

BCU Awarding

Level 1 Certificate in Coaching Paddlesport

Workbook Assessment Tasks

ASSESSMENT TASK 3A: SELF PROFILING EXERCISE

This task provides you with the opportunity to map your existing technical understanding and coaching skills against that of the Level 1 Coach. You will cover all of these elements through your training, this exercise is designed to help you link in other relevant experience you may have and help your tutor target your training in the right areas. Your Training Director will either ask you to complete this prior to your course or set it as a task during your course.

The Level 1 Coach can run taster sessions for beginners:

Skills and experiences that I have to help me do the job:

Areas where I will need to target learning and development:

The Level 1 Coach has a sound understanding of basic paddling skills relevant to canoe and kayak, straight running and flat-hulled, solo and crew

Skills and experiences that I have to help me do the job:

Areas where I will need to target learning and development:

Coaching involves planning, preparing, delivering and reviewing sessions that are safe, enjoyable and promote learning.

List some skills that you have that you think will help you do this job well:

Please indicate any current coaching activity:

- Club Please specify.....
- School Please specify.....
- Outdoor Education Centre Please specify.....
- Commercial Centre Please specify.....
- Individuals Please specify.....
- Other Paddlesport Coaching Please specify.....
- Any other sports coaching Please specify.....

Please indicate your coaching interests:

- | Non-competitive: | Competitive: | Other: |
|---|--|---|
| <input type="checkbox"/> Flat Water recreation | <input type="checkbox"/> Flat Water Racing | <input type="checkbox"/> Introductory |
| <input type="checkbox"/> Open Canoe | <input type="checkbox"/> Freestyle | <input type="checkbox"/> Disability Paddling |
| <input type="checkbox"/> Sea | <input type="checkbox"/> Polo | <input type="checkbox"/> Young People |
| <input type="checkbox"/> Surf | <input type="checkbox"/> Slalom | <input type="checkbox"/> Other (please specify) |
| <input type="checkbox"/> White Water recreation | <input type="checkbox"/> Wild Water Racing | |
| | | |

ASSESSMENT TASK 3B: PADDLESPOET DISCIPLINE EXPERIENCE

In order to support your development as a BCU Level 1 Coach you are expected to have observed or paddled a range of paddlesport craft appropriate to your normal coaching environment, including flat-hulled, straight running, solo and crew canoes and kayaks. You may gain this experience during your level one course, or out in your normal coaching environment.

Describe your normal coaching venue/s and type of groups:

Tick which boats are appropriate to your coaching environment (including flat-hulled, straight running, solo and crew, canoes and kayaks):

Straight Running	Solo	Crew
Sea Kayak	<input type="checkbox"/>	<input type="checkbox"/>
Racing Boat	<input type="checkbox"/>	<input type="checkbox"/>
Wild Water Racer	<input type="checkbox"/>	<input type="checkbox"/>
Touring Kayak	<input type="checkbox"/>	<input type="checkbox"/>
Flat Hulled	Solo	Crew
Creek	<input type="checkbox"/>	<input type="checkbox"/>
Slalom	<input type="checkbox"/>	<input type="checkbox"/>
Freestyle	<input type="checkbox"/>	<input type="checkbox"/>
General Purpose	<input type="checkbox"/>	<input type="checkbox"/>
Surf	<input type="checkbox"/>	<input type="checkbox"/>
Canoe	Solo	Crew
Traditional Open Canoe	<input type="checkbox"/>	<input type="checkbox"/>
White Water Specialist Canoe	<input type="checkbox"/>	<input type="checkbox"/>
General Purpose Canoe	<input type="checkbox"/>	<input type="checkbox"/>
Competition Specialist Canoe	<input type="checkbox"/>	<input type="checkbox"/>
Other	Solo	Crew
Sit-on-top	<input type="checkbox"/>	<input type="checkbox"/>
Kiwi	<input type="checkbox"/>	<input type="checkbox"/>
Inflatable	<input type="checkbox"/>	<input type="checkbox"/>
Bell Boat	<input type="checkbox"/>	<input type="checkbox"/>
Kata Canoe	<input type="checkbox"/>	<input type="checkbox"/>
Junior Boat	<input type="checkbox"/>	<input type="checkbox"/>



Record of Experience

Craft	Observed	Paddled	Date	Something this boat could be used for in a coaching session:	A challenge this boat can present in a coaching session
	<input type="checkbox"/>	<input type="checkbox"/>			
	<input type="checkbox"/>	<input type="checkbox"/>			
	<input type="checkbox"/>	<input type="checkbox"/>			
	<input type="checkbox"/>	<input type="checkbox"/>			
	<input type="checkbox"/>	<input type="checkbox"/>			
	<input type="checkbox"/>	<input type="checkbox"/>			
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	<input type="checkbox"/>	<input type="checkbox"/>			
	<input type="checkbox"/>	<input type="checkbox"/>			
	<input type="checkbox"/>	<input type="checkbox"/>			

Straight Running
 Flat hulled
 Canoe
 Kayak
 Solo
 Crew

ASSESSMENT TASK 3C: RISK ASSESSMENT

Risk assess a basic activity/environment, using the Risk Assessment Form overleaf. This will normally be completed as part of your Level 1 Training Course, or as a task set to do on your own.



VENUE:	RISK ASSESSOR:	DATE:
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Step 1	Step 2	Step 3	Step 4	Step 5
What are the hazards?	To who?	Is the risk adequately controlled and how?	What further action is necessary?	Review comments/ dates

Risk Assessment for BCU Level 1 and Level 2 Coaches

This BCU example risk assessment can be used by Coaches. However the Coach must check and amend it to ensure it is appropriate to the specific environment concerned and complete step four and five as appropriate to specific sessions.

Additional hazards and site specific hazards must be added as appropriate.

VENUE:	RISK ASSESSOR:	DATE:
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Step 1	Step 2	Step 3	Step 4	Step 5
What are the hazards?	To who?	Is the risk adequately controlled and how?	What further action is necessary?	Review comments/ dates
Drowning	Student Coach	All participants to wear buoyancy aid Coach checks buoyancy aids are in good working order Coach ensures buoyancy aids are worn correctly		
Capsize with entrapment	Student Coach	Coach to check equipment (boats and footwear) Coach able to rescue an entrapped capsized paddler		
Capsize	Student Coach	Boats fitted with sufficient buoyancy to float when capsized Coaches trained in emptying boats and rescuing crew Coach checks appropriate craft is used for water conditions Coach checks appropriate activities used for group ability		
Hypothermia	Student Coach	Session activities and clothing are appropriate to conditions Session cancelled if activities/clothing are inappropriate to conditions Leader's safety equipment reflects conditions and the group		
Impact injury (hit with paddle)	Student Coach	Coach to exercise appropriate group control		
Wind (not possible to manoeuvre boat as desired)	Student Coach	Session activities and clothing are appropriate to conditions Session cancelled if conditions are inappropriate		



Step 1	Step 2	Step 3	Step 4	Step 5
What are the hazards?	To who?	Is the risk adequately controlled and how?	What further action is necessary?	Review comments/ dates
Inherent risk (blisters, joint injury, tenosynovitis, surfers ear, exposure to light etc)	Student Coach	Coach's safety brief includes disclosure of risk and highlights specific hazards Coach promotes safe paddling practice Coach first aid qualified Coach carries first aid kit Participants provide details of existing medical conditions Coach warns of exposure to sunlight First-aid-kit contains sunscreen		
Lifting injuries (inc trailers & roof racks)	Student Coach Helpers	Coach promotes and uses safe lifting strategies		
Collision	Student Coach	Group will be briefed about collision risk with third parties		
Site specific hazards	Student Coach	Coach performs dynamic risk assessment Coach refers to Activity Guidelines		

ASSESSMENT TASK 3D: ACTION PLAN

It is good personal practice to develop your coaching skills through a personal action plan. You are encouraged to start working on this as soon as you start your learning programme to highlight any areas where you would like to develop your knowledge and understanding. You need to demonstrate that you can prepare a personal action plan to develop your current coaching practice and that you can review and update this to indicate achievement of certain elements. Your Tutor will introduce this task during your course, it will then be up to you to keep working on it.

Evaluation of Previous Coaching Sessions:	
Looking back on your coaching session reviews, identify some strengths of your coaching and areas for improvement:	
Strengths:	Areas for Improvement:
Review of Feedback from Others:	
Looking back on the feedback you have received from others about your coaching sessions identify some strengths of your coaching and areas for improvement:	
Strengths:	Areas for Improvement:



Coaching Goals:

Based on your self-analysis identify coaching goal(s) to improve your coaching practice:

Personal Action Plan:						
Create an action plan to achieve your goal(s)						
Area to be improved	How to achieve this	Who can help?	Other resources?	Planned completion date	Actual completion date	Comments

Personal Action Plan:						
Create an action plan to achieve your goal(s)						
Area to be improved	How to achieve this	Who can help?	Other resources?	Planned completion date	Actual completion date	Comments