

BCU (UKCC) Level 3 Certificate In Coaching Paddlesport - Discipline Specific Training - White Water & Open

What Paperwork Is Required?

When you meet your trainers at **09.00 hrs** they will need to see the following:

- BCU Registration evidence – Your Original Stamped ‘CR’ Form.
- BCU/SCA/CANI/WCA comprehensive (full) membership.
- Evidence of attending a BCU (UKCC) Level 3 Core Coach Training Course.
- BCU 4 Star Leader Award in appropriate discipline.
- Evidence of appropriate BCU Intermediate Modules and/or BCU Moderate Water Endorsement or APL evidence arranged through the BCU.
- Log Book

The Course

This two-day course is open to anybody who has done the BCU (UKCC) Level 3 Certificate in Coaching Paddlesport Core Training course, has attended the appropriate Intermediate Modules and/or BCU Moderate Water Endorsement and has the 4 Star Leader Award in their chosen discipline. As a qualified BCU (UKCC) Level 3 Coach you will be able to work in a coaching capacity and lead groups in an experienced and specialist role. This role is aimed at the coach working in a medium-term role with the students they are coaching.

The two days discipline specific will then look at putting all the elements of the Core Training course into practice in the white water/canoe environment. This will include looking at the BCU (UKCC) Level 3 ‘hows’ of coaching in a medium term student environment as well as the discipline specific ‘whats’ of developing performers in moderate water conditions. The discipline specific two days is a compulsory part of the BCU (UKCC) Level 3 Training Programme.

The course will finish by giving you a clear action plan as to how to progress to a BCU (UKCC) Level 3 Certificate in Coaching Paddlesport Assessment.

If there is any way you would benefit from us tailoring the learning programme to meet any learning or physical specific needs, please let us know as soon as possible so we can look at helping with this. We have a good range of kayaks and canoes at the Lodge, however if you want to bring your own specific boat with you please feel free to.

If you require further information about the BCU (UKCC) Level 3 Discipline Specific Training and it’s syllabus please contact the BCU direct on 0845 370 9500 or www.bcu.org.uk

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. 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

White Water and Swift Water Rescue

- ✓ Dry suits
- ✓ Throw lines
- ✓ Knives
- ✓ Karabiner
- ✓ Slings/Tape
- ✓ Pulleys
- ✓ Prussiks



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!
- ✓ Waterproof Notebook***

Rolling

- ✓ For courses using the pool for rolling we advise the use of a nose clip. These are not provided but can be bought in our shop.***

Open Canoe

- ✓ For open canoe courses Spey descent etc. a pair of wellies are very useful.
- ✓ For 5 Star courses please bring headtorch and light sticks for night paddling.***

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

Sample Course Programme

This programme is designed to provide an idea of what to expect from your course. Your Tutor may choose to deliver a slightly different programme depending on weather, group and logistics.

Day One	
Session 1 Class	Course Introductions Paperwork UKCC L3 coaching pathway What is medium term coaching?
Session 2 Class	Planning a coaching session
Session 3 Class	Building paddlers profiles – meeting the needs of the student.
Session 4 Water	Starting a session
Session 5 Water	Long term skills coaching Tutor coaching students in variety of environments Developing personal performance and technical knowledge
LUNCH	
Session 6 Water	Coaching basic skills Students coaching a 15 min session each Peer/tutor observation and review
Session 7 Water	Leadership, safety and rescue – coaching for long-term learning.
Session 8 Water	Concluding an on the water coaching session
Tea and Cakes	
Session 9 Class	Review of day
Session 10 Class	Between training and assessment. Assessment portfolio Assessment day pack Assessment process
Session 11 Class	Personal profiling Session plans for coaching sessions following day.
1900 Evening Meal	
Day Two	
Session 12 Water	Coaching sessions – static session Peer/tutor observation and review
LUNCH	
Session 13 Water	Coaching sessions – on the move session Peer/tutor observation and review
Session 14 Water	Rough water paddling – coaching tactically
Session 15 Class	Review of day
Session 16 Class	Individual Feedback and Action Planning
Tea and Cakes - Course Finish 1700	

