

## **BCU Awarding Body**

## **Level 2 Certificate in Coaching Paddlesport**

## **Pre- Course Information**



# BCU UKCC Level 2 Pre- Course Information

## 1. Why choose a BCU (UKCC) Qualification?

- ⊙ Our qualifications give you the hands on knowledge and competence to coach Paddlesport activity
- ⊙ The BCU has over 30 years experience running coach training and assessment qualifications
- ⊙ A BCU qualification is endorsed as a Nationally recognised award by the UKCC
- ⊙ We are the only Awarding Body offering the United Kingdom Coaching Certificate in Paddlesport Coaching
- ⊙ Whatever your past experience, skills or specific needs the BCU Awarding Body will give you support and impartial advice
- ⊙ BCU Coaching Qualifications have been accepted as the industry standard coaching qualifications for over 30 years

BCU Awarding Body is the Awarding Body recognised and regulated by the Qualifications and Curriculum Authority (QCA) and created with the aim of offering vocational Paddlesport coaching qualifications.

The BCU Awarding Body mission is to provide the sport with qualifications which are relevant and fit for purpose through a quality assured and cost effective qualification awarding service. Our qualifications have been accredited by the QCA and SQA against rigorous criteria and have been included in the National Qualifications Framework. This seal of regulatory approval means that you can have every confidence in the robustness and procedures that underpin the qualifications' design and delivery.



**The BCU Awarding Body is a division of the British Canoe Union; the National Governing Body for Canoeing in the UK, any proceeds go directly back into the development and advancement of Paddlesport coaching!**

## 2. Level 2 Certificate in Coaching Paddlesport

The Level 2 Certificate in Paddlesport Coaching award is relevant to potential coaches from all Paddlesport disciplines including coaches who might work with competitive and non-competitive paddlers. The award develops the foundation coaching skills taught at level 1 that will underpin their future coaching behaviours and practice. The training will aim to ensure coaches develop skills that will benefit any paddler irrespective of what type of boat they are paddling.

This is a generic award and covers all disciplines. Level 2 coaches will work with paddlers predominantly in the LTPD Foundation Paddle sport Phase.

The **Level 2** coach is able to work alone, although would normally be supported by more experienced coaches, delivering sessions safely and effectively. Like the Level 1, this non-discipline specific award is relevant to coaches who wish to coach any Paddlesport discipline. Level 2 coaches will work with paddlers predominantly in their first 2-3 years of paddling activity. The Level 2 coach is able to offer guidance and support to the Level 1 Assistant Coach. The Level 2 Award is offered as either a;

**Bank-based Level 2 Coach** – An award for coaches who will work from the waters edge. This would be accessed by individuals who do not have the personal paddling skills to enable them to work from the water.

Or as a;

**Boat-based Coach Level 2** – An award for individuals with a degree of personal paddling skills and who intend to coach from a canoe, kayak or the waters edge. To be considered a boat based coach you must be an accomplished paddler with a minimum 3 Star competence. (applicants for Level 2 training must have a 3\* award prior to register).

### The Level 2 Remit

- A Level 2 Coach is trained and assessed to plan, deliver and review a series of four coaching sessions, for paddlers who fall into the LTPD paddlesport start and/or development stage
- The BCU (UKCC) level 2 coach can operate in a sheltered water environment with any Paddlesport craft with a ratio of 1:8 (see BCU definitions)
- The BCU (UKCC) Level 2 coach can train and assess paddlers for the BCU 1 and 2 star, Paddle Power 1 and 2, X-stream challenge.

## United Kingdom Coaching Certificate (UKCC)

The content of this award has been written in conjunction with the UKCC requirements in order that all coaches who successfully complete the BCU Level 2 Certificate in Coaching Paddlesport will be recognised by the UKCC framework. The proposed learning outcomes, content and assessment criteria for the BCU award have been mapped against the UKCC requirements to ensure parity.

### 3. Level 2 Training Course

**Aim** - The aim of the BCU (UKCC) Level 2 Training Programme is to provide you with the tools to plan and deliver a series of progressive paddle sport coaching sessions.

#### Learning Outcomes

On successful completion of the BCU (UKCC) Level 2 Award you should be able to:

- ⊙ Understand the role and responsibilities of a BCU (UKCC) Level 2 Paddle sport Coach
- ⊙ Safely deliver a series of pre-planned Paddlesport activities to a variety of different participants
- ⊙ Develop participants Paddlesport performance
- ⊙ Evaluate participants performance
- ⊙ Review own coaching sessions

#### Paddling / Non-Paddling Coaches

If you are a proven and accomplished paddler (minimum BCU 3 Star Award) you can qualify as a Boat-Based Coach, allowing you to coach on the water. Non-paddling coaches can work from the bank and are certified as Bank-Based Coaches. The remit statement above does not differ between the two.

#### Time to Complete

The training course is run over 30 hours. These can be offered via 4 consecutive days or split over evenings or weekends. Between training and assessment you will need to plan, deliver and review a number of coaching sessions, which you will need to log. You will also need to complete a number of home study exercises and an additional CPD unit.

The final assessment itself is fairly straight forward. The assessment takes place over one day when you will be observed via a number of tasks including two coaching sessions.

## **Eligibility**

Anyone who is at least 17 years can register for the BCU UKCC Level 2 Coach Award. It doesn't matter if you can paddle, there are bank and boat based options at this level. The most important thing is that you have an interest in coaching Paddlesport!

Courses are run in a variety of formats, a modular course run over a series of weeks allows you time to consolidate your learning and gives you time to gain experience and knowledge between sessions; whilst an intensive (4 day) course may be better suited to candidates with some experience of the technical aspects of Paddlesport. The provider of the course will make sure you are aware of the format and let you know if any prior experience is required.

## **Your Training Director**

The Training Director is the person responsible for running your Level 2 Coach Training Course; they will introduce themselves at the start of your course and help you through the learning experience!

## **The Level 2 Induction Pack**

When you register with BCU Awarding Body you will receive your induction pack, this includes some things to browse through and familiarise yourself with:

- ⊗ Candidate Pack – Section 1 Candidate Pack
- ⊗ Candidate Pack – Section 2 Candidate Portfolio
- ⊗ Candidate Pack – Section 4 Assessment Pack

And some tasks to complete and take with you to your course:

- ⊗ Medical Screening Form
- ⊗ Self Benchmarking Task

Your course provider will provide you with the specific details of your training course.

## 4. Level 2 Certificate Pre-requisites

### For Training

- Coach level 1 training
- 2 star multi discipline (boat based coach)
- A BCU 3 star Certificate in either single blade discipline or double blade discipline (boat based coach)
- 16 years of age

### For Assessment

- A first aid certificate recognised by the BCU (minimum 4 hrs )
- BCU 3 star **Competence** in their alternative disciplines (single blade & double bladed discipline) (boat based coach)
- 18 years of age
- Completed level 2 training
- Completed a minimum of 20 logged hours of relevant - quality coaching experience
- Completed assessment tasks in candidate assessment pack
- Completion of one CPD units of your choice (see below)

## 5. Level 2 CPD Optional Units:

As a pre requisite to your level 2 assessment you will need to complete at least one optional unit from the list below. Alternatively the completion of a second 3 Star Award would be recognised.

### Additional Discipline Knowledge

Slalom  
Racing  
Polo  
WW Racing  
Surf  
Freestyle

### Foundation Supporting Knowledge

Fitness for Paddlesport  
Coaching the Mind  
Planning Skills for Paddlers  
Outdoor Education and Paddlesports  
Inclusive paddling  
Coaching Young Paddlers  
Mentoring Skills for Paddlesport Coaches

After your assessment you will be required to evidence CPD every three years, you can complete additional units to those done as part of your level 2 assessment to evidence this. The additional discipline knowledge units will allow you to extend your level 2 coaching role into alternative disciplines.

## 6. BCU 3-Star

If you are applying for the Boat-Based option, you will be required to hold a BCU 3 Star Award in single **or** double bladed disciplines and have a minimum 3 Star level competence in an additional discipline.

## 7. What about Candidates who already hold BCU Coaching Qualifications?

### Existing BCU Trainee Level 2 Coaches can:

- Complete a 1 day module to transfer into the new scheme as a new Level 1 Coach
- OR
- Take an 'old' BCU Level 2 Assessment
- OR
- Register for new Level 2 Training

### Existing BCU Level 2 Coaches can:

- Continue to coach under their existing Level 2 remit or
- Complete a Level 2 transfer module. Transfer into the new scheme as new Level 2 Coach

## 8. Accreditation of Prior Learning (APL) / Accredited Prior Experiential Learning (APEL)

Candidates who have covered the course material through alternative learning opportunities can apply to the BCU Awarding Body for Accreditation of Prior Learning (APL). The BCU Awarding Body aims to recognise learners' previous achievements and experience through APL. Evidence may be acquired through additional study, employment, or voluntary work that relates to the units within the BCU Level 1 Certificate in Coaching Paddlesport. This evidence can be submitted to BCU Awarding Body for review of authenticity/currency and mapping against the learning outcomes and assessment criteria. The APL Guidelines are available from BCU Awarding Body upon request.

## 9. What next?

If candidates want to achieve the Level 2 Paddlesport Coach Qualification they need to:

- Find a course that will suit their needs and book a place.
- Register with a BCU Awarding Body Delivery Centre (see section 10 page 10) - All candidates are required to register with a BCU Delivery Centre prior to embarking on the Level 2 course. Registration forms can either be obtained directly from BCU Awarding Body, from the Home Nation Delivery Centre (Canoe Association of Northern Ireland, Canoe England, Scottish Canoe Association or Welsh Canoeing Association), or via the course provider.

### **Governing Body Registration**

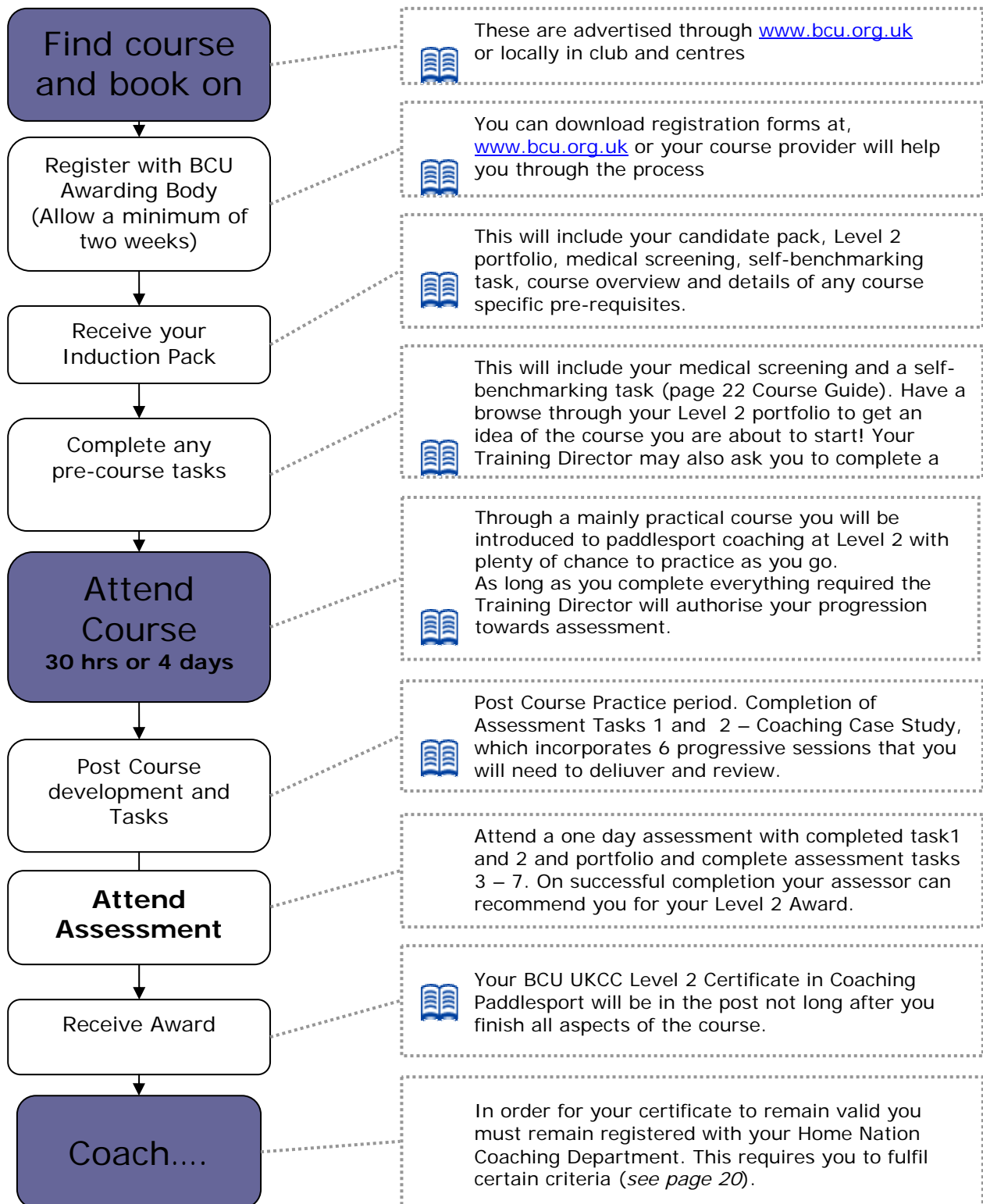
All candidates are required to register with the BCU, you should complete your registration form prior to attending the course and return it the BCU. This registration process provides third party insurance for you during the course, covers the cost of your candidate pack and Level 2 workbook, it also supports the development and administration of the award with a proportion of the fee going to each of BCU UK coaching, BCU Awarding Body and your Home Nation National Governing Body. It's really important that we get this information to you before the course, so don't delay

### **What do I get with my registration?**

12-months Home Nation Governing Body Membership, that may include:

- ⊙ Universal licence to navigate
- ⊙ 3rd Party Insurance
- ⊙ Canoe Focus magazine delivered every two months
- ⊙ CoDE magazine delivered every two months
- ⊙ Special discounts including:
  - 15% discount on all Cotswold Outdoor products with £5 of every £100 spent going back to the Young People's canoeing
  - 5% off Salamander Tours
  - Save £7.45 (over 20%) when subscribing to 12 issues of Canoe & Kayak UK magazine!

# The road to BCU UKCC Level 2 Certificate in Coaching Paddlesport



## 10. Contact Details:

Further information can be obtained from the Home Nation Associations or from BCU

Awarding Body:

### **Canoe England**

18 Market Place

Bingham

Nottingham NG13 8AP

Tel: 0845 370 9500

Fax: 0845 370 9501

Email: [coaching@bcu.org.uk](mailto:coaching@bcu.org.uk)

Website: [www.canoe-england.org.uk](http://www.canoe-england.org.uk)

### **Welsh Canoeing Association**

Canolfan Tryweryn

Frongoch

Bala

Gwynedd LL23 7NU

Tel: 01678 521199

Fax: 01678 521158

Email: [welsh.canoeing@virgin.net](mailto:welsh.canoeing@virgin.net)

Website: [www.welsh-canoeing.org.uk](http://www.welsh-canoeing.org.uk)

### **British Canoe Union Awarding Body**

18 Market Place

Bingham

Nottingham NG13 8AP

Tel: 0845 370 9500

Fax: 0845 370 9501

Email: [info@bcu.org.uk](mailto:info@bcu.org.uk)

Website: [www.bcu.org.uk](http://www.bcu.org.uk)

### **Scottish Canoe Association**

Caledonia House

South Gyle

Edinburgh EH12 9DQ

Tel: 0131 317 7314

Fax: 0131 317 7319

Email: [general.office@canoescotland.com](mailto:general.office@canoescotland.com)

Website: [www.canoescotland.com](http://www.canoescotland.com)

### **Canoe Association of Northern Ireland**

Unit 2 Rivers Edge

13-15 Ravenhill Road

Belfast BT6 8DN

Tel: 0870 240 5065

Email: [office@cani.org.uk](mailto:office@cani.org.uk)

Website: [www.cani.org.uk](http://www.cani.org.uk)

