

LEVEL 3 SURF COACH ASSESSMENT

PURPOSE

To provide a qualification for a person to be in charge of canoeing activities in a club or school. Level 3 Surf Coach is the correct level of award for the instruction and supervision of groups in up to 3' surf conditions.

MANUAL HANDLING

All Canoeists need to raise their awareness of Manual Handling and that damage can occur to joints and muscles, particularly when they are moving or lifting people or any equipment related to the sport of Canoeing. This could, of course, include a body, especially when performing rescues. In addition, Risk Assessments of how to prevent harm and injury to paddlers should be undertaken as a matter of routine.

In Civil Law there is a Duty of Care towards your students and others who paddle. This includes, loss, harm, damage and injury. Coaches are charged with the care of paddlers, and as such, Coaches need to identify where there is a risk of the 'duty' being neglected or abused.

The BCU has prepared an information leaflet which gives a brief outline of procedures to assess and evaluate Manual Handling operations. In addition, a one day Injury Prevention Course has been developed which should ensure that information in respect of lifting and carrying and all Manual Handling issues are being disseminated throughout the Coaching Service. (see section 5)

ENTRY REQUIREMENTS

Following completion of a training course, candidates will be registered as Trainee Level 3 and may then apply for any assessment course listed in the BCU Yearbook (sae to organiser concerned please) or direct to the BCU Regional Coaching Organiser.

PRE-REQUISITES

- Be at least 18 years of age.
- Have attended a Level 3 Surf Coach Training course within the last 3 years.
- Hold a current First Aid Certificate (ie taken within the last 3 years) Minimum 8 hours training including CPR and EAV.
- Have gained a minimum of 30 hours relevant coaching experience since the Level 3 Training course.
- Have maintained Comprehensive membership of the BCU or National Association.
- Originals of all certificates and membership must be brought to the Assessment

EQUIPMENT

Personal gear and kayak or ski, equipped as detailed for the 4 Star Surf Test MUST be brought to the assessment. Kayaks of extreme or radical design, including sharp points or damaging edges, should be used with great caution and are not appropriate for beginners, group coaching sessions or crowded conditions.

ASSESSMENT

Candidates will be expected to arrive with a prediction of the surf conditions expected at the location during the course.

- 1 Test of surfing ability: Candidates will be expected to give a good demonstration of 4 Star Surf Test skills as required. Level 3 Coaches are expected to normally roll first time in surf conditions.
- 2 Practical coaching: Candidates must demonstrate an ability to coach a group of not less than 4 up to 4 Star standard. A short talk of 10 minutes shall be given on a named surfing subject supplied by the Course Director. Relevant logged experience which will normally take at least six months to acquire must be shown (minimum 50 hours in total of which 30 hours must have been gained since Level 3 Training).
- 3 Written and oral examinations: Candidates are required to produce an essay on a named surfing topic prior to the assessment and a knowledge of the sport is expected; this will include:
 - a Knowledge of the various forms of surfing and of the craft and skills involved.
 - b Understanding of the paddle surfing skills, techniques and safety factors.
 - c A good grasp of the background to the sport (eg weather and surf forecasting, beach marshaling and safety, contest organisation and rules etc).

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- d Knowledge of running indoor and outdoor training sessions and courses.
 - e Knowledge of the structure and work of the BCU, especially that of the Surf Committee of the Union.
 - f Knowledge of the BCU Lifeguards, Coast Guards, SLSA Lifeguards and inshore rescue services, International Search and Rescue signals etc.
 - g Knowledge of the potential of various surfing areas and of the particular conditions, hazards and difficulties of same.
 - h Knowledge of the Canoeing Handbook and other appropriate literature.
- 4 Group control and organisation: Candidates must be equipped in accordance with the safety regulations laid down by the BCU Surf Committee, and will be judged on their ability to organise and control groups in their charge and to maintain interest with due regard to safety.

COST OF COURSES

Please note that courses are run by organisers on behalf of the BCU, but the total cost of the course is related to the direct costs of the accommodation and other actual expenses involved.

FEHE FUNDING

Your course may be subsidised through a grant from the Further Education/Higher Education Funding Council. If so, this is through an agreement directly between your course organiser and a local college.

The terms of the agreement mean that you become a student of the College concerned, with certain rights and privileges as a result. You will be asked to sign a Learning Agreement with the College, and will receive information of the facilities and rights which accrue to you as a student.

LEVEL 4 COACH AWARD

At the time of publication the Level 4 (Inland / Sea / Canoe / Surf) Coach award is an indication of a coaches ability to deliver a Level 3 coach performance in an 'advanced' environment. Currently there is no Level 4 training or assessment course.

The status of Level 4 Coach actively sought and awarded when a Level 3 Coach has gained 5 Star in their chosen discipline(s) and has undertaken a Coaching Processes course.

Level 4 Status is awarded and certification issued when a Coach informs the Coaching Office that they have met the requirements and pays the administration charge applicable at the time of application.



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