

BCU Level 3 Coach Assessment *Old Award* White Water Kayak

Candidate Notes

Dates: Please refer to calendar. Dates are also available by arrangement.

Venue: Northern Region (usually River Tees). We also use the Swale, Tyne and Eden. Courses by arrangement can be at a venue of your choice.

Cost: £160 per head (non-residential). Please note that there will also be a £17.50 assessment fee, payable to Canoe England.

Staff: Ken Hughes (C5, A5), ANO

Course aim:

“To provide the candidate with necessary opportunity to demonstrate the range of skills, abilities and knowledge necessary to become a Level 3 Kayak Coach”.

Course pre-requisites:

- Minimum age 18
- Level 2 Coach Award in appropriate discipline
- Appropriate 4 Star Test
- Current Full Comprehensive Membership of the BCU (Member Country)
- Current first Aid Certificate (Min, 8 hours) HSE Approved and inc. EAR, CPR
- Up to date log book
- A currently valid training course in the appropriate discipline (i.e. within 3 years of this course!)

Note: **Originals of all certificates MUST be brought to the course together with your C1 and C2**

You are required to complete a written **Research Paper** prior to attending the course. This will be sent to you as soon as you apply for the course and is done at home using all your books and resources. This is then returned to the course director/specified assessor prior to the course.

The research paper will assess your all-round knowledge of the sport. It is also designed to **assist and guide your preparations** towards the assessment proper.

A topic for your **10 minute lecturette** will be included on the research paper. This will be delivered **on the river bank** during the first day.

You will be expected to present yourself for assessment fully equipped. Your personal and leader equipment for the course will be that outlined in the BCU Level 3 Candidates' Course Notes (CA/005/00/1) <http://www.bcu.org.uk/bcu/sitePDFs/Coach%20%20L3%20ass%20in-sea-cano.pdf>.

Borrowed equipment will count as your own.

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SAMPLE PROGRAMME

Day 1

0900 Meet Venue 1

0915 Course introductions and outline.

0945 **River journey:**

- Leadership
- Personal skills
- Personal and leader kit
- Organising, controlling and guiding the group
- Will include the delivery of a lecturette in a practical context

1800 River journey ends

Day 2

0900 Meet Venue 2

0915 **Coaching: Improving boat control**

- Coaching methods
- Setting up practice drills
- Leading and coaching students
- White Water Safety and Rescue

1530 Plenary de-brief, individual review and action planning

1700 Course ends

Note: The programme may change to accommodate the prevailing weather.

Ken Hughes 77 Queen Alexandra Road, Sunderland, SR2 9HE. Tel: 07890139908.

kenhughescourses@aol.com