RIVERSPORT CANOE/KAYAK
Athlete/Parent Handbook
2015-2016
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The Oklahoma City Boathouse Foundation’s (OKCBF) mission is to develop and operate facilities and programs to improve the quality of life in Oklahoma City, pursue the highest goals of sports and fitness, attract diverse involvement in the boathouses and related events that generate a positive public image and economic opportunity, and promote the use and development of the Oklahoma River as a world-class urban aquatic venue.

1. Venue

   Oklahoma City Boathouse District
   Devon Boathouse & Oklahoma City National High Performance Training Center -
   The Devon Boathouse is home of the Oklahoma City University Rowing & Canoe/ Kayak teams, Oklahoma City RIVERSPORT Canoe/ Kayak and serves as an Olympic Training Site for Team USA Rowing.

   Chesapeake Energy Finish Line Tower - Chesapeake Energy Finish Line Tower plays a significant role for all races and regattas held on the Oklahoma River marking the official finish line for all racing. The tower includes the newest in race technology meeting the standards for FISA and International Canoe Federation, the international governing bodies for rowing and canoe/ kayak.

   Chesapeake Boathouse - The Chesapeake Boathouse was the first structure to grace the banks of the newly revitalized Oklahoma River in downtown Oklahoma City in 2006. Today, it is home to the Oklahoma City RIVERSPORT Junior Rowing Program and serves as the community boathouse on the river.

   Race Course - The Oklahoma City Boathouse District race course is a 2000m straight away marked course within the 4 kilometers of a controlled dam waterway on the Oklahoma River. Oklahoma River Traffic Pattern, see appendix II.

   Lake Overholser Boathouse - Located on the East shore of Lake Overholser along the North Canadian River, the Lake Overholser Boathouse and Stroud House is an additional training site for sprint canoe/ kayak in Oklahoma City.

2. Introduction to Canoe and Kayak

   About the Sport
Flatwater sprint racing is a head-to-head, timed, strength and endurance sport held on calm waters over 200m, 500m, 1000m and 5000m. Athletes race over a set distance in either a kayak (K) or canoe (C) in individual (K1 and C1) or team (K2 & K4 and C2 & C4) boats.

USA Canoe/Kayak is the national governing body for the Olympic sports of Canoe Sprint, Canoe Slalom, and Paracanoe as a member of the United States Olympic Committee (USOC). USA Canoe/Kayak is also the United States member of the International Canoe Federation (ICF) and the Pan American Canoe Federation (COPAC).

About Sprint Racing Boats

A racing kayak is a narrow, enclosed craft with a rudder to control the direction of the boat. The paddler is seated forward and uses a double-bladed paddle to pull themselves through the water on alternate sides to propel the boat forward.

Racing canoes are rudderless, open boats with the paddler holding a forward, upright position by kneeling on one knee with the other leg forward. Canoeists high kneel position stabilizes the boat allowing the paddler to use a single bladed paddle to propel the boat.

History

Canoe sprint made its first Olympic appearance as a demonstration sport in 1924 during the VIII Olympiad in Paris. In 1936, the International Olympic Committee officially recognized canoe sprint as a full medal sport. Women were added to the canoe sprint program in 1948 Olympiad.

3. Canoe/Kayak Seasons

Fall/Winter

The fall/winter season is considered a training and preparatory season and is vital to success in the spring season. This season is critical to developing volume base and technical skill and includes distance paddling, strength training, cardiovascular training, kayak ergometer training, circuits, and other similar activities. The fall/winter season begins in October and continues through early February and includes a 200meter kayak ergometer race.

Spring
The spring season is the most critical training season for a competitive paddler. During the spring, skills and fitness developed during the fall/winter season are honed and specified for canoe/kayak competition. While more developed Junior Competitive athletes prepare for the possibility of attending USA Canoe/Kayak Junior National Team Trials, Youth Competitive athletes continue to develop additional fitness and technical skills.

Summer

The summer season is the most competitive racing season for all canoe/kayak athletes and a primary racing focus. The summer season begins in June and continues through August for the USA Canoe/Kayak National Championships. From local fun races and scrimmages to regional, national and international competition the summer is the best time to be a paddler. Additional training opportunities are also available weekday mornings to Youth and Junior Competitive athletes as well as an array of fun summer programs for Youth Development athletes.

4. 2015/2016 Competitions

Local Regattas

RIVERSPORT Racing Series

Local Events scheduled throughout the season on the Oklahoma River and at the Lake Overholser Boathouse

Oklahoma Regatta Festival October 1-3, 2015
OGE Night Sprints October 2, 6pm-10pm
Head of the Oklahoma October 3, 10am-10p

Summer Youth & Junior Competitive Travel Regatta

Travel nationally and/or internationally for a week training camp and regatta to provide athletes with more competition experience. Travel occurs in the middle summer later in June or early July.

National Regattas

USA Canoe/Kayak National Championships

Oklahoma City, Oklahoma, USA August 11 – 14 (dates pending USA Canoe/Kayak approval)

USA Canoe/Kayak National Team Trials

Location TBA, April 21 – 23
International Races

International Canoe Federation Canoe Sprint World Cup 1, 2 & 3
- Duisburg, Germany May 20 – 22
- Racie, Czech Republic May 27 – 29
- Montemor, Portugal June 3 – 5

International Canoe Federation Junior & U23 Canoe Sprint World Championships
- Minsk, Belarus August 4 – 7

Olympics & Paralympic Games
- Rio De Janerio, Brazil August 5 – 21 & September 7 – 18

International Canoe Federation Paracanoe World Championships
- Duisburg, Germany May 17 – 19

5. Oklahoma City RIVERSPORT Canoe/Kayak (OKCRS)

Oklahoma City RIVERSPORT has teams, programs and camps for kids ages 8-18 to participate in paddling on the Oklahoma River and at the Lake Overholser Boathouse.

Junior Team

The Oklahoma City RIVERSPORT Canoe Kayak Junior Team trains youth 8-18 in the sport of sprint canoe/kayak.

Team Structure

Youth Development is for young and new athletes in the sport who have completed the Youth Learn to Kayak class. Practices continue two to three times a week focusing on basic paddle technique, balance and enjoying time paddling on the Oklahoma River. Athletes paddle individually and in team boats to strengthen their skills, develop a higher level of fitness and have fun on the water with their teammates. Once progressing through this program, athletes move to Youth Competitive.

Youth Competitive athletes make a commitment to training and racing. Training sessions focus on improving their balance, technique and speed on the water. Athletes also cross train participating in age appropriate strength and conditioning programs throughout the year. Progression in the sport is unique to each paddler, so coaches evaluate individual abilities before progressing out of this group. Once athletes reach the appropriate age and technical level, they progress to Junior Competitive. Paddle Report Card Youth Competitive, see appendix III.
Junior Competitive focuses on refining paddling technique through sport specific endurance, strength and speed training. Athletes in this program compete in local regattas, and they also travel nationally or internationally to race. Junior Competitive athletes strive to represent the United States National Team at international races. Paddle Report Card Junior Competitive, see appendix IV.

Memberships & Team Fees

Junior team athletes have a monthly fee that is dependent on the amount of sessions they attend each week. Each athlete has a membership fee of $50 as an Oklahoma City RIVERSPORT athlete and an additional $25 fee if they attend 2 times per week or $75 for 3 or more sessions per week.

Families are able to purchase a shared family membership of $125 if multiple members participate in Oklahoma City RIVERSPORT programing.

Practice Times

All athletes are welcome to attend practice sessions Monday – Thursday from 4pm-6pm. Additional select Youth Competitive and Junior Competitive athletes train Fridays from 4pm-6pm, Saturdays from 9am-11am as well as Monday, Wednesday and Friday from 5:30am-7:30am.

Senior Team

The Senior team is the most competitive training group in Oklahoma. This program includes senior athletes and collegiate paddlers that train vigorously year round. Consideration for this training group is evaluated through maturity, performance and achievement, competitive goals and meeting standards. Athletes strive to qualify for the United States National Team and represent the country at World Cups, World Championships and other international competitions.

Masters Team

Adults hoping to develop paddling skills are encouraged to join the Masters team. The program’s focus is to improve balance, teach paddling technique, develop racing skills and improve overall fitness levels. Paddlers above the age of 29 are able to compete at the Masters level nationally and, if they qualify, internationally. The program meets three times per week and runs year round. Coaches work with individual paddlers to help meet their sport specific goals.
Team Fees
Each Masters athlete has a membership fee of $50 as an Oklahoma City RIVERSPORT athlete and an additional $35 fee for scheduled coached practices.

Practice Times
Masters practice Tuesday and Thursday from 6-7:30pm and from 11am-1:30pm on Saturdays.

6. Oklahoma City RIVERSPORT Paddle Programs

Adaptive Paddling
The adaptive program is for adults with physical and visual disabilities and their caregivers to enjoy the sport of kayaking. No experience is necessary and all equipment is modified to meet the needs of anyone hoping to enjoy paddling the Oklahoma River. Thanks to charitable donations, this program is free to adaptive paddlers.

Youth Learn to Canoe/Kayak
A beginner program where youth of all ages learn basic to intermediate paddling skills in various paddle crafts. Lessons run two days a week during an 8 week program. Once completing this program, paddlers are encouraged to further their development in the sport and join the Junior Canoe/Kayak team. The eight week course is $150.

Adventure Camps
In the Boathouse District, campers enjoy an action packed week of fun and excitement. Adventure campers focus on learning water safety and paddling skills in an assortment of recreational and racing kayaks, canoes, stand up paddle boards and dragon boats. Campers also split their week between the newest attractions at the Oklahoma River including the SandRidge Sky Trail and Youth Zone. Camp package fees vary based on days, times and season.

7. Scholarships
The Oklahoma City Boathouse Foundation has a limited number of financial scholarships available. Scholarships are awarded in partial or full amounts based on need. The amount awarded is determined by an OKCBF scholarship committee. Those requesting financial assistance must fill out the scholarship application in its entirety (including a copy of tax forms) and submit it by the deadline in order to be eligible for an award. Incomplete or late submissions cannot be accepted. Scholarship athletes are required to volunteer at fundraisers and camps during the year. Scholarship forms are due by the end of the business day on February 1st. Each scholarship
applicants will be notified of the committee’s decision within two weeks of the deadline.

8. Fundraising

In order to keep up with the growth of our sport in Oklahoma City, we fundraise to support travel, purchase new equipment and pay for scholarships. Therefore, each athlete will be required to raise a specific dollar amount or volunteer at fundraising events for an equivalent number of hours over the course of the year.

9. Travel Information

Payment and Paperwork

All athletes are expected to have their paperwork and payment completed by the published due date. As a rule, at the latest payments will be due 3 weeks prior to an event and paperwork will be due 2 weeks prior to an event. In an effort to ensure the most reasonable price on airline tickets as well as the deposits required to make bus and lodging deposits, we may require a travel deposit in order to confirm your place on a trip as many as 3 months prior to travel.

To ensure that costs remain as low as possible for every participant prices for events once finalized will not be changed. Trips are offered as a package, again to ensure that costs remain as low as possible we only offer specific packages for each event and do not provide custom pricing for individuals.

Boat Loading & Unloading

If you plan to attend an OKCRS away event that involves boat transportation it is expected that you, or a family member attend all boat loading and unloading for that event. We realize that it is not always possible to make every aspect of the boat loading and unloading process. If you must miss a significant portion of the work you will be asked to perform a makeup service in the form of volunteer hours equal to the time missed in assisting your teammates.

Travel & Event Food

Although full meals may only be served at certain events, the OKCRS coaching staff believes that at every event snacks and proper hydration should be available during critical pre-race times for athletes. These snacks are not meant to replace meals but to supplement the food that each athlete should already carry as part of their race kit.
Event Coaching

The OKCRS coaching staff supports a performance based (as opposed to results based) coaching model.

Race day is not the time to approach the coaching staff with parental concerns or frustrations. Please take time either before the day has begun or after the event is over to discuss any possible issues.

The head coach will make all competition related decisions and has the final say in athlete disciplinary measures while the team travels away from home.

Athlete Behavior

OKCRS team members are expected to exhibit the highest-level of sportsmanship and conduct themselves as an ambassador for our community, our sport and our club. Please be sure to thank our hosts at every event and leave each location in as good or better condition than when you arrived.

Packing List:

1) Uniform and warm-up clothes
2) Extra paddling clothes for hot, cold and poor weather conditions
3) Weather appropriate change of warm/cool, dry clothing and socks
4) Spray skirt
5) Extra pair of shoes
6) Sandals, hat, sunglasses
7) Rain gear
8) Water bottle x 2
9) Sunscreen
10) Medications in original containers
11) Snacks or bars that are specific to your personal performance and nutritional needs
12) Toiletries, towel
13) Money for regatta shirt, etc.
14) Games, cards, whatever
15) Nothing that if stolen, misplaced or lost you could not live without
16) Folding chair, blanket, binoculars and cameras for parents

10. Equipment
Boats, Paddles & Lifejackets

All canoes, kayaks, boat components, paddles and lifejackets are to be treated with respect and proper care each day. It is every paddler’s responsibility to know how to safely move equipment for practice and competition purposes. Boats and paddles are to never be left alone unless properly stored in the boat bay. To keep equipment in good condition, only rest boats on land or docks with the hull side up to avoid scratches. Following use, wash the inside and outside of boats and wipe down. Remember: the more hands on the boat the better! When carrying team boats, a minimum of 2 paddlers must have both hands on the boat. To carry a K4 or C4, 3 paddlers must be carrying the boat.

11. Rules and Regulations

Personal Flotation Devices

Personal Flotation Devices (PFDs) must be worn by all paddlers throughout their first year of coached competitive Canoe/Kayak programs.

Any athlete in their first year Bantam (12 years of age on January 1st of each calendar year) or younger must wear a PFD at all practice sessions.

Any athlete that has paddled on OKCRS for more than one year, is at least a second year Bantam, and can comfortable paddle a Classic may practice without a PFD pending approval by the coaching staff.

Any athletes who, based on either physical disability or inability to swim, are judged by the coach to need a PFD will be required to wear one.

Facilities

All athletes are to make a conscious effort of maintaining a clean and safe boat bay environment to prevent injury or equipment damage.

Athletes are to respect OKCBF office space by not entering the coaching office area without prior approval.

Athletes under the age of 18 are not to utilize any weight room equipment without trained supervision or prior approval. Any athlete using boathouse equipment must clean and return items to designated storage spot if applicable.
Personal Appearance and Clothing Policy

Competition Uniforms
When attending and competition OKCRS athletes are required to compete in only OKCRS approved uniforms.

Wearing your team uniform on the water shows respect for yourself and your team.

In situations of poor or cool weather athletes should plan to layer under their team uniform.

Daily Training Attire
Athlete practice and race attire will be monitored by the coaches and OKCBF staff and any inappropriate attire will be immediately corrected. Athletes should always be respectful of others when choosing their paddling and workout attire. Male and female athletes are required to wear a shirt when training and competing for Oklahoma City RIVERSPORT. Athletes should be prepared with clothing and shoes appropriate for water and land training sessions each day.

Disciplinary Action
The coaching staff is responsible for administering disciplinary action. Most problems will result in a minor disciplinary action. Such actions include, but are not limited to:

1) Verbal Warning
2) Extra workout/alternative workout
3) Loss of specific equipment privileges
4) Loss of water privileges for a specified time
5) Written/verbal apology

Repeat violations may be considered a more significant problem and result in a major disciplinary action. Coaches must inform the OKCBF Director of Athletics of any major disciplinary action which would result in one of the following:

1) Long term loss of water/practice privileges
2) Long term loss of equipment privileges
3) Loss of race privileges
4) Suspension from team
5) Expulsion from team
The person affected must know the allegations against him/her and must be given a chance to respond to such allegations. Any disagreement with the implementation of any such actions should be appealed directly to the Head Coach and OKCBF Director of Athletics.

12. Staff Contact

Melanie Borger
Director of Athletic Programs
(908) 938-2766 (cell)
melanie.borger@gmail.com

Aasim Saleh - Boathouse District
Head Coach, RIVERSPORT Junior Canoe/Kayak Team
Youth Competitive Team Coach
(206) 799-4396 (cell)
asaleh@okcbf.org

Shaun Caven - Lake Overholser Boathouse
Head Coach, RIVERSPORT Canoe/Kayak Team
Lake Overholser Team Coach
(405) 535-9311 (cell)
scaven@okcbf.org

Mia Overton - Boathouse District
Assistant Coach, RIVERSPORT Junior Canoe/Kayak Team
Youth Development Team Coach
(206) 384-5909 (cell)
moverton@okcbf.org

Kelsey Lewis - Boathouse District
Assistant Coach, RIVERSPORT Junior Canoe/Kayak Team
Junior Competitive Team Coach
(248) 895-0563 (cell)
klewis@okcbf.org
Junior Team Post Capsize Safety Procedure

1) Immediately locate your boat, upright your boat to stop it from filling up with water.
   ✓ Even once capsized a boat left upright is the most buoyant safety device available to an athlete who is not wearing a lifejacket.

2) After ensuring your boat is upright and afloat, locate your paddle and any other equipment that may have fallen out of the boat but is still within arm’s reach, place easily reached equipment in the cockpit of boat.
   ✓ Leave the equipment where it is if it has floated out of reach. A coach can easily retrieve it later.
   ✓ If your boat has taken on a significant amount of water, skip this step as a coach can easily retrieve your equipment later.

3) Swim towards the bow of your boat, get a good grip by placing both hands around the bow making sure you are able to breathe comfortably.
   ✓ Upright boats float, an athlete should never leave their boat while it is upright and afloat.
   ✓ If you are wearing a lifejacket, let the life jacket support your weight in the water while holding on to the bow as long as you are able to continue to breathe comfortably.

4) You are now safe, wait for direction from your coach.
   ✓ If you are not wearing a life jacket you will be thrown one by your coach, use it to safely transition from holding your boat to boarding the safety launch.
   ✓ Only attempt to swim your boat to the shore or a nearby dock if your current position has become unsafe or if you are directed to do so by your coach.
   ✓ If you are capable and approved to do so in advance, you may perform a deep water re-entry into your boat. If safe to do so, paddle to the nearest dock or brace and wait for a safety launch to arrive to empty your boat.

Note:

After capsizing your boat can be a safety device capable of protecting you until your coach arrives in a safety launch. The safety of your boat always comes second to your safety, there is no exception to this rule.
OVERVIEW

Purpose

The purpose of this policy is to set and define responsibility for on the water traffic flow and safety.

Scope

This policy applies to all persons and vessels on the water on the Oklahoma River between Walker Ave (West dam) and Eastern Ave (East dam).

Policy

It is Foundation policy that any persons or vessels on the water on the Oklahoma River should follow a standardized traffic pattern. The intent of this policy is to ensure safety of persons on the water by setting a traffic pattern and light policy to avoid collision or other on the water incidents related or caused by traffic flow and/or visibility. It is expected that any program or person participating on the water will adhere to the following guidelines as they pertain to the section of water between Walker Ave and Eastern Ave.

POLICY GUIDELINES

2k Race Course

All rowing shells must stay to the right hand side of the river. When passing, slower crews or rowing shells will yield to the middle of the river. All beginner and recreational paddlers (including kayakers, canoers, stand-up paddle boarders) must stay in lane 8, the northernmost lane. Launches are prohibited from motoring in lane 8. All experienced paddlers must stay to the left hand side of the river. When a paddler or pod of paddlers pass a rowing shell, the rowing shell should stay their course and the paddlers will maneuver around them. When the paddler passing policy is in question, the paddler will tuck into the shore.

West of Lincoln Blvd

All rowing shells must stay to the right hand side of the river. When passing, slower crews or rowing shells will yield to the middle of the river. All experienced paddlers must stay to the left of the river. When a paddler or pod of paddlers pass a rowing shell, the rowing shell should stay their course and the paddlers will maneuver around them. When the paddler passing policy is in question, the paddler will tuck into the shore.

Turning

Turning boats do not have the right of way. Please ensure there are no oncoming vessels before turning your boat. Turning is prohibited under I-35. Please paddle or row through the I-35 bridges before spinning. Turning is prohibited at the 2k finish line. Please paddle or row through the finish line before spinning.
Lights

All rowing shells, kayaks, dragon boats, SUP’s and safety launches must have lights visible from the bow and stern while on the water in low-light conditions. A red light on the port side and a green light on the starboard side should be mounted on the bow. A white light should be mounted on the stern. In the event a rower or paddler cannot attach a white light to the stern, the light can be worn on the person.

Other traffic rules

The rowing barge must stay in the middle of the river and between the Pipe Bridge and I-35. Dragon Boats must stay in the middle of the river.

If you need to stop your boat to talk to your athletes, please be aware of oncoming traffic. Stopped boats forfeit their right-of-way. Best option is to stop your boat at wither dam or at the 2k finish line. Second option is to move your boats to the center lanes.

Consequences

The first violation of this traffic pattern will result in a verbal warning.

Second violation will result in the violator being off the water for 24 hours.

The third violation will result in the violator being off the water until they meet with the safety committee.

Witnesses reporting the violation should complete an Incident Report form and submit it to the Safety Committee.
### OKC RIVERSPORT Junior Canoe/Kayak Team
#### Youth Competitive Paddle Report Card

<table>
<thead>
<tr>
<th></th>
<th>Exceeds Standards</th>
<th>Meet Standards</th>
<th>In Progress</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chronological Age</strong></td>
<td>1st Year Juv (14)</td>
<td>2nd Year Ban (13)-2nd Year Peewee (11)</td>
<td>1st Year Peewee (10)</td>
</tr>
<tr>
<td><strong>Attendance</strong></td>
<td>6 Sessions Per Week</td>
<td>5-3 Sessions Per Week</td>
<td>2 Sessions Per Week</td>
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<tr>
<td><strong>Developmental Age</strong></td>
<td>Post-Puberty</td>
<td>Mid-Puberty</td>
<td>Pre-Puberty</td>
</tr>
<tr>
<td><strong>Team Contribution</strong></td>
<td>Young Leader Exemplary Behavior</td>
<td>Positively Contributes &amp; Team Player</td>
<td>Occasionally Negatively Contributes</td>
</tr>
<tr>
<td><strong>Weight Room Proficiency</strong></td>
<td>25% Bodyweight in Primary Exercises</td>
<td>Light Weight, Technically Proficient in Primary Exercises</td>
<td>Bodyweight Only, Elementary Experience in Primary Exercises</td>
</tr>
<tr>
<td><strong>Run Times 4K &amp; 400m</strong></td>
<td>Run Times Equal Water Time</td>
<td>Completes All Assigned Runs, No Walking</td>
<td>Complete Most Assigned Runs, Occasional Walking</td>
</tr>
<tr>
<td><strong>Technical Comprehension</strong></td>
<td>Elementary Understanding of all Aspects</td>
<td>Elementary Understanding of Basic Principals</td>
<td>Learning Basic Principals</td>
</tr>
<tr>
<td><strong>Technical Application</strong></td>
<td>Technical Principals in Progress</td>
<td>Technical Foundation in Phases</td>
<td>Applying Basic Principals</td>
</tr>
<tr>
<td><strong>Balance</strong></td>
<td>Comfortable in K1/C1 in all Conditions</td>
<td>Comfortable in Non Viper or Delta</td>
<td>Comfortable in Viper 51 w/ Seat or Delta</td>
</tr>
<tr>
<td><strong>Equipment Know-How</strong></td>
<td>Independently Adjusts all Fittings</td>
<td>Occasionally Requires Assistance in Adjusting Fittings</td>
<td>Requires Assistance in Adjusting Fittings</td>
</tr>
<tr>
<td><strong>Safety</strong></td>
<td>Observes all Rules &amp; Traffic Pattern</td>
<td>Understands all Rules &amp; Traffic Pattern</td>
<td>Learning all Rules &amp; Traffic Pattern</td>
</tr>
<tr>
<td></td>
<td>Exceeds Standards</td>
<td>Meet Standards</td>
<td>In Progress</td>
</tr>
<tr>
<td>--------------------------</td>
<td>-------------------</td>
<td>----------------</td>
<td>-------------</td>
</tr>
<tr>
<td><strong>Chronological Age</strong></td>
<td>1st Year Sr (18)</td>
<td>2nd Year Jr (17)-1st Year Juv (14)</td>
<td>2nd Year Ban (13)</td>
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<tr>
<td><strong>Attendance</strong></td>
<td>8 Sessions Per Week</td>
<td>7-5 Sessions Per Week</td>
<td>4-3 Sessions Per Week</td>
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<tr>
<td><strong>Developmental Age</strong></td>
<td>Physically Mature</td>
<td>Post-Puberty</td>
<td>Mid-Puberty</td>
</tr>
<tr>
<td><strong>Team Contribution</strong></td>
<td>Leader, Role Model &amp; Mentor</td>
<td>Positively Contributes &amp; Team Player</td>
<td>Occasionally Negatively Contributes</td>
</tr>
<tr>
<td><strong>Weight Room Proficiency</strong></td>
<td>Exceeds Bodyweight in Primary Exercises</td>
<td>Bodyweight in Primary Exercises</td>
<td>25% Bodyweight in Primary Exercises</td>
</tr>
<tr>
<td><strong>Run Times 4K &amp; 400m</strong></td>
<td>Men 15'/1' - Women 17'/1'10&quot;</td>
<td>Run Times Exceed Water Time</td>
<td>Run Times Equal Water Time</td>
</tr>
<tr>
<td><strong>Technical Comprehension</strong></td>
<td>Fully Understands, Assess Peers</td>
<td>Basic Understanding of all Aspects</td>
<td>Elementary Understanding of all Aspects</td>
</tr>
<tr>
<td><strong>Technical Application</strong></td>
<td>Technically Foundation in Place</td>
<td>Technical Foundation in Progress</td>
<td>Technical Principals in Progress</td>
</tr>
<tr>
<td><strong>Balance</strong></td>
<td>Confident in all Boats/Conditions</td>
<td>Comfortable in all Boats/Conditions</td>
<td>Comfortable in K1/C1 in all Conditions</td>
</tr>
<tr>
<td><strong>Equipment Know-How</strong></td>
<td>Diagnose &amp; Performs Basic Repairs</td>
<td>Independently Adjusts all Fittings &amp; Assist Others</td>
<td>Independently Adjusts all Fittings</td>
</tr>
<tr>
<td><strong>Safety</strong></td>
<td>Provides Assistance in Emergencies, Notifies Peers of all Rules &amp; Traffic Pattern</td>
<td>Observes all Rules &amp; Traffic Pattern, Direct Supervision Not Required</td>
<td>Ignores Rules &amp; Traffic Pattern Occasionally, Direct Supervision Required</td>
</tr>
</tbody>
</table>
Athlete Code of Conduct

As a member of the OKC RIVERSPORT Canoe/Kayak (OKCRS), I am committed to upholding the Athlete Code and agree to comply with the following training and competition regulations:

Training and Competition Regulations

1) OKCRS members will act in a responsible manner at all times to assure the safety and well-being of its participants as well as non-participants.
2) OKCRS members will treat all members as well as non-participants with respect and as they wish to be treated while participating in OKCRS activities.
3) OKCRS members will not use words of profanity while participating in OKCRS activities.
4) OKCRS members will foster an atmosphere of positive relationships, interactions, and activities. Support OKCRS in the community and will generally refrain from negativity concerning OKCRS fellow participants and programs.
5) OKCRS members will comply with the coaches' directives while attending any OKCRS activity.
6) OKCRS members will show respect, in both actions and words, for fellow athletes, coaches, race officials, chaperones, and all others who volunteer their time.
7) OKCRS members will address any issues that may arise through proper channels: their immediate coach, the Head Coach and then to the Director of Athletics without demeaning any individual or the organization as a whole.
8) When participating in regattas, OKCRS members shall help load and unload the trailer, remain with the group unless previous approval has been granted, adhere to established team curfew, and be physically and mentally prepared to race.
9) In accordance to the law of the State of Oklahoma, OKCRS does not condone underage drinking or use of illegal substances by its members. OKCRS provides no sanctuary from the law and recognizes its responsibility to cooperate with law enforcement officials in matters pertaining to illegal use of drugs and/or alcohol. Use of alcohol or illegal drugs while participating in any OKCRS activity will be considered inappropriate and the athlete will be subject to dismissal.

Athlete Code

Attitude
I will always be on time to all team scheduled events and practices.
I will always respect my coaches and team volunteers by doing what I am asked, when I am asked.
I will always find the positive in all situations, be positive towards all teammates and anyone I meet.
I am always the best representative of myself, my family and my club because I am proud to be a paddler.

Sportsmanship
I will always behave on and off the water like a champion.
I will always encourage my teammates.
I will always be steadfast and fight in every race, workout and challenge regardless of my place.
If I am struggling I will always ask for help.
If I see others in need I will always offer help

Respect
I will always treat with respect every individual I meet through sport.
I will always respect my parents' time.
I will always respect my teachers by doing my homework.
I will always respect my club, it is only as good as I am.
I will always respect the decisions made by officials.
I will always respect the coach’s requests by being honest and doing my best.
I will respect my paddling equipment, I understand that I use it by privilege and not by right.

Athlete Signature ___________________________ Parent/Guardian Signature ___________________________
Parent Code of Conduct

1) I will support RIVERSPORT Canoe/Kayak at home and in the community.
2) I will respect the coaching staff and their responsibility to my children during practices and competitions and will never question, discuss, or confront coaches at practices or during competition, and will take time to speak with coaches at an agreed upon time and place.
3) I will learn the rules of Canoe/Kayak and understand the policies of the coaching staff.
4) I will address any issues that may arise through proper channels: coaching staff, then to the Director of Athletics without demeaning any individual or the organization as a whole.
5) I will inform the coach of any physical disability, ailment or injury that may affect the safety of my child or the safety of others.
6) I will demand that my child treat other athletes, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability.
7) I will teach my child that doing one’s best is more important than winning, to measure performance against their own so that my child will never feel defeated by the outcome of a race or his/her performance.
8) I (and my guests) will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every regatta, practice or other sporting event.
9) I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent.
10) I will not encourage any behaviors or practices that would endanger the health and wellbeing of the athletes.
11) I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
12) I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time.
13) I will emphasize skill development and practices and how they benefit my child over winning. I will also deemphasize competition in the lower age groups.
14) I will promote the love of sport as well as the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win.
15) I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol and I will refrain from their use at all sports events.
16) I will refrain from coaching my child or other participants during competitions and practices, unless I am one of the official coaches of OKCRS.

Athlete Name ___________________________________________ Parent/Guardian Signature ________________________________
Coach Code of Ethics

1) The coach shall place the emotional and physical well being of his or her players ahead of a personal desire to win.

2) The coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the athlete and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

3) The coach shall uphold the honor and dignity of the profession as well as the privilege to coach the young people of our community. In all personal contact with athletes, officials, parents, OKCBF staff, volunteers the media and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

4) The coach shall strive to become a technical expert of Canoe/Kayak and use positive coaching methods to make the experience enjoyable for athletes, increase their self-esteem and foster in them a true sense of love and enjoyment of Canoe/Kayak.

5) The coach shall treat each player as an individual, remembering the large range of emotional and physical development for the same age group. The coach shall observe all athletes and strive to make each participant feel as if he/she is a valuable member of the team regardless of any physical or developmental limitations he/she may have.

6) The coach shall do his or her best to organize practices that are safe, fun and challenging for all athletes.

7) The coach shall be prepared for and attend all scheduled team practices except in cases of emergency, conflicting high priority OKCBF business and prescheduled paid time off.

8) The coach shall work/collaborate with the entire coaching staff to promote the values of the OKCBF and direct all programs in harmony with its goals.

9) The coach shall master the rules and tactics of Canoe/Kayak and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules. The coach shall model the principles of fair play and sportsmanship at all times.

10) The coach shall respect and support regatta officials and volunteers. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

11) The coach shall model grace, dignity and composure regardless of the outcome of any competition or event.

12) The coach shall receive USOC SafeSport youth athlete protection training and refrain from all manner of personal abuse and harassment of others, whether verbal, physical, emotional or sexual.

13) The coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.

14) The coach shall avoid the use of alcohol and tobacco products when in contact with players.