



Advice To Coaches on: LEVEL 2 COACH ASSESSMENT Kayak and Canoe

Published and Distributed By:

The British Canoe Union
UK Coaching Service
John Dudderidge House
Adbolton Lane
West Bridgford
Nottingham
NG2 5AS
Tel: 0115 9821100
Fax: 0115 9821797
E-mail coaching@bcu.org.uk

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A resource for BCU Coaches....



CA/003/00/1-US
Updated 6/14/04



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UK: Adbolton Lane, West Bridgford, Nottingham NG2 5AS
Phone: 0115 9821100, e-mail: Coaching@bcu.org.uk
North America: 320 W. Saugerties Rd., Saugerties, NY 12477
E-mail: Info@BCUNA.com

www.BCUNA.com



LEVEL 2 COACH ASSESSMENT

KAYAK and CANOE



Notes for Guidance

Purpose of Award

To provide a qualification for those wishing to introduce others to canoeing on simple waters only (or equivalent very sheltered coastal areas) in general purpose slalom kayaks or in open cockpit canoes or kayaks. It is an indication of a level of competence for introducing groups (normally up to 8) to the standard of the BCU 2-Star Test. It is implicit that training will be undertaken with students properly equipped to normal safety requirements. It is not an expedition leadership award.

Sheltered water is a canal, small lake, sheltered area of larger lake, holiday beach close inshore on a calm day, or quiet river, not involving the shooting of weirs or grade II rapids.

LEVEL 2 COACHES may examine for the 1 and 2 Star Test in the discipline for which they hold the coaching award, for 1 Star in other disciplines for which they hold the 2 Star Test, and 2 Star in other disciplines for which they hold the 3 Star Test.

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

Minimum age: 18 (Over 16 for a Junior Award)

Be a comprehensive member of BCU/CANI/SCA/WCA as appropriate (includes Life, Adult, Under 18 and family membership).



to be negotiated without touching the poles. They need not know that the penalty for a single touch is 2 or 5 seconds etc.

For section 3, half an hour should be sufficient for an adequate examination of the topics outlined.



The candidate must have successfully completed a 2-day Training Course for Level 2 within the last 3 years (when more than 3 years have lapsed from the date of the training course, a further training course may be required or an extension applied for - only from the UK Director Of Coaching), and be able to show at least 20 hours of relevant instructional experience since the training course.

Hold a current First Aid Certificate (minimum of 4 hours training including CPR).

Originals of all certificates, C1 registration form and membership details must be brought to the assessment.

Staffing

Each assessment course must be run by or overseen by a **Contracted Course Provider**. Where the Contracted Provider is not directly running the course a Course Director. This must be an individual who has extensive experience at A3 level. The Contracted Course Provider is responsible for overall course management, staffing and administration. Where a separate Course Director is appointed they are responsible for course delivery / assessment and programming.

One A3 may assess two to four students. When larger numbers are involved he or she should be assisted by other A3s.

Fees

In addition to any course fee an assessment fee is payable to the BCU. At the time of writing this is \$50 and is payable during the assessment to the Course Provider.

Relevance of the Award to sea canoeing

The Level 2 Coach is not regarded as of sufficiently high standard for the safe supervision of canoeing activities generally on the open sea. It should not normally be awarded where the candidate's main area of activity is to be centred on the sea. However, where quiet, slow moving estuaries or tidal rivers only are involved, it may be appropriate. Or when a Level 2 Coach is visiting coastal areas that have known sheltered bays or holiday beaches, he or she would not be working outside the terms of reference to go afloat with small groups close inshore on calm days. Due regard must always be paid to the prevailing and forecast conditions, and the greatest caution exercised where even the lightest of offshore breezes is blowing.

Notes

The Level 2 Coach is appropriate particularly to those who are working their way through coaching qualifications as they learn to canoe, and to those using closed cockpit kayaks, or canoes, but who show a disinclination to rough water canoeing and/or rolling skills.

The Level 2 Coach Award may not be examined during a 2-day Level 3 Training Course.



Once the Level 2 Coach award is obtained, the candidate may register for Level 3 Coach training (relevant to the type of 4 Star Test held - sea, surf, kayak or canoe) at any time.

ASSESSMENT SYLLABUS

- 1 Demonstrate an ability to coach a small group (4 candidates) the basic skills defined in the 1 and 2 Star Tests.
- 2 Demonstrate an awareness of safety factors and adequate group control.
- 3 Produce a log book showing relevant experience (20 hours coaching experience) and be personally equipped in accordance with the requirements.
- 4 Answer questions on safety, local knowledge, and sources of information, particularly the Canoeing Handbook.

Assessment Method

The Assessment may be taken in any order. Where assessor(s) assess an individual or group of candidates 'in situ' the following applies:

- 1 A small group of (ideally 4) students should be available as 'guinea pigs'.

During a practical session the candidate must demonstrate an ability to:

- a) Coach effectively the basic skills of the 1 and 2 Star Tests.
- b) Show adequate group control. Remember this is not an expedition award although the Level 2 coach may lead simple journeys on easy waters, not involving the shooting of weirs, or grade II rapids. The candidate should maintain the group's interest (the assessor to make allowances for the inevitable boredom of a false situation) while maintaining control of the group.
- c) Demonstrate 3 Star level of personal performance.

(Whereas a Level 3 Coach needs to perform competently (breaking in and out etc) under grade II conditions, in order to lead and rescue in that situation, a Level 2 Coach requires only a basic level ability related to simple water. The break-down and imparting of the skills, enthusiasm for the sport, and ideas for maintaining group interest, are as important as personal performance. A Level 2 Coach does not need to be able to handle him or herself on a weir - he or she needs to know that weirs are to be avoided !)

Once the practical assessment is in progress, one hour should be sufficient time for the above to be examined.

- 2 During an oral session the following should be covered:
 - a) Check candidate(s) Log Book for evidence of at least 20 hours practical coaching experience since the training course.



- b) Check candidate(s) personal equipment which should include:
 - i) Kayak, paddle, spray cover. Spray cover must be fitted with efficient release strap. Kayaks must be fitted with a fail-safe footrest, or a means of preventing the occupant sliding down the boat on impact.
 - ii) Boats must be provided with end grabs suitable for carrying out rescues without trapping the hand.
 - iii) Where safety lines and/or painters are fitted lines must be taut and not capable of becoming loose accidentally, or fouling the cockpit area.
 - iv) Buoyancy, a minimum of 6.5 kgs at each end. Buoyancy must be securely fixed.
 - v) Lifejacket or buoyancy aid. Minimum 50N inherent buoyancy.
 - vi) Repair kit and simple first aid kit.
 - vii) Adequate spare clothing, applicable to the prevailing conditions, and suitable for use in an exposure bag to prevent hypothermia.
 - viii) Waterproof kitbag(s).
 - ix) Wind and waterproof anorak.
 - x) Equipment for providing a hot drink (may be a vacuum flask)
 - xi) Emergency food
 - xii) Whistle
 - xiii) Exposure bag of a minimum size 6' by 3'
 - c) Where canoeing is to take place mainly on the sea, the assessor should consider whether the Level 2 Coach award is appropriate to the situation.
- 3 Ask questions on:
 - a) Basic safety, for sea - dangers of offshore winds, longshore drift; and Inland - dangers of weirs, flood, stoppers, fallen trees.
 - b) Access and local knowledge. Candidates should know the general access problem, and the need for a licence or referral to Access Officer when in doubt, and have a knowledge of where canoeing can and cannot take place freely locally.
 - c) General knowledge. Candidates should have an awareness of all that the sport has to offer, but questions should not be specific. eg candidates should know that slalom is an obstacle course on rough water and that gates have

