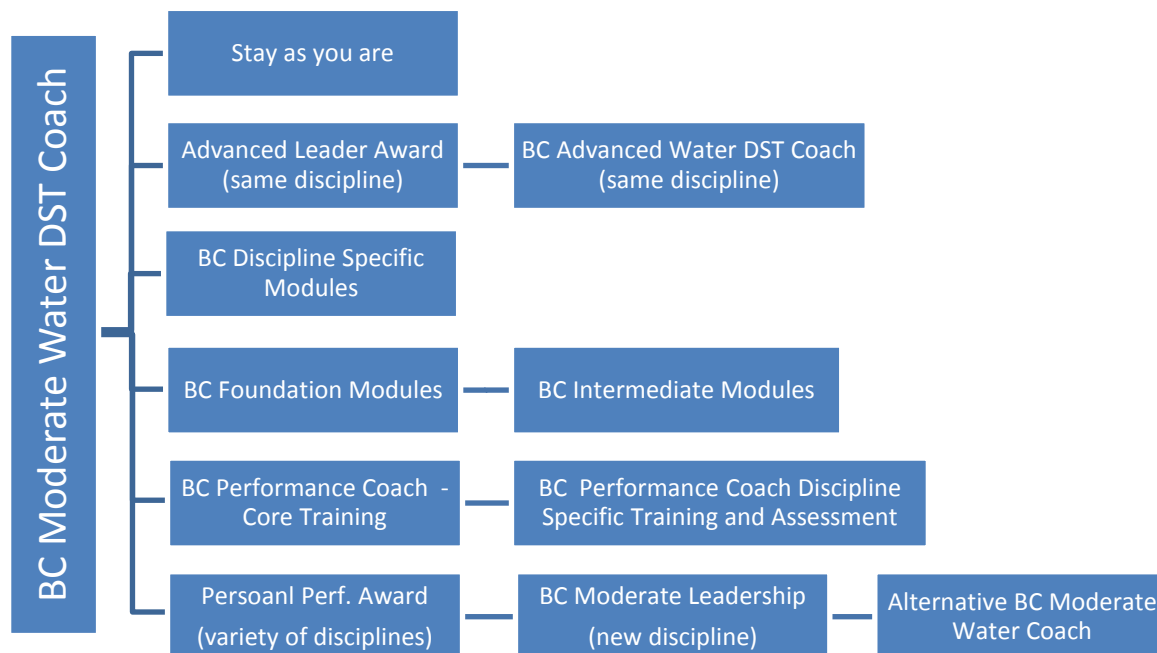


## BC Moderate Water Discipline Specific Coach Pathway

Congratulations on completing your BC Moderate Water Coach award. You have some choices as a coach.



Options include:

- **Stay as you are** and keep *updated* by attending a Coaching Matters event, Coaching Conference, Coach Education training or assessment course or any of the other options available via the *Coach Update* page of the Scottish Canoe Association - <http://canoescotland.org/courses-training/cpd-coaches> If you are member of another Home Nation please refer to their website.
- **Advanced Leadership Award** in current discipline. This will provide you with a remit to lead groups in advanced water environment.
- **BC Advanced Water Coach** Training and Assessment. If you hold the Advanced Leader Award in the same discipline you could complete BC Advanced Water Coach Award to give you the remit and skills to coach in an advanced water environment.
- **BC Discipline Specific Modules** these support the specialist disciplines and aid you in delivering sessions that specialise in:
  1. Racing
  2. Slalom
  3. Freestyle
  4. SUP
- **BC Foundation Modules** these support the coach development programme for all coaches. There are no pre-requisites to any of the modules. Foundation Modules are 3 hours in length. These Modules support coaches in the following areas:
  1. Fitness for Paddlesports
  2. Coaching The Mind
  3. Performance Planning
  4. Outdoor Education
  5. Coaching Young Paddlers
  6. Fundamentals
  7. Paddle-ability
  8. Mentoring
- **BC Intermediate Modules** these further enhance your background knowledge as a paddlesport coach and are 6 hours in length. These modules support coaches in the following areas:
  1. Coaching The Mind
  2. Optimising Performance for Paddlesport Part 1
  3. Optimising Performance for Paddlesport Part 1
- **BC Performance Coach Award – Core Training** leading to BC Performance Coach Award (discipline specific). This will greatly develop your coaching skills and knowledge. This award moves your coaching from the 6 progressive sessions into the medium term.

- **Personal Performance Award** in an alternative discipline. This will give you the skills to paddle the craft in up to moderate conditions. Choices include:
  1. Sea Kayak
  2. Canoe
  3. White Water Kayak
  4. Surf Kayak
  5. Touring
  6. Freestyle
  7. Wild Water Racing
  8. SUP
- **BC Moderate Leader Award** in alternative discipline. This will give you the remit to lead groups in a moderate water environment. Disciplines include:
  1. Sea Kayak
  2. Canoe
  3. White Water Kayak
  4. Surf Kayak
- **BC Moderate Water Discipline Specific Coach** Training and Assessment in a new discipline. This will extend your remit to allow you to coach groups in the moderate water of the new discipline.