

LEVEL 3 SURF COACH TRAINING

The purpose of the training course is to ensure that all candidates for the Level 3 Coach award have a sound background knowledge of both the environment in which they are to operate, and the sport of canoeing generally.

THE COURSE WILL COVER:

Organisation and group control

- Site choice, creating a safe framework for coaching
- Buddy arrangements
- Zoning, flags and communication
- Interpretation of prevailing conditions and environment

Personal performance

- Candidates shall give a good demonstration of 4 Star skills. A Level 3 Trainee Coach should be able to roll in breaking surf (tested in up to 3' swell).

Beach morphology

- Types
- Features
- Safety (including Weaver Fish and Jelly Fish stings)
- Environmental issues, pollution and health.

Coaching basic skills

- Candidates will be guided through a progression to coach a small group (4 candidates) up to 4 Star skills of surfing.

Surf history and development

- Development of BCU surfing
- Competition organisation and manning systems.

Design

- Kayaks and skis (including fins)
- Performance, and safety features
- Ancillary equipment

Weather and surf forecasting

- Micro and Macro forecasting of weather and swells
- Swell formation, direction and travel time

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)

ENTRY REQUIREMENTS

Candidates need to register initially with their National Association. Following registration, candidates may apply for any training course listed in the BCU Yearbook (sae to the organiser concerned please), or direct to the BCU Regional Coaching Organiser.





PRE-REQUISITES

Hold the 4 Star Surf Test

Hold a current First Aid Certificate (minimum 8 hours course which covers CPR and EAV).

Be at least 16 years of age

Hold the Kayak Level 2 Coach award*

Be a Comprehensive member of BCU or National Association. This includes Comprehensive Life, Adult, U18 and Family categories but not Basic categories.

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

- * Exemption from the Level 2 Award is only available to candidates with considerable relevant paddling and coaching experience. Applications for exemption must be made in writing only to the Director of Coaching at the BCU office, prior to registration, supported by a current grade 4 Surf Assessor.

Those granted an exemption must still obtain the relevant 4 Star Surf Test and Canoeing Safety Test prior to registration, and have accumulated a minimum of 20 hours logged coaching time.

HAVE YOU?

Registered your intention via Central Registration (see section 4)

Studied the *Canoeing Handbook*, obtainable from British Canoe Union Office.

An up-to-date log book? Please bring this with you to the course.

EQUIPMENT

Personal gear and kayak or ski equipped as detailed for 4 Star Surf test, **MUST** be brought to the course.

Kayaks of extreme or radical design, including sharp points or damaging edges, should be used with great caution, and are not appropriate for beginners, group coaching sessions or crowded conditions.

TRAINEE LEVEL 3 COACH

Status is valid for 3 years from the date you take the course. There is a minimum requirement for 30 hours practical coaching experience after training, before presenting for Level 3 Coach assessment.

This would normally take at least 6 months to acquire although there is no minimum time lapse stipulated between training and assessment. A section of the log book has been designed to enable this experience to be accurately recorded.

Successful candidates may lead and instruct small groups on UK beaches in 1' surf conditions, but this statement should be tempered by a range of other factors which can render surf conditions unsuitable for instructional purposes.

On successful completion of the course, your log book will be signed, and your name forwarded to the BCU or National Association Office. You will be sent a confirmation letter and your regional and local coaching organiser's name and address, and an enrolment form to be returned to your Local Coaching Organiser.