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# LEVEL FIVE COACH DEVELOPMENT

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# **Advice To Coaches on: LEVEL 5 COACH AWARD DEVELOPMENT**

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# LEVEL 5 COACH DEVELOPMENT

**This document sets out to explain the Pathways from Coach Level 4 to Coach Level 5. Its sole aim being to identify the means by which the status can be achieved.**

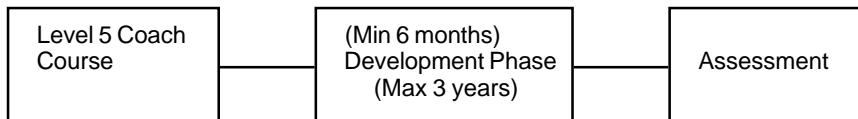
The B.C.U. Level 5 Coach Award is a generic Award, the purpose of which is to identify within the system a cadre of competent, experienced, reliable, motivated persons with a depth and wealth of knowledge, who can be relied upon to provide practical coaching, advice and guidance up to a high level.

The level 5 award is not an end goal in itself. It is the setting out point and one should not feel that it is an elite award intended only for “high flyers”, as this far from the truth. There are Coaches, Experienced Coaches and Very Experienced Coaches, who are all worthy of the Level 5 Award, whom by keeping an open mind are continuing to learn & develop ideas, methods and approaches.

At present there are two Pathways to the Level 5 Award:

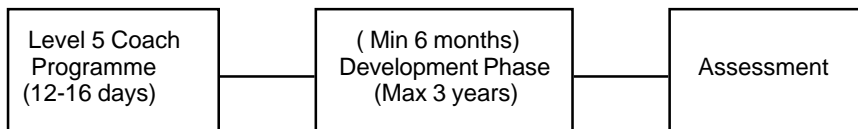
1. The Level 5 Coach Development Course
2. The Level 5 Coach Development Programme

The Courses are of an intensive nature of 7 days duration, followed by a minimum of 6 months development prior to assessment



The Programmes are regionally organised, although they utilise the same pool of Level 5 Coach Educators, along with Specialist Tutors/Lecturers from Universities.

The programmes consist of 12-16 training input days spread over a period of time, approx. 6-12 months; with the individuals development being guided between these days by the level 5 trainers.



## Pre-requisites:

- Age 21
- Level 4 Coach Award
- An alternative 4\* award
- Current first-aid award (min 8 hrs)
- Central Registration



Prior to attending the Level 5 Coach Development Course candidates will be asked to:

- Complete a written paper
- Complete a coach log book - the personal details section must be returned to the Course Director prior to the Course commencement.

The written paper will be forwarded for completion in the candidates own time (un-invigilated) in advance of the course. The purpose of the paper is to identify those areas in canoe sport which is expected a Level 5 Coach should have. It is intended that, in the course of answering the questions, candidates will research and make good those areas of knowledge in which development is required, prior to attending the course.

- Complete a coach log book - the personal details section must be returned to the Course Director prior to the Programme commencement.

## **Level 5 Development - Aims & Objectives**

The main thrust of the training input is to impart an understanding of how motor skills are acquired and enhanced, and to evaluate/develop coaching styles.

Aims:

1. To help candidates develop their abilities so as to become a more effective deliverer of canoe sport.
2. To help trainees prepare for their Assessment.

## **Objectives:**

1. To provide trainees with feedback that will enable them to critically analyse their performance as deliverers of canoe sport.
2. To assist them in planning a series of goals which will help them in their coach development.
3. To help trainees evaluate their knowledge of relevant theory and decide which areas merit further study.
4. To improve their understanding of further coaching processes.
5. To examine how we can improve our own performance by borrowing ideas from other coaches and their coaching disciplines.
6. To provide training and appraisal in the specific discipline in which the trainees are specialising.
7. To ensure that by the end of the training phase, trainees are clear in their own mind what a Level 5 Coach is and what steps they need to take in order to reach the standard required.

## Syllabus Topics:

The Psychology of Learning  
Injury prevention (sports physiology)  
Further Coaching Processes  
Learning & Coaching styles  
Observation & Analysis  
Goal Setting  
The Structure of Feedback  
Transferable Coaching Skills (macro & micro focus) from other disciplines  
Discipline Specific coaching skills

## Further Development Phase

As a result of the training programme, the trainers would have been constantly evaluating the trainees in order to provide specific feedback in order to help them appraise their ongoing development and set appropriate tasks and goals to assist in their overall future development. From these tasks and goals an agreed action plan will be written.

On completion of the training input phase of the Coach Development Course/Programme the status of Coach Level 5 (trainee) will be awarded.

This status is valid for a period of 3 years.

If at the end of the 3 year development period the trainee has not come forward to assessment or an extension period has not been granted by the Director of Coaching, or attended another training course/programme then the trainees status will return to Coach Level 4.

During the further development phase the agreed action plan will need to be achieved, assisted by their Coach Tutor. The Course/Programme Director will select a Coach Tutor for the trainee on the basis of their particular needs. The tutoring process will largely be part of a normal paddling programme and should proceed without undue delay.

## The Role of Level 5 Coach Tutor

- **to advise, provide observation, feedback both oral & written and support the trainee on any agreed tasks in order to achieve the goals that were set at the end of the input phase.**
- **to set new goals if the tutor thinks they will assist/improve the trainees performance.**
- **to assist the trainee on deciding when they are ready for assessment.**

The role of Coach Tutor is extremely important and will require considerable commitment on their part. As well as providing advice it will be necessary for them to give some time observing the trainee coaching, so as to provide analysis and feedback in order that they may assess their progress. At present this is a Voluntary role, and apart from any agreed expenses paid by the trainee there is no financial reward just the satisfaction of helping a new generation of coach's in their quest.



## Assessment:

When the trainee and their Coach Tutor agree that the agreed goals have been achieved and that the trainee is ready for assessment. Trainees need to obtain the following:

- A written letter of support from the Coach Tutor is required to be sent to their Coach Level 5 National Association Representative.
- Centrally registered with the National Association (England & Wales only)
- Contacted their National Association Representative to agree an assessment date and venue.
- Pay the appropriate assessment fee.

The assessment process takes place over a two day period during which time the trainee will be observed coaching by 2 different Level 5 Coach trainer/assessors.

- Day 1 the Aspirants will coach unknown student
- Day 2 consists of Aspirants working with their long term students (usually 2).

The assessment is operated under a strict non-intervention basis by the assessors, and at the end of day 1 assessors do not discuss the progress of the candidates with each other, only directly with the Assessment Course Director. At the end of day 2 candidates are provided with the result, given thorough feedback along with an action points for further development. It is necessary for Aspirants to have passed both days of the assessment to be successful.

It needs to be borne in mind that trainees devote a great amount of time, effort and resources to achieving the Level 5 Coach Award. And whilst they may be well qualified to Coach at a high level, it is only with necessary Assessor qualifications that they may assess for appropriate 4\*/5\* and Coaching Awards (see the Assessor Grading System).