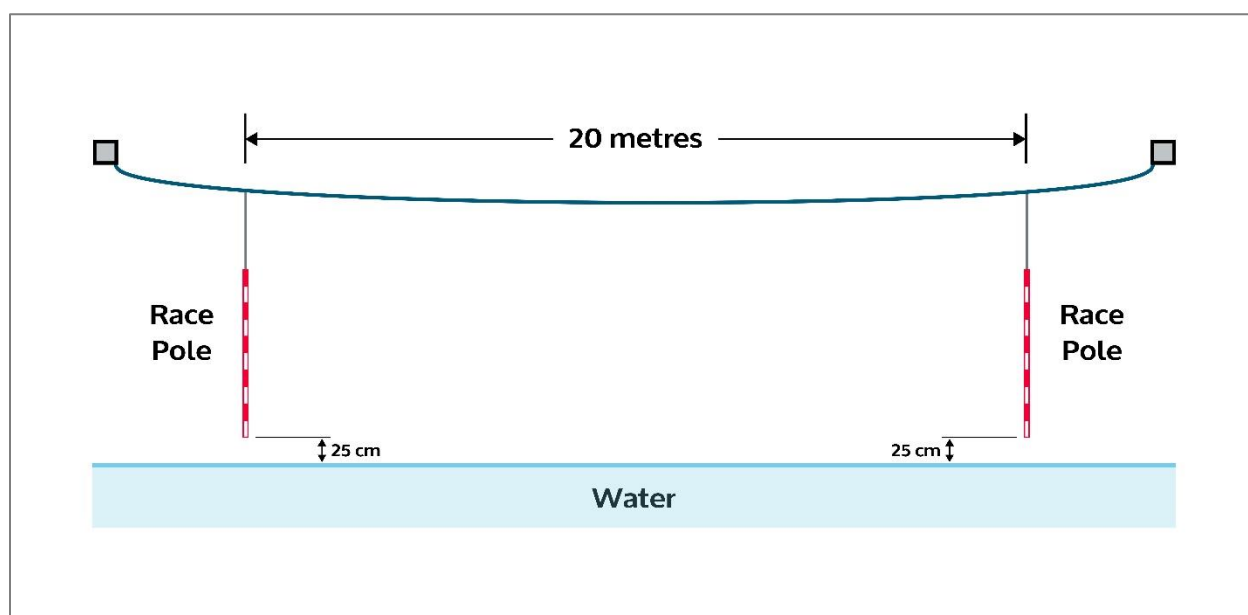




## 2021 WW TEAM RED PROTOCOLS

### Team Red Whitewater Challenge # 1: 140 metre Figure 8 Time Trial



#### Technical Rules

- Coaches should choose an appropriate location for the self-rescue and rolling challenge that is free from hazards
- Paddlers should wear appropriate PFD and helmets.
- There are no additional equipment regulations. All boat sizes and shapes are permitted.
- Two race poles or buoys should be spaced **20 metres** apart on flatwater for course set-up
- The paddler's starting position will be with the tip of their bow aligned with the "Start" race pole.
- The paddler's time will start as their hips cross the "Start" race pole line.
- Paddler will complete 7 lengths while navigating a Figure 8 pattern alternating their turning side at each pole therefore requiring them to complete a total of 6 turns.
- The paddler's time will stop as their hips cross the "Finish" race pole line. This will be the opposite pole the paddler started in.

## Assessment

The 160-metre Figure 8 Time Trial assessment will be recorded as shown below:

89.53	+	54	=	143.53
RUN TIME		PENALTIES		SCORE

- Timing may be performed using a handheld stopwatch or smart phone.
- A single person may perform the role of judge and timer.
- Time trial times should be recorded by the timer in seconds to the hundredth decimal. (eg. 92.73)
- Penalties (2 second for each touch, and 50 second for each missed gate/buoys) will be added to
- No enquiries or appeals will be permitted.

## Team Red Whitewater Challenge # 2: Self-Rescue and Rolling

### Technical Rules

- Coaches should chose an appropriate location for the self-rescue and rolling challenge that is free from hazards
- Paddlers should wear appropriate PFD and helmets.
- There are no additional equipment regulations. All boat sizes and shapes are permitted.
- Paddlers may choose to start the self-rescue and rolling challenge at the appropriate stage of progression based on their paddling level.

### Assessment

Coaches will observe each paddler's skill execution and assign the appropriate skill stage based on the paddler's maximum progression in the self-rescue and rolling challenge.

Skill	Stage
Wet exit without spray deck	1
Wet exit with spray deck	2
Perform T-rescue	3
Perform roll "X" times in 30 seconds	4
Perform hand roll "X" times in 30 seconds	5
Perform hand roll while holding ball "X" times in 30 seconds	6

## Team Red Whitewater Challenge # 3: Ball Shooting Accuracy



### Technical Rules

- Coaches should choose an appropriate location for the self-rescue and rolling challenge that is free from hazards
- Paddlers should wear appropriate PFD and helmets.
- Youth soccer nets or equivalent size nets may be used for goal (Size = 4 ft; 3 ft)
- Net should be set-up at water height.
- Canoe Polo balls are encouraged but any ball may be used.
- All boat sizes and shapes are permitted.
- Coaches should set-up distance markers along shoreline as a guide for shot distance.
- Paddlers may choose to start the self-rescue and rolling challenge at the appropriate stage of progression based on their paddling level.

Example of soccer net that may be used: [Pop-up Soccer Net for Polo Drill](#)

### Assessment

Coaches will observe each paddler's skill execution and assign the appropriate skill stage based on the paddler's maximum progression in the ball shooting accuracy challenge. 3 shot attempts are allowed at each stage.

Assessment/Skill (3 shot attempts allowed at each stage)	Stage
Score a minimum of 3/3 goals while shooting ball from boat at 2 metres from net	1
Score a minimum of 3/3 goals while shooting ball from boat at 4 metres from net	2
Score a minimum of 3/3 goals while shooting ball from boat at 6 metres from net	3
Hit target in 3/3 goal corners while shooting ball from boat at 2 metres from net	4
Hit target in 3/3 goal corners while shooting ball from boat at 4 metres from net	5
Hit target in 3/3 goal corners while shooting ball from boat at 6 metres from net	6

## Team Red Whitewater Challenge # 4: Lean Clean Stern Progression

A lean clean is using edge transitions and core rotation while slightly rocking the boat front and back to cause the boat to rotate horizontally.

Skill	Stage
<b>Basic skill</b> --> full 360 horizontal rotation with the lean clean technique (no paddle) in both directions (regardless of boat shape or model).	1
<b>Intermediate difficulty</b> --> using the basics of a lean clean, Stern squirt the boat up to and through a minimum of 60 degrees vertical (in current or on a flat), in both directions	2
<b>Advanced difficulty</b> --> using the basics of a Lean clean into a stern squirt and then hold boat in a stern stall for 30 seconds (in current or on a flat) in both directions.	3