

BCU Coaching Service

Continuous Coach Development Record

Section 1 – Personal details

Name:	
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BCU No.										/	
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If you have changed your address please provide your new details on the reverse of this form.

Region:	
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Section 2 - Coaching Activity

Please provide a short resume of your recent coaching activity (3-years)

What coaching role do you fulfill?	
Who do you coach?	
Purpose of your coaching	
Frequency	
Other info.	

Use only the space provided

Section 3 – Coach Development Record

Please detail any workshops / courses / training to support your Update of your coaching awards (revalidation) over the last 3-years.

Date	Workshop / Course / Training	Time	Verification

Above is a true and correct record and I agree to provide further evidence upon request.

Signed Date:

Office use only:

Evidence Checked Date Final approval



Coach Update and Coach Development

Introduction

The "self-assessment" form, Continuous Coach Development Record, provides coaches with another option the BCU Coach Update (revalidate) process. The guidance below is designed to help those coaches who wish to update by "self-assessment" and refers to the attached form "Continuous Coach development Record".

Compulsory attendance at Regional / Local update Forums has been relaxed – **The need to update has not!**

Any coach who has attended any of the following between April 1999 and April 2002 does not need to complete this form.

- BCU Coaching Awards Course (levels 1 – 5 in any discipline)
- Five Star training or assessment
- BCU Endorsement Course (e.g. Coaching Process, Injury Prevention etc.)
- Local or Regional update forum (Minimum of 6 hours duration)
- Contracted Course Provider update day

The above courses or training are logged on the BCU Database and the record of any coach attending will have their Coaching Award "**updated**" automatically. Please refer to your Personal Record Sheet for details of your current "update" status.

Guidance Notes:

Section 1 – Personal Details

To enable the Coaching department to update your record we need to be able to reference you on the BCU database. If your address has changed please make the necessary alterations on the reverse side of the form.

Section 2 – Coaching Activity

Please summarise briefly your role as a canoeing coach in the coaching function over the last three years. Use only the space provided.

This section is for information only. The level of information required is as follows:

- 1.1 What role do you fulfil? Are you a club, group or personal coach or a sessional coach or a coach educator or organiser of coaching or manager or technical advisor etc.
- 1.2 Who do you coach? E.g. a regular club, group or individual, other coaches, children, organisation etc.
- 1.3 Purpose of your coaching – What are you coaching, your paddlers & coaches?
E.g. Practice or preparation for awards (e.g. Star tests, Paddle Power etc.), competition, events, trips, activities or other.

- 1.4 Frequency - How often do you coach? Expressed in time spent coaching or number of sessions per week / month / year
- 1.5 Additional details – Note any further information

Section 3 – Coach Development

To complete section 3 of the form please give details of the date the training took place, the title (and brief description), the duration and verification of attendance. The tutor's signature, or a copy of accreditation or certification relating to the training could demonstrate confirmation of attendance.

Include any relevant training, workshops or courses that demonstrate long-term training and sharing of good practice in paddlesport coaching.

The three areas identified as important for coaches to keep up to date in are:

- Water safety (appropriate to the water used and level of coach)
- Health & Safety Executive and Legislative Guidelines
- Coaching and assessing

Below are examples of suitable workshops, courses and training

1.1 Water Safety

E.g. Water Safety training / Club or Centre safety review / safety training / site risk assessment and or review / pool lifeguard award
[Evidence could include: Minuted Club or centre or organisation meeting / mentor or head coach signature]

1.2 HSE and legislative guidelines

E.g. BCU (or other NGB equivalents) 2 – 3 hour Workshop on Child Protection, Disability Awareness, Risk Assessment, Duty of Care, Equity etc.
Sports Coach UK (NCF) Courses (as above)
Accredited HSE training through college or through CPD programme at work

1.3 Coaching and Assessment

E.g. BCU Regional / National Squad athlete or coach sports science education
BCU (or other NGB equivalents) Assessor Training day
FE or University accredited sports coach training e.g. Sports Science degree, Sports Coach degree / diploma or Key skills training relating to coaching, other academic sports coaching awards

Note:

From April 2002 a minimum contact time of 6 hours Coach Development is required to Update (revalidate) in any three year period.

Calvert Trust Exmoor - Registered Charity No.1005776 – www.calvert-rust.org.uk

Calvert Trust Exmoor specialises in providing holidays with adventure to young people and adults with disabilities and their families and friends. We are seeking to appoint seasonal instructors for the 2002 season. The trust offers competitive wages, accommodation and considerable opportunity for staff development and training. Applicants should possess a clean current driving licence together with a combination of NGB awards in sailing, kayaking or climbing and the "soft skills" necessary to relate to our visitors and their needs.

For an application form and information about these posts please contact the: Centre Director, Calvert Trust Exmoor, Wistlandpound, Kentisbury, Barnstaple, Devon. EX31 4SJ or telephone on 10598 763221

The Geoff Good Coach Of The Year Award

The Geoff Good Coach of the Year Award is aimed at raising the profile of coaching and the work of coaches and in so doing will honour the memory and work of Geoff Good BCU Director Of Coaching 1970 -1999. The Award is co-ordinated by the BCU Coaching Service, the awarding body of the BCU.

There are three awards of equal status in the following categories

JUNIOR COACH OF THE YEAR / SENIOR COACH OF THE YEAR / VOLUNTARY SERVICES TO COACHING

Further Details: **For nomination forms contact; BCU UK Director of Coaching, British Canoe Union, Adbolton Lane, West Bridgford, Nottingham, NG2 5AS.**