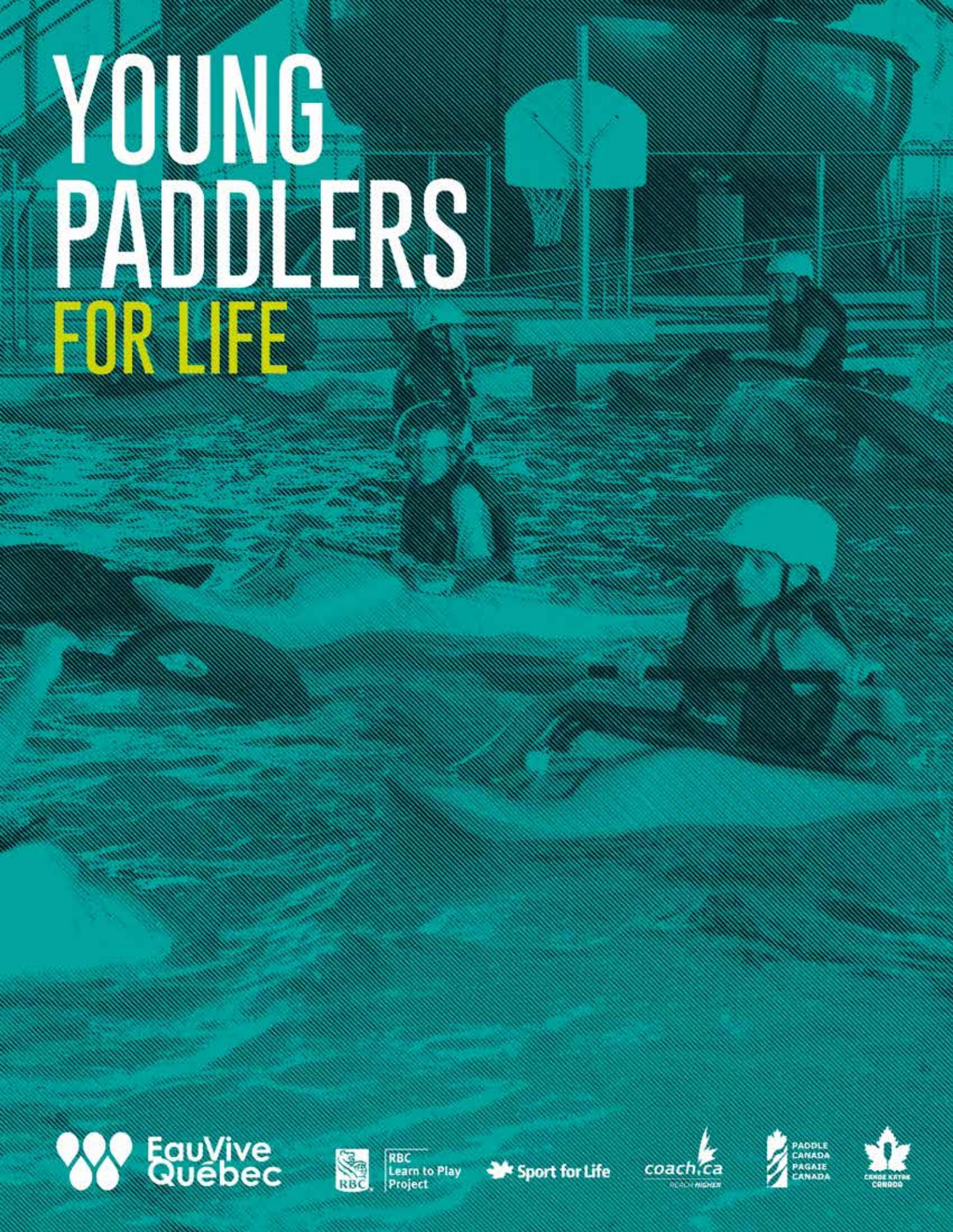


YOUNG PADDLERS FOR LIFE



RBC
Learn to Play
Project

 Sport for Life



2014 SUMMER SALE





PROJET PRESENTATION

Global trends are indicating a rise of a sedentary, indoor and electronics based culture in much of the industrialized world, with Canada being no exception, demonstrated by rising childhood obesity levels and poorer overall fitness levels.

Recent changes in educational and athletic programming are evolving to address these recurring issues amongst Canadians, through the development of physical literacy knowledge, training and initiatives to both youth and adults alike. A concerted effort is similarly being made in getting youth outdoors and active in order to reconnect safely with the world around us to promote healthier living for the same goal, investing in our global future by investing in our children's.

As water activities such as recreational kayaking and stand-up paddle boarding continue to boom, especially in our region of the world rich in lakes and rivers, it is necessary to ensure that we, as a society, are enabled to enjoy them safely and taught how to respect these environments from an early age.

Eau Vive Quebec, the provincial sport federation representing kayaking, surfing, stand-up paddling and rafting, in partnership with The RBC Learn to Play project, Sport 4 Life, Paddle Canada and Canoe Kayak Canada, is pleased to introduce the Young Paddlers For Life initiative. This program is an integrated approach to training and initiation programs that combine physical literacy, water safety knowledge and basic kayaking skills into schools and communities across the province in an effort to reverse negative trends in the populations health and outdoor safety.

PHYSICAL LITERACY

“Physical literacy is the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life.”

The International Physical Literacy Association, May 2014

PHYSICAL LITERACY

The idea behind physical literacy is that by giving individuals the opportunity to do the right physical activities at the right time in their development, more of them will enjoy getting active and stay active for the rest of their life by developing more confidence in their bodies, themselves and through better athletic skills.

Physical literacy accomplishes this by developing an individual's motivation, confidence, understanding of movement and physical competences. To develop physical literacy, individuals need to learn fundamental movement skills such as running, jumping, throwing, catching, balance and agility at an early age to transition into physically active, healthier and confident adults.

By introducing children in the FUNdamentals and Learn to Train stages of the Long Term Athlete Development (7-17 years old), the Young Paddlers For Life program aims to introduce children to water and boating experiences that will serve them for the rest of their life. Through comprehensive training and structured environments, children are encouraged to develop abilities in an often under represented facet of Canadian life, navigating and enjoying the numerous lakes and rivers our country has to offer.

Aquatic skills for all watercraft require a fundamentally different movement pattern from normal sports, making it necessary to introduce youth at early ages. A watercraft in a floating environment requires balance, propulsion and directional control that are easily transferable to canoeing, sailing, rowing, rafting, surfing, stand-up paddle boarding and general boating. Additionally, through games like Tag, Simon Says, British bulldog and Kayak-polo, youth can further develop throwing and catching skills, social/team interaction and how to adjust to changing environments.

WATER SAFETY

Canada still suffers from far too many boating accidents and tragedies each year. Problems with not wearing Personal Floatation Devices (PFD's), hypothermia from cold water exposure, impaired boating and lack of safety awareness still exist across Canadian Society. The cost to Canada and the public at large is too real to be ignored.

Basic and interactive instruction on water safety skills and awareness is being conducted through organizations like Paddle Canada (a proud partner of ours), through their highly adaptive and popular program, PaddleSmart. This program, developed with the aid of the federal government and search and rescue organizations, teaches participants of all ages about the safety strategies and characteristics of open and moving water, how to plan, equip and lead successful outdoor trips, as well as how to identify, avoid and handle all too common occurrences of hypothermia.

PROGRAM OVERVIEW

In a short 2-hour pool session, youth can be taught the basics of water safety and survival, as well as the basics of recreational, open-water kayaking (equipment, propulsion, directional control, balance and safety), while developing all aspects of physical literacy and foundational movement skills rarely addressed in standardized physical education programs.

Unfortunately, the traditional vehicle that has been historically utilized in Canada, an open canoe, has been flawed and the teaching methodology outdated. The idea of using 1 canoe in a pool to teach a group of 12 or more children requires the participants to stand around for 10-15 minutes to wait their turn for a 1-minute opportunity to get into the boat. A canoe is too big for young children to maneuver and handle outside the pool environment. The value of the boating safety message is often lost until the children due to this low activity to wait time ratio. Using short, 6ft kayaks, a group of 18 students can all be actively in the water in a 20-meter pool. This high ratio of time and space maximizes each participant's exposure, activity, learning and enjoyment, creating a fun and busy environment suitable to teaching youth how to enjoy open water safely and with confidence for the rest of their lives.

Eau Vive Quebec and its partners in the Young Paddlers For Life program, aim to equip, train and finance as many programs around the province of Quebec as possible in an ongoing and expanding initiative.

In addition to helping set up these programs, as well as regularly monitoring and improving them as they continue, our organization is committed to continually training new instructors, offering training and certification in Physical Literacy 101 (Sport 4 Life), PaddleSmart (Paddle Canada) and Pool Instructor 1 (Canoe Kayak Canada). These potential instructors can be drawn from teaching professionals, life-guards, parents, administrators, etc., and the training required to become certified to instruct this course can be accomplished in 2 days of training, without any previous education, outdoor or kayaking knowledge.



REACH

With only one weekly two-hour pool session, one instructor can initiate upwards of 400 youth per school year. Initially, pools situated within an elementary or secondary school will be the primary target market of the development of this program, but many pools exist within a short distance of public schools and many more are affiliated with community organizations which can help generate interest and participants in extra-curricular, evening and weekend time frames.

KEY POINTS

1. If a rescue is needed there is always a trained lifeguard on deck in addition to the kayak instructor, teaching staff and assistants;
2. If there is a problem in the pool, students are within easy reach in a controlled area;
3. A 20-meter pool with 4 lanes is more than enough space for 18 participants and their instructors to operate with a safe distance between participants;
4. All participants are instructed to perform the activity away from the edge of the pool to avoid dangers associated with tipping over and hitting their head. Additionally, all participants are obligated to wear helmet to further reduce the risk;
5. Any participant who is not a comfortable swimmer will wear a personal floatation device (life jacket). All students are suggested to wear a personal floatation device as well to further reduce risk and promote general water safety habits;
6. Modern plastic kayaks are approximately 6ft long, increasing maneuverability and maximizing personal space for safety concerns. These kayaks also come in a range of sizes for small primary school children, right up to extra-large adult size;
7. Kayaks now have large oversized cockpits that allow students to fall out of the boats easily;
8. Initial lessons are taught without spray-skirts, using the kayak as a floating toy to get the students comfortable with the activity and getting in and out of the boat;
9. Due to the number of kayaks and general equipment, onsite storage is highly advantageous. On the pool deck the boats can be stored on racks or vertically against an unused wall, secured in racks or tied to the wall. Storage closets/rooms or dead spaces are ideal to limit theft and impact where space is an issue. Paddles, helmets, personal floatation devices take up very little space compared to the kayaks, but have a larger need for a secure location or arrangement.



PAGE 7



PAGE 88



INSTRUCTOR TRAINING

PHYSICAL LITERACY 101

- Program and Accreditation offered by the Coaching Association of Canada and Sport 4 Life
- Designed to provide instructors with the information and tools needed for delivering physical activity programs
- Understanding foundational movement skills and physical literacy

PADDLE SMART

- Program accredited by Paddle Canada
- Highly adjustable to each context, audience and age group
- Designed to teach participants:
 - Trip Planning Skills
 - Equipment needs and uses
 - Open and Moving water characteristics
 - Hypothermia / hyperthermia: how to avoid it, how to recognize it, how to treat it

KAYAK INSTRUCTOR (POOL)

- Program and Accreditation offered by Canoe Kayak Canada and the Coaching Association of Canada
- Basic types, characteristics of kayaks and water sport equipment
- Adjust kayaking, helmets, life jackets for children use
- Entry and exit of kayak – on dry land and in water
- Forward and backward propulsion
- Turning, stopping yourself from flipping over
- How to aid others in need
- Games, canoe-polo

BUDGETS

EQUIPMENT BUDGET

The startup of a program in a school or pool requires the initial purchase of equipment (which can also be temporarily rented from a club or private business in the area *).

EQUIPMENT BUDGET			
EQUIPMENT	COST	QTE	TOTAL
Kayak	650 \$	18	11 700 \$
Paddle	140 \$	18	2 520 \$
Skirt	125 \$	18	2 250 \$
PDF	150 \$	18	2 700 \$
Helmet	115 \$	18	2 070 \$
TOTAL			21 240 \$

OPERATING BUDGET

Operating a program may or may not require an operating budget, depending on agreements with the school, the pool and the resources already in place in the location. The following costs are the maximum associated with a 2-hour session in the pool.

OPERATING BUDGET (PER SESSION) **			
DESCRIPTION	COST	QTE	TOTAL
Pool rental	100 \$	2 h	200 \$
Lifeguard	20 \$	2 h	40 \$
Instructor	20 \$	2 h	40 \$
Equipment rental *	80 \$	2 h session	80 \$
TOTAL MAXIMUM			360 \$

Divided by 18 participants

20\$/participant

* With the purchase of equipment, no rental costs will be incurred per session

** The operating costs will largely depend on the available resources. This budget is the maximum possible costs.

ORGANIZATION PRESENTATION

MISSION

Mandated by the Ministère de l'Éducation et de l'Enseignement Supérieur (MEES), Eau Vive Quebec is the provincial sport federation who regulates the practice of whitewater sports in Quebec since 1979.

OBJECTIVES

To promote the following sports and physical activities in the province of Quebec: kayaking, rafting, standup paddle boarding and surfing.

To represent the interests of all participants in the province of Quebec.

Offer and organize training and development opportunities.

Organize and present competitions and events at the regional, provincial, national and international levels.

Defend the interests of the different sports and individuals who practice kayaking, rafting standup paddle boarding and surfing.

HISTORY

A socially conscious not for profit organization (OBNL) with over 2000 members, dozens of clubs and schools, Eau Vive Quebec (EVQ) insures provincial representation in kayaking, rafting, standup paddle boarding and surfing.

A member of Canoe Kayak Canada, Paddle Canada and the Canadian Surf Association, the federation collaborates with important partners who operate in the sport, leisure, outdoor and scholastic milieus.

Over 3,000 individuals are trained and initiated each year in kayaking and standup paddling by federation certified instructors. Federation instructors offer courses safely, requiring instructors to be certified by Canoe Kayak Canada or Paddle Canada, as well as holding a valid first aid certification.

PAGE 1

PARTENAIRES

FINANCIAL

Association Canadienne des Entraîneurs
Canoe Kayak Canada
Loisir et Sport de l'Île de Montréal
Ministère de l'Éducation et de l'Enseignement Supérieur
Pagaie Canada
ParticipAction
RBC
Réseau Accès Participation
Ville de Montréal (Plan de l'eau)

MATERIAL AND HUMAN RESOURCES

Arrondissements Verdun et LaSalle
Centre Aquatique Régional de l'Érable (Princeville)
Club Eau Vive Mtl (CCKEVM)
Club Eau Vive Verdun
Club Echohamok
Eau Vive Expérience (Abitibi-Témiscamingue)
Espace Navi
Kayak Saguenay
Kayak Valleyfield
KSF
Ville de Salaberry-de-Valleyfield

CONTACTS

PROJET COORDINATION

Trevor L'Heureux
Directeur Éducation
Coordonnateur du programme
education@eauvivequebec.ca
514-777-7943

FINANCEW

Julie Crépeau-Boisvert
Directrice générale
directeur@eauvivequebec.ca
514-252-3000 #3863

EAU VIVE QUÉBEC

4545 av Pierre-de-Coubertin
Montréal (QC) H1V 0B2
eauvivequebec.ca

