

Moderate Water Endorsement Course Guide

Introduction

The British Canoeing Moderate Water Endorsement is designed for Coaches who wish to coach in the moderate water environment relevant to the award/craft. See British Canoeing Terms of Reference for more details and Environmental Definitions. The Award is available in Open Canoe, Sea, Surf, Touring, and White Water Kayak. To achieve the qualification candidates complete a formal training course, followed by a period of consolidation and a final coaching assessment.

The Moderate Water Endorsement coaching role

A Coach with Moderate Water Endorsement is trained and assessed to plan, deliver and review a series of six progressive coaching sessions, in the specific moderate water conditions of their discipline.

Further information

When you register (see page 2) for the award you get an information pack including:

- Moderate Water Endorsement Course Guide
- Moderate Water Endorsement Candidate Assessment Day Pack

In addition the Moderate Water Endorsement Assessment Guidance is available from your Home Nation Association. This provides full details of the assessment criteria.

Staffing requirements

The Training or Assessment Director is the person responsible for running the Moderate Water Endorsement; they will introduce themselves at the start of the course and help you through the course.

Candidate Registration

You need to register before attending a Moderate Water Endorsement training course. It is advisable to do this at least 2-weeks prior to the training course. Details are available from the Home Nation Associations (see page 11 for contact details).

Training prerequisites

When you register for Moderate Water Endorsement training you need these prerequisites:

- British Canoeing (UKCC) Level 2 Certificate in Coaching Paddlesport (Canoe or Kayak - as per the Moderate Water Endorsement discipline being followed)*
- British Canoeing 4 (or 5) Star Leader in the appropriate discipline
- [Note: Candidates registering for Touring can present with the British Canoeing 4 Star Touring Leader Award, or with British Canoeing 4 (or 5) Star Canoe Leader AND British Canoeing 4 (or 5) Star Leader in a Kayak based discipline]
- 18 years of age or older
- A valid and recognised 2-day (minimum) first aid award completed within the last 3-years

These additional prerequisites are checked at Training:

- A minimum of 10 quality coaching sessions delivered in the sheltered water environment after achieving British Canoeing Level 2 Certificate in Coaching Paddlesport
- A minimum of 10 quality trips led in the specific moderate water environment after achieving 4 Star

This will be checked via your coaching logbooks (see overleaf for further guidance on the type of experience that is applicable).

* Coaches who qualified prior to the introduction of British Canoeing (UKCC) qualifications can often access the Moderate Water Endorsement through application for Accredited Prior Learning (APL). Further details are available from the Home Nation Associations.

Assessment prerequisites

Evidence of the following prerequisites are checked at Assessment (you are required to take ORIGINAL evidence of the prerequisites to your final assessment):

- Valid Moderate Water Endorsement Training – Your first assessment attempt must be completed within 3 years of training. If unsuccessful a second assessment must be completed within 12-months of first assessment attempt.
- A minimum of 15 quality coaching sessions delivered in the specific moderate water environment after Moderate Water Endorsement Training; this must include evidence of six progressive coaching sessions with session plans and reviews. See overleaf for further guidance on the type of experience that is applicable. Note: Candidates who are successful at assessment normally have well in excess of the minimum requirements, although this will heavily depend on other skills/experience the coach/leader brings to the table.
- A valid and recognised 2-day (minimum) first aid award completed within the last 3-years
- Valid CR Form

- Full Home Nation Association Membership

Guidance on training and assessment prerequisite experience:

The quality of experience gained is critical to support the development of aspiring Moderate Water Endorsed Coaches. The coaching/leadership demands encountered provide important learning opportunities for the coach. More importantly, it is the range and combination of these experiences that will really make a difference to the person's development and competence as a coach in a variety of challenging and often changing environments. Candidates who are successful at assessment normally have well in excess of the minimum requirements, although this will heavily depend on other skills/experience the coach/leader brings to the table.

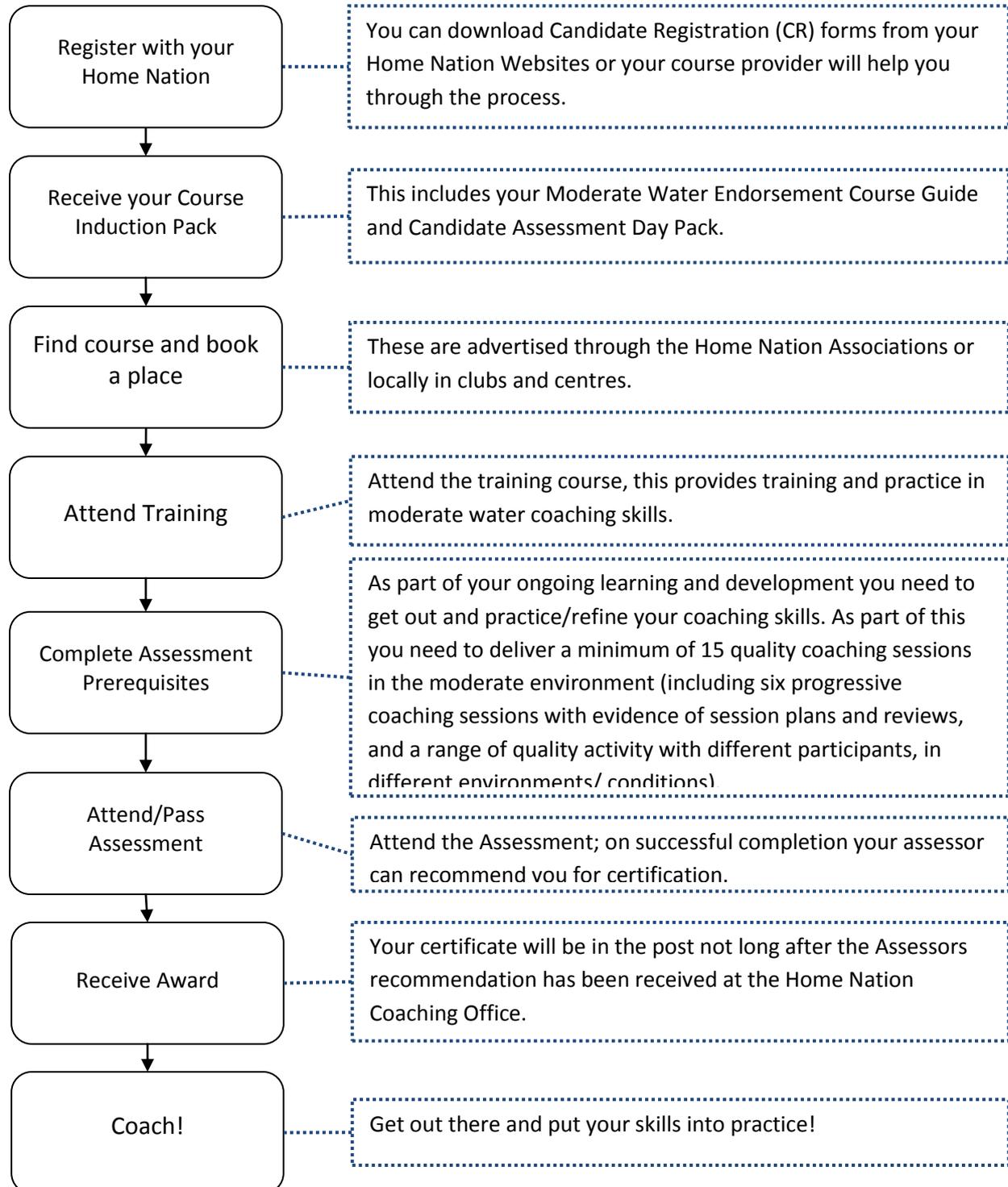
For experience to make a positive impact on the aspirant Moderate Water Endorsement Coach's development, the following criteria would normally be fulfilled:

- The individual has significant coaching/leading responsibilities.
- Coaching/leading experience is gained in a range of different environments/conditions that are appropriate to the award. For example (whilst staying with the British Canoeing Moderate Water definitions):
 - Sea; a variety of crossings, coastal trips, rock hopping, up-wind, down-wind, cross-winds, swell, tidal flow, different types of landings.
 - White Water; a range of river types e.g. high volume, low volume, pool drop, continuous, steep sided, wide open rivers, tight technical rivers etc.
 - Canoe; a variety of wind/weather/surface water conditions on open water and a range of grade 2 river types e.g. high volume, low volume, continuous, wide open rivers, tight technical rivers etc.
 - Surf; quality waves normally from sections of sandy beaches with gentle, sopping and spilling/peeling waves, with a range of wave heights, working in the soup, and dealing with pitching or dumping waves.
 - Touring; a variety of wind/weather/surface water conditions on large areas of open water and a range of different moving water venues.
- The aspirant coach/leader has experience working in both familiar and unfamiliar situations.
- The aspirant coach/leader has experience working with a range of different people. For example; known and unknown participants with different technical/tactical/physical/psychological needs.
- The aspirant coach/leader has been observed coaching/leading in the relevant environment and received useful feedback and support.
- The session/trip would normally include at least 60-minutes of quality coaching/leading.

In preparation for Moderate Water Endorsement Assessment candidates must include evidence of six progressive coaching sessions with session plans and reviews. These progressive coaching sessions may be run with a consistent group of paddlers e.g. six evening sessions, or block courses over a few days. They may also be run with different paddlers over a range of separate sessions, with each session working with paddlers at different levels e.g. sessions with beginners, intermediate or more advanced paddlers covering a wide spectrum of abilities within the remit of the award.

The Road to Certification

Once you have decided that the Moderate Water Endorsement is for you, let's look at how you go about it! This flow diagram describes each step you need to go through to achieve to the qualification:



The Moderate Water Endorsement Training Course

The aim of the Moderate Water Endorsement training course is to provide you with the tools to plan and deliver a series of progressive paddlesport coaching sessions in the discipline specific moderate water environment.

The Moderate Water Endorsement training course is normally run over consecutive days and involves a minimum 16-hours contact time. Many providers offer longer courses to allow more time for learning and development.

Content – How to Coach

The Moderate Water Endorsement training course revisits the Coaching ‘how to coach’ skills covered at Level 2, working to help you apply them in the discipline specific moderate water environment.

The coaching behaviours link to the British Canoeing (UKCC) Level 2 Certificate in Coaching Paddlesport and include:

- Session planning and preparation
- Understanding and meeting participants needs
- Delivering progressive paddlesport coaching sessions
- Establishing a safe coaching environment
- Further details are available in the Moderate Water Endorsement Assessment Guidance.
- Content – What to Coach

British Canoeing Coaches with the Moderate Water Endorsement have been trained to coach the personal paddling skills required for the specific moderate water environment, taking into account the technical, tactical, physiological, and psychological requirements.

Note that the Touring Moderate Water Endorsement covers the coaching of both Canoe and Kayak. At Assessment Candidates are required to coach both disciplines.

By the end of the course you should have developed your understanding of performance and have a range of coaching strategies.

Validity: The Moderate Water Endorsement training course remains valid for 3-years. Your first assessment attempt must be completed within 3-years of training. If unsuccessful a second assessment must be completed within 12-months of the first assessment attempt.

Extensions: If you are unable to proceed to assessment within the period of training validity, you can apply to your Home Nation Association for an extension. Extensions for six-months are normally granted without problems. Longer requests need to be supported with more information and are not guaranteed.

The Final Assessment

The Moderate Water Endorsement assessment normally takes place over one day; the course introduction and welcome usually happen the evening before the assessment day.

The final assessment involves a review of assessment prerequisites (including the associated session plans and reviews), and the assessment of personal/leadership/safety/coaching skills through observation of practical coaching activity, specific tasks and questioning. Further details are in the Moderate Water Endorsement Assessment Day Pack. The practical coaching assessment requires you to deliver two coaching sessions (normally 30-60 minutes each) working with a 'real' group of paddlers (maximum of 4) who are comfortable paddling moderate water as part of a led group.

Successful Completion / Incomplete Assessment Tasks: You are required to have provided evidence of the assessment prerequisites and successfully passed all elements of assessment before a recommendation to receive the Moderate Water Endorsement can be made.

If you don't complete all elements required for certification by the end of the course you will need to re-sit all elements of the assessment on a future course. Training validity is adjusted to become valid for 12-months from the date of the first assessment. (If your assessment prerequisites meet the required standard at the first assessment attempt, you can carry these forward to your next assessment). Only two attempts at assessment are allowed, if a second attempt is unsuccessful you will need to repeat the training course if you wish to continue.

Extensions: If you are unable to proceed to assessment within the period of training validity, you can apply to your Home Nation Association for an extension. Extensions for six-months are normally granted without problems. Longer requests need to be supported with more information and are not guaranteed.

Assessment courses: The Home Nation Associations and course providers advertise Moderate Water Endorsement assessment courses. You can also arrange an assessment directly with a Moderate Water Endorsement Director if you prefer. The assessment will normally run over one day.

Certification: Successful completion of all the assessment tasks will result in a recommendation for you to get the British Canoeing Moderate Water Endorsement in the specific discipline. The final assessment Director will send your paperwork to their Home Nation for approval and certification.

Supporting Policies

Appeals

If you think an assessment decision is incorrect you have the right to appeal via your Home Nation Association. A fee is charged for a formal appeal, this is refunded if the appeal is successful. You should address queries, or register your intention to appeal, with your Home Nation Association, within 30-days of the assessment decision. Extensions to this period are only made in exceptional circumstances.

Complaints

If you have a complaint about the way the course staff treated you, or the way the course was conducted, contact the relevant Home Nation Association.

Equal opportunities

British Canoeing and Home Nations are committed to ensuring access to, and fairness in, assessment for all candidates regardless of their race, ethnic or national origin, gender, sexual orientation, disability, age, marital status, social class, political or religious beliefs and affiliations or other personal or professional characteristics which are acknowledged to have no bearing on assessment, while also safeguarding the integrity of its qualifications. Please see your Home Nation Association Equal Opportunities / Equality Policy.

Reasonable adjustments

The British Canoeing 'Reasonable Adjustments for Paddlesport Awards and Coaching' describes how assessment can be amended for learners with disabilities and other difficulties. If you are likely to find the assessment methods difficult you must discuss any concerns with your course Director. The course Director will make sure you are assessed in a suitable manner in line with the policy. The course Director will be familiar with these guidance notes and can help you understand them if necessary.

Accreditation of Prior Learning

If you feel that you have covered the Moderate Water Endorsement course material (or prerequisites) through alternative learning opportunities you can apply to your Home Nation Association for Accreditation of Prior Experience and Learning (APL). Evidence from study, employment or voluntary work may be used. This evidence needs to be submitted for review. Further details are available from your Home Nation Association website.

Malpractice

Malpractice is not tolerated. Any suspected malpractice, on the part of candidates, providers, or any others involved in providing British Canoeing Qualifications must be reported to the relevant Home Nation Association. Anyone who fails to report suspected malpractice will be investigated and may

be subject to disciplinary action. Moreover, British Canoeing or the relevant Home Nation will conduct a full investigation into instances of alleged or suspected malpractice whenever they have grounds to doubt the integrity of the assessment process and/or the legitimacy of claims for certification and will take such action, as is necessary to maintain the integrity of the relevant qualifications.

Once Qualified

After you have finished your qualification we hope you get out and enjoy using your skills. The British Canoeing Moderate Water Endorsement enables you to work in suitable paid or voluntary roles.

Your remit

British Canoeing recommend the Moderate Water Endorsement Coach is the right qualification for coaches working in a moderate water environment with craft relevant to the discipline award taken. The Moderate Water Endorsement Coach has been trained and assessed to work without supervision. The relevant British Canoeing environmental definitions are shown on page 10.

The British Canoeing Terms of Reference provides further guidance. If you are ever unsure please contact your Home Nation Association.

Continual professional development

We encourage you to continue to develop your learning and knowledge of the sport by working with more experienced coaches and through other coach education. Opportunities are often available through Home Nation Association programmes, or you can access alternative coaching related courses. Check your Home Nation Association websites for programmes on offer.

Assessing British Canoeing Awards

A British Canoeing Coach who has completed the Moderate Water Endorsement Training can start work towards becoming a 3 Star Assessor within their specific discipline (the role can only be granted once the Moderate Water Endorsement qualification has been achieved). Qualified Moderate Water Endorsement Coaches can also start to work towards becoming a 4 Star provider. See [Becoming a British Canoeing Star Award Provider](#) for more details.

Keeping qualifications valid

With sport and sports coaching having an increasingly public profile with moral, ethical, and social commitments, it is important that we can account for and verify the status of our paddlesport coaches. British Canoeing offer a Coach Update Scheme through the Home Nation Associations to provide assurance that the coach meets minimum standards for deployment. If you want to get this recognition you need to meet set criteria. More details are available on the Home Nation Association websites.

Furthering your Qualifications

When you have gained some experience you may choose to work through other British Canoeing Qualifications or training modules, for example:

- British Canoeing 5 Star Leader
- British Canoeing Advanced Water Endorsement
- British Canoeing Level 3 Coach
- British Canoeing 5 Star Leader

The British Canoeing 5 Star Leader Award provides a qualification for paddlers who wish to lead in advanced water conditions. The qualification is available in Sea Kayak, Surf Kayak, Open Canoe, and White Water Kayak.

British Canoeing Advanced Water Endorsement

The British Canoeing Advanced Water endorsement enables Coaches to take their coaching abilities into specific advanced water environments. The award is available in Sea Kayak, Surf Kayak, White Water Canoe, Open Water Canoe and White Water Kayak. The course focuses on the application of current coaching knowledge in the advanced water environment.

British Canoeing Level 3 Coach

The Level 3 Coach is a discipline specialist who is able to plan, implement, and analyse long-term development programmes. This is a suitable qualification for someone in charge of paddlesport activities in a club / centre or a working professional. Level 3 Coaches specialise in the following disciplines or environments:

- | | | |
|------------------------|---------------------|-----------------|
| • Freestyle | • Marathon Racing | • Open Canoeing |
| • Polo | • Sea | • Slalom |
| • Sprint Racing | • Surf | • Touring |
| • White Water Kayaking | • Wild Water Racing | |

British Canoeing Environmental Definitions

Definitions extracted from British Canoeing Terms of Reference:

Moderate Inland Water (relevant to Open Canoe, Touring, and Sea):

Large areas of open water; up to 500 metres off shore and in wind strengths that do not exceed Beaufort force 4. Canals, ungraded sections of rivers, and moving water that has a discernible green flow. The shooting of weirs, playing on weirs and running rapids are excluded from this definition.

Moderate White Water (relevant to Open Canoe and White Water Kayak):

Grade 2 white water or equivalent weirs for open canoe. Grade 2(3) for white water kayak.

Sheltered Tidal Water/Sea (relevant to Sea and Touring):

Small enclosed bays, enclosed harbours, where there is minimal possibility of being blown offshore; defined beaches (a short section of beach with easy landing throughout, no tide races or overfalls beyond the beach), in conditions in which swimmers and beach craft could be happily operating winds not above Beaufort force 3 (Beaufort force 2 if offshore when greatest of caution must be exercised); the upper reaches of some suitable, slow moving estuaries during neap tides. In all cases the wind and weather conditions must be favourable.

Moderate Tidal Water/Sea (relevant to Sea):

A stretch of coastline with available landings every one to two miles or one hour paddling, including areas where it is not easy to land. Crossings not exceeding two nautical miles. Up to 2 knots of tide (but not involving tide races or overfalls). Winds not exceeding Beaufort force 4. Launching and landing through surf (up to 1 metre, trough to crest height).

Moderate Surf (relevant to Surf):

Area: Sections of sandy beaches free from significant hazard (e.g. rocks and strong rips) and with easy access.

Character: Gentle, sloping and spilling waves, preferably peeling. Not pitching or dumping.

Height: Wave height should be no more than double overhead i.e. the height of the surfer when seated in a kayak in the trough of the wave (head high for a stand up surfer).

Contact Details

Further information can be obtained from the Home Nation Associations:

British Canoeing
National Water Sports Centre
Adbolton Lane
Holme Pierrepont
Nottingham, NG12 2LU
Tel: 0845 370 9500
Email: coaching@britishcanoeing.org.uk
Website: www.britishcanoeing.org.uk

Scottish Canoe Association
Caledonia House
1 Red Heughs Rigg
South Gyle
Edinburgh EH12 9DQ
Tel: 0131 317 7314
Email: coaching@canoescotland.com
Website: www.canoescotland.com

Canoe Wales
The National White Water Centre
Frongoch
Bala,
Gwynedd LL23 7NU
Tel: 01678 521199
Fax: 01678 521158
Email: admin@canoewales.com
Website: www.canoewales.com

Canoe Association of Northern Ireland
Unit 2 Rivers Edge
13-15 Ravenhill Road
Belfast BT6 8DN
Tel: 0870 240 5065
Email: office@cani.org.uk
Website: www.cani.org.uk

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