

Medical Declaration Form

(for completion only where the candidate is unable to sign the STATEMENT OF PHYSICAL COMPETENCE on page 3.)



Candidate Name: _____

Address : _____

Date of Birth _____

BCU Membership number _____

To be completed by Prescribing Doctor:

Medical Condition: _____

Coaching Level	Level 1	Level 2	Level 3
Discipline :	_____		

Involving (see brief remit overleaf)

In your opinion is the above named candidate able to safely carry out the tasks within the above remit (see overleaf for further information) **YES / NO**

Any Comments:

In your opinion is the above named candidate's physical condition likely to put him or herself or others at risk? **YES / NO**

Any Comments:

Name of Prescribing Doctor (block letters) _____

Name and Address of Practice:

Signature of Doctor _____ Date _____

To be completed by candidate:

I confirm that medical information relevant to my holding a qualification for the coaching of canoeing may be divulged as necessary to the British Canoe Union and its Home Nation Associations.

Signed (applicant) _____ Date : _____

Level 1

A Level 1 Coach may assist more qualified coaches, coaching a group of up to eight paddlers in the following very sheltered water environment. With additional training, they may be deployed independently under the management structure of a club or centre.

Quiet canals with easy bankside access and egress; small lakes, which are not large enough, and do not have difficult landing areas for problems to occur if there is a sudden change in conditions; specified sites on gentle, slow moving rivers. The definition implies weather conditions which are not in themselves likely to cause problems. Care must be exercised when water temperatures are low.

Level 2

A Level 2 Coach may coach a group and be **in sole charge** of up to six paddlers in the following sheltered water environment.

Flat water rivers, faster flowing, but not involving the shooting of, or playing on weirs or running rapids. Discretion and commonsense must apply when considering the use of lakes/lochs. To operate further than 200 metres from shore on a large lake can be a serious undertaking. To paddle in offshore breezes on large lakes requires the same degree of caution as for the sea. Water temperature (especially in Scottish lochs) must always be a consideration. Suitable lagoons or sections of sheltered bays of larger lakes can sometimes be designated "Sheltered" or even "Very Sheltered" water by careful and sensible selection. The definition implies normal conditions. Care must be exercised when water temperatures are low.

Level 3 and Moderate Water

A Level 3 Coach or a Coach with Moderate Water Endorsement may coach a group and be **in sole charge** of up to six paddlers in the following moderate water environment.

Moderate Inland Water - Large areas of open water which exceed the sheltered water definition, that are no more than 500m off shore and in wind strengths that do not exceed force 4.

Moderate White Water - Grade 2 white water or equivalent weirs. (This is extended to Grade 2(3) when using whitewater spec Kayaks).

Moderate Tidal Water/Sea - A stretch of coastline or estuary in close proximity to the shore, with easy landing, not involving fast tidal streams, tidal races, or overfalls, winds not above force 4 (force 2 if offshore when greatest of caution must be exercised); the upper reaches of some estuaries; launching and landing through moderate surf.

Moderate Surf - Beaches that are free of significant hazards (strong rips or undertow, tidal streams, rocks or groynes). Small to moderate waves – 3 feet maximum.