

Level 1 Feedback and Review

It is good practice to gain feedback from other coaches to help with your coaching development and to action plan areas you would like to work on. As you go through your coaching development this should happen frequently.

Included here are some resources to help you reflect on your own coaching, structure the feedback you get from others, and develop your own action plan.

The resources can be used by trainers, mentors, assessors, and/or as self-reflection tools to review the different skills of a Level 1 Coach. If you have used them you are encouraged to keep them in your Level 1 folder as a record for future reflection.

Rescue Skills Review					
Craft:			Date:		
	Strong	Competent	Need to Develop	Practice Scenario	Real Situation
Throwline rescue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Deep water rescue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tow/carry a swimmer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tow a paddler	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unconscious/entrapped	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self-rescue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Candidate Reflections:					
Feedback from Others:					
Peer <input type="checkbox"/>	Mentor <input type="checkbox"/>	Trainer <input type="checkbox"/>	Assessor <input type="checkbox"/>		
Action Points:					

Things to consider:

Was it the right choice of rescue?

Was the shout-reach-throw protocol followed?

Was the self-team-victim-equipment protocol followed?

Were the instructions clear and correct?

Was the rescue performed safely and effectively?

Was the casualty recovered to a stable environment quickly, reassured and supported?

Was the rescuer calm and in control?

Personal Skills Review			
Craft:		Date:	
	Strong	Competent	Need to Develop
Posture	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Connectivity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Power transfer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feel	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Launching and landing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Forward paddling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Steering	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stopping	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Turning	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Figure-of-eight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reverse paddling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moving sideways	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stability and recovery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Candidate Reflections:			
Feedback from Others:			
Peer <input type="checkbox"/>	Mentor <input type="checkbox"/>	Trainer <input type="checkbox"/>	Assessor <input type="checkbox"/>
Action Points:			

Things to consider:

How effective and efficient are the skills?

Are best practice techniques used?

How well are the skills used when coaching/looking after others?

How accurate are demonstrations?

Practical Coaching Review			
Craft:		Date:	
Session Planning	Strong	Competent	Need to Develop
Information gathering	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Setting aims	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Timing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Structure	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Choice of activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Choice of delivery styles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Key learning points	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Safety	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Didn't miss anything	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Within remit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Session Delivery	Strong	Competent	Need to Develop
Personal behaviour/presentation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Delivery/adaptation of the plan	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Delivery style	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Warm-up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Communication	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Demonstrations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Explanations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Paid attention to participants needs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Coaching styles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Balance of verbal, demo, practice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Observation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Feedback	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Conclusion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clear-up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Safety	Strong	Competent	Need to Develop
Check environment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Group management	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Risk management	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Equipment set-up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Safe lifting and handling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Safety kit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dealt with problems	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Practical Coaching Review

Candidate Reflections:

Feedback from Others:

Peer

Mentor

Trainer

Assessor

Action Points:

