

Name: \_\_\_\_\_

# BRITISH CANOE UNION



## Leadership & Coaching Logbook



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## PERSONAL PARTICULARS:

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

POST CODE: \_\_\_\_\_

TEL: \_\_\_\_\_

CLUB, SCHOOL OR ORGANISATION TO WHICH ATTACHED ?

\_\_\_\_\_

BCU MEMBERSHIP NUMBER: \_\_\_\_\_

NAME AND ADDRESS OF LOCAL COACHING ORGANISER:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Guide to use of the Logbook

This logbook is designed so that you can record evidence of expeditions, trips, other experiences and coaching activities, in preparation for training, or assessments within the BCU Coaching Service tests and awards scheme. Whilst these records are not essential for the 1 to 3 Star Tests, it will help to record the necessary journeys. A properly maintained logbook is an essential requirement for all Coaching and Leadership awards; this logbook fulfils the requirement and the format is easy to follow. The logbook can also be used to evidence currency as part of the BCU Coach Update scheme.

There are many other reasons for keeping an up to date record of your canoeing activities. These may be personal, like keeping an ordinary diary, to remind yourself of past events, or to record activities for reference in preparation for more advanced adventure and activities.

To ensure that your entries are correct it is advisable they are written in immediately after the event. You should start now by filling in the Personal Particulars Page. Short notes have been added under the various headings to give guidance in keeping records.

If someone else was the organiser of the event or qualification course it is best if you can get them to initial your entry, but don't leave it for some other person to complete as they will probably forget and don't leave it until later as YOU will probably forget! The BCU Canoe and Kayak Handbook, and the BCU Coaching Handbook provide a complete guide to the sport, and the learning and teaching of its skills, these are particularly useful resources for Coaches and Leaders.

Syllabi and guidance note for the various Coaching and Leadership awards are published on the BCU and Home Nation Association websites, please check these for current documents.





## Coaching Record:

Record here courses or sessions that you have organised, or helped to run. Try and ensure that you have a range of experience, both in the area / type of weather taught on, single / series of sessions, and type of student, e.g.: adult, child, those with special needs, novice, and those with some experience.

Date	Time (hours)	Number In group	Ability level	Nature of activity	Venue	Water & Weather Conditions	Role in group







































## British Canoe Union Coaching Service Qualifications Record



Training and Assessment Record Sheet			
Levels 1 & 2	Date	Venue	Course Provider (Sign & Print)
Boat-based			
BCU (UKCC) Level 1			
BCU (UKCC) Level 2 Training			
BCU (UKCC) Level 2 Assessment			
Bank-based			
BCU (UKCC) Level 1			
BCU (UKCC) Level 2 Training			
BCU (UKCC) Level 2 Assessment			





## British Canoe Union Coaching Service Qualifications Record



Training and Assessment Record Sheet			
Moderate Water Endorsement	Date	Venue	Course Provider (Sign & Print)
White Water			
Moderate Water Endorsement Training			
Moderate Water Endorsement Assessment			
Open Canoe			
Moderate Water Endorsement Training			
Moderate Water Endorsement Assessment			
Sea			
Moderate Water Endorsement Training			
Moderate Water Endorsement Assessment			
Surf			
Moderate Water Endorsement Training			
Moderate Water Endorsement Assessment			



## British Canoe Union Coaching Service Qualifications Record



Training and Assessment Record Sheet			
BCU (UKCC) Level 3	Date	Venue	Course Provider (Sign & Print)
Core			
BCU (UKCC) Level 3 Core Training			
Intermediate Modules			
Coaching the Mind			
Optimising for Performance (Part 1)			
Optimising for Performance (Part 2)			
Discipline Specific: _____ <i>(state discipline)</i>			
Training			
Assessment			
Discipline Specific: _____ <i>(state discipline)</i>			
Training			
Assessment			
Discipline Specific: _____ <i>(state discipline)</i>			
Training			
Assessment			
Discipline Specific: _____ <i>(state discipline)</i>			
Training			
Assessment			



## British Canoe Union Coaching Service Qualifications Record



Training and Assessment Record Sheet			
4 Star Leader	Date	Venue	Course Provider (Sign & Print)
White Water			
4 Star Leader Training			
4 Star Leader Assessment			
White Water Safety & Rescue			
Open Canoe			
4 Star Leader Training			
4 Star Leader Assessment			
White Water Safety & Rescue			
Sea			
4 Star Leader Training			
4 Star Leader Assessment			
Coastal Navigation and Tidal Planning			
Surf			
4 Star Leader Training			
4 Star Leader Assessment			



## British Canoe Union Coaching Service Qualifications Record



Training and Assessment Record Sheet			
5 Star Leader	Date	Venue	Course Provider (Sign & Print)
White Water			
5 Star Leader Training			
5 Star Leader Assessment			
Advanced White Water Safety & Rescue			
Open Canoe			
5 Star Leader Training			
5 Star Leader Training			
Sea			
5 Star Leader Training			
5 Star Leader Training			
Open Water Navigation and Tidal Planning			
Surf			
5 Star Leader Training			
5 Star Leader Training			
Advanced Surf Safety			