



The Pre-requisites are:

- 1 Be 18 years of age +
- 2 To be a comprehensive individual member of the BCU or National Association, but not Basic categories. An adjustment will be made by the BCU office for those needing to convert from the Basic category to Comprehensive membership.
- 3 Hold the Level 1 Placid Water Coach Award or have equivalent experience
- 4 Have personal ability in both canoe and kayak to 3 Star Placid Water level
- 5 Be able to show 20 hours instructional experience.
- 6 Have helped or preferably organised a Time Trial, Marathon or Local Regatta
- 7 Have passed the Canoeing Safety Test.
- 8 Kept a log book detailing canoeing activities
- 9 Hold a current First Aid certificate. (Any 4 hour course (or longer) which covers CPR and Expired Air Ventilation is acceptable).

Originals of all certificates and membership must be brought to the course.

+ Those aged 16 or 17 may be accredited as 'Junior Level 2 Coaches' provided they are working under supervision within the jurisdiction of an organisation or club which accepts responsibility.

Cost of Courses

Please note that courses are run by organisers on behalf of the BCU, but the total cost of the course is related to the direct costs of the accommodation, and other actual expenses. An Assessment Fee only is returned to the BCU or National Association.

On successful completion of the course, your log book will be signed, and your name forwarded to the BCU Office. You will be registered as a Level 2 Placid Water Coach, sent a certificate and the name and address of your Regional and Local Coaching Organiser.

LEVEL 3 PLACID WATER COACH

Essential information for candidates for Level 3 Placid Water Coach for open Cockpit kayaks and canoes.

The purpose of the Level 3 Placid Water Coach course is to ensure that that all candidates have a sound background knowledge and the experience necessary to run a unit (club or centre) based on Placid Water Canoeing.

The programme for the 2 day course is based on the following syllabus:

- 1 The philosophy of the Placid Water Scheme
- 2 Rescues and Safety
- 3 Coaching and Group control
- 4 Journeying
- 5 Land based training
- 6 Available equipment - kayaks and canoes.

MANUAL HANDLING

All Canoeists need to raise their awareness of Manual Handling and that damage can occur to joints and muscles, particularly when they are moving or lifting people or any equipment related to the sport of Canoeing. This could, of course, include a body, especially when performing rescues. In addition, Risk Assessments of how to prevent harm and injury to paddlers should be undertaken as a matter of routine.

In Civil Law there is a Duty of Care towards your students and others who paddle. This includes, loss, harm, damage and injury. Coaches are charged with the care of paddlers, and as such, Coaches need to identify where there is a risk of the 'duty' being neglected or abused.

The BCU has prepared an information leaflet which gives a brief outline of procedures to assess and evaluate Manual Handling operations. In addition, a one day Injury Prevention Course has been developed which should ensure that information in respect of lifting and carrying and all Manual Handling issues are being disseminated throughout the Coaching Service. (see section 5)

CA/014/00/1

PRE-REQUISITES:

- 1 Be 18 years of age
- 2 Be a Comprehensive member of BCU or National Association. This includes Comprehensive, Life, Adult, Under 18 and Family categories but not Basic categories.
- 3 Be a Level 2 Placid Water Coach
- 4 Be a Level 2 Racing Coach - This course provides a basic introduction to competition coaching relevant to Placid Water competition.
- 5 Have personal ability to the standard of the 4 star Placid Water kayak and 3 star Placid Water canoe tests.
- 6 Be able to show 50 hours logged instruction since the Level 2 Placid Water Coach Award
- 7 Have organised a Tour, Time Trial, and local Regatta and have assisted with the organisation of an Achievement Marathon, and a Marathon.
- 8 Have attended a Regatta at the NWSC and understand the role of a team leader.
- 9 Hold a current First Aid Certificate. (Any 8 hour course (or longer) which covers CPR and Expired Air Ventilation run by the main recognised providers is acceptable).
Originals of all certificates and membership must be brought to the course.
- 10 Have obtained the Canoeing Safety Test or RLSS Level 2 lifesaving award.

ASSESSMENT

The final training and assessment for the award will take place over two days. The assessment aspect of the weekend will be based on the following:

- 1 Documented history of instruction/coaching in line with the Placid Water Scheme
- 2 Practical performance on the course
- 3 A written paper
- 4 A short talk on a subject provided by the assessors

Documented history can come in two forms - either in a logbook or as a coaching cv with two bona fide references (Level 3 Competition Coaches or Level 3 Placid Water Coaches).

COST OF COURSES

Please note that courses are run by organisers on behalf of the BCU, but the total cost of the course is related to the direct costs of the accommodation, and other actual expenses involved. The Assessment Fee only is returned to the BCU or National Association.

On successful completion of the course, your log book will be signed, and your name forwarded to the BCU office. You will be registered as a Level 3 Placid Water Coach and sent a certificate.

LEVEL 4 PLACID WATER COACH

The Level 4 Placid Water Coach award is a pre-requisite for an A4 assessor to run Level 3 Placid Water Coach courses.

Level 4 Coaches are expected to demonstrate a wide experience of their particular discipline. For Placid Water the pre-requisites are: an experienced Level 3 Placid Water Coach which also involves being a Level 2 Racing Coach.

- 2 Be a Bell Boat Helm.
- 3 Attend a 'Coaching Processes' course
- 4 Submit a short report outlining:
 - a The candidate's Placid Water coaching and paddling experience.
 - b The aims of the candidate on achieving the award.

Submissions for Level 4 Placid Water Coach will be considered annually in November by the Placid Water Coaching Panel and should be sent to the National Coach for Placid Water.

