

British Canoeing Educational Philosophy

British Canoeing believes in a participant led approach when creating and enabling experience from which people will enjoy, learn and develop through paddlesport.

These experiences will be delivered in an individualised way that also supports the inherent social aspects of the sport and fosters a sense of a paddling community. Through this paddlers will achieve success, this success being focused on the journey and not the destination.

The experience will be safe, engaging and enjoyable, with the paddler at the heart of the process involving them in their own learning and development.

This will be delivered by a supportive and empowering approach to instil an active passion for the sport of canoeing, alongside developing understanding and respect for the environment in which it takes place.

What is coaching?

Timothy Gallwey in his series of books on 'The Inner Game' is very clear: "Inner Game coaching is unlocking a person's potential to maximize their own performance; helping them to learn rather than teaching them".

Sir John Whitmore in 'Coaching for Performance', is quoted "Building awareness, responsibility and self-belief is the goal of a coach"

Kinds of coaching

It is important to appreciate the differences between instructing (teaching), coaching and mentoring.

Instructing or teaching deals largely with the dissemination of knowledge.

Coaching deals primarily with skill building.

Mentoring deals with issues around careers and life. A mentor is one who helps shape the outlook or attitude of the individual.

Roles of a coach

As a Coach you will find yourself needing to assume a variety of roles in order to incorporate the SEL principle into your coaching, some of these might include:

Instructor	Directing activities
Teacher	Passing on information and empowering paddlers' development
Motivator	Creating a positive learning environment
Friend	Supporting the paddler
Manager	Organising and planning
Social Worker	Counselling and advising
Scientist	Analysing, evaluating and problem solving
Student	Continuing to develop your own skills
Guardian	Looking after the safety and well-being of participants

Remember the Paddler Centred approach – most paddlers will require all of these jobs to be fulfilled at some point.

