

## **BCU (UKCC) Level 2 Certificate In Coaching Paddlesport - Training (Including Foundation Module in Coaching Young Paddlers)**

**PRE-REGISTRATION WITH BCU IS REQUIRED FOR THIS COURSE. CONTACT THE BCU ON 0845 370 9500 OR [www.bcu.org.uk](http://www.bcu.org.uk) FOR FURTHER INFORMATION**

### **What Paperwork Is Required?**

Your trainers will need to see the following:

- BCU Registration evidence – Your Original Stamped ‘CR’ Form.
- BCU/SCA/CANI/WCA comprehensive (full) membership.
- BCU (UKCC) Level 1 Certificate in Coaching Paddlesport or hold the old scheme BCU Level 2 trainee or above, or APL evidence arranged through the BCU.
- 2 Star in Canoe and Kayak and BCU 3 Star certificate in any discipline for Boat Based candidates.
- Foundation Safety and Rescue or Canoe Safety Test (if achieved prior to 01/01/09)
- Log Book

### **The Course**

This five-day course is open to anybody who has done the training or assessment of the BCU (UKCC) Level 1 Certificate in Coaching Paddlesport and are wanting to further their coaching knowledge and remit. As a qualified BCU (UKCC) Level 2 Coach you will be able to work in a coaching capacity and lead groups in either kayak or canoe in a sheltered water environment. The Level 2 Training course is open to boat based and bank based coaches alike, and in any canoe and kayak discipline of paddlesport, recreational or competitive.

The five-days will cover all aspects of running coaching sessions for paddlers, focusing particularly on best coaching principles, session organisation, health and safety, equipment and safety and rescue. All the sessions will be run in a practical format allowing plenty of time to put into practice the above principles in a context that is relevant to you. The first 4-days will focus on the generic coaching side of things as well as the discipline specific coaching strategies.

All of the above will be covered using the Lodge’s on site facilities of lecture rooms, rolling pool and pond, along with Loch Morlich or the River Spey which are both only 5 minutes away.

This part of the course will finish by giving you a clear action plan as to how to progress to BCU (UKCC) Level 2 Coach Assessment.

For the BCU (UKCC) Level 2 course there is a specific Support Pack which has been put together and gives a huge amount of essential information and additional knowledge/theory to help candidates with the Level 2 syllabus. We would recommend having a copy of this to bring with you to your training course, even consider reading it prior to the course to maximise your learning with us. This Level 2 Support Pack is available electronically, you may already have been sent a copy when you registered, if not check out your home nation website to download it or feel free to contact us and we will email you out a copy.



The final day will be the 'Coaching Young Paddlers' 3 hour Foundation Module. To have one 3 hour Foundation Module or an additional 3 Star is a pre-requirement for BCU (UKCC) Level 2 Assessment. Therefore by doing this module on the morning of the final day will see you on the road to assessment. The day will finish after lunch to allow plenty of time to travel home.

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. Also if you are coming from a competition background and would like to discuss how the course will meet your needs, again please get in touch. 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 2 Course and its syllabus please contact the BCU direct on 0845 370 9500 or [www.bcu.org.uk](http://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, Wenonah and Venture. The surf kayaks are also of up to date design from Valley and Mega.

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/surf kayaking and canoeing. There are specialist additional open boating items such as paddles, 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!
- ✓ Waterproof notebook \*\*\*

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