

Name:

Paddlesport Instructor Learner Development Pack

British Canoeing Awarding Body

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Introduction

Welcome to your British Canoeing Awarding Body Paddlesport Instructor Learner Development Pack. This pack is designed to help you reflect on your current skills and to help you identify areas that would benefit from further development. It also provides you with a record of your achievement once the assessment has been completed.

Note that the 'Paddlesport Instructor Assessment Guidance' provides further, detailed information regarding the assessment standards required.

Professional Standards

There are some core behaviours and attributes that are integral to the Paddlesport Instructor role. The Paddlesport Instructor course provides you with the opportunity to consider your current skills in this area and to gain some feedback from others. This should help to prepare you for working as a Paddlesport Instructor, help you recognise some of the things that deployers will be looking for, and help you develop yourself as an instructor.

Professional Standards	1	2	3
I dressed appropriately for a Paddlesport Instructor			
I behaved in a manner appropriate for a Paddlesport Instructor			
I worked as part of the team during the course			
I showed respect for the environment and other people			
I tried to communicate clearly and effectively (others understood me)			
I actively engaged in the course and was motivated to learn			
Circle three words that describe yourself well (or choose your own words): Friendly calm caring inspiring team-player cheerful polite helpful supportive attentive enthusiastic			
What qualities do you think you have that will help you become a great Paddlesport Instructor?			
Discuss your answers with another Instructor. What did you learn about yourself from the conversation?			
Development areas and notes from discussions:			

1= Yes, very much so 3 = Not really

Personal Paddling Skills

During the course you need to show that your personal paddling skills are good enough for you to take on instructing responsibilities. Not only do you need to be able to manoeuvre your craft, but as an important role model your personal skills will inspire and instil confidence in others, and sound techniques will help keep you injury free during your instructing career.

You will choose one type craft to paddle (kayak [open-cockpit or closed-cockpit], open canoe; sit on top or stand up paddleboard). The craft used will be identified on your certificate.

Instructor's Craft Paddled:			
Personal Paddling Skills	1	2	3
choice and set up of craft (e.g. size, foot/backrest, painters, spraydeck)			
lifting and carrying			
launching and landing			
control in a straight line			
accurate manoeuvring			
active posture using the (appropriate) larger muscles of the body			
tension/readiness in the key muscles, efficient economical movements			
balanced, supple, controlled movement of the body, paddles and craft			
sound connections (body/craft contact points and core stability)			
efficient transfer of power to create movement of the boat/board			
co-ordinated efficient strokes			
application of power to move up to the paddle, beyond it, or around it			
balanced and stable when power is applied to strokes			
use of trim, tilt and/or edge to aid efficiency			
Development areas and notes from discussions:			

1 = I am confident that I can do this well in a range of situations

2 = I am 'good enough' at this for what I need

3 = I need to practice this to improve

Rescue Skills

The ability to rescue participants if they have fallen in the water or become incapacitated is a core skill for Paddlesport Instructors. Sound techniques are unpinned by the need for good judgement and decision making, along with a range of experience to help you deal with different situations.

During the course you need to show that you can deal with the range of rescue scenarios listed below. You will choose one type craft to paddle yourself (kayak [open-cockpit or closed-cockpit], open canoe, sit on top or stand up paddleboard). The craft used will be identified on your certificate.

Instructor's Craft Paddled:			
Rescue Skills	1	2	3
1. deep water rescue (canoeist)			
2. deep water rescue (kayaker)			
3. deep water rescue (stand up paddleboarder)			
4. pick up and carry a swimmer			
5. tow/nudge/push (canoeist)			
6. tow/nudge/push (kayaker)			
7. tow/nudge/push (stand up paddleboarder)			
8. unconscious upside down kayaker (closed cockpit)			
9. entrapped paddler (capsized canoe)			
10. self-rescue			
Development areas and notes from discussions:			

1 = I am confident that I can do this well in a range of situations

2 = I am 'good enough' at this for what I need

3 = I need to practice this to improve

Evidence of Completion

Learner's Name:			
Membership Number:			
Course Details	Course:	British Canoeing Paddlesport Instructor	
	Dates:		
	Venue:		
	Tutor/s:		
Registration		<input type="checkbox"/>	Notes:
Foundation Safety and Rescue Training		<input type="checkbox"/>	

Craft		
Please identify the one type of craft specifically used by the learner for the personal skills and rescue skills assessment (Please mark ✓/*).		
Kayak	<input type="checkbox"/>	Notes:
Open canoe	<input type="checkbox"/>	
Sit on top	<input type="checkbox"/>	
Stand up paddleboard	<input type="checkbox"/>	

Final Assessment Tasks		
Assessor to confirm upon successful completion (Please mark ✓/*).		
1. Professional Standards	<input type="checkbox"/>	Notes:
2. Personal Skills	<input type="checkbox"/>	
3. Rescue Skills	<input type="checkbox"/>	

Final Assessor Confirmation			
I confirm that the learner named above has completed all elements required at assessment and I am making the recommendation to the British Canoeing Awarding Body that they are awarded the British Canoeing Awarding Body Paddlesport Instructor (as per the craft noted above). This is a recommendation for certification only; once verified, British Canoeing Awarding Body will authorise certification.			
Signature:		Date:	

Notes

Please use this page to capture any specific notes from your course, or to identify any further thoughts you may have on your next steps.