



HIGH PERFORMANCE – COACHING COMMITTEE
COACHING CERTIFICATION AND ACCREDITATION
POLICY – CANOE SPRINT

Version No.: 1.1

Effective Date:

1. INTRODUCTION

Singapore Canoe Federation (SCF) aims to build up a community of quality Canoe Sprint Coaches through a rigorous, yet progressive policy of accreditation. In general, Canoe Sprint coaches should ideally have been competitive canoeists or kayakers at least at the club level. This is to ensure that they are better placed to relate to the athletes through their experience and knowledge and to provide quality guidance on the specific aspects of the sport such as biomechanics and the rules of the competitive sport as stipulated by the governing International Canoe Federation (ICF).

2. OBJECTIVE

This document provides the framework and sets out a list of criteria for applicants:

- a) Who wish to enrol for the SG-Coach Canoe Sprint Coach Certification Courses conducted by SCF.
- b) Who have completed equivalent courses overseas and would like to apply for a recognition of prior learning/experience in order to obtain a locally recognized SG-Coach Certification for Canoe Sprint.

3. COACHING DEVELOPMENT FRAMEWORK

CANOE SPRINT				
Certification/ Category	Provisional Coach	SG-Coach Level 1 (before 2019) SG-Coach Full Integration Level 1 (after 2019)	SG-Coach Technical Level 2*	SG-Coach Technical Level 3
CoachSG NROC Accreditation	Provisional Coach	Coach	Senior Coach	Master Coach
Athlete Pathway Stage	Recreational Participation	Participation Development High Performance		High Performance Elite
Target Groups	Public, Clubs Active SG Canoe Academy	Schools, Clubs Active SG Canoe Academy National Squads		National Squads
Experience	NA	Ex-athlete/ Athlete competed in at least 2 recognised canoe-sprint or marathon competitions (locally/overseas)	At least 1 year coaching experience at Development level	At least 4 years coaching experience at High Performance level

*work in progress for SG-Coach Full Integrated Level 2



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4. RECOGNITION OF PRIOR LEARNING

Recognition of Prior Learning (RPL) is the acknowledgement of experience, skills and knowledge pertaining to canoe sprint. This may come in the form of formal trainings, coaching achievements, work experiences and academic achievements. Under the coaching framework of SCF, foreign or local coaches with accreditation from other National Federations may apply for RPL for Level 1 certification.

Applicants should submit the relevant documents as proof of their prior learning. These documents include certificates of coaching courses or relevant academic transcripts. Should there be an inability to demonstrate evidence for certain claims, SCF may request for a competence test to fulfil accreditation criterion.

4.1 RPL Evaluation Panel

The RPL evaluation panel comprise of the following:

- At least two (2) members from the High Performance Coaching Committee (Canoe Sprint)
- One (1) representative from CoachSG or Singapore Sport Institute (SSI)

Successful applicants are still required to attain the following:

- a) Values and Principles of Sports (VPS) certification through Sport SG. For more information, please refer to following link: <https://www.sportsingapore.gov.sg/sports-education/values-andprinciples-in-sports>
- b) Basic Sports Science (BSS) Course certification through Sport SG, unless wavier is granted. For more information, please refer to following link: <https://www.sportsingapore.gov.sg/athletes-coaches/coachescorner/singapore-coach-excellence-programme-sg-coach/basicsports-science-course>

5. SPORTSG – NATIONAL REGISTRY OF COACHES (NROC)

The National Registry of Coaches (NROC) was launched in 2003 to raise the standard and professionalism of sports coaching in Singapore. It aims to ensure that coaches meet baseline qualifications, that coaches continue to practise and improve, and that coaches provide a safe environment for their athletes.

SCF encourages all certified coaches to be registered in the NROC. For requirements to join the NROC, please refer to <https://www.sportsingapore.gov.sg/Athletes-Coaches/Coaches-Corner/National-Registry-of-Coaches>



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6. CONTINUING COACHING EDUCATION (CCE)

The Continuing Coach Education (CCE) programme provides coaches the platform to continually upgrade themselves in their area of coaching. NROC requires coaches to upgrade themselves continually to maintain high coaching standards. NROC membership is valid for three years, during which time coaches are expected to accumulate minimum learning hours by attending regular CCE activities.

For more information on CCE, please refer to: <https://www.sportsingapore.gov.sg/athletes-coaches/coaches-corner/continuing-coachdevelopment/continuing-coaching-education>

Please check SCF website for updates and information on sport-specific CCE courses.

7. SCF COACHING CERTIFICATION STRUCTURE

SCF reserves the right to waive or approve accreditation for similar coaching certifications from other Federations/ countries/organisations. Any application for waiver and alternative accreditations must be presented to the SCF High Performance Coaching Committee/ Chairperson through SCF and must be supported by valid detailed transcripts in English and letter of support by respective Federations/Embassies.

All application for waiver or accreditation may be subjected to a Competency Assessment and/or Probative Observation Period and will be decided by the SCF High Performance Coaching Committee/Chairperson.

Administrative fee applies to all applications for waiver, accreditation and competency assessments.

Successful applications will be awarded with a letter of support from SCF.

Please check SCF website for updates and information on SCF Coaching courses.

8. Appendix

Appendix A: SG-Coach Canoe Sprint Technical Level 1

Appendix B: SG-Coach Full Integrated Level 1

Appendix C: SG-Coach Canoe Sprint Technical Level 2

Appendix D: SG-Coach Canoe Sprint Technical Level 3

Appendix E: Administrative and Course Fees

Appendix A: SG-Coach Canoe Sprint Technical Level 1

Requirements	Competencies/Modules/Areas of learning	Equivalent/Recognised Qualifications and Certifications
<ul style="list-style-type: none"> • Must be at least 18 years of age • Must be certified medically fit • Must have a 1-star or equivalent certification • Must have competed in at least 2 recognised canoe-sprint or marathon competitions (locally/overseas) • Must be able to satisfy the following pre-course assessment requirement: <ul style="list-style-type: none"> ○ Swimming test: Must be able to swim 200m confidently without assistance (valid certifications accepted) 	<ol style="list-style-type: none"> 1. Introduction to Canoeing 2. Equipment 3. Safety and Rescue 4. The technique of Canoeing 5. Physical Conditioning <ul style="list-style-type: none"> ➤ Endurance and strength development 6. Training and Basic Training Methods <ul style="list-style-type: none"> ➤ Training principles, loads, frequencies, duration and types 7. The role of a Coach <ul style="list-style-type: none"> ➤ Teaching skills, communication, coaching tools, methods and teaching beginners 8. Introduction to Racing <ul style="list-style-type: none"> ➤ Rules, goals and principles 9. Competency Assessment 	<ul style="list-style-type: none"> • International Canoe Federation (ICF) Level 1 Coaching Course (Coach) • SCF-NCAP Canoe Sprint Technical Level 1

Appendix B: SG-Coach Full Integration Level 1 (last updated Aug 2023)

Requirements	Competencies/Modules/Areas of learning	Equivalent/Recognised Qualifications and Certifications
<ul style="list-style-type: none"> • Must be at least 18 years of age • Must be certified medically fit • Must have a 1-star or equivalent certification • Must have competed in at least 3 recognised canoe sprint or marathon competitions or time trials (local/overseas) • Proof of swimming ability: At least SwimSafer Silver or able to swim 200m unaided (video evidence). • Attend and pass compulsory proficiency test of technical ability in sprint canoe/kayak or produce evidence of ability to hit timing at a recognised 2km competition within the last 6 months: <ul style="list-style-type: none"> ○ Able to paddle 2km (with a turn) under 11 min (MK1)/12 min (WK1)/12min (MC1)/ 13min (WC1) ○ Able to exhibit a general proficiency in the following technical skills: <ul style="list-style-type: none"> • Keep the craft stationary and adjust position/ manoeuvre appropriately when required • Execute a Start from stationary position • Paddle straight and within allocated lane • Execute a 180 deg turn within 3-4 lanes • Exhibit a general technical proficiency 	<ol style="list-style-type: none"> 1. Overview and Introduction to Canoe Sprint 2. Coaching Philosophy and Practices 3. Sport Development System 4. Safe Sport and Sport Safety 5. Anatomy and Physical Preparation 6. Biomechanics and Technical Skills 7. Sport Nutrition 8. Coaching Para-athletes 9. Theories of Coaching 10. The Coaching Process 11. Building a Positive Culture in Our Sport 12. Practical Sessions (Kayak + Canoe) 13. Coaching Attachments 	<ul style="list-style-type: none"> • Nil, no equivalent

<p>and is able to demonstrate the use of Rotation and Hip/Leg Drive in a Sprint Kayak/Canoe stroke</p> <ul style="list-style-type: none">• A skills assessment test post-2k time trial may be carried out to ascertain the proficiency of the participants if necessary• Valid Accredited Standard First Aid with AED Certification before start of course		
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Appendix C: SG-Coach Canoe Sprint Technical Level 2

Requirements	Competencies/Modules/Areas of learning	Equivalent/Recognised Qualifications and Certifications
<ul style="list-style-type: none"> • All of the above • Must have completed SG-Coach Technical Level 1 Course or equivalent • Must have at least a year of coaching experience at a Development level 	<ol style="list-style-type: none"> 1. Introduction and Required Abilities in Canoeing <ul style="list-style-type: none"> ➤ Talent development, Success-factors, Trends in athlete training methods 2. Safety and Rescue <ul style="list-style-type: none"> ➤ Equipment, Personal safety, Injury prevention, Treatment & rescue methods 3. Introducing Technique <ul style="list-style-type: none"> ➤ Hydrodynamics & Key technical points 4. The Kayak Technique 5. The Canoe Technique and Team Boats 6. Teaching of Technique <ul style="list-style-type: none"> ➤ Teaching skills, Communication, Coaching tools, Methods & teaching beginners 7. Physiology <ul style="list-style-type: none"> ➤ Circulatory respiratory system, Energy supply & nutrition 8. Physical Conditioning <ul style="list-style-type: none"> ➤ Endurance, Endurance development, Strength, Strength development 9. Speed Work <ul style="list-style-type: none"> ➤ Speed, Speed development & pacing 	<ul style="list-style-type: none"> • International Canoe Federation (ICF) Level 2 Coaching Course (Advanced Coach) • SCF-NCAP Canoe Sprint Technical Level 2

	<ul style="list-style-type: none">10. Training and Training Methods with Training Intensity<ul style="list-style-type: none">➤ Training principles, Physiological effects, Overtraining, Intensity & its measurement11. Training Plan<ul style="list-style-type: none">➤ Planning programmes, Periodized training12. 200m Training<ul style="list-style-type: none">➤ Specificity of the 200m distance & training requirements13. Role of A Coach14. Competency Assessment	
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Appendix D: SG-Coach Canoe Sprint Technical Level 3

Requirements	Competencies/Modules/Areas of learning	Equivalent/Recognised Qualifications and Certifications
<ul style="list-style-type: none"> • All of the above • Endorsed by SCF to attend International Canoe Federation (ICF) Level 3 Coaching Course (Expert Coach) <p>And/or</p> <ul style="list-style-type: none"> • Must have completed SG-Coach Technical Level 2 Course or equivalent <p>And/or</p> <ul style="list-style-type: none"> • At least 4 years coaching experience at High Performance level 	<ol style="list-style-type: none"> 1. Exercise Physiology 2. Training Theory and Methodology 3. Sport Injuries 4. Sport Psychology 5. Sport Management 6. Sport Pedagogy 7. Skill and Motor Development 8. Sport Technique 9. Conditioning 10. Performance Analysis 11. Observation and Competition Analysis 12. Teaching and Coaching Skills 13. Competency Assessment 	<ul style="list-style-type: none"> • International Canoe Federation (ICF) Level 3 Coaching Course (Expert Coach) • 3 weeks course + 3 months online learning & assessment

Appendix E: Administrative and Course Fees

Description	Fees	Remarks
Recognition of Prior Learning (RPL) Application	S\$100.00	Download RPL application form via SCF website
SG-Coach Full Integrated Level 1 Course	Ordinary Affiliate: S\$400.00 Associate Affiliate: S\$500.00 Non-Affiliate: S\$600.00	
SG-Coach Canoe Sprint Technical Level 2 Course	TBA	
SG-Coach Canoe Sprint Technical Level 3	TBA	