

Log Book Notes

The log book is designed so that you can record evidence of expeditions, other experiences and coaching activities, in preparation for training, or assessments within the BCU Coaching Service tests and awards scheme.

There are many other reasons for keeping an up-to-date record of your canoeing activities. These may be personal, like keeping a diary, to remind yourself of past events, or to record activities for reference in preparation for more advanced adventure and training.

To ensure that your entries are correct it is advisable that you complete them immediately after the event. To help you identify the type of activity a simple tick box system has been included. Colour coding the ticks would offer further visual assistance.

Activity:

C = Coaching log as much detail as possible - 1* course, backward paddling, river trip with coaching elements

PD = Personal Development - Coaching update, Courses relevant to paddling, Assessments

PP = Personal Paddling - trips undertaken and your role in them. Showing a wide range of personal experiences helps your coaching progression

OW = Off-water activities - Club meetings, trip planning, conferences or exhibitions, work with other coaches, suggestions and complaints you have been able to deal with.

Water/Venue - record where the activity took place including start and end points is useful.

Details - if coaching or paddling include the weather, water conditions, type of group, type of boats and brief note on outcomes. Otherwise course/meeting details and some personal reflection.

Coaching hours - time spent in active coaching (not including pre and post session preparation)

Assessor/Supervisor - the name of the lead coach, course provider, chairman of meeting

Verification signature - ask the person identified above to initial your log book entry

Your log book should provide a record of your broadening involvement in paddlesport.

Such as:

Working with different age groups
Paddling different boats and waters
Working with a wide range of other coaches

Broadening your knowledge through exhibitions, meetings and training

Attending different types of events - tours, races, open days, camps

Providing PaddlePower and Star Award courses

Involvement in the management and welfare of your club

Enjoy your paddling and include it in your log book!

Log book pages can be downloaded from www.soarpaddler.co.uk

