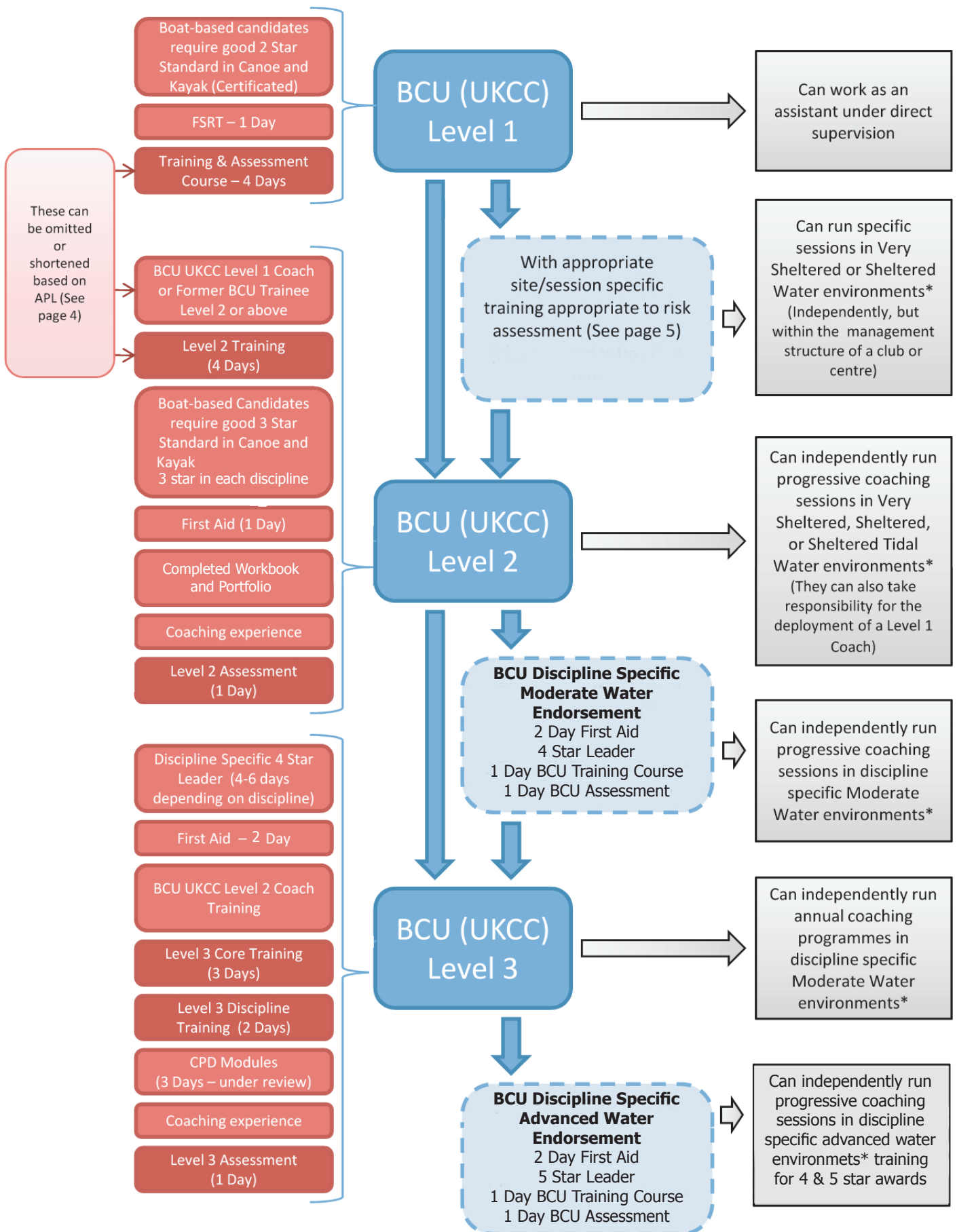


Coaching Overview



* For environmental definitions see page 2

BCU Environmental Definitions

Very Sheltered Water

Quiet canals with easy bankside access and egress; small lakes, which are not large enough, and do not have difficult landing areas for problems to occur if there is a sudden change in conditions; specified sites on gentle, slow moving rivers. The definition implies weather conditions which are not in themselves likely to cause problems. Care must be exercised when water temperatures are low.

Sheltered Water

Flat water rivers, faster flowing, but not involving the shooting of, or playing on weirs or running rapids. Discretion and commonsense must apply when considering the use of lakes/lochs. To operate further than 200 metres from shore on a large lake can be a serious undertaking. To paddle in offshore breezes on large lakes requires the same degree of caution as for the sea. Water temperature (especially in Scottish lochs) must always be a consideration. Suitable lagoons or sections of sheltered bays of larger lakes can sometimes be designated "Sheltered" or even "Very Sheltered" water by careful and sensible selection. The definition implies normal conditions. Care must be exercised when water temperatures are low.

Sheltered Tidal Water

Small enclosed bays, where there is minimal possibility of being blown offshore; enclosed harbours, where there is minimal possibility of being blown offshore; defined beaches (a short section of beach with easy landing throughout, no tide races or overfalls beyond the beach), in conditions in which swimmers and beach craft could be happily operating, winds not above force 3 (force 2 if offshore when greatest of caution must be exercised); the upper reaches of some suitable, slow moving estuaries during neap tides. In all cases the wind and weather conditions must be favourable.

Moderate Water – Inland Water

Large areas of open water which exceed the sheltered water definition, that are no more than 500m off shore and in wind strengths that do not exceed force 4.

Moderate Water – White Water

Grade 2 white water or equivalent weirs.
(This is extended to Grade 2(3) when using whitewater spec Kayaks).

Moderate Water – Tidal / Sea

Moderate Tidal Water / Sea – The definition involves: A stretch of coastline or estuary in close proximity to the shore, with available landings at every 1-2 miles / 1 hour and areas where it is not easy to land. Up to a maximum of 2 knots tide but not involving, tidal races, or overfalls, winds not above force 4 beaufort sea state 4 (if offshore the greatest of caution must be exercised), or the upper reaches of some estuaries; launching and landing through moderate surf.

Moderate Water – Surf

Beaches that are free of significant hazards (strong rips or undertow, tidal streams, rocks or groynes). An area of beach must be marked out to contain the group and prevent any loss of communication. The area selected must not interfere with other beach users – swimmers and surfers in particular; small to moderate waves – 3 feet maximum.

Measurement of surf; The "surfers" measurement is used throughout both this document and the BCU awards in surf. This is also used by surf forecasts obtained from telephone surf lines, the internet or wave buoys. It is in feet and refers to the ride-able mid section of the wave, not the peak to trough height.

BCU CPD Modules

Foundation Modules (3 Hours):

Introductory Workshops in the following areas:

- Coaching Young Paddlers
- Fitness for Paddlesports
- Coaching the Mind
- Performance Planning for Paddlesport Coaches
- Mentoring for Paddlesport Coaches
- Outdoor Education and Paddlesport
- Strength & Conditioning
- Fundamental Paddlesport Skills
- Swimming Pools & Paddlesport
- Paddle-Ability

Intermediate Modules (1 day):

Workshops designed to further coaches knowledge

There are currently 4 intermediate modules:

- Coaching the Mind
- Optimising fitness and performance for Paddlesport Part 1
- Optimising fitness and performance for Paddlesport Part 2
- Paddle-ability: Adapting Equipment and Coaching

Discipline Specific Modules (1 day):

Modules to help BCU qualified coaches (of any level) work in the following disciplines:

Slalom Racing Polo Wildwater Racing Freestyle Surf

BCU Accredited Prior Learning (APL) Procedures

New Coaches would normally enter the coaching scheme at Level 1. The BCU does, however, recognise that in some instances aspirant coaches will have prior experience that may enable them to enter the Coaching Awards programme at a higher level. Where this is the case candidates need to apply for Accredited Prior Learning (APL), through the BCU APL procedures.

Some examples of APL outcomes include:

- A shortened Level 1 Training Course, and then to Level 1 Assessment
- Direct entry to Level 1 Assessment
- Direct entry to Level 2 Training
- A shortened Level 2 Training Course, and then progress to Level 2 Assessment
- Direct entry to Level 2 Assessment

An application is made to the BCU APL panel for exemption to a particular prerequisite, based on other experience, training, or qualifications the equate to the award concerned.

Candidates wishing to APL the requirement to hold BCU UKCC Level 1, or a Former BCU Level 2 Trainee Status in order to register for BCU UKCC Level 2, are required to evidence experience, qualifications, or training that equate to BCU UKCC Level 1, i.e.:

- Knowledge of how to coach (i.e. Teacher, or UKCC award from another sport)
- Good practice knowledge of running paddlesport taster sessions in canoe and kayak (e.g. relevant experience in a supportive environment)
- They are also required to evidence the other Level 1 and 2 prerequisites.

If a candidate presented an application with some, but not all of this evidence it is possible they will be recommended for direct entry to Level 1 Assessment, or a shortened Level 1 training course.

Further details of the BCU APL Procedure are available from www.bcu.org.uk or from your Home Nation

Guidance for site specific training for Level 1s

In order for the BCU (UKCC) Level 1 Coach to work independently in very sheltered, sheltered, or sheltered tidal water they are required to have completed appropriate site/session specific training appropriate to the risk assessment for the session. The risk assessment for the session must be completed by a more qualified BCU Coach. The BCU (UKCC) Level 1 Coach can work independently only within the management structure of a club or centre.

The BCU (UKCC) Level 1 Coach has good coaching skills and paddlesport knowledge to enable them to deliver quality coaching sessions. However they do not necessarily have the experience to work independently in unfamiliar venues, types of group, session objectives, or craft. Therefore it is important that they receive appropriate site/session specific training (that needs to be documented), and includes:

- An induction to the risks and risk management strategies associated with the given environment and session. For example:
 - Specific rescues or towing techniques relevant to the session and craft
 - Local weather tendencies, associated problems, and forecasts
 - Requirement for the use of buoyancy aids, spraydecks, or helmets for the session
 - Leaders equipment required
 - Use of skegs
 - Specific risks associated with chosen games or activities (i.e. rafted canoes, highlighting shallow spots where to avoid when capsize is a risk)
 - Etiquette regarding other water users
- An active introduction to the local operating procedures. For example:
 - How to fit and size buoyancy aids and helmets used
 - Boundaries (e.g. the area of a lake which can be used)
 - Weather / Water Level restrictions for the session
 - Session ratios
 - Checking in procedures at the end of a session
- An active induction to the session plan:
Level 1 Coaches can be expected to replicate a session plan, but may not be able to design a suitable one themselves, especially if faced with an unfamiliar venue, type of group, or session objective.
- An active induction to the club or centres safety policies. For example:
 - The policy for reporting damaged kit, or hazards
 - Child protection policies
 - Incident and near miss reporting
 - Emergency evacuation procedures and Accident Procedures
 - Parental Consent and Medical Declaration
 - Policy on non-swimmers
 - Policy on dealing with disruptive behaviour

Please note, BCU UKCC Level 1 Boat-based Coaches are required to have good personal skills equivalent to good BCU 2 Star Standard in Canoe and Kayak. The local operating procedures need to reflect this, alternatively a higher personal standard maybe required. As an example, the local operating procedures for a centre operating Canoes on a lake may set different boundaries for a BCU (UKCC) Boat-based Level 1 Coach with 3 Star Canoe, compared to a BCU (UKCC) Boat-based Level 1 without any additional skills awards.