

# BCUAB Coaching Memo



---

**To:** BCU FSRT Providers  
**From:** BCU Awarding Body  
**Date:** 16<sup>th</sup> May 2013  
**Re:** BCU FSRT Updates

Please be advised that the BCU FSRT Training course has been updated; the following documents are now in use;

BCU FSRT Syllabus V2-0

BCU FSRT Course Notes V2-0

FSRT Course Schedule V2-0

## Updates:

No fundamental changes have been made to the training course ethos, although clarification has been given to certain areas to aim for more consistent delivery and interpretation. No changes have been made to the course content, although some changes do have an impact on delivery. The key updates are as follows;

1. Prerequisites: boat-based candidates standard: Boat-based candidate's personal paddling should be that of the current BCU 2 star. They do not need to hold the 2 star, but need to be paddling at that level in both canoe and kayak.
2. Bank-based candidates: Additional clarity has been given regarding bank-based candidates who may wish to complete the FSRT, and sample learning programmes included in the course notes.

3. Equipment: The following are changes have been made to the equipment lists;

- the minimum length of throwline has been removed
- the need for a HMS Screwgate has been replaced by a large karabiner

The FSRT course aims to allow the participants to experience a range of equipment, and to teach/coach the participant in ways to use the equipment as well as improvised systems. The equipment section of the course notes has also been updated.

4. Craft: Please read the updated text in the syllabus and course notes carefully. This section has been updated and aims to provide much greater clarity to what craft should be used on the training course. Previously the syllabus indicated that candidates would be trained in working with and rescuing all craft, through the review this was identified as unrealistic. The training course is still designed for those interested in any paddlesport craft and SUPs have been added to the list of potential craft.

5. Venue and duration: The minimum teaching time has been increased from 6 to 8 hours. The course notes specify that the distance between any classroom (if used) and water is kept to a maximum of 15-minutes travelling time.
6. Skills Competency Checklist: All participants should leave the FSRT course with a completed 'skills competency checklist' (see page 4 and 19 of the course notes). The skills competency checklist is designed to give participants a clear indication of their strengths, weaknesses, and areas where development is required. It is also designed to help participants reflect on their current abilities. It can also be used on other courses (e.g. 3 Star, or Level 1 and 2 Coach courses) to help the provider gain an insight into the participants previous level. It is therefore important that it is completed accurately for ALL participants, and that participants are encouraged to keep a copy (in their logbook, if they have one).
7. Course notes: Clarity has been added to certain syllabus areas of the course notes. This includes craft specific where appropriate. Three sample programmes have been added; a boat-based, bank-based, and combined programme. The time allocated to each aspect of the syllabus should help providers appreciate the weighting of different areas to be covered.
8. FSRT link to BCU (UKCC) Level 1 Certificate in Coaching Paddlesport: During the review it was identified that candidates needed to be competent and consistent at the FSRT skills prior to embarking on their Level 1 Coach course. It has been found that this area is often weak and causes challenges for the candidates during the Level 1 course when the FSRT skills are assessed. FSRT providers are asked to provide guidance to candidates who are aspiring to Level 1, including appropriate action planning for the areas of the Skills Competency Checklist that are identified as 'needs developing' to help prepare the candidate for their Level 1.
9. Course schedule: An updated course schedule has been produced for use by providers (V2-0).

#### **Video Clip Resources;**

The FSRT review group are developing a library of video clips accessible to participants and providers demonstrating good practice of the core FSRT skills. A suitable means of uploading these to the web is still being explored, although we aim to have them accessible before the end of 2013.

#### **Advice to Providers;**

The updated Syllabus, Course Notes, Course Schedule, should be used for all FSRT courses from 1<sup>st</sup> June 2013.

The Home Nations are running a series of moderation events for FSRT providers, and whilst these are not compulsory we strongly encourage all providers to attend. The moderation events give providers chance to ensure they are up-to-speed with best practice, chance to strengthen knowledge, and the opportunity to network with other providers sharing good practice and supporting each other with solutions to common problems.

**If you have any questions please contact your Home Nation Coaching Officer.**