

British Canoeing

Level 3 Certificate in Coaching Paddlesport

Course Guide Supplement - White Water Kayaking

Introduction

This Course Guide Supplement contains details of the British Canoeing Discipline Specific White Water 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 White Water
OR British Canoeing Level 3 Inland Kayak 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 White Water Kayak Training Overview

The British Canoeing Level 3 White Water Kayak Training comprises a number of topic areas:

Pre-Course	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 White Water, White Water Kayaking and White Water Kayaking 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 White Water Kayaking;

Managing a safe and effective Coaching environment	
Safe coaching environments	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
Supportive working relationships	Ensuring an equitable coaching environment Effective & responsive communication Child protection in the coaching environment
Managing Behaviour	Agreeing ground rules and setting standards Managing and rewarding behaviour Encouraging responsibility for individual solutions to behaviour

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

White Water Kayak Specific Learning Outcomes

Explore these in the context of Coaching White Water Kayaking;

White Water Kayak Motor Skills	
White Water Kayak basic handling	<ul style="list-style-type: none"> Forward paddling Edging and leaning Static turns Turning on the move
On the move	<ul style="list-style-type: none"> Efficient forward paddling Handling adaptations in paddling lines down rapids Handling adaptations across a range of currents Handling adaptations for paddling up small rapids
Breaking in and out	<ul style="list-style-type: none"> Efficient and effective White Water Kayak handling Effective and safe use of - speed angle and edge
Surfing small waves	<ul style="list-style-type: none"> Efficient and effective high cross as well as side surfing small stoppers
Safety and Rescue	<ul style="list-style-type: none"> Personal rescue skills Group rescue skills Care of equipment

White Water Kayak Cognitive Skills	
Trip planning	Theory and planning Base contact and late return procedures
Safe journeying skills	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.
Communication	A range of simple river signals Use of differing river leadership strategies
Wildlife and the river environment	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

Post Course	
Coaching Practice and Evaluation	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.
Assessment	Direct Coaching Assessment (Assessment Task 7) Questioning (Assessment Task 8) Personal Skills (Assessment Task 9) – Boat-based candidates only