



**CANOE KAYAK
CANADA**

**It's Who We Are.
C'est Notre Nature.**

Coast to Coast to Coast Paddle Challenge Info Package 2

Date

August 29, 2020

Location

Various venues across Canada

Coast to Coast to Coast Paddle Challenge Event Page:

<https://canoekayak.ca/event/coast-to-coast-to-coast-paddle-challenge/>
#CKCPaddleChallenge

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Broadcast/Streaming

Dean Jenkins

Emily Jenkins

Event Specifics

***Please note that all regional and provincial/territorial COVID-19 public health guidelines regarding group size and physical distancing must be followed at all times during this event. Additionally, all participants must follow CKC's on-water Code of Safety.

General

The Coast to Coast to Coast (CCC) Paddle Challenge will occur through simultaneous events at various clubs and locations across the country. The goal of this event is to connect our diverse paddling community and to encourage paddlers to get out and have fun on the water. To celebrate, CKC will be streaming live on our [YouTube channel](#) on Saturday August 29th to feature paddling across the country with special alumni and Olympian guests. Family and friends can tune in to watch.

Event Format

The events will either be held in a registered host location, or on an individual basis in a non-host environment. Host locations can organize their event in a format of their choice. Individuals can complete the open/skill-based challenges where they choose.

See overview of event streams and challenges below. Specific details for each challenge can be found under Registration and Results sections and under Agility, Slalom & Polo Challenge Protocols Section.

1) Open/Skill based Challenges (to be completed on an individual basis):

- i. **Distance Challenge:** Paddle 2km, 5km or 10 km.
- ii. **Best Move Challenge:** Post a video of your best move in a boat, let your creativity shine while staying safe!
- iii. **Paddle with Us Challenge:** Submit a video of a friend performing a new skill you have taught them.
- iv. **Agility Challenge:** Figure 8 (60m) single pole/buoy time trial. Complete the challenge as fast as possible. Any style boat.

2) Competitive Challenges (held at different host locations):

- a. Locations across Canada can register to participate at a "host" location (club or venue) on August 29th.
 - i. **Marathon Races**
 - ii. **Sprint Challenge** (See separate Sprint Info Package)
 - iii. **Canoe Polo:** Three player figure 8 relay race with dribbling and ball shot
 - iv. **Freestyle:** 45 second ride.
 - v. **Slalom:** Figure 8 (60m) single pole time trial

Registration

1) Open/Skill based Challenge registrations:

- a. All individuals who will be participating in any of the open/skill based challenges are required to register for their respective challenge and complete a Release of Liability and Media Release form. Only those who complete this step will be considered for prizes.
 - i. Please follow [this link](#) to register and complete your forms **by 12:00 am EDT Tuesday, August 25th**.

2) Competitive Challenge registrations:

- a. All individuals who will be participating in the CCC Paddle Challenge at a host location are required to register for their respective challenge and complete a Release of Liability and Media Release form. Only those who complete this step will be considered for prizes.
 - i. Please follow [this link](#) to register and complete your forms by **12:00 am EDT Tuesday, August 25th**.
 - ii. For those completing the Sprint Competitive Challenge, please see separate Sprint Competitive Challenge Info Package 2 for registration and entry details of Sprint competitive challenge.

Note: CKC will be sending an event package to each registered host location with event merchandise prior to August 29th.

Results

The CCC Paddle Challenge is divided into two streams with different challenges for each stream. Result inputting will vary depending on the challenge. Prizes will be awarded for different challenges.

1) Open/Skill based Challenges (to be completed on an individual basis):

- a. **Distance Challenge:** Paddle 2km, 5km or 10 km.
 - i. Post a picture of your Strava/GPS/watch tracking showing your paddled distance to Facebook or Instagram and tag **#CKCPaddleChallenge by 1pm EDT on August 29th** for a chance to be featured on the Livestream and to be entered to win a prize for the Distance Challenge. Alternatively, send this picture to admin@canoekayak.ca.
- b. **Best Move Challenge:** Post a video of your best move in a boat, let your creativity shine while staying safe! Video must be under 30 seconds.
 - i. Post this video to FaceBook or Instagram and tag **#CKCPaddleChallenge by 1pm EDT on August 29th** for a chance to be featured on the Livestream and to be entered to win a prize for the Best Move Challenge. Alternatively, send this video to admin@canoekayak.ca.
- c. **Paddle with Us Challenge:** Submit a video of a friend performing a new skill you have taught them.
 - i. Post this video to FaceBook or Instagram and tag **#CKCPaddleChallenge by 1pm EDT on August 29th** for a chance to be featured on the Livestream and to be entered to win a prize for the Paddle with Us Challenge. Alternatively, send this video to admin@canoekayak.ca.
- d. **Agility Challenge:** Figure 8 (60m) single pole/buoy time trial. Complete the challenge as fast as possible. Any style boat. (Set up details included under Agility, Slalom & Polo Challenge Protocols below).
 - i. Post a picture or video of yourself completing the agility challenge to Facebook or Instagram and tag **#CKCPaddleChallenge by 1pm EDT on August 29th** for a chance to be featured on the Livestream and to be entered to win a prize for the Agility Challenge. Alternatively, send this picture/video to admin@canoekayak.ca.

2) Competitive Challenges (held at different host locations):

- a. **Scheduled Marathon Races** in multiple locations. Please use the [this link](#) to submit timing results **by 1pm EDT on August 29th** for a chance to be featured on the Livestream and to be entered to win a prize for the marathon competition.
- b. **Sprint Challenge** (See separate Sprint Info Package)
- c. **Canoe Polo:** Three player figure 8 relay race with dribbling and ball shot (Set up details included under Agility, Slalom & Polo Challenge Protocols below). Please use [this link](#) to submit timing **results by 1pm EDT on August 29th** for a chance to be featured on the Livestream and to be entered to win a prize for the polo competition.
- d. **Freestyle:** 45 second ride. Submit Video to admin@canoekayak.ca by **August 27th** for a chance to be featured on the Livestream and to be entered to win a prize for the Freestyle Competition.

- e. **Slalom:** Figure 8 (60m) single pole time trial (Set up details included under Agility, Slalom & Polo Challenge Protocols below). Please use [this link](#) to submit timing results **by 1pm EDT on August 29th** for a chance to be featured on the Livestream and to be entered to win a prize for the slalom competition.

Virtual Specifics

Broadcast

Throughout the day, CKC will be organizing a full day broadcast on our [YouTube channel](#) to highlight the CCC Paddle Challenge taking place across the country. CKC is requesting all event hosts designate a media contact person for the day in order to coordinate live check-ins with different locations across the country. See draft broadcast schedule below.

Schedule of Day: All times in EDT
9am – 9:15am: Intro segment
9:15am – 10:15am: Atlantic Region
Check ins starting at around 9:45
10:15am – 11:15am: Quebec Region
Check ins starting at around 10:45
11:15am – 12:15am: Ontario region
Check ins starting at around 11:45
12:15-1:15pm: Prairie region
Check ins starting at around 12:45
1:15-2:15pm: Pacific region
Check ins starting at around 1:45
2:15-2:45pm: Closing segment

The media contact for each host location will be contacted to test the livestream connection and coordinate a specific time for a live check in.

Video Content

Video Contest – Presented by Nelo Canada:

The live broadcast will also include a spirit video contest, with prizes awarded for 1st, 2nd and 3rd place videos. The grand prize will be a boat donated by Nelo Canada to the paddling club affiliated with the winning submission. The video contest winners will be announced at end of the live broadcast on August 29th. Submitted videos could include a tour of your club or training location, how you have been training throughout COVID-19, club spirit, discipline spirit etc. Creativity is key! ***Please ensure any music used within your video is not copyrighted.**

Clubs are asked to submit a maximum 2-minute video **filmed horizontally** to Maryn Sommerfeldt at msommerfeldt@canoekayak.ca by **Tuesday August 25th at 12:00am EDT**. Please include the name of the club that you wish to nominate for consideration of the prize when submitting your video.

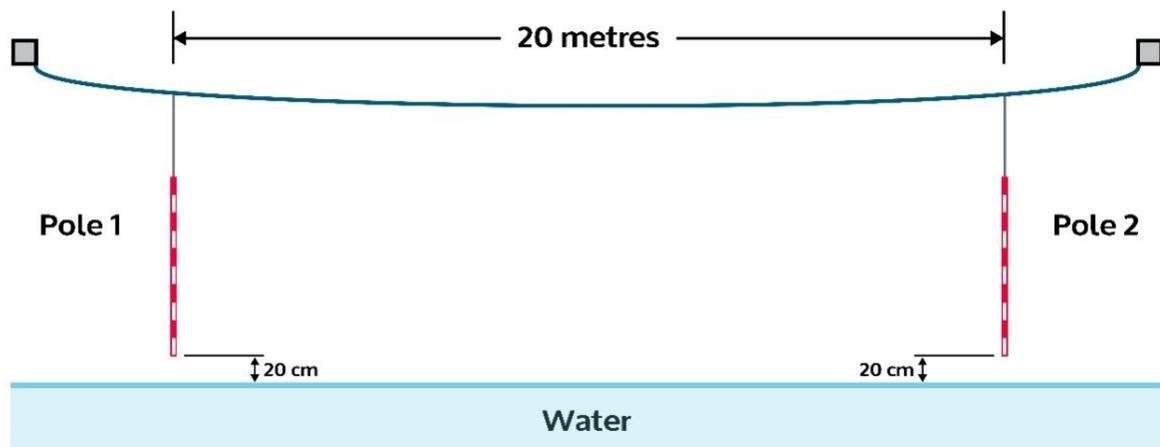
*Prizes will be awarded to paddling clubs, not to individuals.

Note: Please ensure all public health guidelines are being followed when filming your videos.

Agility, Slalom & Polo Challenge Protocols

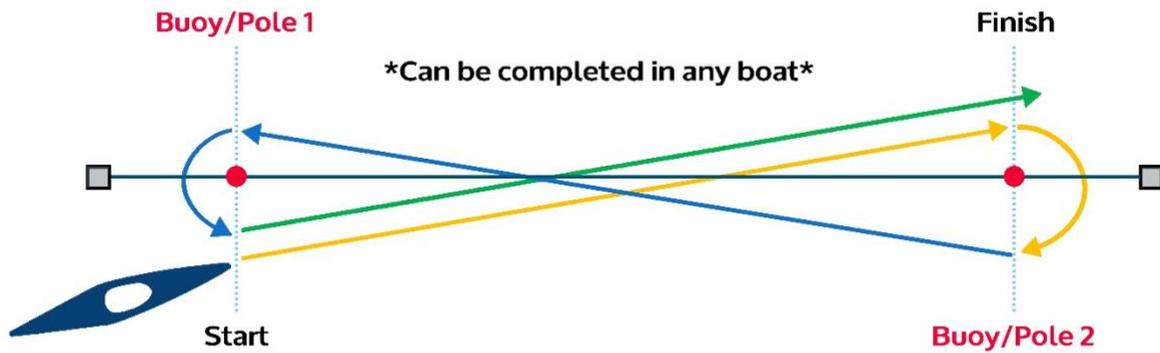
Side View of Set up for agility, slalom & polo challenges

***Poles are preferable but can be replaced by Buoys if no poles are available



Agility Protocol - Figure 8 (60m) single pole/buoy time trial

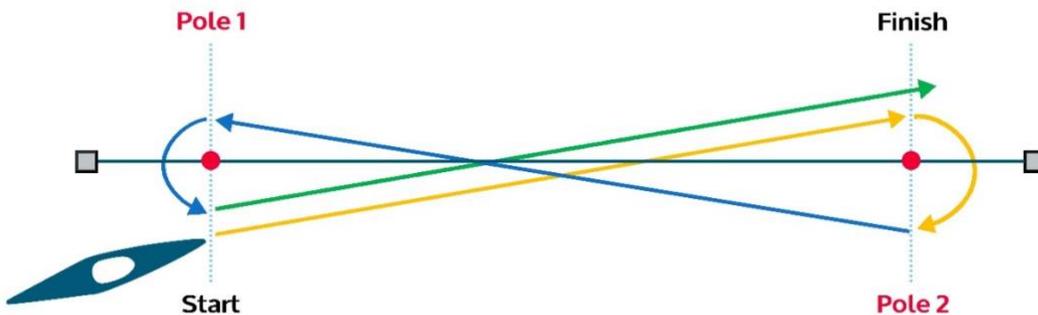
1. Challenge can be completed in any style boat.
2. Boat bow should be lined up with pole/buoy #1 with pole/buoy on the left side of paddler
3. Time starts when the body crosses pole/buoy #1
4. 20m sprint to pole/buoy #2 with right rotation
5. 20m sprint to pole/buoy #1 with left rotation
6. 20m sprint to pole/buoy #2 time stops when the body crosses pole/buoy #2 on right side of paddler.



Post a picture or video of yourself completing the agility challenge to Facebook or Instagram and tag **#CKCPaddleChallenge** by **1pm EDT on August 29th** for a chance to be featured on the Livestream and to be entered to win a prize for the Agility Challenge. Alternatively, send this picture/video to admin@canoekayak.ca.

Slalom Protocol - Figure 8 (60m) single pole time trial

1. Boat bow should be lined up with pole #1 with pole on the left side of paddler
2. Time starts when the body crosses pole #1
3. 20m sprint to pole #2 with right rotation
4. 20m sprint to pole #1 with left rotation
5. 20m sprint to pole #2 time stops when the body crosses pole #2 on right side of paddler.



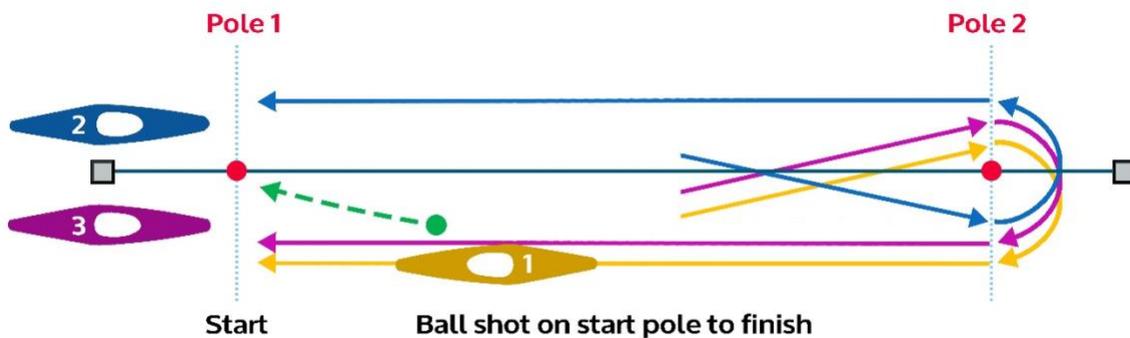
2 runs with 5 minutes break between runs
 Best run (time + penalties) is counted for overall score
 Challenge can be completed in K1 or C1

Please use [this link](#) to submit timing results **by 1pm EDT on August 29th** for a chance to be featured on the Livestream and to be entered to win a prize for the slalom competition.

Polo Protocol – 3 player figure 8 relay with dribbling and ball shot

Objective: All three players must navigate the course sequentially while dribbling the ball with the relay transition occurring when a successful ball shot hits Pole #1. The objective is for the three players to complete the challenge as quickly as possible. The ball cannot be carried by the player. Ball sharing is not allowed. Each player should use their own ball.

1. Player #1 boat bow should be lined up with Pole # 1 with pole on the left side of Player #1
2. Time starts when the body of Player #1 crosses Pole #1
3. Player 1 - 20m sprint while dribbling the ball with right rotation around Pole #2 followed by a shot at Pole #1. The player can choose when to shoot the ball after competing the turn around Pole #2.
4. Player #2 is ready in start position
5. Player #2 can start upon successful ball contact on Pole #1 from Player #1 ball shot
6. Player #2 - 20m sprint while dribbling the ball with left rotation around Pole #2 followed by a shot at Pole #1. The player can choose when to shoot the ball after completing the turn around Pole #2.
7. Player #3 is ready in start position
8. Player #3 starts upon successful ball contact on Pole #1 from Player #2 ball shot
9. Player #3 - 20m sprint while dribbling the ball with right rotation around Pole #2 and shot at Pole #1. The player can choose when to shoot the ball after completing the turn around Pole #2.
10. The team time is stopped upon successful ball contact on Pole #1 from Player #3 ball shot.



Team combined time will be recorded for team score. No penalties will be added for pole touches.

Please use [this link](#) to submit timing **results by 1pm EDT on August 29th** for a chance to be featured on the Livestream and to be entered to win a prize for the polo competition.

Thank you to our partners, sponsors, and suppliers!

Canada

