

Becoming a BCU / UKCC Coach

The following article provides an explanation of the new BCU/UKCC Coach Education delivery structure outlining the training, development and assessment requirements in order to achieve any of the new coaching qualifications.

The outline is structural only and reflects the process that future candidate coaches will need to follow at each level.

The detail behind this structure will follow via future editions of Code. A fuller and more complete version of this can be found on the BCU Website www.bcu.org.uk. It is intended that this document will evolve into the new BCU Coaching Directory.

As you read this remember that it outlines the way that future coaches will be trained and assessed!! -

Those of us holding Coach Level 1 - 3 and Coach Level 5 Awards will not be affected by any direct need to re-train (The BCU will continue to recognise these awards) and will be able to transfer (should they wish) into the new scheme by taking the next level of award up from their current level. Existing Coach Level 4's will however need to transfer into the new scheme at level 4. The reason for this is that the new Level 4 award will equally reflect coaching practice and coaching delivery as opposed to just environment / leadership as it does at present. The new Level 4 will be subject to both a training programme and an assessment.

Further details will be published in the next edition of Code .

Coaching and the BCU

Paddlesports cover a very wide range of environments and a wide range of crafts. These crafts and environments tend to be grouped into "Disciplines". The BCU Coaching Pathway is structured so that coaches can access training and become qualified in any of these disciplines. This range of awards helps us to ensure that coaching excellence is available to participants in whichever discipline they feel inspired to get involved in.

The BCU Coaching Pathway is made up of 5 levels. These levels reflect the experience and expertise of the coach.

1. **Level 1** is for those new to coaching and these coaches assist more qualified coaches to deliver their sessions. This is a generic award and covers all disciplines.
2. A **Level 2** coach is able to work alone, delivering sessions safely and effectively. Generally these coaches still operate under the guidance of more experienced coaches. This is a generic award to canoes and kayaks.
3. A **Level 3** is a coach who has a degree of specialism and who is able to plan, implement and analyse long term development programmes. This is an appropriate level of coach for a person to be in charge of Paddlesport activities in a club or centre or as a working professional.
4. A **Level 4** coach is a very experienced specialist coach with highly developed coaching skills and who can design, implement and evaluate the process and outcomes of long term or specialist coaching programmes in their chosen discipline and in all environments in which their discipline is practised.
5. A **Level 5** coach is an expert in their field or specialism, able to coach to an extremely high standard and offer expert advice about their chosen discipline. A Coach, who generates, directs and manages the implementation of cutting-edge coaching solutions and programmes.

The specific areas that the BCU coaching pathway offers

- Racing
- Slalom
- Wild Water Racing
- Surfing
- Open Canoeing
- Polo
- Freestyle
- Sea Kayak
- White Water Kayaking
- Flat Waters

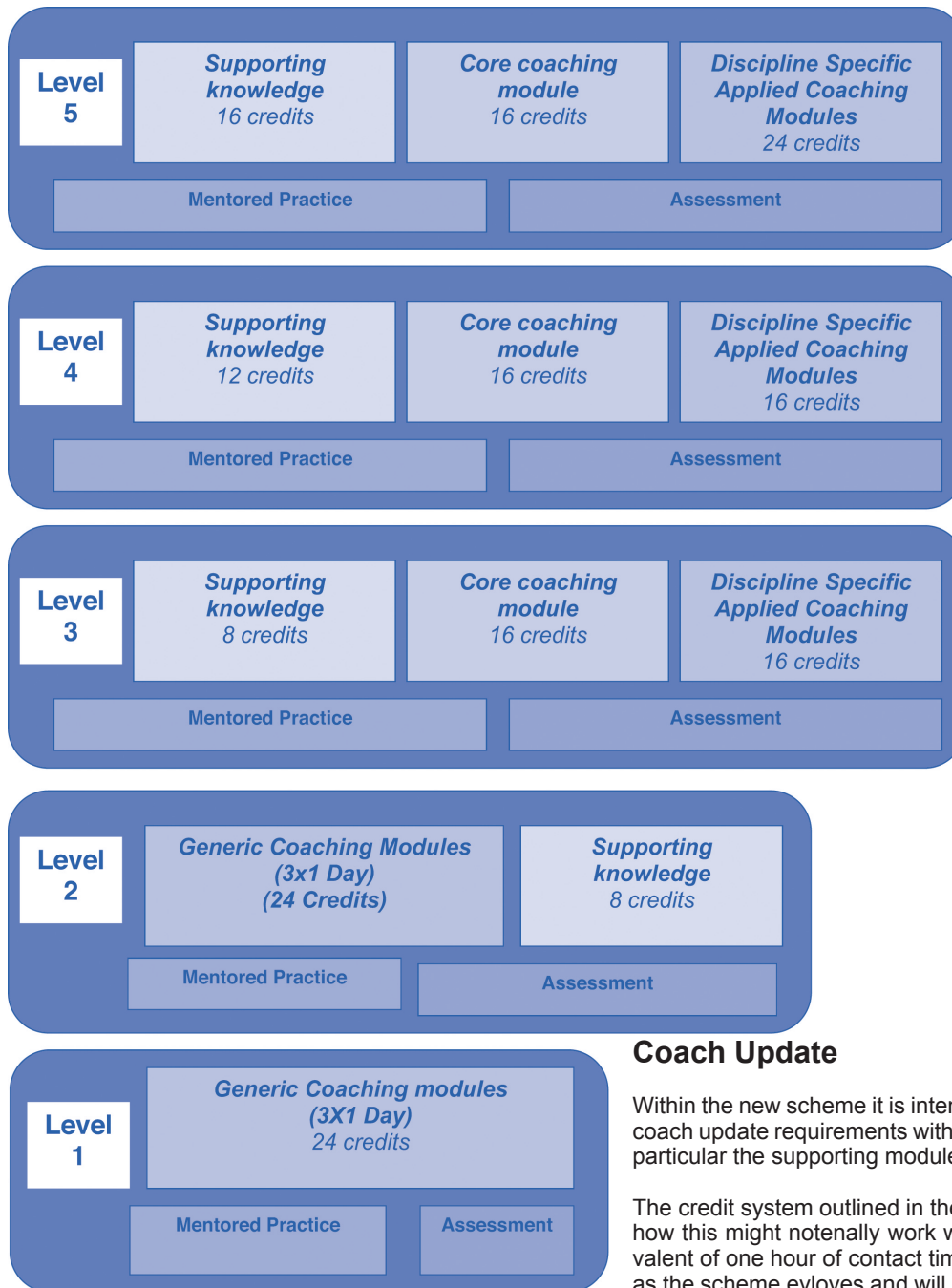
Glossary

An evolving full glossary of terms that will reflect the new coaching awards and their remits will be part of the more complete Web version of this document.





BCU Coaching Pathway



Coach Update

Within the new scheme it is intended to combine the ongoing coach update requirements with the coaching scheme and in particular the supporting modules.

The credit system outlined in the diagrams and text relate to how this might notationally work with each unit being the equivalent of one hour of contact time. This of course will evolve as the scheme evolves and will become more fixed once the supporting units have been fully established and the time / value of each has been determined.

Coaching and Child Protection

The BCU believe that everybody should be free to enjoy paddlesports without the threat of harm or abuse of any type. In order to help us achieve this aim of a safe and enjoyable sporting environment we have comprehensive child protection, anti-harassment and anti-bullying policies. A requirement of these policies is that any individual wishing to enter the coaching scheme must undertake an enhanced Criminal Records Bureau check, or its equivalence in each Home Nation, to ensure that they do not have any criminal convictions that would make them unsuitable to fulfil the role of a coach.



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Discipline Specific Applied Coaching Modules....

Level 5

- Racing
- Sea Kayak
- Freestyle
- Surf
- Slalom
- Open Canoe
- Polo
- Flat Water
- Wild Water Racing
- Wild Water Kayak

Level 4

- Racing
- Sea Kayak
- Freestyle
- Surf
- Slalom
- Open Canoe
- Polo
- Flat Water
- Wild Water Racing
- Wild Water Kayak

Level 3

- Racing
- Sea Kayak
- Freestyle
- Surf
- Slalom
- Open Canoe
- Polo
- Flat Water
- Wild Water Racing
- Wild Water Kayak

Level 1 & 2 Discipline Specific Modules

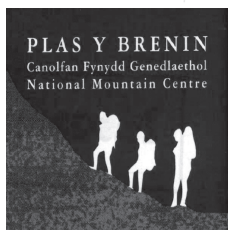
- Freestyle
- Polo
- Racing
- WW Racing
- Slalom
- Surf

Generic Coaching Modules across all levels....

Example!

Generic Coaching Modules across all levels

- Coaching Young Paddlers
- Inclusive paddling
- Sports Science 1
- LTPD 1
- Sports Science 2
- LTPD 2
- Strength and Conditioning
- Coaching and the Outdoors
- Mentoring



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Level 1 – Assistant Coach

What can I do as a Level 1 Coach?

A Level 1 Coach is able to assist Level 2 coaches and above, delivering aspects of a coaching session, normally under direct supervision. The supervising coach should be able to take charge of a session if need. There is no restriction as to who you can assist; this will dependent upon your personal experience, where you will be coaching and what coaching you want to do. So a Level 1 coach can assist Level 2 coaches and above in any discipline.

Who trains as a Level 1 Coach?

This will be the entry point for most coaches coming into the BCU coaching scheme, and will be the same for coaches working with competitive and recreational paddlers, as well as canoe and kayak paddlers. It is here that you will start to develop the foundation coaching skills that will underpin your coaching practice in the future. The training will aim to ensure coaches develop skills that will benefit any paddler irrespective of what type of boat they are paddling.

There will be two routes available at level 1;

Level 1 - Bank based Coach – An award intended for individuals who do not have personal paddling skills but intend to coach from the waters edge or an appropriate safety boat.

Level 1 - Boat based Coach – An award for individuals with a degree of personal paddling skills and who intend to coach from either a canoe, kayak or the waters edge. To be considered a boat based coach you must have a 2* award.

How do I become a Level 1 Coach?

There are no prerequisites needed to enter the training elements of Level 1 Coach. But prior to attending an assessment you as an aspirant coach must complete all of the following components:

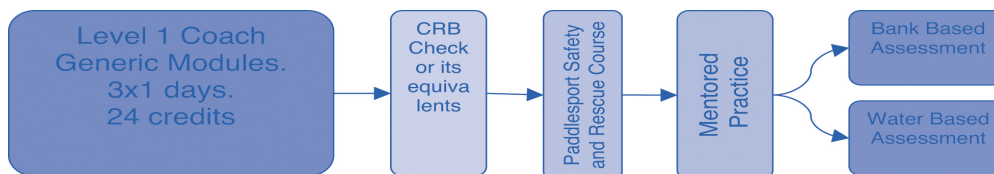
- **Generic Coach Module** (16 credits) – A 24 hours (3x1day) course introducing the basic concepts of how and what to coach. This will be a generic course applicable to coaches who wish to work with competitive and recreational paddlers.
- **Paddlesport Safety** (4 credits) – a 4 hour course that covers the basic of safety and life sustaining skills required by anybody operating in a paddlesport environment.
- **A period of mentored practice** – during this period you will spend some time coaching under the supervision of a more experienced coach and some time watching a more experienced coach working.
- **A Criminal Records Bureau (CRB) Check; or its equivalency in each Home Nation** – this must be maintained on a three yearly cycle.

What order should I do these components in?

Apart from the CRB check and the safety and rescue components which must be completed prior to any mentored practice you can complete the modules in any order.

What happens when I've completed all these components?

Once these elements have been completed you can proceed to your Level 1 assessment. Upon successful completion of an assessment you will be awarded Level 1 Coach status.



Continuous Personal Development (CPD)

In order to continue to develop as a Level 1 coach you would need to complete additional training within a period of three years. This additional training must carry a value of 8 credits. These credits can be gained from attending additional coach training courses (any course at any level); discipline specific units (any course at any level) or from a number of supporting units (see appendix i) and are valid for a 3 year period.

Accreditation for Prior Learning and Experience (APL or APEL)

If you have previous coaching experience or qualifications in other areas covered by the training it is possible to use this previous learning or experience to gain credits for elements of the Level 1 training requirements (or any other BCU course). Please see appendix iv for further details of the APL and APEL structure.

Enrolment / Assessment

Enrolment and assessment protocols to be determined.

Level 2 – Coach

What can I do as a Level 2 Coach?

A Level 2 coach is able to deliver a series of canoe and kayak sessions safely and effectively in a sheltered water environment. One route is available:

Level 2 – This is an award for individuals who intend to coach any craft in a sheltered water environment.

Who trains as a Level 2 Coach?

Level 1 Coaches who feel they are ready to further develop their coaching skills so that they can deliver sessions independently of other coaches. The training will aim to ensure you develop skills that will benefit paddlers in all crafts in a sheltered water setting.

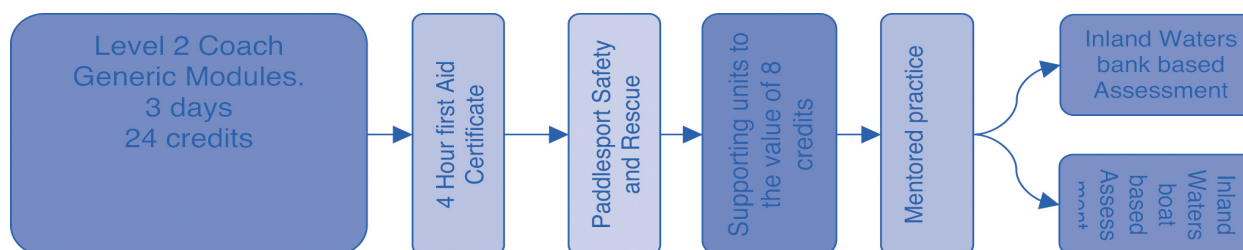
How do I become a Level 2 Coach?

As part of your Level 2 development you will need to complete all of the following components:

- **Complete all the training requirements of a Level 1 Coach**
- **Generic Coach Module** (24 credits) – A 24 hours (3x1day) course developing on the basic concepts of how and what to coach. This will be a generic course applicable to coaches who wish to work with competitive and recreational paddlers.
- **Paddlesport Safety and Rescue** (8 credits) – a one day course that covers the basic safety and rescue skills required by anybody operating in a paddlesport environment.
- **First Aid Certificate** – A 4 hour first aid certificate taken from the BCU approved list (see appendix vi)
- **A period of mentored practice** – during this period you will spend some time coaching under the supervision of a more experienced coach and some time watching a more experienced coach working.
- **Supporting units to the value of 8 credits** – The coach can select 2 or more supporting units from any of those available. At least one of these supporting units must come from the generic coaching skills section.

Please note that the first aid requirement must be completed prior to any mentored practice. Apart from these exceptions the components of the level 2 award can be completed in any order.

Once these elements have been completed you can proceed to your Level 2 assessment. Upon successful completion



Continuous Personal Development (CPD)

In order to continue to develop as a Level 2 coach you would need to complete additional training within a period of three years. This additional training must carry a value of 12 credits. These credits can be gained from attending additional coach training courses (any course at any level); discipline specific units (any course at any level) or from a number of supporting units (see appendix i) and are valid for a 3 year period.

What if you wish to lead groups on water other than sheltered waters?

If you wish to coach & lead in other environments you will have to move onto the appropriate Level 3 award. If, however, you simply wish to lead small groups of up to 4 paddlers of a similar or higher standard you could consider the 4*. Continuing to the 5* award will allow you to lead groups in the relevant environment.

Accreditation for Prior Learning and Experience (APL or APEL)

If you have previous coaching experience or experience in other areas covered by the training it is possible to use this previous learning or experience to gain credits for elements of the Level 2 training requirements (or any other BCU course). Please see appendix iv for further details of the APL and APEL structure and requirements.

Enrolment / Assessment

Enrolment and assessment protocols to be determined.





Level 3 – Coach

What can I do as a Level 3 Coach?

A Level 3 coach is able to plan, implement and analyse long term development programmes. This is an appropriate level of coach for a person to be in charge of paddlesport activities in a club or centre. It is at this level that coaches begin to become increasingly specialised and as such 10 different awards are available.

- Racing
- Flat Water
- Wild Water Racing
- Surfing
- Open Canoeing
- Polo
- Freestyle
- Slalom
- White Water Kayaking
- Sea Kayak

A full break down of the coaching remit of each discipline can be seen in appendix v. (available in due course)

Who trains as a Level 3 Coach?

Level 3 Coaches who wish to further develop their coaching skills so that they can deliver more specialised sessions. The training will aim to ensure you develop skills that will benefit paddlers in the crafts and environments indicated above.

How do I become a Level 3 Coach?

As part of you Level 3 development you will need to complete all of the following components:

- **Complete all the training requirements of a Level 2 Coach**
- **Generic Coach Module** (16 credits) – A 16 hour course developing the concepts of how to coach. This will be a generic course applicable to coaches who wish to work with competitive and recreational paddlers.
- **Applied Coach Module** (16 credits) – A 16 hour course that helps the coach to apply the concepts covered in the generic coaching module to safe and effective practice within the discipline strand chosen. Some applied coaching modules are only open to paddling coaches and for these there is a personal skill prerequisite (see appendix v).
- **First Aid Certificate** – An 8 hour first aid certificate taken from the BCU approved list (see appendix vi - available in due course)
- **A Period of Mentored Practice** – during this period you will spend some time coaching under the supervision of a more experienced coach and some time watching a more experienced coach working.
- **Safety and Rescue Training** –
 - a. Additional White Water Safety and Rescue training is required for WWR, Slalom, WW kayak, Freestyle and Open Canoe
 - b. Additional Sea Safety and Rescue training is required for the Sea and Surf awards
- **Supporting units to the value of 8 credits** – The coach can select 1 or more supporting units from any of those available.

Please note that the Generic Coaching module must be completed before the Applied Coaching Module. In addition the first aid requirement and any additional safety components must be completed prior to any mentored practice. Apart from these exceptions the modules can be completed in any order.

Once all the elements have been completed the candidate can proceed to their Level 3 assessment. Upon successful completion of an assessment they will be awarded Level 3 Coach status.

Continuous Personal Development

In order to continue to develop as a Level 3 coach you would need to complete additional training within a period of three years. This additional training must carry a value of 12 credits. These credits can be gained from attending additional coach training courses (any new course at any level); discipline specific units (any new course at any level); or from a number of supporting units (see appendix 1); in addition some credits can be gained from mentoring less experienced coaches.

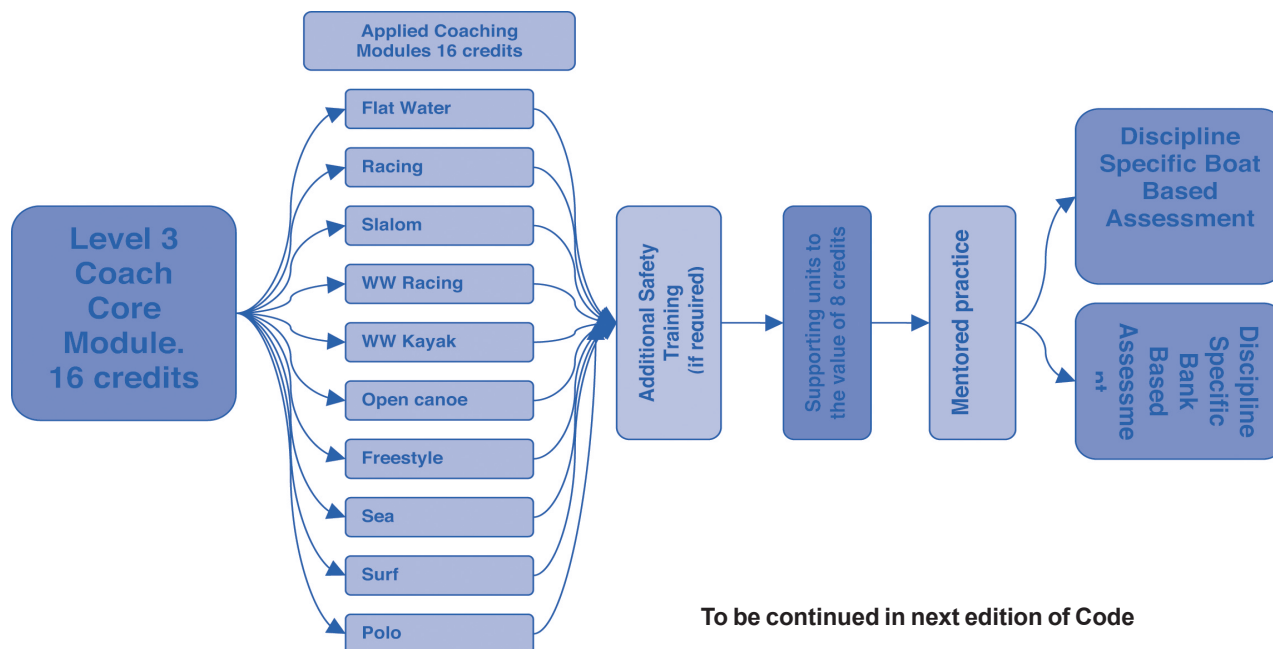
Broadening your coaching remit

As a qualified Level 3 coach if you wish to extend your coaching remit to another discipline you only need to complete the additional applied coaching unit; additional safety and rescue training (if applicable); and complete an additional period of mentored practice prior to attending an assessment in the alternative discipline.

If, however, you simply wish to lead small groups of up to 4 paddlers of a similar or higher standard you could consider the alternative 4* route. Continuing to the 5* award will allow you to lead groups in the relevant environment.

Accreditation for Prior Learning and Experience (APL or APEL)

If you have previous coaching experience or qualifications in other areas covered by the training it is possible to use this previous learning or experience to gain credits for elements of the Level 3 training requirements. Please see appendix iv (available in due course) for further details of the APL and APEL structure.



To be continued in next edition of Code

What's in a Name?

Richard Procter - University of Cambridge

Recently a group of us undertook a two-day open canoe camping trip on the Wye. In the group there were three Level Four canoe coaches, two experienced paddlers and a complete novice. The novice paddled in the front of one of the experienced paddler's boat and every one else paddled solo. The novice was given some basic instruction on bow draws and cross-deck bow draws so that they could help manoeuvre the canoe. Later in the day following exchange was heard:

Novice: I seem to be having trouble with my ...what's it called ...cross bow draw".

Coach: "Don't worry about the names ... just move the boat sideways with the paddle"

This was confusing. Earlier in the day, the novice had been told the names of the strokes and why they had those names, which are helpful as descriptions of the action and its purpose: cross the paddle over the deck and draw the bow boat to the paddle. Now a different coach was trying to make things easier by suggesting that they just 'did' the same activity without worrying about the name. But we do need to worry about the name. If a paddler can 'do' the appropriate strokes and can move the boat sideways then they are on their way to improving their practice. But in this case they were 'having trouble' and knowing *with what* they were 'having trouble' represented a degree of awareness on their part and suggested how a coach might assist them.

Knowing the names of the strokes is even more important than this, however. Being able to talk to other paddlers about strokes, problems and solutions is an element of being part of what Wenger (1998) calls a Community of Practice, in which practice (paddling) and identity (being a paddler) are closely linked. Taking part in discourse about and as part of practice is essential to developing both the practice and the sense of identity of the novice paddler. Practice and identity need to be developed at the same time so that the paddler can take part in the discourse rooted in the practice as they become a member of the community.

The paddling community is the same as any Community of Practice in that it has a shared repertoire. Amongst paddlers, this shared repertoire consists not only of the strokes themselves but also the names of the strokes. These reflect practice: 'cross-deck bow draw' isn't just a 'label' but a description of what to do (compare the names of cricket deliveries, some of which describe practice (flipper), some of

which describe their purpose (inswinger), some named after their originator (like the Australian 'bosie' after Bosanquet) and some bizarre colloquialisms (would a novice cricketer know what a 'yorker' is?). For novices, even knowing the names of the strokes and their function but 'having trouble' with them may be a way for them to begin to enter the community of paddlers.

Sfard (1998) identified two 'metaphors for learning': the 'acquisition metaphor' and the 'participation metaphor'. The acquisition metaphor is the one most people most readily recognise from their school days of being taught by some one and acquiring knowledge, and in the context of paddling might be appropriate for learning the names of parts of a canoe. The participation metaphor, in contrast is about participating within an expert community and moving from novice to expert within that community. Wenger's idea of participating through discourse about practice is firmly of this type.

Hakkarainen et al. (2004), go further and state that;

"Underlying the participation metaphor is the idea that one's expertise develops as one gradually grows up and becomes socialised in an expert culture" (2004: 59)

For those of us with an interest in paddle sport coaching it is important to recognise that although novices need to acquire the skills of paddling they also need to be brought into our community. They need to be able to participate in both the activities and discourse as they make their way from novice to expert if they are to develop a sense of identity within the paddler community. As coaches we need to help them 'learn that', 'learn how' and 'learn to be'. As Hakkarainen et al. state (2004: 60) "individuals are able to learn things more deeply when learning reveals the possibility of participating in a community with which they identify".

References

Hakkarainen, K., Palonen, T., Paavola, S., & Lehtinen, E. (2004). *Communities of networked expertise: Professional and educational perspectives*. Amsterdam: Elsevier.

Sfard, A. (1998) On the metaphors for learning and the dangers of choosing just one. *Educational Researcher*, 27(2), pp 4-13.

Wenger, E. (1998) *Communities of Practice: learning, meaning and identity*. Cambridge, Cambridge University Press.

