

LEVEL 2 PLACID WATER COACH

Essential information for candidates for Level 2 Coach for open cockpit kayaks and canoes

The purpose of the Level 2 Placid Water Coach course is to ensure that all candidates have a sound background knowledge and are able to recognise and support good quality, responsible and safe introduction/instruction of Placid Water paddling skills (canoe and kayak).

The award is designed as the follow on award course from the Level 1 Placid Water Coach, however experienced paddlers can gain direct entry to Level 2 Placid Water Coach. In either case there are a series of pre-requisites which must be completed before attendance on assessment.

The pre-requisites indicate the main experience needed to become a Level 2 Placid Water Coach. Courses cover an understanding of the level of safety and the range of activity undertaken by a successful Level 2 Placid Water Coach based at a club or centre.

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)

THE PROGRAMME

The programme for the two day course is based on the following syllabus.

1 Personal Skill level

The candidates can be expected to be competent in Placid Water skill tests 1-3 for both Canoe and Kayak. The candidate should also be expected to demonstrate rescues for open cockpit Kayaks and Canoes. The emphasis should be on the most relevant rescues for open cockpit boats, singles and doubles.

2. Instruction - The Placid Water Philosophy

The candidates will be expected to instruct a group of individuals as part of the course. The parameters of the session to be outlined on the course. Normally the session will be based around strokes and techniques relevant to the 1 and 2 Star Placid Water Tests.

3 Planning Session

The Candidates will be given the opportunity to run a paddling session which they will be expected to put into practice during the weekend. The content should reflect the Placid Water philosophy and make allowances for prevailing water/weather and group abilities.

4 Knowledge of the Sport

5 Theory - including a written test

6 Suitable equipment, kayak and canoe

7 Knowledge of safety - planning group control and rescue techniques.





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.

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