



# Participation Code

## What you can expect

- A professional training programme designed to develop your canoe slalom skills
- Coaches that are encouraging, supportive and demanding of your best efforts
- To be provided a boat, paddle and your own individual set of equipment for the first year of participation

## BCC Canoe Slalom Talent Pathway aims to provide:

- Introductory group: 1-2 sessions per week during term time
  - Intermediate group; 2-3 sessions per week during term time
  - Slalom 3 group: 3-5 sessions per week during term time
  - Slalom 1 & 2 groups: 4-8 sessions per week during term time
- Plus training camps during Easter, Summer & October holidays

## What we expect from you

- To keep up with school work
- To always try your hardest in sessions, including being prepared to push your confidence
- To turn up to sessions on time and prepared
- To provide due notice if unable to attend a training session
- To act in a courteous way to other pathway members
- To act in a professional and sporting manner and appreciate that your actions reflect on Breadalbane Canoe Club in general and the Talent Development Pathway in particular
- To use the planner to ensure you know what is happening and when
- To compete in as many Scottish slalom events as your ability allows (once in Div 1; targeted events across the UK)

## What we expect from parents

- To provide emotional (encouragement) and physical support (taxi, food and drink) to paddler as they require at both race and training venues
- To provide a balance between independence and support of the paddler
- To maintain open communication with both the coach and paddler
- To meet the cost or subsidised cost of elements of your child's training requirements

## Participation Guidelines

- Before a session
  - Pack YOUR OWN cag, buoyancy aid, spraydeck, helmet, paddle and wetsuit or kayak clothing.
  - Check you have a change of clothes (inc underwear!) and a towel
  - Pack a sponge and a water bottle
- At start of a session
  - New Entrant and Introductory groups (at Grandtully): Meet in the SCA car park where parents should also park, it is very important we do not park in the Inn on The Tay car park
  - New Entrant and Introductory groups (all locations): Carry a slalom boat down to the river when instructed to do so
  - Put your dry clothes in the trailer or the compound NOT in the changing rooms
  - Report to the coach on time (when coach is on the bank, report to them BEFORE getting on the water)
- During a session
  - Please listen carefully to instructions.
  - Please allow plenty of space between paddlers when you have been set a course / task.
  - Work hard with maximum focus all the time
  - Free time at the end will only happen if we have managed to teach the planned lesson!

- At the end of a session
  - Please leave the river when asked
  - Carry all slalom boats not being used for the next session back to the store and all personal kit back to the cars
  - Get changed quickly in the changing room
  - Once you are changed, please help load and kit being transported
- Parents
  - Please take your turn in providing bankside supervision up to and including Slalom 2 (the parent's role in bankside support is simply to be there to provide TLC in the event of a swim and to assist the coach with anything that needs done on the bank).
  - Until your child can carry their own boat and put on their own spraydeck, parents need to do this for their own children
  - Until children are totally self-sufficient (in terms of being able to carry their own boat, put on their own spraydeck), they cannot be left unaccompanied - they **MUST** be assigned to another parent
  - Wellies, waterproofs and a golf umbrella are recommended as essential bankside support equipment (plus a camping / deck chair at competitions)

### Competition Commitment

- P6 - Take part in first competition (in September, at Alva)
- P7 - Flat water competitions (Aberfeldy, Alva and Aberdeen plus one at Fairmilee)
- S1 - Moving water competitions (as P7 plus Fairmilee and August Grandtully)
- S2/3 - Div 1 white water competitions (all Scottish competitions plus one event in England)
- S3/4 - Moving to Premier Division, competing through the UK (approx 8 weekends a year)