



Coaching Young Paddlers - Foundation

What We Cover

This 3-hour course will introduce the coaching concepts to help us coach young people more effectively. It also looks at the support mechanisms out there for coaches and young people alike in the paddlesport world, how the BCU supports the coaching of young paddlers and of course the legal consideration of working with young people. For any coach who works with young people this is an essential course to ensure current best practice in working with young paddlers.

Please bring your BCU log book (if you have one). Note: It is not essential to be a member of either of the Canoe Unions to undertake training. However, we recommend that all students join before attending: Tel: BCU on 0845 370 9500; or Tel: SCA on 0131 317 7314.

This course is aimed at any UKCC Level 1 or 2 Coach and can be used as the required module for the UKCC Level 2 Award or as CPD, as well as being a course suitable for any paddler interested in learning more about Coaching the Mind.

If you require further information about the UKCC Foundation Modules and the syllabus's please contact the BCU direct on 0845 370 9500 or www.bcu.org.uk

Meals

No meals are provided as part of the course, however coffee and biscuits are available mid morning.

Arrival & Departure Information

The course has a lot to cover, so please arrive at the Lodge promptly for a **0900hrs start** and the course will finish by 1300hrs.

What Equipment Will I Need?

This is a classroom based course therefore no outdoor equipment is required. You may find it useful to bring along a notebook and pen.