

British Canoeing Coach Awards

Course Guide

Pre-Release Note:

The British Canoeing Coach Awards are due for launch in January 2018. This pre-release version of the Course Guide is intended as an information source for interested parties.

PRE-RELEASE

British Canoeing Coach Awards Course Guide

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Introduction

Welcome to the British Canoeing Coach Awards Course Guide. This guide introduces you to the qualifications' content and structure.

Why choose a British Canoeing Qualification?

- Our qualifications give hands on knowledge and competence to coach paddlesport activity.
- British Canoeing has over 40 years' experience running coach qualifications.
- We aim to give you support whatever your experience, skills or specific needs.
- Our qualifications have been accepted as the industry standard for over 35 years.
- Our coaching qualifications are included in the Register of Regulated Qualifications.
- We aim to provide fit for purpose qualifications through a quality assured, cost effective service.
- The Coach Awards are United Kingdom Coaching Certificate (UKCC) Level 2 endorsed.
- We are the only Awarding Body offering the Coach Award qualifications.

We are recognised and regulated by the Office of Qualifications and Examinations Regulation (Ofqual), the Council for the Curriculum, Examinations and Assessment (CCEA), and Qualifications Wales. This means you can have every confidence in the robustness and procedures that underpin the qualifications' design and delivery.

Our customer services statement is available on our website (www.britishcanoeingawarding.org.uk).

Coach Award training and assessment courses are delivered via 'Delivery Centres' externally verified by British Canoeing Awarding. The Delivery Centres are responsible for internal verification and provider recruitment to maintain standards and consistency.

British Canoeing Educational Philosophy

British Canoeing believes in a participant led approach when creating and enabling experience from which people will enjoy, learn and develop through paddlesport. The Coach Award courses are designed to support coaches to deliver safe, engaging, empowering and enjoyable paddlesport sessions with the paddler at the heart of the process; whilst also fostering a sense of a paddling community and supporting the inherent social aspects of the sport. We hope through this approach that paddlers will achieve and celebrate success (this success being focused on the journey and not the destination).

The aspirant coaches' experience should also be safe, engaging and enjoyable, with the paddler guiding their own learning and development. Our course Tutors and Assessors should deliver the programme using a supportive and empowering approach to instil an active passion for both paddlesport and coaching. Whilst meeting individual needs, fostering a sense of a paddling community, and developing understanding and respect for the environment in which paddlesport takes place.

The British Canoeing Coaching and Leadership Qualifications

We offer a wide range of qualifications designed to support Leaders, Coaches and Instructors who work with paddlers at different levels, in different disciplines and with different aspirations.

The **Paddlesport Instructor** qualification is for people whose main focus of work is delivering introductory paddlesport sessions. The qualification is not discipline specific and is suitable for coaches who work with paddlers from any of the competitive and non-competitive paddlesport disciplines. The Paddlesport Instructor can plan, deliver and review short coaching sessions, normally with the support of a more qualified coach. The qualification is UKCC endorsed at Level 1.

The **Leadership Awards** provide qualifications for paddlers to lead others in a range of disciplines and environmental conditions.

The **Coach Awards** are designed for people who wish to coach paddlers who want to gain/improve paddlesport skills within a chosen discipline. This may include, for example, technical/tactical skill development, physical/psychological development, or helping people develop the skills so they can paddle safely without the need for a coach. The coach is able to plan, deliver and review progressive sessions safely, effectively and independently. There are 18 options available covering all of our main disciplines and environments. See page 5 for details. These qualifications are UKCC endorsed at Level 2.

The **Performance Coach Awards** are discipline specialist qualifications designed to support coaches who deliver long-term development programmes. This is a suitable qualification for someone in charge of paddlesport activities in a club / centre or a working professional. These qualifications are available in: Freestyle, Marathon Racing, Open Canoeing, Polo, Sea, Slalom, Sprint Racing, Surf Kayak, White Water Kayaking, and Wild Water Racing. The qualifications are UKCC Level 3 endorsed.

The **British Canoeing Coaching Diploma** is a 2-3 year programme targeted at coaches who wish to further develop the performance of the paddlers they coach, and who are operating at the forefront of paddlesport coaching. The course is an innovative programme run through a partnership between British Canoeing and the University of Stirling; with students completing a Postgraduate Diploma in Performance Coaching (Paddlesport) as part of the programme. This programme is UKCC Level 4 endorsed.

The Coach Awards

Introduction

The Coach Awards are designed for people who wish to coach paddlers who want to gain/improve paddlesport skills within their chosen discipline. This may include, for example, technical/tactical skill development, physical/psychological development, developing independent paddlers, or supporting athletes at competitions.

Awards

The following 18 (UKCC Level 2 endorsed) options are available:

Canoe and Kayak (Sheltered Water) Coach Awards

- Canoe Coach (Sheltered Water)
- Kayak Coach (Sheltered Water)
- Canoe and Kayak Coach (Sheltered Water)

Discipline Specific Coach Awards

- Freestyle Coach
- Open Water Canoe Coach
- Polo Coach
- Racing Coach
- Sea Kayak Coach
- Slalom Coach
- Surf Kayak Coach
- White Water Canoe Coach
- White Water Kayak Coach
- Wild Water Racing Coach
- Open Water Canoe Coach (Advanced Water)
- Sea Kayak Coach (Advanced Water)
- Surf Kayak Coach (Advanced Water)
- White Water Canoe Coach (Advanced Water)
- White Water Kayak Coach (Advanced Water)

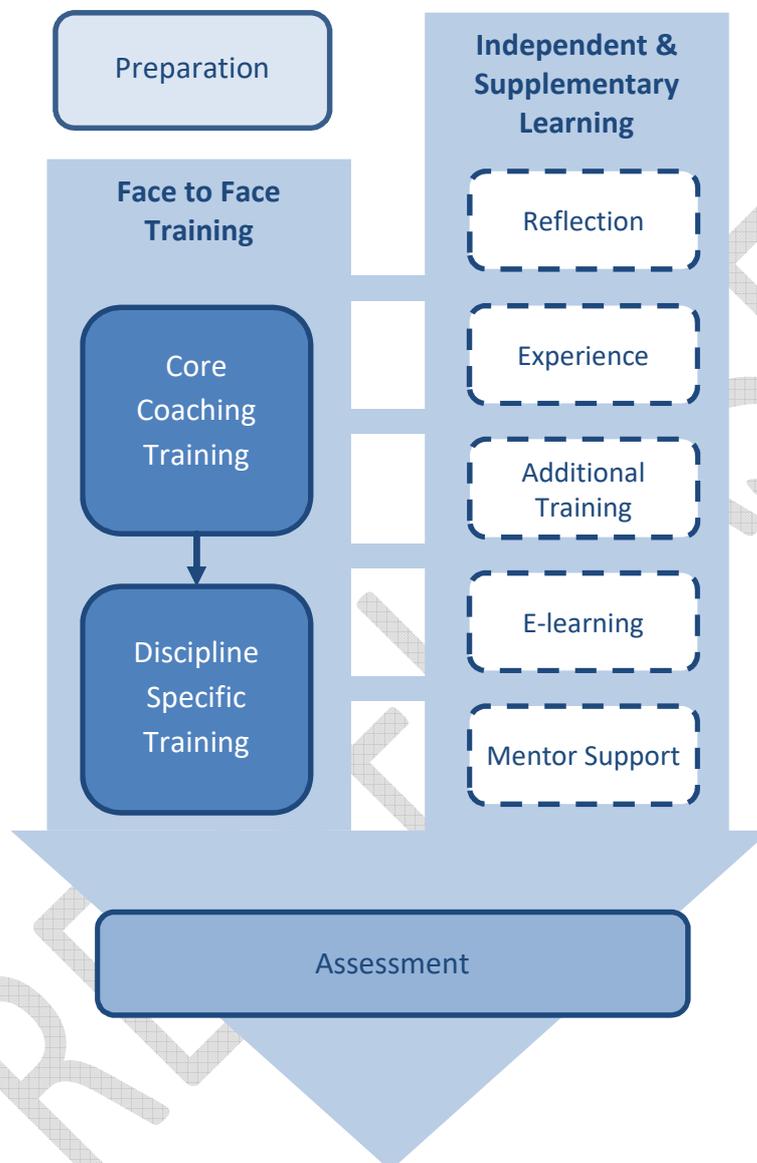
Content

The syllabus is based on the knowledge, understanding and skills that the coaches need to ensure the participants in their care are appropriately provided for. This includes:

- assessing athlete/paddler performance and needs
- designing and delivering progressive practice/training sessions to meet these needs
- managing safety
- creating an enjoyable motivating learning environment
- skills to support your own personal learning and professional development

Qualification Pathway

The following diagram illustrates the different components of the qualification pathway. These are described in detail in the proceeding sections.



Preparation

Prior to embarking on a journey through the Coach Award pathway, it is important that you:

1. select the British Canoeing course/qualification that best suits your coaching role
2. familiarise yourself with some key content prior to starting the face-to-face training

We have a number of resources to help you do this:

British Canoeing Website / Course Selector

This provides outline information about our range of qualifications to help you choose the appropriate qualification and entry point. This includes a question style flow-chart to help you select the qualification that offers the best fit.

Paddlesport Instructor E-Learning package

The Paddlesport Instructor e-learning package is designed to cover a range of syllabus topics relevant to the Paddlesport Instructor. Some sections are particularly pertinent for coaches who are planning to start on the Coach Award pathway as they highlight the prior knowledge that is expected.

Developing your Coaching Craft E-learning package

This e-learning package is designed to support you with your underpinning knowledge and understanding of coach development. It guides you through a 'plan, do, review, conclude' process based on your practical coaching. This aims to support you apply your background knowledge in practice and develop your technical/tactical/physical/psychological knowledge of your discipline(s).

[Note these resources will be available by 1st January 2018].

Training

There are two elements of face-to-face training to support coach development; Core Coach Training and Discipline Specific Training.

Both courses are designed to support coaches working towards the Coach Award Qualifications, but are also considered appropriate, and repeatable, as stand-alone training to support ongoing learning and development.

Both courses are recognised by British Canoeing and the Home Nation Associations as valid CPD evidence for the Coach Update Scheme.

How do I find a course?

Course dates and provider contact details are available from the Home Nation Associations and Delivery Centres.

How much do the courses cost?

Courses are individually priced and costs will differ depending on the overheads involved. There is a candidate fee payable to the Home Nation Association/Delivery Centre.

Does everyone need to do these training courses?

Coaches who have already completed British Canoeing Coach Training or Assessments that include similar content can choose to by-pass training if they wish. See Page 16 for details of recognised alternatives.

Core Coach Training

Introduction

This two-day face-to-face training course introduces the shared coaching content that is relevant to all coaches at this level.

What are the Prerequisites?

- Full Home Nation Association Membership

You will also need a base level of knowledge about the discipline(s) you wish to coach as this provides the content of WHAT you will be coaching. Your course provider can provide further guidance.

What will we cover?

Through a practical based course you will explore different approaches to coaching, understanding and enabling learning, and some core coaching skills. You will also be supported in developing your personal action plan to enable you to take your learning into practice after the course.

What do I do after the Core Coach Training?

You can proceed to Discipline Specific Training when you feel ready (and when you have the prerequisites in place), or you can repeat the Core Coach Training if you wish to further develop your understanding of the content.

Some providers will offer Discipline Specific Training immediately after the Core Coach Training. If you have a wealth of experience, this fast track route could well suit you. However, many will prefer some time to consolidate the learning in-between. Speak to the course provider if you need guidance.

Discipline Specific Training

Introduction

The Discipline Specific Training focuses on how to coach the discipline specific skills. Discipline Specific Training courses are two-days, with the exception of Slalom at three-days. The training is designed for those working towards a Coach Award and is suitable as stand-alone training.

What are the Prerequisites?

- Full Home Nation Association Membership
- Relevant Leadership Award for some disciplines (as listed on page 17)
- Core Coach Training (or equivalent, as listed on page 16)

What preparation do I need to do?

You will need good knowledge of the discipline(s) you wish to coach as this provides the content of WHAT you will be coaching. Your course provider can provide further guidance.

Prior to training, boat-based coaches should ensure that their personal skills (and leadership skills) are well practiced. This allows you to focus on developing your 'coaching', rather than your 'paddling'. Specific guidance for those attending Sheltered Water Training is provided in Appendix 3.

What will we cover?

On your Discipline Specific Training course you will focus on how to coach technical and tactical skills. The course will help you plan and deliver safe, enjoyable, progressive coaching sessions and you'll explore specifics to help you coach some typical participants relevant to you/your discipline.

What do I do after the Discipline Specific Training?

Practice. Your independent and supplementary learning are important to help you develop your coaching skills, see overleaf. You can proceed to Assessment when you feel ready (and when you have the prerequisites in place). You can also repeat (or access different) elements of training if you wish to strengthen, broaden, recap or refresh your knowledge and understanding of the content.

Independent and Supplementary Learning

Introduction

Alongside face-to-face training, coaches need to learn and develop their craft out in the field. We consider this to be a critical element to support coach development and we aim to provide some guidance to help you steer your way through this. During your development period (and in preparation for assessment) it is important that you engage in activities that help you:

- practice and refine the application of theory to practice
- develop as an effective learner
- develop the depth and breadth of your discipline specific experience and knowledge
- develop your understanding, depth and breadth of supporting knowledge
- develop your personal coaching philosophy

You will need to take responsibility for designing and fulfilling an appropriate action plan and will receive specific support/guidance at your Core Coach Training and Discipline Specific Training. The e-learning “Developing your coaching craft” is also designed to support your learning out in the field.

Typical activities might include:

- Reflective practice
- Experience - learning on the job!
- Watching or working with other coaches
- Discussion with other coaches or peers
- Learning from your athletes/participants
- Gaining, and responding to, feedback
- Evaluation to measure effectiveness
- Other formal/informal learning
- Working with a mentor

Assessing Readiness for Assessment

At some point in your development you will hopefully decide to attend an assessment. The last section of the Coach Award E-learning package includes tasks to help you assess your readiness for assessment and offers advice on where to access further support if you are unsure of your progression.

If it has been some time since you completed your training, and/or you are feeling unsure about progressing to assessment, we highly recommend you consider repeating the Core Coach Training and/or Discipline Specific Training. This is a great way to build on knowledge, gain extra support and check your readiness for assessment. It is particularly useful if you haven't got other support mechanisms in place. You can also access different Discipline Specific Training to help broaden your knowledge.

Assessment Activities

As part of your preparation for assessment you are required to complete (and evidence) the delivery of several discipline-specific coaching sessions. Before your practical assessment you will also be provided with a series of questions relating to your coaching activity to be discussed with your assessor. Further details are provided in the Coach Award Assessment Day Pack.

Practical Assessment

Introduction

To achieve your Coach Award qualification you need to successfully complete a mainly practical assessment. This will include assessment of your practical Coaching, Safety and Rescue Skills; supplemented with professional discussion and questioning.

Prerequisites

Prior to booking on your Coach Award Assessment you need to provide evidence of the following prerequisites:

- Coach Award Core Training (or alternative as listed on page 16)
- Discipline Specific Training (or alternative as listed on page 16)
- Relevant Leadership Award for some disciplines (as listed on page 17)
- Evidence of minimum standards of deployment:
 - First Aid Training (see requirements on page 17)
 - Child Protection Training
 - Full Home Nation Association Membership
 - Aged 16 or over at the time of assessment (18 for Advanced Water Options)

Please note that you will be required to engage in the course and all that it requires through the medium of English language (unless the course is advertised/delivered through Welsh language).

Preparation

It is important to ensure that you are well prepared for your assessment. We recommend that you review the Assessment Day Pack and the Assessment Guidance to familiarise yourself with the requirements. Please also see the guidance on page 10 'Assessing Readiness for Assessment' and details of the 'Assessment Activities' that are required prior to assessment.

How do I find a course?

The Home Nation Associations, Delivery Centres and course providers advertise assessment courses. You can also arrange an assessment directly with an Assessor if you prefer. The assessment will normally run over one-day, although modular assessments are allowed.

Certification

Successful completion of all the assessment tasks will result in a recommendation for you to be awarded the qualification.

If you are not successful at assessment you can present to a different assessment when you are ready. Your assessor will support you in understanding the next steps and help you identify areas for development.

Supporting Policies

Appeals: If you think an assessment decision is incorrect you have the right to appeal via the Home Nation Association/Delivery Centre. You should address queries, or register your intention to appeal, 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 or Delivery Centre.

Equal Opportunities: We 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. The 'Equal Opportunities Policy in relation to Access to, and Fairness in, Assessment' is available from the Home Nation Associations/Delivery Centres.

Problems at Assessment: You can apply for special consideration if you miss an assessment session, miss a deadline for the submission of written work, or perform poorly because of suffered temporary illness, injury, or indisposition at the time of assessment. For further details see 'Special Consideration Policy and Practice' available from the Home Nation Associations/Delivery Centres.

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 course material through alternative learning opportunities you can apply to your Home Nation Association/Delivery Centre 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. Candidates with relevant qualifications and experience may want to use APL to apply for direct entry to Coach Award Assessment or Performance Coach Award Training. Further details are available from Home Nation Association/Delivery Centre websites.

Malpractice: Malpractice is not tolerated. Any suspected malpractice on the part of candidates, providers, or any others involved in providing the British Canoeing Qualifications must be reported to the relevant Home Nation Association/Delivery Centre. Anyone who fails to report suspected malpractice will be investigated and may be subject to disciplinary action. Moreover, BC Awarding will conduct a full investigation into all 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, with respect to the candidates and/or centres concerned, 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 qualification enables you to work in suitable paid or voluntary roles.

Your Remit

British Canoeing recommends the Coach Awards are the right qualification for coaches working in the specific environment without supervision (environments are defined on page 17). The 'British Canoeing Terms of Reference' provides further guidance. If you are ever unsure, please contact your Home Nation Association.

Whilst candidates under the age of 18 can take some awards, note that they cannot be deemed responsible for leadership by law until they turn 18.

Minimum Standards of Deployment

We recommend the following as appropriate minimum standards of deployment for coaches:

- Current and relevant first aid training
- Liability insurance
- Knowledge of Child Protection guidelines and good practice
- Commitment to continual professional development
- Maintenance of currency in personal skills, safety/rescue skills, coaching and leadership skills

Further details of how your Home Nation Association can support you in these areas is available through their websites.

British Canoeing offers 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 or if you wish to take on different roles, you may choose to work through other British Canoeing qualifications or training modules. We offer a wide range of training and qualifications to suit many different aspirations. Further details of these courses are available on the Home Nation Association/Delivery Centre Websites.

Recommended Resources

E-Learning

Coach Award E-learning Package

The British Canoeing Coach Award e-learning package provides a platform to build your knowledge, understanding and confidence in the generic HOW to coach content that underpins good coaching practice and the Coach Award syllabi.

Developing your Coaching Craft E-learning package

This e-learning package is designed to support you with your underpinning knowledge and understanding of coach development. It guides you through a 'plan, do, review, conclude' process based on your practical coaching. This aims to support you to apply your background knowledge in practice and develop your technical/tactical/physical/psychological knowledge of your discipline(s).

Books

These books have relevant information to help you develop your coaching skills and knowledge. Additional resources specific to your specialism(s) will be signposted on your training course.

BCU Canoe and Kayak Handbook

Ed, Franco Ferrero, 2002: ISBN 0-9531956-5-1

BCU Coaching Handbook

Ed, Franco Ferrero, 2006: ISBN 0-9547061-6-1

Practical Sports Coaching

Ed, Christine Nash, 2014: ISBN 978-1444176704

An Introduction to Sports Coaching

Ed, Robyn Jones & Kieran Kingston, 2013: ISBN 978-0415694919

Contact Details

Further information is available direct from the Home Nation Associations/Delivery Centres:

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Appendix 1: Accredited Prior Learning

Coaches who have already completed British Canoeing Coach Training or Assessments that include similar content to either the Core Coach Training or the Discipline Specific Training can choose to by-pass elements of the Coach Award Training if they wish. Acceptable alternatives are listed below.

Core Coach Training

Coaches who have completed any of the following training/assessment courses can choose to by-pass the Core Coach Training if they feel confident with the content:

- British Canoeing Level 2 (UKCC) Training OR Assessment
- British Canoeing Moderate or Advanced Water Training OR Assessment
- British Canoeing Level 3 (UKCC) Core Training OR Assessment

Canoe and Kayak Coach (Sheltered Water) Training

Coaches who have completed a 4-day Level 2 (UKCC) Training course can choose to by-pass Sheltered Water Training if they feel confident with the content.

Open/White Water Canoe, Sea Kayak, Surf Kayak, and White Water Kayak Coach Training

Coaches who have completed Moderate (or Advanced) Water Endorsement Training or BCU Level 3 Assessment (pre-UKCC) can choose to by-pass the Coach Award Discipline Specific Training (in the same discipline) if they feel confident with the content.

Advanced Water Disciplines Coach Training

Coaches who have completed Advanced Water Endorsement Training can choose to by-pass the Coach Award Discipline Specific Training (in the same discipline) if they feel confident with the content.

Slalom and Racing Coach Training

Coaches who have completed Slalom or Sprint DSM Part-2 can choose to by-pass the corresponding Coach Training if they feel confident with the content.

Your training not listed?

If you have completed other training that has covered similar content you are able to apply for Accredited Prior Learning. Please contact your Home Nation Association or Delivery Centre for further details.

Appendix 2: Discipline Specifics

Award Name	Boat-Based	First-Aid	Leadership Award Prerequisite for Discipline Specific Training/Assessment	Upper Limit of Operating Environment (For definitions please see BC Terms of Reference)
Canoe Coach (Sheltered Water)	Yes	1-day	n/a	Sheltered Inland/Tidal Water
Kayak Coach (Sheltered Water)	Yes	1-day	n/a	Sheltered Inland/Tidal Water
Canoe and Kayak Coach (Sheltered Water)	Yes	1-day	n/a	Sheltered Inland/Tidal Water
Freestyle Coach	Optional	2-day	n/a	Freestyle venues or managed sites, no more than Grade 2(3)
Polo Coach	Optional	1-day	n/a	Swimming pools and sheltered water sites
Racing Coach	Optional	2-day	n/a	Sheltered and Moderate Inland Water
Slalom Coach	Optional	2-day	n/a	Moderate water slalom competition/training venues
Wild Water Racing Coach	Optional	2-day	n/a	Moderate White Water, no more than Grade 2(3)
Open Water Canoe Coach	Yes	2-day	Canoe Leader*	Moderate Inland Water
Sea Kayak Coach	Yes	2-day	Sea Kayak Leader*	Moderate Tidal Water
Surf Kayak Coach	Yes	2-day	Surf Kayak Leader*	Moderate Surf
White Water Canoe Coach	Yes	2-day	Canoe Leader*	Moderate White Water, no more than Grade 2
White Water Kayak Coach	Yes	2-day	White Water Kayak Leader*	Moderate White Water, no more than Grade 2(3)
Open Water Canoe Coach (Advanced Water)	Yes	2-day	Advanced Canoe Leader†	Advanced Inland Water
Sea Kayak Coach (Advanced Water)	Yes	2-day	Advanced Sea Kayak Leader†	Advanced Tidal Water
Surf Kayak Coach (Advanced Water)	Yes	2-day	Advanced Surf Kayak Leader†	Advanced Surf
White Water Canoe Coach (Advanced Water)	Yes	2-day	Advanced Canoe Leader†	Advanced White Water, no more than Grade 3
White Water Kayak Coach (Advanced Water)	Yes	2-day	Advanced White Water Kayak Leader†	Advanced White Water, no more than Grade 4(5)

* Or 4 Star Leadership Award equivalent

† Or 5 Star Leadership Award equivalent

Appendix 3: Personal Skills Guidance

We strongly recommend that all coaches following boat-based qualification pathways ensure that their personal skills are well-practiced when they attend Discipline Specific Training courses. This allows the coach to focus on developing their 'coaching', rather than 'paddling' skills.

This can be quite difficult for a Canoe or Kayak (Sheltered Water) Coach to judge, given that this may be their first step on a qualification pathway. We have therefore provided a checklist overleaf to help you review your skills. This is based on the standard required at assessment, when you will need to show efficient and effective personal skills to facilitate safe, quality, enjoyable coaching sessions in sheltered water. This includes, in winds up (and including) Beaufort force 3, and will include Canoe and/or Kayak depending on the certification route you intend to follow.

At the point of attending your Sheltered Water Training, we recommend that of the skills listed overleaf, most are 'always' or 'sometimes' present in your performance. This strong base of personal skills should then set you up well to focus on developing your coaching practice.

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Coach Award Personal Paddling Skills Checklist				
The Coach:		1	2	3
Strong foundations	Shows appropriate sitting, kneeling, standing position			
	Shows posture which uses muscle tension and 'readiness' throughout the key muscles, with a basic level of tension and efficient and economical movements			
	Is balanced, supple and controlled in the movement of the body, paddles and boat			
	Uses the points of the body that are in contact with the boat and a basic level of muscle tension through the core to 'connect' the boat and the body			
	Can efficiently transfer power from the body and water to create movement of the boat			
	Uses the muscles from the feet through the torso to the upper body for co-ordinated and efficient strokes			
	Applies power to move up to the paddle, beyond it, or around it (minimising energy leaks)			
	Is balanced and stable when applying power to strokes			
	Works together with the water/wind/conditions rather than fighting it			
	Can feel and anticipate external influences that are affecting the boat and paddles			
	Can anticipate and react to environmental challenges, with well-timed boat and paddle placement/loading			
Launching and landing	Can correctly set-up their craft (e.g. seat, footrest, backrest, airbags, painters, spray deck, paddle leash, etc.)			
	Uses safe lifting and carrying techniques to move a boat between a vehicle/trailer/storage and the launch site (assistance is recommended)			
	Can safely and efficiently launch and land from a range of access/egress points with the boat afloat (e.g. pier, steps, rocky shoreline, beach) and without help			
Moving forwards, Steering, turning and manoeuvring	Can manoeuvre effectively using the features of the stated environment			
	Can efficiently, fluently and adaptively paddle forwards			
	Can paddle a course that is reasonably straight, with occasional gentle turns			
	Can keep the boat straight through a narrow gap using a trailing paddle or rudder			
	Can stop and accelerate in reverse within 1-2 boat lengths			
	Can stop in a controlled manner within a minimum number of strokes (approx. 4)			
	Can make effective tight turns around a point, and accelerate in a new direction			
	Can make effective open turns with momentum maintained throughout an arc			
	Can tighten a turn up or open it out, and carry or lose speed during a turn			
	Uses effective edging strategies to control and manoeuvre the boat on the move			
	Uses the wind/trim/flow to help turn their craft (as appropriate to the craft used)			
	Can accurately reverse to manoeuvre the boat into a new position			
	Can move their boat sideways (approx. 5m) from a stationary position in both directions			
	Can sideslip at least a boat width in each direction to avoid an obstacle, starting from a good cruising speed and maintaining forward speed			
Can safely recover from a sudden tilt (with the boat off balance) static and on the move				

1= Always

2 = Sometimes

3 = Rarely