

The BCU's New Coaching Awards

The BCU's new Coaching Awards are now fully aligned with the UKCC and Ofqual (Office of the Qualifications and Examinations Regulator). As such they are an endorsement of quality and national recognition of both sport-specific and cross sport coach education.

Coaches follow an approved course of coach education and, on completion, receive a UK-recognised, certified qualification. Introducing the new awards means that all coaches qualified at a certain level will share the same degree of competence.

The new awards recognises the role of the coach as integral to the sporting experience, from introductory to performance level.

The benefits of the new awards will be felt by both the coach and the sport. For the coach, the awards will raise the profile of coaching, focus training on their needs and those of the paddlers and constituent groups they work with.

The learning programme content of the awards supports the introduction and development of paddlers and the deployment of coaches in clubs and in centers making skills and BCU qualifications valid and transferable throughout the UK.

The contents of the syllabi and assessment materials for BCU UKCC qualifications are agreed by the canoeing governing bodies in Britain, and delivered through the respective home country governing bodies e.g. SCA. These qualifications conform to the government endorsed quality standards of the United Kingdom Coaching Certificate (UKCC) and the UK Coaching Framework.

For all sports, Coaching awards mapped to the UKCC will ensure a consistent standard of coach education between and within sports, improve the quality of the coaching experience for participants and performers and will mean employers are clearer about the skills and limitations of each level of coach, making workforce planning easier.

The new BCU (UKCC) qualifications for canoeing are recognised by government and government agencies and will be eligible for funding support as available at Home Nation level.

Currently, more than 21 sports have UKCC endorsed qualifications with more in development. The BCU agreed to map its new awards to the UKCC awards following the Paddlesport review, National Source Group developments and agreement by Home Nation coaching committees.

New BCU (UKCC) Coaching Awards Deployment Guidance

These BCU Guidelines are developed and advised to support a range of deployment situations. Deployment can be via clubs, centres, schools, local authority and community sports programmes (hereafter referred to as deployers.) N.B health and safety legislation commonly does not apply to private members clubs where there is no work undertaken but in cases of doubt, clubs should seek the advice of a competent person.

The BCU's Coaching Awards and the 4 and 5 Star 'Leader' Awards provide training and qualifications suited to a range of instructional, coaching and leadership situations. BCU Guidelines and terms of remit are developed to support a range of deployment situations, but inevitably it is impossible to detail every situation and permutation. The flexibility provided within and across these awards provide deployers opportunities to more accurately reflect the specific nature of their work.

In the following guidelines the BCU seeks to recognise the ability of experienced practitioners to make changes based on robust risk assessments and suitable risk management arrangements.

From the Coaching Awards point of view the terms of reference (available on the BCU / Home Nation Websites) for coaches issued by the BCU define recommended ratios and environments for each level of coach or leader, however with additional training and robust risk management arrangements the BCU acknowledge that these ratios and operating environments may be amended.

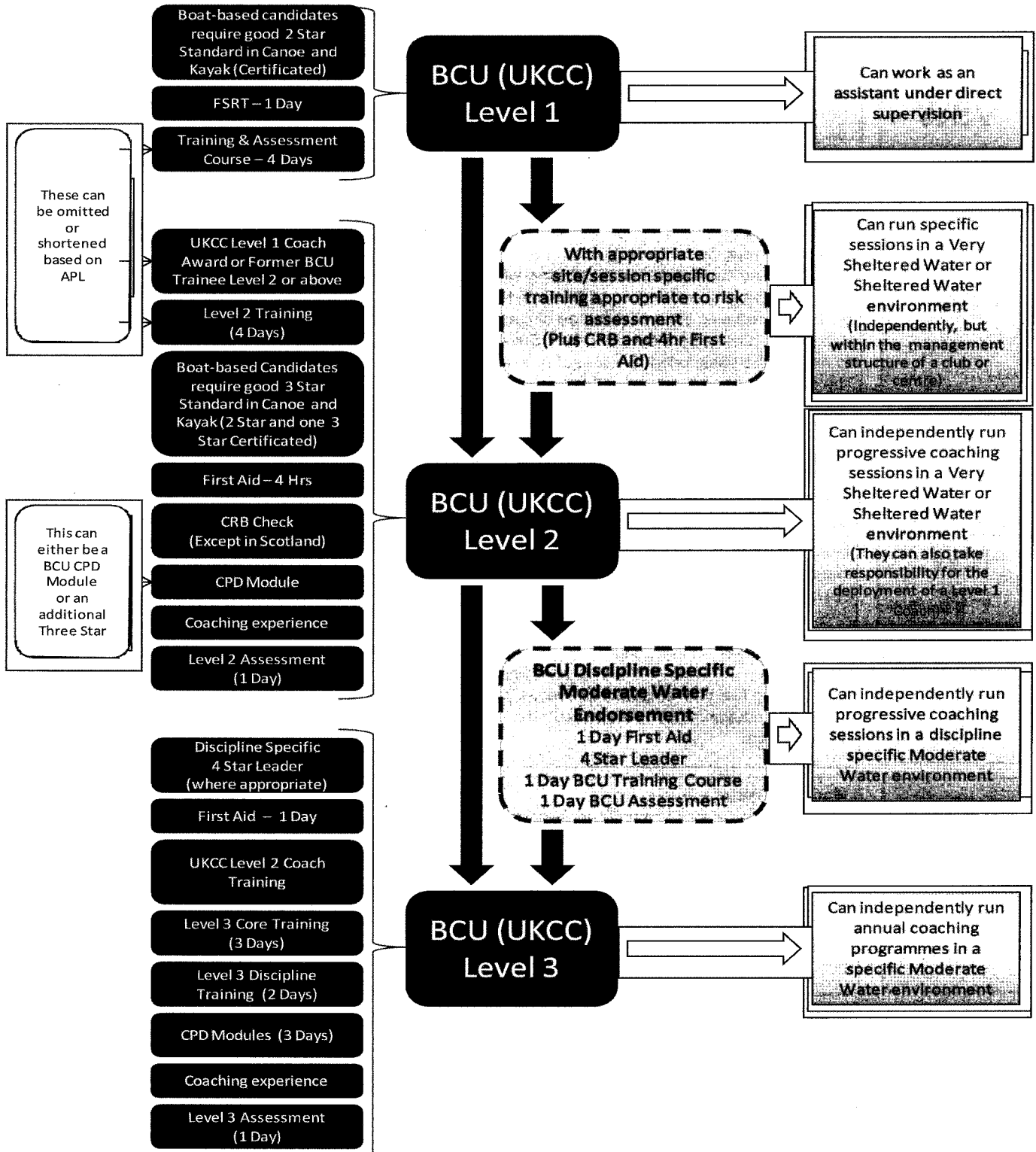
See the example opposite;

In publishing these guidelines the BCU takes into account an appreciation of the individuality of deployers, the environments and circumstances in which they operate and the actual level of risk in each of the situations identified as well as the professionalism of coaches and instructors with a wealth of experience from other activities to draw upon. For example there is obviously a very different level of risk involved or associated with groups journeying on the sea, compared with a first session introductory lesson on very sheltered inland water.

It is presumed throughout these guidelines that deployers will use the guidance in conjunction with their own safety management system, risk assessments, codes of practice and technical support operating a training regime for every coach or employee involved, relevant to the locations in use. This will ensure that the coach / employee concerned has adequate personal competence and currency of performance, is equipped and practised in the use of all necessary equipment, and is aware of all the potential hazards of the environment in question.

In this way the BCU recognise that deployers and particularly centres, who employ a range of coaches and leaders in a wide range of circumstances, will use BCU guidelines as exactly that, following their own unique activities (risk assessed and with appropriate risk management arrangements in place), operating procedures and in house training and assessment to determine acceptable variations of guideline ratio's and, in some instances, qualification guidelines.

In respect of BCU Approved Centres, and any technical advice or support provided by the BCU, deployer Codes of Practice will be reviewed against the BCU guidelines and agreed by the BCU (BCU Approval Officer / BCU Coaching Department) in conjunction with the deployer as meeting the BCU recognised standards for quality and safety relevant to the specific situation in question.



The BCU (UKCC) Level 1 award is suitable for canoeing taster sessions, with supporting guidance, on very sheltered water.

If a Level 1 Coach has received additional, assessed and documented site specific training and induction and holds a first aid award they could be deployed within sheltered water environments. Site specific training would need to be designed and delivered as guided by a BCU Level 3 Coach (minimum) or a Technical Adviser where the Adventure Activities Licensing Regulations apply.

The basic remit of the Level 2 Coach is Sheltered Water, however this again can be extended to moderate water environments as indicated in the diagram above.



BCU Environmental Definitions

VSW	<p>Very Sheltered Water Quiet canals with easy bankside access and egress; small lakes, which are not large enough, and do not have difficult landing areas for problems to occur if there is a sudden change in conditions; specified sites on gentle, slow moving rivers. The definition implies weather conditions which are not in themselves likely to cause problems. Care must be exercised when water temperatures are low.</p>
SW	<p>Sheltered Water Flat water rivers, faster flowing, but not involving the shooting of, or playing on weirs or running rapids. Discretion and commonsense must apply when considering the use of lakes/lochs. To operate further than 200 metres from shore on a large lake can be a serious undertaking. To paddle in offshore breezes on large lakes requires the same degree of caution as for the sea. Water temperature (especially in Scottish lochs) must always be a consideration. Suitable lagoons or sections of sheltered bays of larger lakes can sometimes be designated "Sheltered" or even "Very Sheltered" water by careful and sensible selection. The definition implies normal conditions. Care must be exercised when water temperatures are low.</p>
MW FW	<p>Moderate Water – Flat Water Large areas of open water which exceed the sheltered water definition, that are no more than 500m off shore and in wind strengths that do not exceed force 4.</p>
MW FW	<p>Moderate Water – White Water Grade 2 white water or equivalent weirs. (This is extended to Grade 2(3) when using whitewater spec Kayaks).</p>
MW Sea	<p>Moderate Water – Tidal / Sea The definition involves: A stretch of coastline or estuary in close proximity to the shore, with easy landing, not involving fast tidal streams, tidal races, or overfalls, winds not above force 4 (force 2 if offshore when greatest of caution must be exercised); the upper reaches of some estuaries; launching and landing through moderate surf.</p>
MW Surf	<p>Moderate Water – Surf Beaches that are free of significant hazards (strong rips or undertow, tidal streams, rocks or groynes). An area of beach must be marked out to contain the group and prevent any loss of communication. The area selected must not interfere with other beach users – swimmers and surfers in particular; small to moderate waves – 3 feet maximum.</p> <p>Measurement of surf; The "surfers" measurement is used throughout both this document and the BCU awards in surf. This is also used by surf forecasts obtained from telephone surf lines, the internet or wave buoys. It is in feet and refers to the ride-able mid section of the wave, not the peak to trough height.</p>

BCU CPD Modules	Foundation Modules (3 hour)	Introductory Workshops in the following areas: <ul style="list-style-type: none"> • Coaching Young Paddlers • Fitness for Paddlesports • Coaching the Mind • Performance Planning for Paddlesport Coaches • Mentoring for Paddlesport Coaches • Coaches and the Outdoors 					
	Intermediate Modules (1 day)	Workshops designed to further coaches knowledge in the following areas: (Not yet live)					
	Discipline Modules (1 day)	1 Day Modules to help BCU qualified coaches (of any level) work in the following disciplines: <table style="width: 100%; border: none;"> <tr> <td>• Slalom</td> <td>Wildwater Racing</td> </tr> <tr> <td>• Racing</td> <td>Freestyle</td> </tr> <tr> <td>• Polo</td> <td>Surf</td> </tr> </table>	• Slalom	Wildwater Racing	• Racing	Freestyle	• Polo
• Slalom	Wildwater Racing						
• Racing	Freestyle						
• Polo	Surf						

The BCU (UKCC) Level 1 transfer modules go live in February followed by Level 2 in March, so let's take a look at them in a bit more detail.

Why Transfer?

Coaches should transfer their qualifications to the UKCC endorsed awards where they see value in so doing. Existing awards will remain valid and recognised indefinitely whilst the coach remains in membership and updated. However, coaches may transfer for a number of reasons:

- Personal Development; the UKCC endorsed awards may provide coaches with the opportunity to develop certain aspects of their skill set
- Increased remit; for example the BCU (UKCC) Level 1 Certificate in Coaching Paddlesport, qualifies coaches to work with paddlers in any craft
- Increased recognition; the UKCC endorsed awards meet nationally set standards for coaching, and as consequently are likely to be valued higher by employers and clients. Candidates in Scotland receive dual certification with Scottish Qualifications Authority
- Demand led; due to the establishment of a national set of standards for sports coaching, some employers may require the UKCC endorsed qualification
- Remaining Current; Coaches may want their skills recognised on the same scale as new coaches coming through

The choice to transfer lies entirely with the candidate. The process will involve an element of assessment against the new assessment criteria, taking into consideration the candidates' previous experience and qualifications. When a Coach transfers they will not lose other BCU Coaching Qualifications that they may also hold.

Level 1 Transfer

If you currently hold an old style BCU Level 1 award, or have completed old style Level 2 training then you can access the one day Level 1 transfer module. Before enrolling, decide if it is the right thing to do! The Level 1 Transfer Module - Candidate Induction Pack provides further information to help you make the decision. It would also be useful to talk to Course Directors, or other people who have been through the process.

When candidates register for the Level 1 Transfer course they must;

- Be a current member of the BCU or Home Nation
- Hold any BCU Coaching Qualification
- Hold the BCU 2 Star Generic Award or old style 2* in kayak & canoe, or the Paddlepower Discover Award
- Have completed the Course Registration (CR) process – see below

Additionally Boat based coaches must:

- have completed either the BCU Canoe Safety Test or the BCU Foundation Safety and Rescue Course.

When candidates register with their Home Nation, they will receive an induction pack and pre-course information. Candidates' prerequisites will be checked at this point. Registration costs £39 and covers the administrative costs and course materials associated with the transfer. The Level 1 Transfer Course will involve an assessment of performance and experience that coaches have gained against the criteria laid down within the new awards. The Transfer Course will involve approximately 7 hours contact time usually delivered over one evening and following day.

Level 2 Transfer

This course allows existing BCU Level 2 coaches in one or both disciplines to transfer to the BCU (UKCC) Level 2 programme. The Level 2 Transfer course involves one day of training on elements not previously covered by candidates in existing coaching awards. The day is part practical and part theory and may also be delivered over a number of evenings or other modular format. Following the transfer course, candidates will be BCU UKCC Level 2 Trainees and will be able to progress through the remainder of the process including BCU UKCC Level 2 Assessment. As with the Level 1 transfer, candidates must first register with your Home Nation Coaching department to verify pre-requisites and receive pre-course materials.

The pre-requisites include;

- Be a current member of the BCU or Home Nation
- Hold an existing BCU Level 2 award in one discipline PLUS
- Hold the new 2 star award, or a minimum old 2 star in both canoe & kayak
- Have completed the course registration process as described above

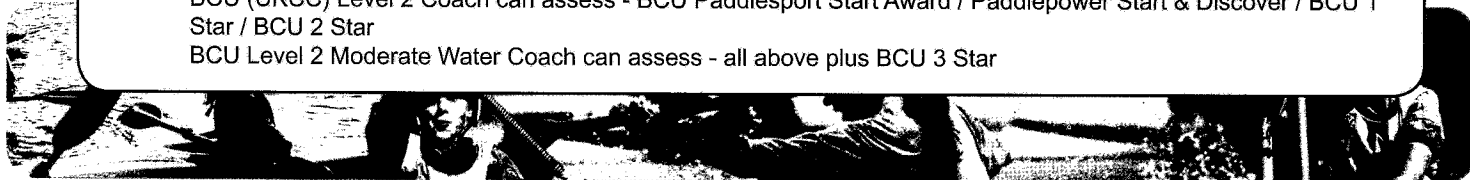
Continued from page 6When measuring and advising on safe practice the BCU would support any provision which, when assessed in this way is acknowledged as meeting current best practice standards.

NB – BCU Star Awards Assessment

BCU (UKCC) Level 1 Coach can assess – BCU Paddlesport Start Award / Paddlepower Start

BCU (UKCC) Level 2 Coach can assess - BCU Paddlesport Start Award / Paddlepower Start & Discover / BCU 1 Star / BCU 2 Star

BCU Level 2 Moderate Water Coach can assess - all above plus BCU 3 Star





BCU 4Star

Within the suite of BCU Performance Awards, we have the Four Star Leadership Awards in Canoe, Whitewater, Sea, and Surf. A 4 Star Leader will have the all round paddling ability, safety, rescue and basic leadership required to safely paddle and lead other competent paddlers on sections of moderate water.

The new award looks much the same structurally to the old 5 star, but the personal skills and leadership reflect an easier environment, they also look quite similar to the 'old' Level 3 awards, but without the coaching element. However, the new 4 Star Leadership awards are very different to the 'old' 4 Star awards, these compare better to the new discipline specific 3 Star Awards.

The new 4 Star Leadership awards were developed by the leading experts within each of the disciplines, and aim to provide an award for those who wish to lead others either professionally, within a club environment, or as the informal leader of a group of friends.

Remit:

The Four Star Leadership Awards are designed for leaders to take groups of 'competent' paddlers on moderate water journeys. Competent refers to paddlers who do not need skills coaching to be in/on the given environment, the Awards are not Coaching Awards and are not deemed suitable for introducing beginners to the sport. Four Star Leaders are expected to be able to judge environmental conditions and the standard of the group and make appropriate decisions about journey choice. Leaders are responsible for ensuring they have 3rd party liability insurance in place, knowledge of child protection guidelines and good practice, including checks where necessary, and maintain evidence of currency.

The **4 Star Whitewater Leader** is the appropriate qualification to lead grade 2(3) white-water Kayak trips, and kayak trips on open water (no more than 500m from the shore, and with winds below force 4) at a ratio of 1:4

The **4 Star Open Canoe Leader** is the appropriate qualification to lead up to grade 2 white-water canoe trips, and canoe trips on open water (no more than 500m from the shore, and with winds below force 4) at a ratio of 1:4 when in solo boats, and 1:6 paddlers when in double canoes.

The **4 Star Sea Leader** is the appropriate qualification to lead a group along a stretch of coastline or estuary in close proximity to the shore, with easy landing and, not involving fast tidal streams, tidal races, overfalls, or onshore winds above force 4 (force 2 if offshore). Including the upper reaches of some estuaries, and launching and landing through moderate surf (see below). At a ratio of 1:4.

The **4 Star Surf Leader** is the appropriate qualification to manage a group of kayak surfers on selected beaches that are free of significant hazards (strong rips or undertow, tidal streams, rocks or groynes), and with small to moderate waves - 1 metre maximum (as per the "surfers" measurement). At a ratio of 1:6.

Using 4 Star to extend a Coaching Qualification Remit: Some deployers (i.e. clubs or centres) may deem it appropriate to extend the remit of a Level 1 or 2 Coach, where the 4 Star Leadership Award is also held. This decision will be based upon the Risk Assessment, Local Operating Procedures, the objectives and nature of the group.



BCU Coaching Courses

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