

# BCU Coaching Awards



Autumn 2007 sees the introduction of the BCU's new Coaching Awards, starting with the launch of the new Level 1 and Level 2 Coach Awards.

The Coaching Awards have been updated and developed to meet with the needs of today's coaches and to provide them with better recognition within the UK sports industry. These developments have been based on findings from both the Paddlesport Review and Long-Term Paddler Development Review and reflect current best practice within UK paddlesport and coaching.

The result is a dynamic coaching pathway which benefits both recreational and competition coaches and their students, providing them with structure and support as they progress. The new awards offer national accreditation by the BCU, the UKCC (UK Coaching Certificate), and the National Qualifications Framework.

## Level 2

AS A LEVEL 2 COACH YOU CAN...



...DELIVER INDEPENDENT SESSIONS...



...RUN A SERIES OF PROGRESSIVE SESSIONS...



...COACH A DIVERSE RANGE OF STUDENTS IN ANY TYPE OF CANOE/KAYAK

### **What is the new Level 2 Award?**

This is the second step on the paddlesport coaching pathway. It focuses on progressive coaching, helping you to develop your students within their first 3 years of paddling, through a series of sessions.

### **Who is it for?**

Experienced Coaches who want to work with students/groups over multiple sessions. You could be a Club Coach developing a group of paddlers or a teacher coaching a specific group of students.

### **Is it discipline-specific?**

No. As a Level 2 Coach you can (and are encouraged to) deliver sessions in any type of kayak/canoe. One aim of the Level 2 Award is to provide you with the confidence and understanding to transfer skills between various boat types. This will allow you to focus your coaching around the needs of your students.

### **What can a Level 2 Coach do?**

You can deliver a series of six progressive sessions in a sheltered water environment.

### **Can a Level 2 Coach run sessions on their own?**

Yes. In addition, as a Level 2 Coach, you may also have a responsibility for Level 1 Coaches.

### **What about Competition Coaches?**

As for Level 1, the BCU offer Discipline-Specific Modules to supplement the Level 2 qualification. Within slalom, wildwater racing and freestyle attendance on these modules will cover safety issues required to extend the operating remit into relevant discipline-specific environments.

### **Will existing paddlesport experience be recognised within the Level 2 Award?**

Yes. As a Level 2 Coach you can work under the guidance of a higher level Coach.

### **Can a Level 2 Coach deliver BCU Awards?**

Yes. As a Level 2 Coach you can deliver and assess all the Paddlepower Awards, and up to and including BCU 2 Star.

# BCU Level 2 Coach

## **What's the difference between the 'old' Level 2 Award and this one?**

The new award centres more on the coaching process, particularly progressive coaching, helping you to work with students over a specific time frame. Unlike the 'old' Level 2 Award it is not discipline-specific; it encourages you to experience a range of boat types, allowing you to broaden your own experience and, in turn, select appropriate boats for your students. The aim of the award is to develop independent and dynamic coaches who are able and confident to develop their students over a series of sessions.

## **How do I become a Level 2 Coach?**

Register with your Home Nation Association, attend a Level 2 Coach training course, complete your specified tasks, then attend and pass your assessment.

## **Are there any prerequisites?**

Yes. You need to:

- be 17 years old or over
- have successfully completed a 'new' Level 1 Award or 'old' Level 2 training within the previous 3 years
- have completed a BCU Canoe Safety Test or Foundation Safety & Rescue Training

Plus, boat-based candidates must also have successfully completed:

- a new BCU 2 Star Award or 'old' 2 Star in both canoe & kayak
- either a 'new' or 'old' 3 Star Award

Prior to certification Coaches are required to have:

- a valid first aid certificate (min 6 hours)
- a recognised BCU criminal record check (this may take a few months to process so you may want to apply for this in advance of attending your assessment).

## **What does the Level 2 training involve?**

The training course is run over 4 days, these can be consecutive days or split over evenings or weekends.

## **What does the training course cover?**

The emphasis of the training course is to 'observe, analyse and implement'. This means experimenting with new coaching styles and techniques and with new boats! Basically, it's about putting theory into practice – giving you foundation skills and understanding along with the confidence to transfer them into a variety of coaching situations.

## **What does the Level 2 assessment involve?**

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 (see page 7 for further details). The assessment itself is fairly straightforward – you will be observed delivering 2 coaching sessions. This could be either within your working environment or on a scheduled assessment.

## **What about existing Level 2 Coaches or Level 2 Trainees?**

See pages 6 & 7 for further details.

## **What about other equivalent awards/qualifications? Will these be recognised?**

Yes. If you have covered the Level 2 course material through an alternative source, i.e. a coaching award in a different sport or a teaching qualification, and have appropriate paddlesport experience, then you can apply to your Home Nation Association for Accreditation of Prior Learning (APL).

## **What next?**

Find a course that suits your needs, book a place and then register with your Home Nation Association (Canoe England, CANI, SCA or WCA). Contact details are listed on the back page.

# ch Award

AS AN EXISTING COACH YOU SHOULD...



...CONTINUE TO COACH....



...LOOK INTO YOUR OPTIONS...



...CHOOSE THE RIGHT COACHING PATH FOR YOU

*'The depth of coaching practice input was excellent and will impact all my coaching delivery.'*

*'Time spent on session planning & preparation was great.'*

*'Way better than the old Level 2 training.'*

*'The generic nature of content...gives me a much higher level of competency, rather than just being taught to deliver taster sessions.'*

*Comments from new Level 2  
Training course 2007*

# Additional inform

## Existing BCU Coaches

Existing Coaches can choose to transfer to a new award if they wish, or alternatively continue to coach under their existing remit. Coaches may choose to transfer because they want to progress their qualifications or simply gain the recognition associated with the new awards. Check out the content of the new awards and access courses that interest you. The new awards provide a great opportunity to develop your coaching in line with current best practice.

Active BCU Level 1 Coaches or Trainee Level 2 Coaches who qualified before September 2007 have the following options available to them:

### Existing BCU Level 1 Coaches can:

- Continue to coach under their existing Level 1 remit
- or
- Complete a 1 day module to transfer into the new scheme as a 'new' Level 1 Coach

### 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 and transfer into the new scheme as 'new' Level 2 Coach

*The prerequisites identified on the previous pages apply.*

## Continued Professional Development Units (CPD Units)

CPD units are additional modules available to all Coaches throughout their coaching career. They fall into three categories:

- Discipline-Specific Modules (slalom, polo, wildwater racing, racing and freestyle)
- Foundation Modules, i.e. Coaching Young Paddlers, Session Planning, Inclusive Paddlesport
- Additional 3 Star Awards

## UK Coaching Certificate (UKCC)

As well as holding BCU accreditation the Level 1 and Level 2 Coach awards are also recognised by the UKCC. The UKCC was introduced to improve the quality and consistency of coach education across all sports. This means that new BCU Level 1 and 2 Coaches will have greater recognition within the UK sports industry, as well as within paddlesport.

## Advice to Employers

The BCU publish guidelines for employing new Level 1 and Level 2 Coaches. These 'Terms of Reference' are available to download from [www.bcu.org.uk](http://www.bcu.org.uk) or by request from the Home Nation Associations.



Photographs provided courtesy of: Dave Leathborough and NST, Lou Valagran  
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