

- Level 1 ... Trainee Raft Guide, Qualified to assist and guide on rafts with passengers under supervision
- Level 2 ... Raft Guide, Qualified to guide a raft which is part of a flotilla
- Level 3 ... Trip Leader, Qualified to guide the lead raft and take overall responsibility for a rafting trip.
- Level 4 ... Trainer Qualified to instruct on raft guide courses and assist on assessments
- Level 5 ... Senior Trainer, Directs raft guide training and assessments.

The scheme is designed to cater for those with little or no experience. The aim is to provide a solid base of training upon which experience and skills can be built. It is essential that trainees work under direct supervision of a more qualified guide to gain experience. A log book should be kept detailing river miles undertaken.

It is anticipated that the scheme will attract some individuals with considerable experience. These people may well be placed at a higher level within the scheme, following their training course. **No one** will be exempt from the initial training course.

Additional Notes

Candidates who have completed module 1 may be able to work on that specific site as a Trainee Local Raft Guide (TLRG) depending on their ability. A local Raft Guide (LRG) award may be issued by assessment to those candidates who have logged sufficient helming hours as a TLRG.

Existing Local Raft Guides may be able to up-grade their award by completing a three day module 2 course. This will depend on the candidates' experience. (This **does not** guarantee the issuing of a level 1 or 2 award.)

Individual raft guide status can be reviewed at any time by the English White Water Rafting Committee's Training Panel. Consequently a guide may be requested to present an up-to-date log book at any time, demonstrating current practice.

Coaching Processes Course Notes for Guidance for Tutors and Candidates

GENERAL INFORMATION.

This two day course (14hr contact) is *aimed at members of the coaching scheme who wish to develop and expand their practical skills and theoretical knowledge, with regard to canoesport coaching delivery.*

Successful completion of the course can lead to the award of Coach Level Four (CL4), if the two other prerequisites have been met, (i.e., CL3 award and 5 Star discipline specific.)

The coaching processes course can be attended at anytime, potential candidates do not have to hold CL3 or 5 Star awards.

In addition, the course is generic with regard to the various disciplines of canoesport.

It is intended that the course will be as practical as possible with candidates participating, and gaining Top Tips' for practical coaching sessions and increasing their own coaching process knowledge

Training and Endorsement

There is no formal assessment. However, candidates are expected to come to the course ready to contribute in any way they can, to be open minded, and to continue to maintain such standards throughout the programme. Candidates will have a log book signed after successful attendance and completion of the course.

The spirit of this course is that it will provide additional training and learning opportunities to coaching service members, and should not be perceived as another tick towards the holding of an additional award.

CA/016/00/1



Administration details

There is no BCU registration fee charged for this course, nor is certification issued. Successful candidates will gain a (P) to their computer printing readout, as found on BCU mailings.

Accreditation of prior learning

If a candidate can provide evidence of a similar course from another Governing Body or National Organisation, which has been successfully completed, and is of the same contact time (14hrs), then he/she may apply for exemption. This is subject to the Director of Coaching, (DOC) approval.

Pre-requisites for attending the course

- a. Candidates must be members of the coaching service of the BCU.
- b. Due to the practical nature of this course, it is expected that the participants should fully participate in all sessions. Should a non paddling coach wish to attend, it would be advisable to contact the course director.

Coaching Processes Directors and Tutors

Directors of coaching processes courses should be coaches who are currently on the CL5 Directors list. They are responsible for the running and administration of the course. Contributing tutors would normally be other CL5, who have experience of observing at least one C.P course. Tutors who do not fill this criteria (such as a sports psychologist from another sport) may be invited by the course director in exceptional circumstances. The ratio of students to staff should be, as a guideline, 6:1 with a maximum of 12 candidates.

Nature of the Course and Syllabus

- a. It is envisaged that the course will be 14 hours in duration. This could be run as two consecutive days, or as a number of evening sessions, if conditions allow. It is suggested that if this is the case, the course should be completed within 30 days.
Although there must be a parity in the standard of delivery, it is accepted that the students own training and development needs and background could determine some of the content.
In addition, the development of coaching in canoesport is in an exciting and dynamic stage; coaching processes courses content should be continuously reviewed via the BCU to make it both relevant and up-to-date for all coaching service members.
- b. It is imperative that the course be as practical as possible while covering the major concepts. Each session should have a practical on water/in class exercise, which will help illustrate the more structured delivery.
Class based sessions must be as interactive and as thought provoking as possible. It is the Directors responsibility to make sure that course delivery avoids the 'analysis to paralysis syndrome'.

Syllabus

A two day training programme would cover the following coaching behaviours

- a. Observation and analysis skills
- b. Verbal input and instruction
- c. Use of demonstrations
- d. Goal setting
- e. The use of practice
- f. Feedback
- g. Questioning and command words

Notes

It is important that both course tutors and students realise the committing nature of this course. Because it is generic to all disciplines of canoesport, and is addressing new developments within canoesports coaching, the course can only succeed if approached by open minded individuals with a commitment to learn. If the question, 'what will a C.P course give me?' is asked, the simple answer is, better understanding of the coaching process, which should make successful participants more effective coaches.

