

BCU Coaching



Awards

Autumn 2007 sees the introduction of the BCU's new Coaching Awards, starting with the launch of the new Level 1 and Level 2 Coach Awards.

The Coaching Awards have been updated and developed to meet with the needs of today's coaches and to provide them with better recognition within the UK sports industry. These developments have been based on findings from both the Paddlesport Review and Long-Term Paddler Development Review and reflect current best practice within UK paddlesport and coaching.

The result is a dynamic coaching pathway which benefits both recreational and competition coaches and their students, providing them with structure and support as they progress. The new awards offer national accreditation by the BCU, the UKCC (UK Coaching Certificate), and the National Qualifications Framework.

Level 1

AS A LEVEL 1 COACH YOU CAN...



...ASSIST HIGHER LEVEL COACHES...



...RUN APPROVED INDEPENDENT TASTER SESSIONS...



...COACH IN AN ADVANCED ENVIRONMENT UNDER THE SUPERVISION OF A HIGHER LEVEL COACH

What is the new Level 1 Award?

This is the first step on the paddlesport coaching pathway. It will introduce you to the fundamentals of good coaching practice and help you to understand and coach technical and tactical aspects of your sport.

Who is it for?

Anyone interested and involved in paddlesport! If you want to encourage others into paddlesport or help existing paddlers to improve their skills then this is the award for you. You could be someone with family members involved in paddlesport, someone wanting a career instructing in the outdoor industry, or an experienced paddler wanting to move into coaching. As the award is either bank-based or boat-based it is accessible for anyone interested in coaching paddlesport.

Is it discipline-specific?

No. As a Level 1 Coach you can deliver sessions in any type of kayak/canoe.

What can a Level 1 Coach do?

You can assist higher level Coaches, delivering coaching sessions under their supervision, and deliver taster sessions (see below).

Can a Level 1 Coach run sessions on their own?

Yes. Clubs and centres can task Level 1 Coaches to run taster sessions at specific venues unsupervised if they deem it suitable. They will need to provide an appropriate site-specific induction.

What about Competition Coaches?

If your interests lie in competition coaching then you can supplement your Level 1 qualification with a number of specialist modules (slalom, polo, wildwater racing, racing and freestyle), which cover the technical aspects of each discipline. These can be accessed at any point on your coaching pathway.

Will existing paddlesport experience be recognised within the Level 1 Award?

Absolutely! As an assistant Coach you can work under the guidance of a higher level Coach, provided you have the ability and experience to

BCU Level 1 Coa

do so. The higher level Coach will be responsible for appropriately tasking the assistant Coach. So, if you are an experienced whitewater paddler who is also a Level 1 Coach you could assist a Level 4 Coach on grade 3+ water.

Can a Level 1 Coach deliver BCU Awards?

Yes. As a Level 1 Coach you can deliver and assess Paddlesport and Paddlepower Start Awards.

What's the difference between the 'old' Level 1 Award and this one?

The new award focuses on coach education and the coaching process. This allows you to develop and deliver sessions based around your students' needs. In this aspect it is more similar to the 'old' Level 2 Training than the 'old' Level 1. This produces a broader award, helping both you and your future students.

How do I become a Level 1 Coach?

Simple! Register with your Home Nation Association and attend a Level 1 Coach course.

Are there any prerequisites?

Yes. You need to:

- be 16 years old or over
- have an interest in paddlesport and be keen to learn more
- have completed a BCU Canoe Safety Test or Foundation Safety & Rescue Training
- hold a BCU 2 Star Award (only if you're opting for the boat-based award)

The safety & star awards may be included within the Level 1 course itself (see below).

What is a Level 1 Coach course?

It is a combined course which includes both training and assessment. This normally involves 4 days (32 hours) of contact time (5, if the prerequisite safety training is included). This can be run consecutively or in modular form using evenings/weekends. Basically, whatever format suits the deliverer and the candidates.

What does the course cover?

The course introduces the foundation concepts of good coaching practice including session planning, delivery and review, and safe practice, along with top tips, games and activities to use in your sessions. The aim is for you to gain the confidence, skills and techniques you need to encourage and improve your students.

When does the assessment take place?

There are five assessment tasks which form part of the Level 1 course. These are a mixture of practical tasks, a multiple choice question paper, and tutor questioning.

What about existing Level 1 Coaches or Level 2 Trainees?

See pages 6 & 7 for further details.

What about other equivalent awards/qualifications? Will these be recognised?

Yes. If you have covered the Level 1 course material through an alternative source, i.e. a coaching award in a different sport or a teaching qualification, and have appropriate paddlesport experience, then you can apply to your Home Nation Association for Accreditation of Prior Learning.

What next?

Find a course that suits your needs, book a place and then register with your Home Nation Association (Canoe England, CANI, SCA or WCA). Contact details are listed on the back page.

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AS AN EXISTING COACH YOU SHOULD...



...CONTINUE TO COACH...



...LOOK INTO YOUR OPTIONS...



...CHOOSE THE RIGHT COACHING PATH FOR YOU

'The depth of coaching practice input was excellent and will impact all my coaching delivery.'

'Time spent on session planning & preparation was great.'

'Way better than the old Level 2 training.'

'The generic nature of content...gives me a much higher level of competency, rather than just being taught to deliver taster sessions.'

Comments from new Level 2 Training course 2007

Additional inform

Existing BCU Coaches

Existing Coaches can choose to transfer to a new award if they wish, or alternatively continue to coach under their existing remit. Coaches may choose to transfer because they want to progress their qualifications or simply gain the recognition associated with the new awards. Check out the content of the new awards and access courses that interest you. The new awards provide a great opportunity to develop your coaching in line with current best practice.

Active BCU Level 1 Coaches or Trainee Level 2 Coaches who qualified before September 2007 have the following options available to them:

Existing BCU Level 1 Coaches can:

- Continue to coach under their existing Level 1 remit
- or
- Complete a 1 day module to transfer into the new scheme as a 'new' Level 1 Coach

Existing BCU Trainee Level 2 Coaches can:

- Complete a 1 day module to transfer into the new scheme as a 'new' Level 1 Coach
- or
- Take an 'old' BCU Level 2 Assessment
- or
- Register for 'new' Level 2 Training

Existing BCU Level 2 Coaches can:

- Continue to coach under their existing Level 2 remit
- or
- Complete a Level 2 transfer module and transfer into the new scheme as 'new' Level 2 Coach

The prerequisites identified on the previous pages apply.

Continued Professional Development Units (CPD Units)

CPD units are additional modules available to all Coaches throughout their coaching career. They fall into three categories:

- Discipline-Specific Modules (slalom, polo, wildwater racing, racing and freestyle)
- Foundation Modules, i.e. Coaching Young Paddlers, Session Planning, Inclusive Paddlesport
- Additional 3 Star Awards

UK Coaching Certificate (UKCC)

As well as holding BCU accreditation the Level 1 and Level 2 Coach awards are also recognised by the UKCC. The UKCC was introduced to improve the quality and consistency of coach education across all sports. This means that new BCU Level 1 and 2 Coaches will have greater recognition within the UK sports industry, as well as within paddlesport.

Advice to Employers

The BCU publish guidelines for employing new Level 1 and Level 2 Coaches. These 'Terms of Reference' are available to download from www.bcu.org.uk or by request from the Home Nation Associations.



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