



SG-Coach SCF Full Integration Level 1 Canoe Sprint and Canoe Polo Coaching Course

Pre-Requisites

General

- ✓ Must be at least 18 years of age
- ✓ Must be medically fit (All participants must complete the Medical Indemnity Form. Participants who answer “Yes” to any conditions must provide a doctor’s certification.)
- ✓ Proof of swimming ability: At least SwimSafer Silver or able to swim 200m unaided (video evidence required)
- ✓ Must possess a valid First Aid with AED certification before the start of the course
 - Participants without a valid First Aid with AED certification prior to the course must submit the certification and be registered on NROC before CoachSG issues the coaching course certificate.

Canoe Polo

- ✓ Must have competed in at least one National Championships

Canoe Sprint

- ✓ Must hold a 1-star or an equivalent certification
- ✓ Must have competed in at least 3 recognised canoe sprint or marathon competitions or time trials (local/overseas)
- ✓ Attend and pass the compulsory proficiency test of technical ability in sprint canoe/kayak*:
 - Able to paddle 2km (with a turn) within the following timings:

Craft	Timing Criteria
MK1	11 min
WK1	12 min
MC1	12 min
WC1	13 min

- Able to exhibit a general proficiency in the following technical skills:



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- Keep the craft stationary and adjust position/manoeuvre appropriately when required
- Execute a start from stationary position
- Paddle straight within the allocated lane
- Execute a 180° turn within 3-4 lanes
- Exhibit overall technical proficiency and demonstrate use of **rotation** and **hip/leg drive** in a sprint kayak/canoe stroke
- A skills assessment test following the 2km time trial may be conducted if necessary to verify technical proficiency

* Current National Team athletes may be granted exemption based on the National Coaches' verification of 2km timings and technical proficiency recorded within the last two months.

Course Requirements

To be certified as a SG-Coach Full Integration Level 1 Canoe Sprint/Canoe Polo Coach*,

- ✓ Attendance must be 100% for all course sessions. All participants are expected to be punctual (at least 5 minutes before class) and actively participate in all sessions.
- ✓ Complete and submit on time all reflections, quizzes, assignments, micro-coaching assessments, and online e-learning components throughout the course.
- ✓ Achieve at least 80% (40 out of 50 questions) to pass both the SG-Coach Foundational Sports Science (FSS) and Theory Examination at the RP self-examination kiosk (separate examination fee applies). Examinations must be completed within 3 months of the face-to-face sessions.
- ✓ Complete compulsory coaching attachments:

Canoe Polo	20 hours (2 sessions of CP1 or Canoe Polo Orientation/training for beginners) with CP2 coaches, to be completed within 1 year of the course
Canoe Sprint	16 hours of coaching attachment with assigned coaches or programmes



- ✓ Pass the Competency Assessment, which includes continuous assessment throughout the course and a final coaching session that the participant will plan, conduct, and reflect upon in a selected craft (K1, C1, or Canoe Polo).

* Participants deemed “Not Yet Competent” for the Competency Assessment must complete an additional 10 hours of attachment with an appointed coach within 6 months of the last assessment before reattempting the Competency Assessment.

Upon successful completion of Modules 0 to 12, and all required assignments and examinations, participants will:

- ✓ Be required to hold a valid First Aid and CPR certification before receiving the SG-Coach Full Integration Level 1 Canoe Sprint/Canoe Polo Coaching Certificate
- ✓ Be required to be registered on NROC and MOE-IRS before being eligible to coach in MOE schools
- ✓ Be engaged in various communities of Canoe Sprint coaches, where shared resources, courses, and discussions will be managed by the Coach Developer

The SG-Coach Full Integration Level 1 Canoe Sprint Coaching Course integrates:

- SG-Coach Level 1 Theory (includes Values and Principles in Sport (VPS) and Safe Sport Certification)
- SG-Coach Foundational Sports Science
- SG-Coach Level 1 Canoe Sprint Technical Curriculum

Only one Full Integration certificate will be issued upon completion. As this is a full integration curriculum, all face-to-face sessions, attachments, and assessments are compulsory.

Please refer to Annex A for information on exemptions for prior learning.