overview

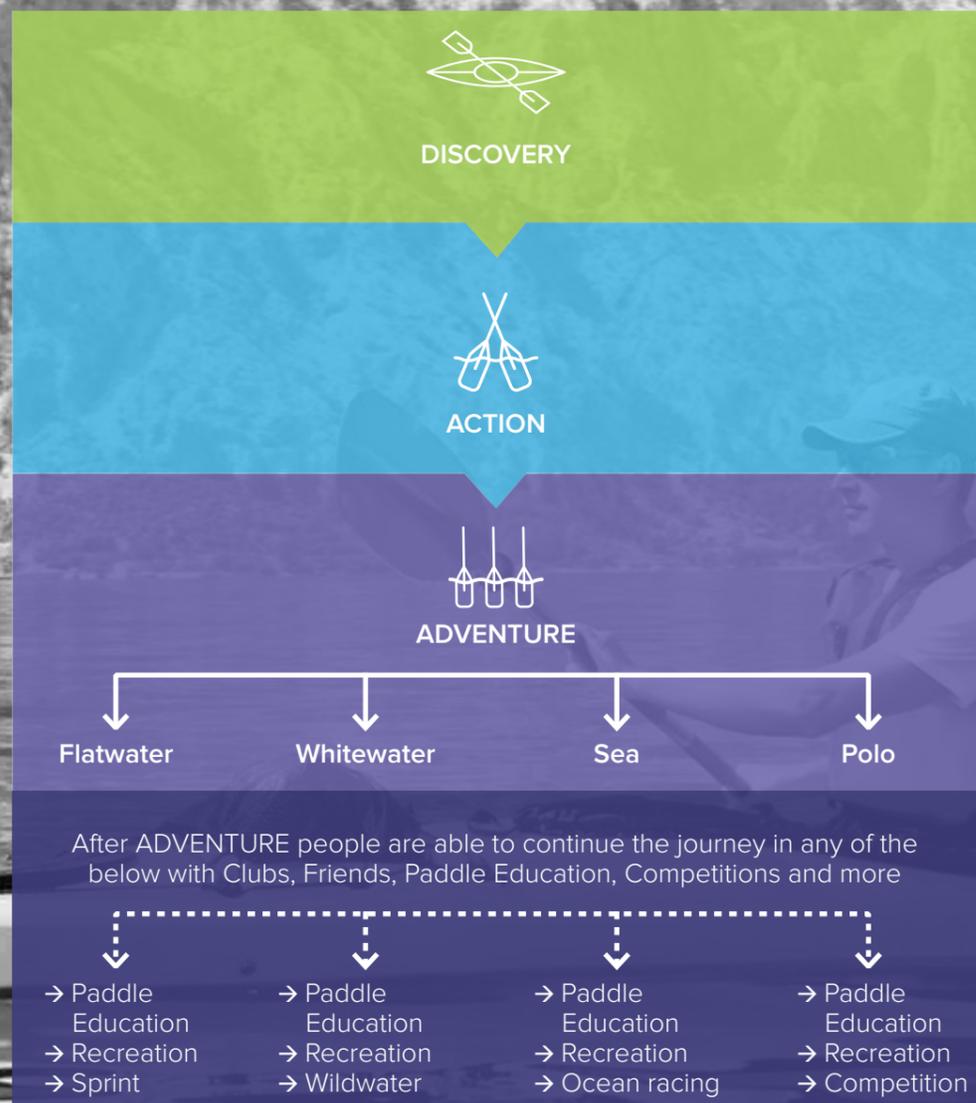
The Paddle Oz Program is designed to provide young people with an enjoyable introduction to paddling that encourages lifelong participation. Experiential learning through participation in games and activities is the focus of the first two levels in the program. These games allow the participants to develop the essential skills and safety knowledge that underpin all future paddling pathways. Gaining knowledge of the different forms of paddling, making links to local clubs and understanding further development pathways is an important feature of the program.

## Paddle Oz Aims

- Enable more young people to try paddling and stay paddling
- Provide an enjoyable, sociable and safe introduction to paddling
- Use games and activities to support experiential learning
- Establish basic paddling skills and knowledge that support future paddling pathways
- Provide a progression through to specialised areas of paddling
- Develop an awareness of all aspects of paddling
- Provide links to clubs, Paddle Education and other paddling opportunities
- Assist clubs in developing young paddlers
- Allow flexibility in delivery according to venues and situations
- Increase the level of safe paddling practices in the community through educating young people

The program consists of three levels: Discovery, Action and Adventure. Each level consists of three stages with progression through each stage based on the development of skills and knowledge. Participants may enter the program at any level if the instructor/coach considers them to be at the required level. Given the diversity of paddling opportunities around Australia, the program has been produced in a manner that allows great flexibility in its delivery in terms of duration, venues and equipment. Instructors and coaches are encouraged to deliver the program in the best manner to suit their local context.

# PaddleOzFlow Chart



## Discovery

The Discovery level is designed for participants to learn the basic skills of paddling in an experiential manner through a range of games and activities. Basic instruction may be required to consolidate learning from the games and activities. Very basic craft handling and safety skills should be achieved by the completion of this level. The program can be delivered in a swimming pool and is suitable for all ages of children.

## Action

The Action level is an extension and refinement of the basic paddle skills learnt in Discovery. Participants develop skills through a wider range of activities in a variety of paddling environments. Consistent basic craft handling and safety skills should be achieved by the completion of this level, with participants ready to move on to developing the skills to paddle specialised craft. They should develop an understanding of different paddling pathways, including trying other types of craft. Participants should have an awareness of how to contact their local club.

## Adventure

The Adventure program provides an introduction to specialised craft and the specific skills required to paddle them. Participants could do multiple programs, for example canoe polo in winter and sprint in summer. This level is designed to provide a link into clubs, Paddle Education and National development programs for competitive disciplines. By the end of this level, participants should have the skills, knowledge and experience to participate in a club event or a day trip on moving water, flatwater or the sea. This level might run for an extended period of time and include more formal instruction to develop the required skills.

The Adventure program includes:

- Flatwater
- Whitewater
- Sea
- Canoe Polo





## Equipment needs

### Clothing

Maintaining wellbeing while paddling is very important. Participants need to be wearing appropriate clothing to maintain good body temperature, comfort and movement while participating in any Paddle OZ program. Sunsmart considerations, as well as warmth if applicable, should be considered.

Any immersion in water has the potential to lower body temperature quickly so participants should be required to bring suitable post-activity clothing to any activity. A clothing list should be provided with any pre-activity information.

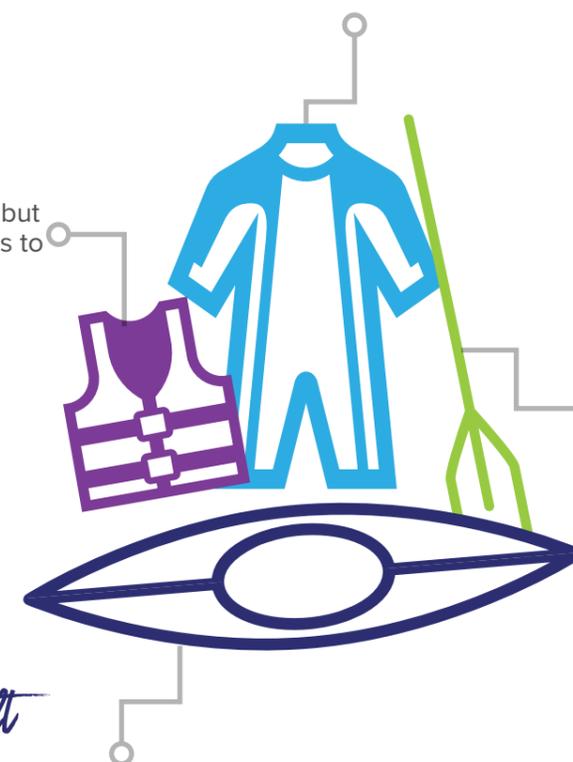
### Lifejackets

Lifejackets that are the correct size will not only make for a safer program but it will allow the participants to enjoy greater comfort.

- A few things to consider:
- Range of sizes that may be required
  - Types and amount of adjustments

### Paddle

It is best to have a paddle that suits the size of the participants. This is not only in the length of the paddle but also the diameter of the shaft for smaller hands. The correct size paddle can make all the difference in the progress of the participants.



### Craft

When considering what type of craft to use for your program there are many factors that need to be considered, particularly in regard to matching the size of the equipment to the size of the participants. Having people participate in a craft that is the correct size for them and promotes safety and comfort can make all the difference.

- A few things to consider:
- Ability of the group
  - Age
  - Size
  - Launch and landing sites
  - Comfort
  - Ability for craft to perform what you are asking
  - Size of craft verse location limits, etc.

## Minimum requirements for trainers

### Discovery and Action

- Hold a current AC Flatwater lifeguard or above award including all coaching awards
- Paddle OZ trainer award
- Current first aid certificate
- Working with children card

### Adventure

- AC discipline specific coach or instructor
- Paddle OZ trainer award
- Current first aid certificate
- Working with children card

Age Limits: No age limits are set for any of the Paddle OZ programs. The trainer will need to consider all aspects of the program, venue, craft, etc. to determine an appropriate age.



## Resources

Upon registering to be a Paddle OZ trainer you would have received a pack with the below contents. Extras of these can be ordered from Australian Canoeing.

The following resources are available from Australian Canoeing to enable and support the delivery of the Paddle OZ program. All of the below can be found or ordered from the Paddle OZ website <http://paddleoz.canoe.org.au/>

- Paddle OZ Trainer Handbook (this handbook): The handbook gives an outline of the Paddle OZ program.
- Paddle Oz Games and Activities Booklet: This booklet contains a range of games and activities that are designed to help deliver the Paddle OZ program. (Waterproof paper)
- Paddle OZ Check Points and Lesson Plan: These check sheets and lesson plans outline the skills for the participants to complete for each level of the programs. (Waterproof paper)

- Paddle OZ report cards: These are the checkpoints report cards for the participants so they are able to see what they have achieved.
- Paddle Oz Poster Template
- Paddle Oz Participant Kits Sample
- Paddle Oz Certificate Sample

## Registering a program

All programs are required to be registered on the Paddle OZ website:  
<http://paddleoz.canoe.org.au/#trainers>

Trainers register the program to include program name, dates, location and contact details and if they would like it visible on the find a program page.

Trainers will use their own registration and payment system. Trainers will then send Australian Canoeing, no less than 7 working days prior to the program, a completed "Program Participants Form" and appropriate payment. Australian Canoeing will then send the required certificates and participant packs to the trainer.

Costs:  
Certificate per person, per program \$5

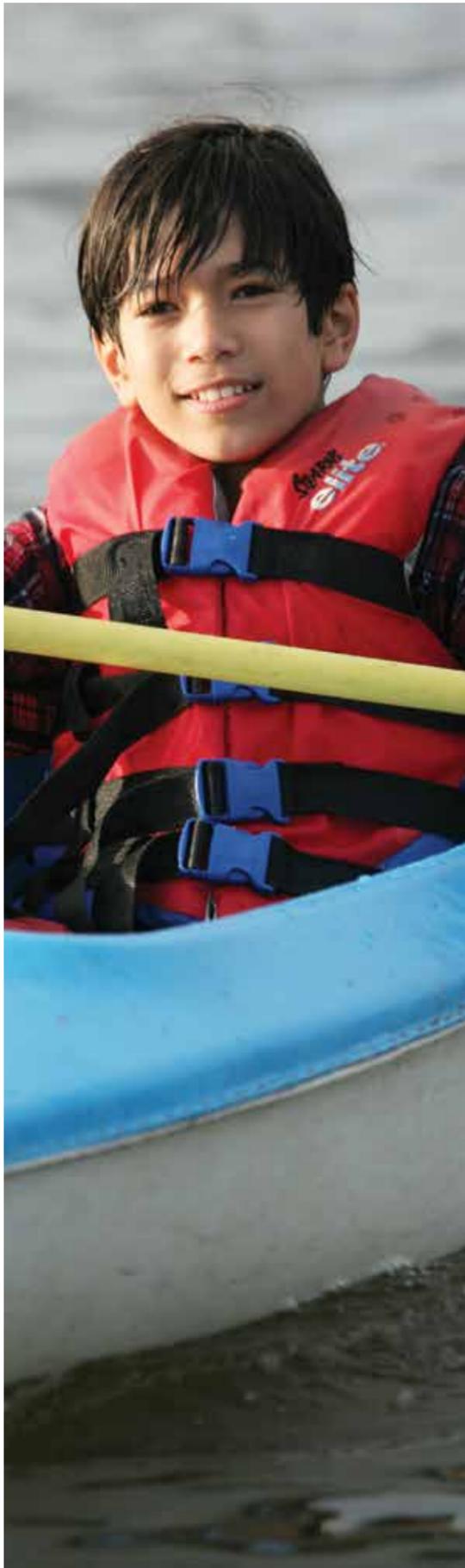
## Participant pack

Participant packs will be an optional extra for participants. The payment for these will be made to the trainer at time of registration and trainer will send the details and payment indication on the "Program Participation Form".

The contents and cost of the pack can be found at <http://paddleoz.canoe.org.au/#participants>

## Games and Activities

In the Games and Activities booklet you will find a range of games and activities that are designed to help teach, practise and reinforce essential skills of paddling. Trainers of Paddle OZ are able to choose the games and activities that best suit your location, resources and participants. (If you have any other activities that you believe could be added to this resource please advise Australian Canoeing.)



# Discovery

## Aim

The Discovery program aims to introduce young people to the activity of paddling. Through the use of games, participants will learn basic paddle skills in a fun environment, discovering what an exciting activity paddling can be. Very basic craft handling and safety skills should be achieved by the completion of this level.

## Venue and Equipment

The venue for the Discovery program can be almost any swimmable, enclosed flatwater. This program would work well in a swimming pool or similar venue which would allow for a very controlled environment for safety and ease of communication during activities.

The venue needs to be suitable for the size and skills of the group. People need some space to safely practise paddling their craft. Easy access to dry land and an exit from the craft or water is also essential for the Discovery program.

## Time

No time limit is given to the Discovery program. The time can be tailored to the group considering the age, location, equipment, skills, etc. On average the program will normally take around 6 – 10 hours

## Delivering the Program

The Paddle Oz trainer is required to put some thought into how they would like to run the program. Only a sample of a lesson plan is given so that trainers can develop a delivery style that will suit their needs and requirements.

The concept of the Discovery program is to introduce paddling and learn some skills through active participation in fun games and activities. Some teaching or demonstrations will be required but these would be best kept short and spread out.

The Discovery program consists of 3 levels. It is up to the trainer if they work through each full level in order or if they develop certain skills through all the levels while completing the Discovery program.

## Example Lesson Plan

### Discovery One

9.00 am	Arrive, Introductions, Roll call Medical and swim check. Check sunscreen, water, etc. Game: Flip it
9.15 am	Assess people's clothes and ask why they wore these items. Explain lifejacket. Fit and check lifejackets.
9.35 am	Introduce paddle, explain and demonstrate how to hold, forward and stop strokes. Game: Green light
10.00 am	Introduce Craft Show how to sit on/in craft and adjust Game: Musical craft
10.25 am	Break
10.45 am	Game: Pick up
11.05 am	Explain and demonstrate how to get in craft on water. What happens if you fall in? Help people in/on to craft, send to safe location on water.
11.25 am	Games: Boat Glide, Before the Ball
12.00 pm	Finish: What next?

### Discovery Two

9.00 am	Recap, Roll call. What are we going to do? Check sunscreen, water, etc. Game: Moo Baa
9.15 am	Fit and check own lifejackets.
9.20 am	Demonstrate how to get in/on craft. Give help if required. Meet at safe spot on water Game: Pick up, variation from water to land.
10.00 am	Recap, correct paddling position. Demonstrate backward paddling.
10.25 am	Break
10.45 am	All on water. Game: Red Rover, Cats and Dogs
12.00 pm	Finish: What next?

### Discovery Three

9.00 am	Recap, Roll call. What are we going to do? Check sunscreen, water, etc. Game: Moo Baa
9.15 am	Fit and check own lifejackets.
9.20 am	Explain parts and how to hold paddle. Demonstrate a sweep stroke. All get on water without assistance.
9.50 am	Practise sweep strokes on water. Game: 360 race, Follow the leader
10.25 am	Break
10.45 am	Demonstrate how to rock the craft and maintain balance. Game: Rock and Roll till they fall off, swim around craft and climb back in/on.
11.05 am	Games: Blowing in the wind, Go Fetch
12.00 pm	Finish: Congratulations on completing Discovery program.  Next step: Action program.



# Action

## Aim

The Action program aims to extend and refine the basic paddle skills learnt in Discovery. With participants exploring and experiencing different paddle craft and learning new skills, they discover that there are no limits to what paddling has to offer.

Consistent basic craft handling and safety skills should be achieved by the completion of this level, with participants developing the skills to paddle specialised craft. Participants should have an awareness of how to contact their local club.

## Venue and Equipment

The venue for the Action program can be almost any swimmable, enclosed flatwater. This program would work well being delivered in a couple of different areas. These areas would need to allow for a very controlled environment for safety and ease of communication during activities.

The venue needs to be suitable for the size and skills of the group. People need some space to safely practise paddling their craft. Access to dry land and an exit from the craft or water is also essential to have for the Action program.

## Time

No time limit is given to the Action program. The time can be tailored to the group considering the age, location, equipment, skills etc. On average the program will normally take around 10 - 16 hours

## Delivering the Program

The Paddle Oz trainer is required to put some thought into how they would like to run the program. This will depend on the participants, equipment, venue etc  
The concept of the Action program is to further develop the skills learnt in the Discovery program and personal safety through active participation in fun games and activities. Some teaching or demonstrations will be required but these would be best kept short and spread out.

The Action program consists of 3 levels. It is up to the trainer if they work through each full level in order or if they develop certain skills through all the levels while completing the Action program.



# Adventure

## Aim

The Adventure level aims to launch participants into more adventurous forms of paddling. Participants are introduced to specialised craft and the specific skills required to paddle them. There are four separate programs, Flatwater, Sea, Whitewater and Canoe Polo.

The Adventure program is designed to provide a link into Clubs, Paddle Education and National development programs for competitive disciplines. By the end of this level, participants should have the skills, knowledge and experience to participate in a club event or a day trip on moving water, flatwater or the sea.

## Venue and Equipment

The venue for the Adventure program should be based on the Adventure program being delivered, eg: Flatwater, Sea, Whitewater or Canoe polo. The venue will need to allow for all of the criteria to be met; this may require a number of different venues.

The Equipment used should be designed for the Adventure program being delivered. The craft will enable the skills to be learnt and demonstrated in a safe manner. The venue needs to be suitable for the size and skills of the group.

## Time

The Adventure program may run over an extended period of time and include more formal instruction to develop the required skills.

## Delivering the Program

The concept of the Adventure program is to further develop the skills and knowledge in a specialised area. This program is designed to enable participants to have the skills, knowledge and experience to participate in a club event or a day trip on moving water, flatwater or the sea.

***Paddle  
Oz***