Personal Performance

Paddle Start

Encouragement award in any craft

Paddle Discover

A development award in any craft

Paddle Explore

Fundamental paddlesport skill

Paddlesport Leader

Leadership

Leading groups in sheltered water - open, moving and tidal options. Options of what you craft you lead.

1 or 2 day assessment / no formal training required

Coaching

Paddlesport Activity Assistant

Supports the delivery of paddlesports by volunteers

Paddlesport Instructor - 2019

Fundamentals of how to taster sessions on very sheltered water Training & Assessment over 2 days

Sheltered Water Coach – DIRECT ENTRY

Coach able to work with developing paddlers through progressive sessions. 2 day Core Training / 2 day Discipline Specific Training / Experience

1 day Assessment - (Options) Canoe / Kayak / Canoe & Kayak

Supporting Modules & CPD

Foundation Modules - 3hrs

Coaching The Mind **Coaching Young** Paddlers Mentoring **Outdoor Education Paddleability** Foundation **Paddlesport Skills**

White Water Safety & Rescue 2 day training

disciplines

1 day training

WWK / OC1 / Freestyle / Canoe

Coastal Navigation &

Moderate water

Advanced water

Tidal Planning 1 day training Sea Kayak / Surf / Canoe

Personal Performance Awards - Discipline Specific

Be a competent group member with skills beyond that of a beginner in an environment relevant to that specific discipline.

WW / Sea / Surf / Canoe / Freestyle / Touring / SUP / Wild Water Racing / Polo / Racing / Slalom / Raft

Moderate Water Leader

Leading groups in moderate water environment relevant to the specific discipline.

White Water Kayak

OC1

Sea Kavak **Surf Kavak**

Canoe

Freestyle

- Min 2 days training
- Appropriate Safety Course
- Logged experience
- 2 day assessment

Discipline Specific Coach – DIRECT ENTRY

Coaching in a moderate water environment 2 day Core Training / 2 day Discipline Specific Training / Experience

1 day Assessment - (Options) WWK / Freestyle / Open Water Canoe / White Water Canoe / Sea Kayak / Surf Kayak / Slalom / Polo / Racing / Wild Water Racing

Performance Coach

Experienced specialist working with longer term students. 3 days Core Training / MWE or DST Coach / 1 Int. Module + MWE or DST Coach / 2 days Discipline Specific Training / Portfolio Experience

1 day Assessment – (Options) WWK / Freestyle / Canoe / Sea Kayak / Surf Kayak / Touring / Slalom / Polo / Sprint / Marathon / Wild Water Racing

Intermediate Modules - 6hrs

Coaching The Mind

Fundamentals of

Movement

Optimising Performance - Part **Optimising** Performance - Part

Paddleability

Advanced White Water Safety & Rescue 2 day training

WWK / OC1

Open Water Navigation & **Tidal Planning**

1 day training

Sea kayak

Advanced Surf Safety & Rescue 1 day Trg - Surf

Personal Performance Awards - Discipline **Specific**

Be a competent group member with skills in and advanced environment relevant to that specific discipline.

> WW / Sea / Surf / **Canoe / Freestyle**

Advanced Water Leader

Leading groups in an advanced water environment relevant to the specific discipline.

Adv. White Water Kayak

- Adv. OC1
- Adv. Sea Kayak
- Adv. Surf Kayak Adv. Canoe
- Min 2 days training
- Appropriate Safety Course
- Logged experience
- · 2 day assessment

Guide

Aimed at leaders to support and recognise the additional skills required when fulfilling a guiding role.

Advanced Discipline Specific Coach – DIRECT ENTRY

Coaching in an advanced water environment

2 day Core Training / 2 day Discipline Specific Training / Experience

1 day Assessment – (Options)

Advanced White Water Kavak / Advanced Open Water Canoe / Advanced White Water Canoe / Advanced Sea Kayak / Advanced Surf Kayak

Discipline Support Modules - 6hrs

Racing Polo Slalom - Part 1 & Part 2 Freestyle **SUP**

For all levels of coach