

## Appendix 3: Personal Skills Guidance

We strongly recommend that all coaches following boat-based qualification pathways ensure that their personal skills are well-practiced when they attend Discipline Specific Training courses. This allows the coach to focus on developing their 'coaching', rather than 'paddling' skills.

This can be quite difficult for a Canoe or Kayak (Sheltered Water) Coach to judge, given that this may be their first step on a qualification pathway. We have therefore provided a checklist overleaf to help you review your skills. This is based on the standard required at assessment when you will need to show efficient and effective personal skills to facilitate safe, quality, enjoyable coaching sessions in sheltered water. This includes, in winds up (and including) Beaufort force 3, and will include Canoe and/or Kayak depending on the certification route you intend to follow.

At the point of attending your Sheltered Water Training, we recommend that of the skills listed overleaf, most are 'always' or 'sometimes' present in your performance. This strong base of personal skills should then set you up well to focus on developing your coaching practice.