
BCU Coaching Processes

What Paperwork Is Required?

If you are attending as a BCU Coach, your trainers need to see some documentation. You must bring the following:

- BCU log book (up to date!)
- Current BCU/SCA membership
- "An open mind"

The Course

You will meet your instructors at 0900 on the first morning where the course programme will be introduced.

The aim of the course is to practically explore some of the key coaching processes to enable coaches to deliver in a variety of ways to a variety of people. Sessions will include Teaching Styles, Learning Styles, Observation and Analysis, Feedback, Communication, Demonstrations, Structure of Practice and Goal Setting. The BCU Coaching Handbook is a great resource for the course, as well as the chapter on Coaching in the BCU Canoe and Kayak Handbook. Please consider looking at these prior to the course to make the most of this learning opportunity.

This is a locally based course, which means that training will take place with workshops indoors around the Lodge. Looking at how and why people learn and how we can use this knowledge to coach in a more effective and stimulating way. We will also make use of our pool and local flat water for workshop sessions outdoors.

What Will I Need?

Glenmore Lodge has a large, and very comprehensive store of up to date clothing and equipment. You are welcome to use your own equipment and pick and choose odd items from the store. Your instructor will want to check that personal equipment is appropriate for the activity.

If you are thinking about buying equipment but are not too sure what to get we would advise you to come and try our equipment and then make your purchases after the course. We have a range of most equipment items you can try during the course and there is advice on hand from other students as well as the staff.

We have a range of some of the latest river kayaks from Pyranha and other top manufacturers. All our Sea kayaks are this year's models from P&H and Valley. Our Open boats are all new from Mad River. The surf kayaks are also of up to date design.

Our paddling clothing is from Peak and we have a wide range tailored to your discipline.

We use a range of paddles depending on the activity, Lendal and Werner for sea kayaking and Werner for river kayaking. There are specialist additional open boating items such as poles and sails.

GLENMORE LODGE CAN SUPPLY:

- ✓ Bouyancy aids
- ✓ Helmets
- ✓ Spray decks
- ✓ Cags

- ✓ Wet suits

- ✓ Wet suit bootees
- ✓ Small drybags
- ✓ Dry suits (only for out of season kayak courses)
- ✓ Paddling Trousers
- ✓ Pogies
- ✓ Paddling Neoprene Gloves/mitts
- ✓ Towlines
- ✓ Split Paddles

EQUIPMENT YOU NEED TO BRING WHICH WE DO NOT HAVE IN THE STORES.

Listed here are the essentials, this is not an exhaustive list.

- ✓ Informal clothing for leisure wear
- ✓ Insulating layers – at least two mid weights
- ✓ Fleece/insulated jacket
- ✓ Waterproof jacket
- ✓ Hat & gloves***
- ✓ Vacuum Flask & Water Bottle ***
- ✓ Box or bag for packed lunch.
- ✓ Blister kit/ small first aid kit
- ✓ Personal toiletries & medications (towels are provided)
- ✓ Suncream – you just never know! ***
- ✓ Sunhat and sun glasses & cord
- ✓ Insect Repellant – it may be midgey!***
- ✓ Spare towel
- ✓ An alarm clock
- ✓ Glenmore Lodge also has a pool, sauna, gym & climbing wall - so don't forget your swimming/gym/climbing kit!

Items marked *** are available in our shop subject to availability.

Useful Books

Canoe & Kayak Games by Dave Ruse

This book is a completely new and updated fourth edition of Dave Ruse's original 'Canoe Games'. It includes the best of the original Canoe Games, but has been completely revised and radically updated, with a huge number of new games contributed by BCU coaches. These games are grouped and linked to the BCU Coaching Scheme.

British Canoe Union Coaching Handbook by BCU

This book is a mine of useful information and practical tips. If you aspire to be a better canoe or kayak coach, this is the book for you

White Water Safety & Rescue by Franco Ferrero

This work includes white water safety and rescue for canoeists, kayakers and rafters. This is a completely revised new 2006 2nd edition now in full colour throughout

www.animatedknots.com/index.php	Animated Knot Tying
www.bcu.org.uk	British Canoe Union - Paddle sports coaching etc.
www.boathook.com/tides/uk.html	Tide Tables
www.canoescotland.com/	Scottish Canoe Association
www.johnmuiraward.org	A scheme to get young people involved in the outdoors
www.magicseaweed.com/	Surf Forecasts
www.metoffice.gov.uk/weather/marine/inshore_forecast.html	Inshore Forecasts
www.ordnancesurvey.co.uk	Loads of info on maps, access etc.
www.outdooraccess-scotland.com/	Scottish Access Code
www.theaward.org/scotland	Duke of Edinburgh's Award scheme
www.ukriversguidebook.co.uk/	UK Rivers Guide