

## **British Canoeing**

### **Level 3 Certificate in Coaching Paddlesport**

#### **Course Guide Supplement – Canoe**

## Introduction

This Course Guide Supplement contains details of the British Canoeing Discipline Specific Canoe Training.

## British Canoeing Level 3 Discipline Specific Training

The Discipline Specific course provides applied discipline specific training looking at the 'what' and 'how' of the coaching process and the technical and tactical skills required to effectively coach boat handling techniques and manoeuvres in the context of the chosen discipline environment. British Canoeing Level 3 Discipline Specific Training is available in the following disciplines or environments;

- Sprint \*
- Marathon \*
- Slalom \*
- Wild Water Racing \*
- White Water Kayak
- Sea
- Surf
- Open Canoe
- Touring
- Polo \*
- Freestyle \*

\* Bank-Based and Boat-Based options are available in these disciplines.

## Registration and Prerequisites

At the point of registration the following prerequisites are required:

- British Canoeing Level 3 Core Training completed within last 2 years,  
**OR** Updated British Canoeing Level 3 Coach in another discipline
- British Canoeing Moderate Water Endorsement Canoe  
**OR** British Canoeing Level 3 Canoe Coach
- At least one of following British Canoeing Intermediate Modules;
  - Optimising Fitness and Performance 1,
  - Optimising Fitness and Performance 2,
  - Coaching the Mind for Paddlesport
- 18 years of age, or older
- Registration Fee £39 for Comprehensive/Full Home Nation Association Members (this includes the assessment registration fee)

## British Canoeing Level 3 Canoe Training Overview

The British Canoeing Level 3 Canoe Training comprises a number of topic areas:

<b>Pre-Course</b>	Recruitment – getting the right people onto the course Registration – including the identification of specific learning needs Pre-course reading - Level 3 workbook and background reading on the Canoe and Canoeing skills Pre-course activities – coach profile / induction Check prerequisites
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The course comprises of two inter-related sets of outcomes delivered through an integrated approach. Due to the variable nature of conditions and trainees needs, it will not always be possible or appropriate to deliver both sets of outcomes in the same combinations. Therefore, the outcomes are outlined below separately to allow tutors and training directors to combine the sessions in a number of different combinations.

## Applied Coaching Learning Outcomes

Explore these in the context of Coaching Canoeing;

Managing a safe and effective Coaching environment	
<b>Safe coaching environments</b>	Formal risk assessment and management (inc Health and Safety) Health and Safety reporting procedures Encouraging collective responsibility Equipment checks, moving and handling Paddlesport injuries, illnesses and their management Impact on venues Explaining operational and emergency procedures Journey and Incident management
<b>Supportive working relationships</b>	Ensuring an equitable coaching environment Effective & responsive communication Child protection in the coaching environment
<b>Managing Behaviour</b>	Agreeing ground rules and setting standards Managing and rewarding behaviour Encouraging responsibility for individual solutions to behaviour

<b>Delivering Coaching within an annual programme</b>	
<b>Preparing participants</b>	<ul style="list-style-type: none"> <li>Communicating program and session goals</li> <li>Assessing participants suitability</li> <li>Adapting and modifying the program</li> <li>Warm ups alternative activities to prepare participants</li> </ul>
<b>Delivering the coaching program</b>	<ul style="list-style-type: none"> <li>Keeping participants active</li> <li>Motivating participants</li> <li>Communication methods and styles to encourage participant ownership</li> <li>Encouraging participant goal setting</li> <li>Adapting session content to individuals / Individualizing session content</li> <li>Explanations and demonstrations</li> </ul>
<b>Developing performance</b>	<ul style="list-style-type: none"> <li>Intervention strategies</li> <li>Training Principles</li> <li>Encouraging participant development and decision-making</li> <li>Observation and analysis</li> <li>Effecting change and development</li> </ul>
<b>Concluding the coaching program</b>	<ul style="list-style-type: none"> <li>Encouraging effective warm down activities</li> <li>Clearing site</li> <li>Reviewing sessions against the program</li> </ul>

## Canoe Specific Learning Outcomes

Explore these in the context of Coaching Canoeing;

<b>Canoeing Motor Skills</b>	
<b>Basic handling</b>	<ul style="list-style-type: none"> <li>Forward paddling</li> <li>Reverse paddling</li> <li>Trim in both moving and open water environments</li> <li>Edging and leaning</li> <li>Static turns</li> <li>Turning on the move</li> </ul>
<b>Paddling on Moving Water</b>	<ul style="list-style-type: none"> <li>Efficient forward paddling</li> <li>Canoe handling adaptations in paddling lines down rapids, including checking &amp; setting</li> <li>Canoe handling adaptations across a range of currents</li> <li>Canoe handling adaptations for paddling up small rapids</li> </ul>
<b>Paddling on Open Water</b>	<ul style="list-style-type: none"> <li>Efficient forward paddling</li> <li>Open canoe handling adaptations for dealing with differing wind &amp; wave conditions</li> </ul>
<b>Breaking in and out</b>	<ul style="list-style-type: none"> <li>Efficient and effective open canoe handling</li> <li>Effective and safe use of - speed/momentum angle and tilt</li> <li>Check &amp; set into an eddy</li> </ul>
<b>Surfing waves</b>	<ul style="list-style-type: none"> <li>Efficient and effective high cross</li> <li>Surf appropriate waves</li> </ul>

<b>Safety &amp; Rescue</b>	Personal rescue skills Group rescue skills Care of equipment
<b>Non paddle skills</b>	Moving Water: Lining & poling Open Water: Sailing & rafting

<b>Canoeing Cognitive Skills</b>	
<b>Trip planning</b>	Theory and planning Base contact and late return procedures
<b>Safe journeying skills</b>	Judgement, hazards and risk assessments Group ability & size vs. the plan & conditions Safety equipment Positioning and formations for difficult/hazardous conditions What ifs? – roles and responsibilities Incident management & common rescues. Tactics for efficient and effective paddling in moving and open water environments
<b>Communication</b>	A range of simple signals Use of differing river leadership strategies
<b>Wildlife and the river environment</b>	Recognition and knowledge of the common inhabitants: Fish; Mammals; Birds; Understanding the importance & fragility of the river environment Avoidance and respect for other river users Access issues
<b>History</b>	Knowledge of the historical development of the open canoe

<b>Post Course</b>	
<b>Coaching Practice and Evaluation</b>	The opportunity to develop coaching skills within an annual programme through coaching practice, including development of reflective practice. This is guided by and recorded in the Assessment Portfolio, and includes Assessment Tasks 1-6.
<b>Assessment</b>	Direct Coaching Assessment (Assessment Task 7) Questioning (Assessment Task 8) Personal Skills (Assessment Task 9) – Boat-based candidates only