

The BCU UKCC Level 2 Certificate in Coaching Paddlesport

Candidate Pack – Section 1

Course Guide

DRAFT



BCU Level 2 Course Guide

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The British Canoe Union

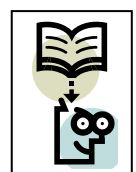
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Bingham

Nottingham NG13 8AP

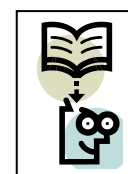
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Introduction

Welcome to the BCU Level 2 Coaching Paddlesport course. This guide describes the qualification and everything you need to do in order to achieve the award.

Why choose a BCU Awarding Qualification?

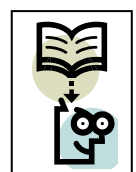
- ⊙ Our qualifications give you the hands on knowledge and competence to coach paddlesport activity
- ⊙ The BCU has over 40 years experience running coach training and assessment qualifications
- ⊙ BCU Coaching qualifications have been endorsed by the United Kingdom Coaching Certificate, meeting national standards for coaching across sport in the UK.
- ⊙ We are the only Awarding Body offering the United Kingdom Coaching Certificate in Paddlesport
- ⊙ BCU Awarding will give you support and impartial advice whatever your past experience, skills or specific needs
- ⊙ BCU Coaching Qualifications have been accepted as the industry standard coaching qualifications for over 30 years

BCU Awarding is the Awarding Body recognised and regulated by the Qualifications and Curriculum Authority (QCA) and has been created to offer paddlesport coaching qualifications.

The BCU Awarding mission is to provide qualifications which are relevant and fit for purpose through a quality assured and cost effective qualification awarding service. Our qualifications have been accredited by the QCA and Scottish Qualifications Authority (SQA) against rigorous criteria and have been included in the National Qualifications Framework. This seal of regulatory approval means that you can have every confidence in the robustness and procedures that underpin the qualifications' design and delivery. The BCU Awarding Customer Services Statement is available to download from www.bcu.org.uk/bcuawarding



BCU Awarding is a division of the British Canoe Union; the National Governing Body for Canoeing in the UK. Proceeds go directly back into the development and advancement of paddlesport coaching!



The BCU Coaching Pathway

The BCU Coaching Pathway is made up of five levels. These levels reflect the experience and expertise of the coach.

Level 1 - The Level 1 award is for those new to paddlesport coaching. The qualification is not discipline specific and therefore suitable to coaches who wish to work with paddlers from any of the competitive and non-competitive paddlesport disciplines. The Level 1 Coach can plan, deliver and review short coaching sessions, normally with the support of a more qualified coach. They can work with paddlers at any stage of development; receiving specific training to coach paddlers in their first year of activity and to run taster sessions.

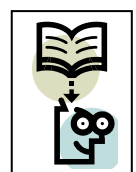
The **Level 2** Coach is able to plan, deliver and review a series of six progressive sessions safely and effectively. Like the Level 1, this non-discipline-specific award is relevant to coaches who wish to coach any paddlesport discipline. Level 2 Coaches will work with paddlers predominantly in their first 3 years of paddling activity. The Level 2 Coach is able to offer guidance and support to the Level 1 Coach.

The British Canoe Union offer additional modules for Level 1 and 2 Coaches who wish to coach Canoe Slalom, Freestyle, Racing, Polo, Surf and, Wild Water Racing. Contact the British Canoe Union for further details.

The BCU Coaching Pathway is structured so that coaches can access training and become qualified in a variety of different paddlesport disciplines. This range of awards helps us to ensure that coaching excellence is available to participants whichever discipline they feel inspired to get involved in.

A **Level 3** Coach is a discipline specialist Coach who is able to plan, implement, and analyse long-term development programmes. This is an appropriate level of coach for a person to be in charge of paddlesport activities in a club / centre or as a working professional. From Level 3 onwards, coaches will specialise in one or more of the disciplines or environments listed below.

- Racing
- Slalom
- Wild Water Racing
- White Water Kayaking
- Sea
- Sheltered Water
- Surf
- Polo
- Freestyle



- Open Canoeing

The **Level 4 and 5** awards are still under development.

The BCU Level 2 Certificate in Coaching Paddlesport

Introduction

Welcome to the BCU UKCC Level 2 Candidate Pack. This pack provides information and guidance regarding your BCU UKCC Level 2 Certificate in Coaching Paddlesport.

How to use this guide:

This course guide is one of a number of documents which will aid your progression through your Level 2 training and Level 2 assessment. **The most important documents are this course guide – Section 1, the accompanying Candidate Portfolio - Section 2 and the Candidate Assessment Pack Section – Section 3 (found in the Assessment Portfolio section of the Candidate Pack).** Additionally further information will be available on the Coaching Portal within the Level 2 resource area. These include the BCU Level 2 Award Criteria Information- section 4 and the Level 2 Support Handbook as optional downloadable documents.

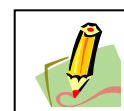
Each section has its own logo to help you see where general information is, areas you need to fill out in preparation for assessment and areas that your assessor will need to complete.

Section 1 Course Guide



Section 2 Candidate Level 2 portfolio

This is where you gather the evidence required to apply for Certification. You are required to provide confirmation (through self-declaration, trainer and assessor verification) that you have:

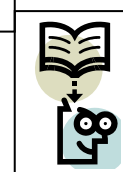


- ⊙ Achieved the necessary pre-requisites
- ⊙ Completed the necessary coach training
- ⊙ Completed the necessary learning and assessment tasks

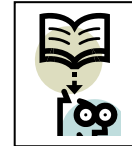
Section 3 Candidate Assessment Pack



Section 4 BCU UKCC Level 2 Criteria (Available as an optional download document on the BUC Coaching Portal / Resources / Level 2)



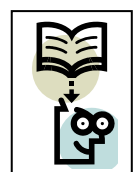
Section 5 **Appendices:**
session planers, evaluation forms, feedback forms
**(Available as an optional download document
on the BUC Coaching Portal / Resources / Level 2)**



Section 6 **Responsibilities of a BCU Coach**
All BCU UKCC Coaching Qualifications are supported by the
“Responsibilities of a BCU UKCC Coach Pack”.



Your Candidate Pack is your evidence of completion; you MUST take it with you to your course and make sure the assessment tasks 1, 6 & 7 are completed before your assessment.



1. The BCU Level 2 Certificate in Coaching Paddlesport

The Level 2 Certificate in Paddlesport Coaching award is relevant to potential coaches from all paddlesport disciplines including coaches who might work with competitive and non-competitive paddlers. The award develops the foundation coaching skills taught at level 1 that will underpin their future coaching behaviours and practice. The training will aim to ensure coaches develop skills that will benefit any paddler irrespective of what type of boat they are paddling.

This is a generic award and covers all disciplines. Level 2 coaches will work with paddlers predominantly in the LTPD Foundation Paddle sport Phase.

The **Level 2** coach is able to work alone, although would normally be supported by more experienced coaches, delivering sessions safely and effectively. Like the Level 1, this non-discipline specific award is relevant to coaches who wish to coach any paddlesport discipline. Level 2 coaches will work with paddlers predominantly in their first 2-3 years of paddling activity. The Level 2 coach is able to offer guidance and support to the Level 1 Assistant Coach. The Level 2 Award is offered as either a;

Bank-based Level 2 Coach – An award for coaches who will work from the waters edge. This would be accessed by individuals who do not have the personal paddling skills to enable them to work from the water.

Or as a;

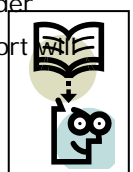
Boat-based Coach Level 2 – An award for individuals with a degree of personal paddling skills and who intend to coach from a canoe, kayak or the waters edge. To be considered a boat based coach you must have a 3* award prior to certification.

The Level 2 Remit

- A Level 2 Coach is trained and assessed to plan, deliver and review a series of four coaching sessions, for paddlers who fall into the LTPD paddlesport start and/or development stage
- The BCU (UKCC) level 2 coach can operate in a sheltered water environment with any canoe sport craft with a ratio of 1:6 (see BCU definitions)
- The BCU (UKCC) Level 2 coach can train and assess paddlers for the BCU 1 and 2 star, Paddle Power 1 and 2, X-stream challenge

United Kingdom Coaching Certificate (UKCC)

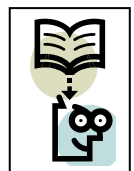
The content of this award has been written in conjunction with the UKCC requirements in order that all coaches who successfully complete the BCU Level 2 Certificate in Coaching Paddlesport

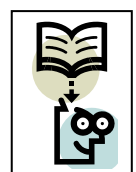
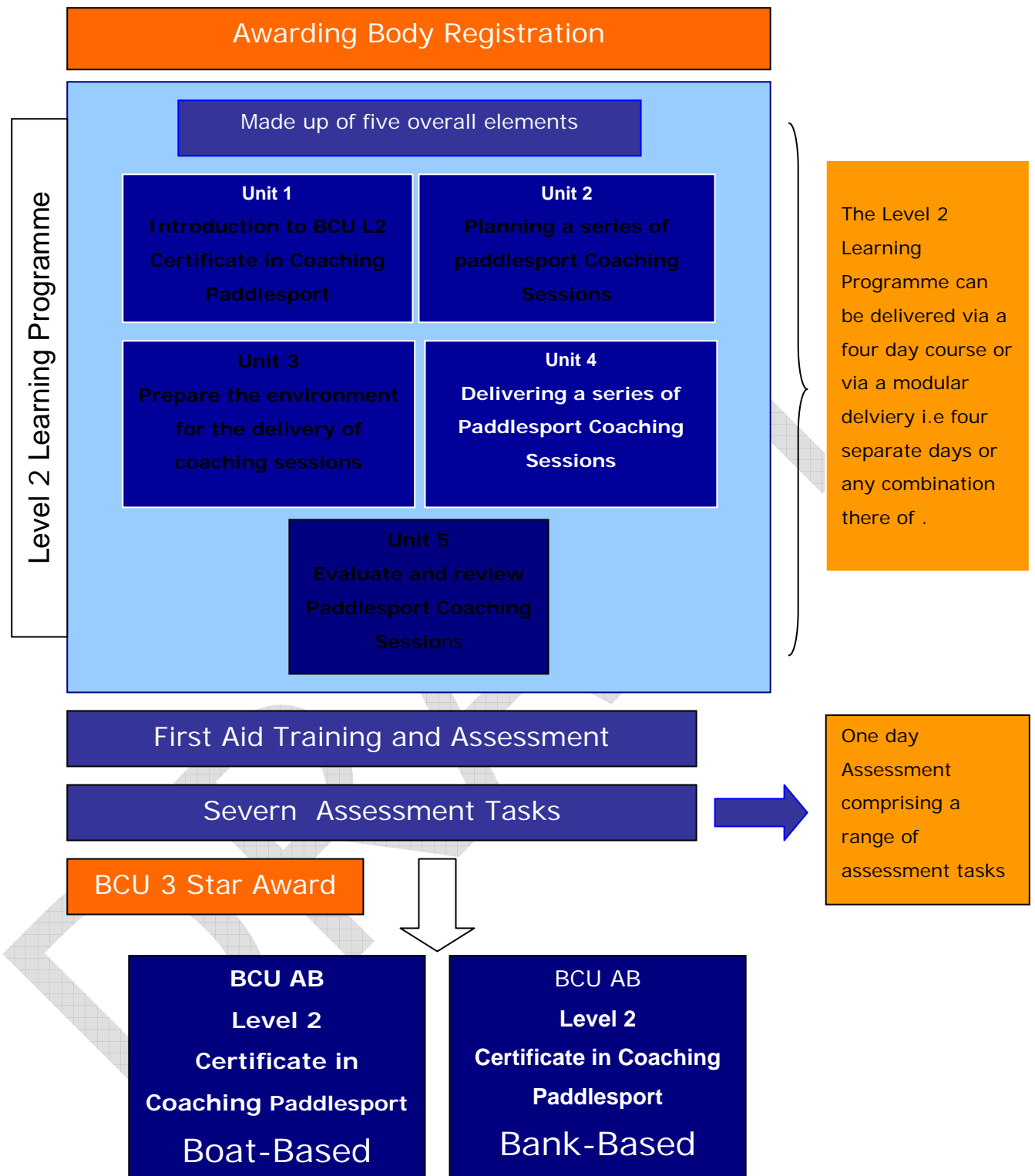


be recognised by the UKCC framework. The proposed learning outcomes, content and assessment criteria for the BCU award have been mapped against the UKCC requirements to ensure parity.

Level 2 Certificate in Coaching Paddlesport - Content Model

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2. Level 2 Training Course

Aim - The aim of the BCU (UKCC) Level 2 Training Programme is to provide you with the tools to plan and deliver a series of progressive paddle sport coaching sessions.

Learning Outcomes

On successful completion of the BCU (UKCC) Level 2 Award you should be able to:

- ⦿ Understand the role and responsibilities of a BCU (UKCC) Level 2 Paddle sport Coach
- ⦿ Safely deliver a series of pre-planned paddlesport activities to a variety of different participants
- ⦿ Develop participants paddlesport performance
- ⦿ Evaluate participants performance
- ⦿ Review own coaching sessions

Paddling / Non-Paddling Coaches

If you are an accomplished paddler with a minimum 3 Star competence. (applicants for Level 2 training must have a 3* award prior to register) you can qualify as a Boat-Based Coach, allowing you to coach on the water. Non-paddling coaches can work from the bank and are certified as Bank-Based Coaches. The remit statement above does not differ between the two.

Time to Complete

The training course is run over 32 hours. These can be consecutive days or split over evenings or weekends. Between training and assessment you will need to plan, deliver and review a number of coaching sessions, which you will need to log. You will also need to complete a number of home study exercises and an additional CPD unit.

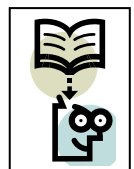
The final assessment itself is fairly straight forward. The assessment takes place over one day when you will be observed via a number of tasks including two coaching sessions.

Once registered Level 2 candidates have 12 months to complete the training and assessment elements of the BCU Level 2 Certificate in Coaching Paddlesports.

Eligibility

Anyone who is at least 17 years can register for the BCU (UKCC) Level 2 Coach Award. It doesn't matter if you can paddle, there are bank and boat based options at this level. The most important thing is that you have an interest in coaching paddlesport!

Courses are run in a variety of formats, a modular course run over a series of weeks allows you time to consolidate your learning and gives you time to gain experience and knowledge between sessions; whilst a fast track, intensive course is better suited to candidates with some experience



of the technical aspects of paddlesport. The provider of the course will make sure you are aware of the format and let you know if any prior experience is required.

Your Training Director

The Training Director is the person responsible for running your Level 2 Coach Training Course; they will introduce themselves at the start of your course and help you through the learning experience!

3 Level 2 Certificate Pre-requisites

For Training

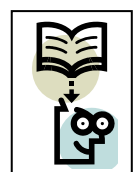
- Coach level 1 training
- 2 star multi discipline (boat based coach)
- A BCU 3 star Certificate in either single blade discipline or double blade discipline (boat based coach)
- 16 years of age

For Assessment

- A 6 hour first aid certificate recognised by the BCU
- *Two BCU 3 star Certificate's in alternative disciplines (single blade & double bladed discipline) (boat based coach)*
- 18 years of age
- Completed level 2 training
- Completed 20 logged hours of relevant coaching experience
- Completed assessment tasks in candidate assessment pack
- Completion of one CPD units of your choice (see CPD units page ??)

BCU 3-Star

If you are applying for the Boat-Based option, you will be required to hold a BCU 3 Star Award in one single or double bladed disciplines and have 3 Star level competence in an additional discipline.



4. The Requirements for BCU (UKCC) Level 2 Certification:

BCU Safety and Rescue Training

The Safety and Rescue training is an 8-hour course that covers the basic of safety and life sustaining skills required by anybody operating in a paddlesport environment. Both bank and Boat-Based coaches will need to complete this course. Candidates who can provide evidence of other appropriate awards* are able to APL this element.

(* BCU Canoe Safety Test; BCU WWS&R.)

BCU UKCC Level 2 Coach Training

This course covers:

- ⊙ An introduction to Level 2 paddle sport coaching
- ⊙ An introduction to safe and ethical coaching
- ⊙ Designing and delivering paddlesport coaching sessions
- ⊙ Evaluating and reviewing paddlesport coaching sessions
- ⊙ Time to practice coaching
- ⊙ Governing Body Registration
- ⊙ Assessment Action Plans

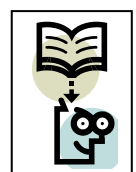
Assessment Tasks Completed successfully

Assessments are required to ensure that effective learning of the course content has been achieved. Section 2 of the Candidate pack details each task. Section 3 of the Candidate Pack is used prior to and during your assessment to record assessment outcomes.

The following 7 assessment tasks must be successfully completed:

- | | | |
|---------------------|------------------------------|--------------------------|
| ⊙ Assessment Task 1 | Workbook Evaluation | (Internal Assessment) |
| ⊙ Assessment Task 2 | Coaching Practice | (Independent Assessment) |
| ⊙ Assessment Task 3 | Rescue Skills | (Internal Assessment) |
| ⊙ Assessment Task 4 | Technical Understanding | (Internal Assessment) |
| ⊙ Assessment Task 5 | Oral Questioning | (Internal Assessment) |
| ⊙ Assessment Task 6 | Question Paper | (Internal Assessment) |
| ⊙ Assessment Task 7 | Personal skills (boat based) | (Internal Assessment) |
-
- ⊙ A Valid BCU Criminal Record Check (essential) – this must be done through the BCU and is valid for 3 years. These can take up to three months to process, so you are advised to apply as soon as you know you need it!
 - ⊙ Hold a Current First Aid Award – Minimum 6 hours

Your Level 2 Training Director will provide guidance regarding the assessment process. They will provide advice regarding the completion of each task, the different types of assessment, the programme of assessment and the assessment criteria for each unit / assessment.



During the learning programme your Training Director will provide opportunities for assessment. In some cases you will be allowed multiple opportunities to achieve successful completion of the task, in other instances you will be given one opportunity only.

Level 2 CPD Optional Units:

As a pre requisite to your level 2 assessment you will need to complete at least one optional units from the list below.

Additional Discipline Knowledge

Slalom
Racing
Polo
WW Racing
Surf
Freestyle

Additional Web based Knowledge

Fitness for Kayaking and Canoeing
Mental Skills for Paddlesport
Planning Skills for Paddlers
Outdoor Education and Paddlesports
Inclusive paddling
Coaching Young Paddlers
Mentoring Skills for Paddlesport Coaches

After your assessment you will be required to evidence CPD every three years, you can complete additional units to those done as part of your level 2 assessment to evidence this. The additional discipline knowledge units will allow you to extend your level 2 coaching role into alternative disciplines.

Deferrals:

If at the end of your assessment you have not completed certain elements required for certification you are able to re-sit these components within your 12-month period of registration. Your initial Training Director or other Level 2 Training Directors may provide these re-assessment opportunities. You should be aware that the Training Director is likely to charge additional fee for conducting re-assessments.

If you are likely to find these assessment methods difficult you must discuss any concerns with your Training Director. They will help ensure you are assessed in a suitable manner in line with the "*Guidance on Reasonable Adjustments to the Assessment Process*" in Appendix 3 (Your Training Director will be familiar with these guidance notes and can help you understand them if required).

5.Certification

When you have completed all of these elements, you will receive your BCU UKCC Level 2 Certificate in Coaching Paddlesport from the BCU Awarding Body.

Appeals

If you think the assessment decision was incorrect you have the right to appeal via your Home Nation Association. (A fee may be charged for a formal appeal; it will be refunded if your appeal is successful). If your appeal cannot be resolved within your Home Nation Association, the BCU Awarding Body will set up an appeals sub-committee to investigate your appeal initially through



reviewing records and discussion with you and with your assessors. You should address queries, or register your intention to appeal, with your Home Nation Association, within 30 days of receiving the assessment decision. Extensions to this period will only be made for exceptional reasons, for instance if you are outside the UK or your Home Nation Association has not followed your instructions regarding where to contact you. The appeals procedure is detailed in full in Appendix 5.

Complaints

In the unlikely event that you have a complaint about the way your Training Director or Tutors treated you, or the way your course was conducted please direct these to your Home Nation Association.

Equal Opportunities

BCU Awarding is committed to ensuring access to, and fairness in, assessment for all candidates regardless of their race, ethnic or national origin, gender, sexual orientation, disability, age, marital status, social class, political or religious beliefs and affiliations or other personal or professional characteristics which are acknowledged to have no bearing on assessment, whilst also safeguarding the integrity of its qualifications. The "Equal Opportunities Policy in relation to Access to, and Fairness in, Assessment" is available via www.bcu.org.uk/bcuawarding

6. When you're qualified.....

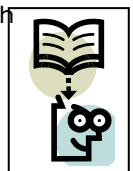
Get out there and use your new skills! BCU Level 2 Certificate in Coaching Paddlesport enables you to coach in appropriate paid or voluntary roles. We encourage you to look to develop your learning and knowledge of the sport by working with more experienced coaches and through additional coach education. Continual Professional Development (CPD) opportunities are available through the BCU programme, or you can access alternative coaching related courses. When you have gained some experience you may choose to work through the BCU UKCC Level 3 programme. Or, if you hold the Bank-Based award you may wish to switch to a Boat-Based Coach.

In addition to CPD optional units can provide a specific focus to the qualification when required and you can also extend your discipline remit by completing an additional discipline specific knowledge unit, allowing you to work as a level 2 coach in other disciplines.

(See CPD optional unit's page ??)

How do I switch from BCU UKCC Level 2 Certificate in Coaching Paddlesport Bank-Based to Boat-Based?

If as a BCU UKCC Level 2 Bank-Based coach, you would like to qualify as a Boat-Based Level 2 coach you will need to complete assessment task 2 (coaching) boat based, assessment task 7 (personal skills) and assessment task 3 (rescues) boat based, submit a registration form with evidence of your BCU 3-Star or Paddle Power 1 & 2 Award



to BCU Awarding Body. Providing your Bank-Based Level 2 certificate is valid you will be issued with a Boat-Based Certificate. A fee will be charged for this. The assessment element must be completed with a registered BCU UKCC Level 2 Training Director, details of these can be found at www.bcu.org.uk

(There is no benefit in switching from a Boat- to Bank-Based Award, as the Boat-Based remit also covers coaches to work from the shore).

7. Keeping your Qualification Valid

Coach Licence

With sport and sports coaching receiving an increasingly public profile with moral, ethical, and social commitments, it is important that we can account for and verify the status of all Coaches within the scheme. The BCU offer a Coach Licensing scheme through the Home Nation Associations to provide assurance to the people you coach and your deployer that you are 'qualified' to coach. It also offers you third party liability insurance whilst coaching (further details of this cover are available through your Home Nation Association). In order to keep your Coach Licence valid you will need to maintain Full Home Nation Association Membership and keep your knowledge and technical skills up to date via a required BCU Pathway. The Home Nation Associations actively provide update opportunities for personal development and encourages all coaches to keep up to date with developments in our sport and indeed in general sports coaching.

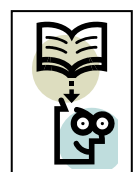


Keeping you Coach Licence valid is entirely your responsibility, but your Home Nation Association does provide you with a number of easy ways to update.

In order to update you will need to provide your Home Nation Governing Body with evidence that you have fulfilled the following requirements:

- ⦿ Actively been coaching
- ⦿ Attended relevant CPD (Continual Professional Development) in water safety, coaching/assessing and Health & Safety Executive and Legislative Guidelines.
- ⦿ Hold a current First Aid award
- ⦿ Have completed NGB / Home Nation Disclosure requirements.

This can be achieved by attending an Update Forum organised through your Region, or through Self Declaration. More details are available through your Home Nation Governing Body and www.bcu.org.uk





We hope that before your three-year update date comes around that you will have chosen to further your coaching skills by progressing onto BCU UKCC Level 2 Training, this automatically moves your update date, three years on!

8. Delivery and Quality Assurance

All Level 2 Coaching Paddlesport Courses are delivered via a 'Paddlesport Coaching Delivery Centre', which is externally verified by BCU Awarding. Each of the following Home Nation Associations are all Paddlesport Coaching Delivery Centres:

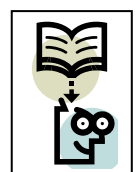
- Welsh Canoeing Association (WCA)
- Scottish Canoe Association (SCA)
- Canoe Association of Northern Ireland (CANI)
- Canoe England (CE)

The Delivery Centres each operate a process of internal verification to ensure that appropriate standards are maintained and that consistency is achieved both in terms of delivery and outcome.

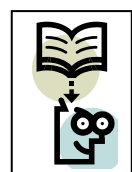
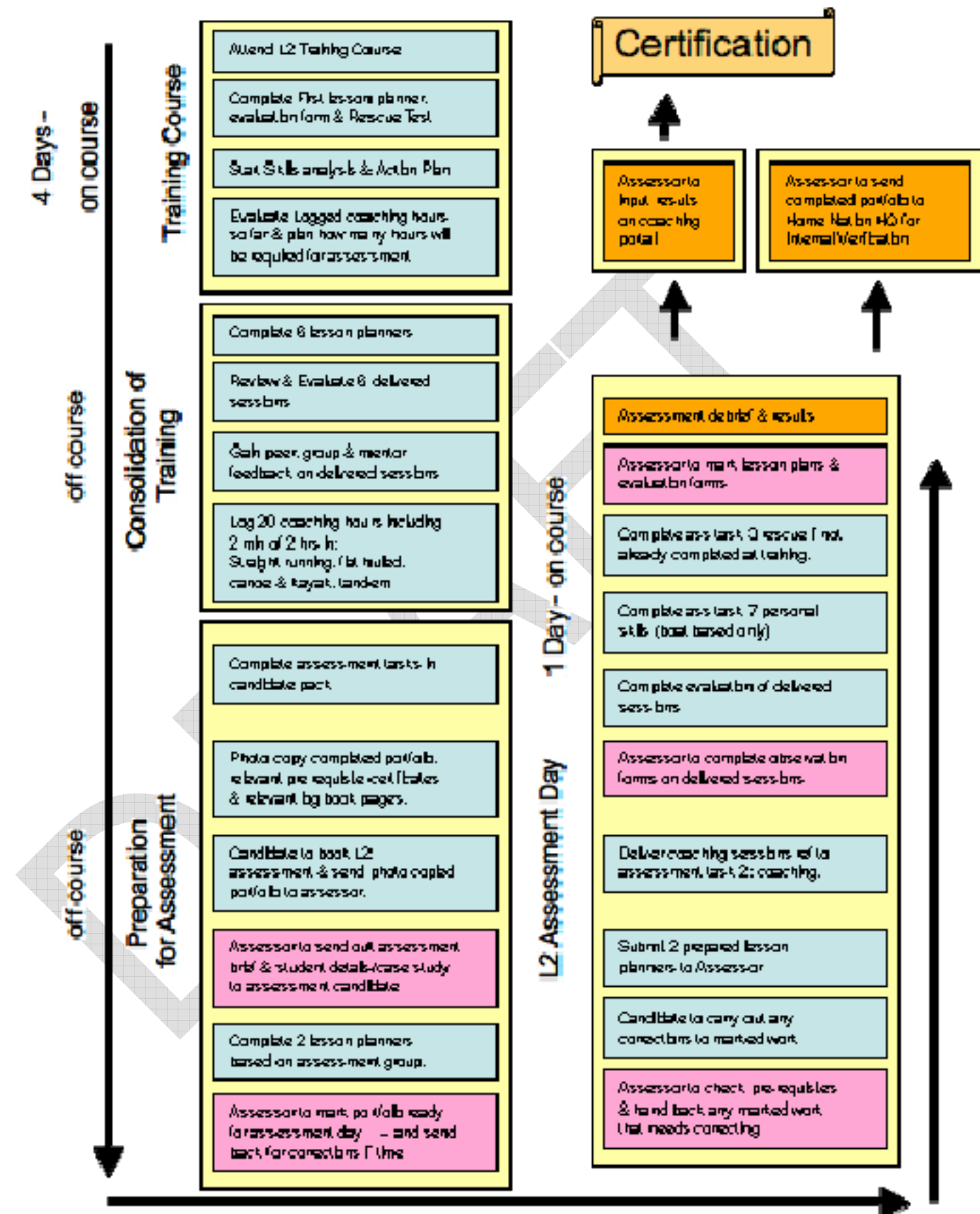
9. What do I do next ?

If you have yet to find a course and book a place then this is the next step!!

Once booked you should complete the Pre-course benchmarking task found on pages ?? of this guide and take it with you to your training course.



10. The road to BCU Level 2 Certificate in Coaching Paddlesport



11.Contact Details

Further course details and registration information is available direct from the BCU Awarding Delivery Centres:

Canoe England

18 Market Place
Bingham
Nottingham NG13 8AP
Tel: 0845 370 9500
Fax: 0845 370 9501
Email: coaching@bcu.org.uk
Website: www.canoe-england.org.uk

Welsh Canoe Association

Frongoch
Bala
Gwynedd LL23 7NU
Tel: 01678 521199
Fax: 01678 521158
Email: welsh.canoeing@virgin.net
Website: www.welsh-canoeing.org.uk

British Canoe Union Awarding Body

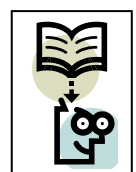
18 Market Place
Bingham
Nottingham NG13 8AP
Tel: 0845 370 9500
Fax: 0845 370 9501
Email: info@bcu.org.uk
Website: www.bcu.org.uk

Canoe Scotland

Caledonia House
1 Redheughs Rigg
South Gyle
Edinburgh EH12 9DQ
Tel: 0131 317 7314
Fax: 0131 317 7319
Email: general.office@canoescotland.com
Website: www.canoescotland.com

Canoe Association of Northern Ireland

Unit 2 Rivers Edge
13-15 Ravenhill Road
Belfast BT6 8DN
Tel: 0870 2405065
Email: office@cani.org.uk
Website: www.canis.org.uk



12. Recommended Reading

The following reading list is appropriate for all candidates progressing through the BCU Level 2 award.

BCU Level 2 Support book

Ed, British Canoe Union, 2007

Circulated to registered Candidates

BCU Canoe and Kayak Handbook

Ed, Franco Ferrero, 2002

ISBN 0953195651

Available from BCU Supplies

Canoe and Kayak Games

By, Dave Ruse and Loel Collins

ISBN: 0955061407

Available from BCU Supplies

Sports Coach UK Coaching for Beginners Series

- **How to Coach Disabled People in Sport** (ISBN: 1-902523-54-7)
- **How to Coach Children in Sport** (ISBN: 1-902523-53-9)
- **How the Body Works in Sport** (ISBN: 1-902523-55-5)

Available from Coachwise

13. Further Reading

You may wish to delve deeper into topics where you have a specific interest. Many of these recommendations go well beyond the knowledge expected of a BCU Level 2 Coach

BCU Coaching Handbook

Ed, Franco Ferrero, 2006

ISBN: 0-9547061-6-1

Available from BCU Supplies

The Curriculum at Key Stage 2 and Paddlesport

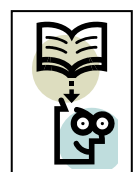
Available from BCU Supplies

The Successful Coach: Guidelines for Coaching Practice

By Sports Coach UK, 2003

ISBN: 0-947850-16-3

Available from Coachwise



Further Reading

Coaching Practice

By Andy Miles, 2004

Available from Coachwise

Coaching for Long-term Athlete Development

By Ian Stafford with Istvan Balyi, 2004

Available from Coachwise

Equity in Your Coaching

By Annie Kerr, 2005

Available from Coachwise

RYA Safety Boat Handbook

By Laurence West and Graeme Forshaw, 2007

(Includes guidance for using a rib as a safety boat)

Slalom Technique Slalom Technique Library DVD

Slalom Technique Slalom Technique Library Website

www.slalomtechnique.co.uk

The Art of Freestyle

By Eric Brymer, Tom Hughes & Loel Collins

The Playboater's Handbook 2

By Ken Whiting

White Water Kayaking

Ollie Grau, 2004

Playboating (DVD)

By Ken Whiting

EJ's Playboating Basic (DVD)

Eric Jackson & Chris Emerick

Canoe Polo - Basic Skills and Tactics

By Ian Beasley, 2005

Available from www.sternturn.com.au

14. Resources

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BCU Supplies

0845 370 9500

www.bcushop.org.uk

Coachwise

0113 201 555

www.1st4sport.com

15. Note for Coach Mentor's

Between your training programme and your assessment you are encouraged to find a coach to mentor you, someone who is a level 3 coach or above who can observe your sessions and support you with your development.

A Coach mentor can help support you by:

- Observing you delivering sessions.
- Providing advice and support you with your session delivery and personal development plan.

A Coach mentor may also be able to point you in the right direction for your research questions and advise you when planning your sessions.

A coach mentor may also assist you in assessment task 2

- **Observing you delivering at least two of your delivered sessions.**

And in assessment task 4

- **Sign you off for assessment task 4 technical understanding.**

We may need to know details of your coach mentor as he/she will be signing of elements of your level 2 award.

Coach Mentor Name: _____

BCU Number: _____

BCU Qualifications: _____

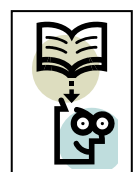
16. Pre Course Benchmarking Task



The Road to certification

Once completed you will need to bring this with you to your level 2 training course as it will help your tutors identify your specific training needs to be developed during the course.

Session No & Content of session		Skills Checklist		
		Good at this area	Competent	Needs development
1	Role of the BCU level 2 coach Long term paddler development philosophy			
2	Responsibility & risk management Risk assessment Moving & handling			
3	Fundamental paddlesport skills Discovery learning Stroke analysis Feedback techniques			
4	Ideas TTPP – tactical, technical, physical, psychological Demos & communication techniques			
5	Session management Group leadership Group management Providing active involvement			
6	Reflective practice Analysis of own practice			
7	Teaching & learning styles: VAK, Pragmatist, Theorist, Reflector, Activist. Use of IDEAS			
8	X stream tools Sequential learning Practice style – blocked, bi-lateral, varied			
9	Session planning Plan – do – review cycle			



Session No & Content of session		Skills Checklist		
		Good at this area	Competent	Needs development
10	Coaching delivery			
11	Long term paddler development Paddlepower scheme Identifying individual needs			
12	Equity & ethical standards			
13	Recording progress Understanding progressive sessions Stoke families – linking Periodisation			
14	Versatility of tandem Comfort zones Psychological implications			
15	Coaching a 2 star session			
16	Wet games Balance & trim Rescue skills			
17	Goal setting			

