

## **British Canoeing**

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

#### **Course Guide Supplement – Marathon**

## Introduction

This Course Guide Supplement contains details of the British Canoeing Discipline Specific Marathon 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
- The following British Canoeing Intermediate Modules;
  - Optimising Fitness and Performance 1,
  - Optimising Fitness and Performance 2,
  - Coaching the Mind for Paddlesport

**OR** Have completed one of the above British Canoeing Intermediate Modules and are a British Canoeing Level 3 Racing Coach
- Boat-based coaches are required to evidence Marathon performance; Ranked Junior National Team, or Adult 'B' Ranking. **OR**, Marathon Junior National Team; Divisions 2, 3 (Men); Divisions 4 (Women and C1); sub 19 hours DW Time (Men); Sub 21 Hours DW Time (women). Evidence can be taken from Ranking Lists, Yearbooks, or race results.
- British Canoeing Foundation Safety and Rescue Training
- 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 Marathon Training Overview

The British Canoeing Level 3 Marathon 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 Marathon; British Canoeing Racing Manual. Familiarity with the BCU Forward Paddling DVD 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 Marathon:

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>Encouraging participant goal setting</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 and motivated</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, analysis, feedback</li> <li>Effecting change and development</li> <li>Balance of technical and performance development in training sessions</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>

## Marathon Specific Learning Outcomes

Explore these in the context of Coaching Marathon:

<b>Marathon Techniques</b>	
<b>Developing the Technical</b>	<ul style="list-style-type: none"> <li>Balance</li> <li>Fundamentals of Paddlesport</li> <li>Basic Principles of Forward Paddling</li> <li>Forward Paddling Technique in Canoe and Kayak</li> <li>Technique assessments</li> <li>Use of Ergos</li> <li>Event Specific technique</li> <li>Crew boat work</li> </ul>
<b>Developing the Tactical</b>	<ul style="list-style-type: none"> <li>Starting and finishing techniques</li> <li>Race Pacing</li> <li>Wash Hanging</li> <li>Turns</li> <li>Portages</li> <li>Race Tactics</li> </ul>

<b>Marathon Cognitive Skills</b>	
<b>Annual Programme Planning</b>	<u>Reviewing, Planning, Implementing, Analysing, Steering</u> Training principles – Specificity, Overload, Progression, Recovery, Reversibility LTPD principles encompassed into plan Profiling for Marathon Periodisation principles Evaluation/Testing Planning Overview Tool for Marathon
<b>Session Planning</b>	<u>Manipulating the variables:</u> Aim of session; ability of the Group Age of the group – developmental as well as chronological Classes involved; Time of the year or training period Weather; Type of site; safety/risk assessment issues You - the coach and your staff/support?
<b>Developing the Physical</b>	Principles of Training (FITT) Event requirements On and off the water training Recovery and rest Strength and conditioning
<b>Developing the Psychological</b>	Goal setting Self-confidence Attention and concentration Imagery Relaxation and emotional control
<b>Developing an effective lifestyle</b>	Session planning around the needs outside the sport Balancing the social and the sport Life Planning
<b>Race day</b>	Race day preparations Race day routines Warming-up Race feedback Warming down

<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>	<b>Direct Coaching Assessment (Assessment Task 7)</b> - this will be in two parts: in the Coaching/Training environment and in the competition environment, with the paddlers the coach usually works with <b>Questioning (Assessment Task 8)</b> <b>Personal Skills (Assessment Task 9)</b> – Boat-based candidates only