

## BCU LEVEL 3 COACH ASSESSMENT - Canoe

**REMEMBER YOU HAVE TO REGISTER YOUR INTENTION TO DO THIS COURSE WITH THE BCU, FOLLOWING THEIR MANDATORY C1 PROCEDURE.**

### What Paperwork Is Required?

When you meet your trainers on the **arrival evening at 2000hrs**, they will want to see the following **original paper work**. Please ensure all this is sorted out so we can get onto the water promptly.

- Form C1 **signed + stamped by BCU - without this, you'll be turned away from the course.**
- BCU/SCA/CANI/WCA comprehensive (full) membership.
- Your Log Book with evidence of a minimum of 30 hours logged teaching experience since training (NO LOG BOOK, NO COURSE)
- A C2 form from the BCU (which should come with the completed C1).
- Your **ORIGINAL** Certificates:
  - 4 Star Award in the relevant discipline.
  - Level 3 Training Course Certificate within the last 3 years (or letter of exemption).
  - Current First Aid Certificate (8 hour including CPR and EAV)
- Completed written question paper (**attached**).

### The Assessment

You will be assessed on equipment checks, personal skills, group leadership, access and the environment and coaching techniques on moving water at around Grade 2.

Mock students will be recruited for the second day to give you "real" students to coach.

You are asked to **prepare a relevant short lecturette** of your own choice lasting no more than ten minutes. Your target audience is a group of 4 Star level students, so please make it relevant for this. We have all kinds of presentation facilities here, including Power Point, but you may choose to give your lecturette on the water (content is more important than using fancy systems).

### 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 years models from P&H and Valley. Our Open boats are all new from Mad River and Wenonah. 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

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| <a href="http://www.animatedknots.com/index.php">www.animatedknots.com/index.php</a> | Animated Knot Tying  |
| <a href="http://www.bcu.org.uk">www.bcu.org.uk</a>                                   | <b>British Canoe Union - Paddle sports coaching etc.</b>     |
| <a href="http://www.canoescotland.com/">www.canoescotland.com/</a>                   | Scottish Canoe Association                                   |
| <a href="http://www.johnmuiraward.org">www.johnmuiraward.org</a>                     | <b>A scheme to get young people involved in the outdoors</b> |
| <a href="http://www.ordnancesurvey.co.uk">www.ordnancesurvey.co.uk</a>               | <b>Loads of info on maps, access etc.</b>                    |
| <a href="http://www.outdooraccess-scotland.com/">www.outdooraccess-scotland.com/</a> | Scottish Access Code   |
| <a href="http://www.theaward.org/scotland">www.theaward.org/scotland</a>             | Duke of Edinburgh's Award scheme                             |
| <a href="http://www.ukriversguidebook.co.uk/">www.ukriversguidebook.co.uk/</a>       | UK Rivers Guide  |

## BCU Level 3 Open Canoe Assessment

### Home Paper

Candidates Name \_\_\_\_\_

#### NOTES

- Please answer all questions and hand your completed document to the Course Director at your first group meeting
- The purpose of the paper is to find out what you know and is not a test of English. Having said that we obviously need it to be legible; with questions numbered, and your name on each loose paper
- Note or bullet point answers are acceptable
- If illustrations help use them
- The marks for each question are given in parenthesis (brackets). They should help indicate the importance of the question

#### General Knowledge

- 1 Match the people from the first column with associated activities in the second by linking them with a line. (10)

|                |  |                                  |
|----------------|--|----------------------------------|
| Mike Devlin    |  | Flatwater Freestyle Paddler      |
| Franco Ferraro |  | World canoe Poling Champion      |
| Karen Knight   |  | OC-I Paddler                     |
| Jim Henry      |  | Publisher and Expedition paddler |
| Paul Mason     |  | Playboat paddler & Cartoonist    |
| Stuart Fraser  |  | Designer for Mobile Adventure    |
| Colin Broadway |  | Coaching & publishing            |



|              |  |                                 |
|--------------|--|---------------------------------|
| James Weir   |  | Canoeist Magazine               |
| Pete Knowles |  | Designer of Mad<br>River Canoes |
| Harry Rock   |  | BCU Director of<br>Coaching     |

2 On which river would you find the following rapids / features:  
(5)

- Grantully
- The Serpent's Tail
- Randolph's Leap
- Virginia Falls
- Big Bend
- High Force

3 Draw the shape of an Ottetail Blade and compare against a general purpose blade (5)

4 What do the following initials stand for? (10)

- CoDe
- KISS
- SCA
- CEN

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- NCF

- IDEAS
- BBB
- WWS&R
- L3CA

### Coaching

5 Name 3 different canoes that you would be happy to use with novice paddlers on grade 1 – 2 water. (5)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

6 What do you understand by “Student Centred Learning”? (10)

7 What do you understand by “Guided Discovery”? (10)

- 8 Draw and label your perfect eddy or rapid for teaching breaking in. (20)
- 9 Describe 2 of your favourite teaching aids or toys; and say how you might use them. (10)
- 10 Create a session plan for a one and a half hour session with four 15-year-old students who have paddled on flat water a lot and are very happy in their boats. Your task being to introduce them to moving water. *NB. You can use the session planner below or one of your own.* (20)

| Session Aim |                       |                          |
|-------------|-----------------------|--------------------------|
| Time        | Content (Progression) | Notes (Equipment, venue) |
|             |                       |                          |

|  |  |  |
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### **Leadership, Safety and Rescue**

- 11 What repair kit would you carry for a two day river trip in a remote part of Scotland? (10)
  
  
  
  
  
  
  
  
  
  
- 12 List your group safety kit for the same 2 day trip (10)
  
  
  
  
  
  
  
  
  
  
- 13 You are paddling a river that is new to you. As group leader outline how you and your party plan to deal with any fishermen you may meet? (10)

- 14 Describe the problems with the following in a moving water situation:
- Open Water (5)
  
  - Falling Trees/Strainers (5)
  
  - Two capsized student on simple grade one water with a swamped boat(5)