



Level 1 Coaching Crib Cards

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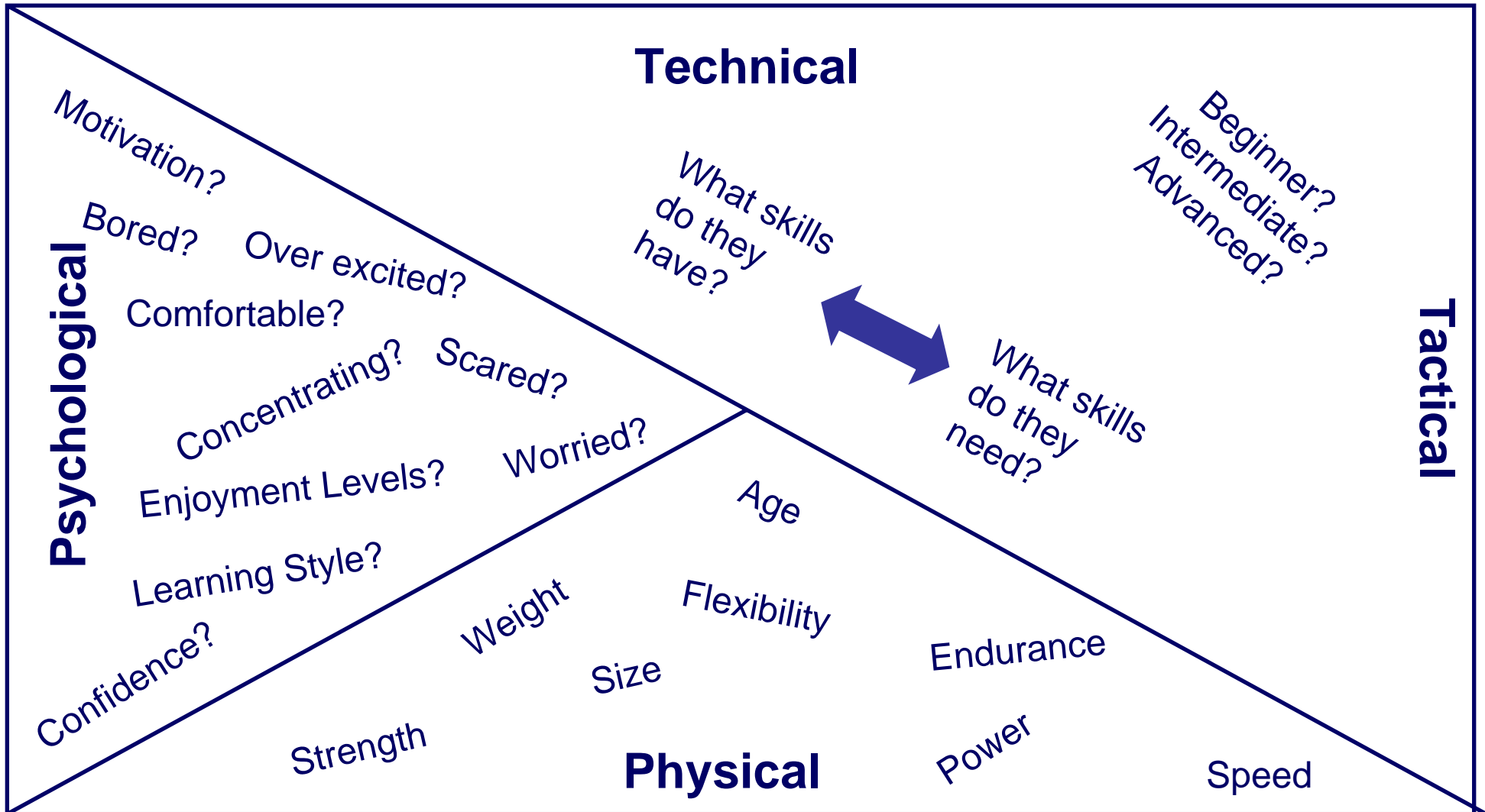
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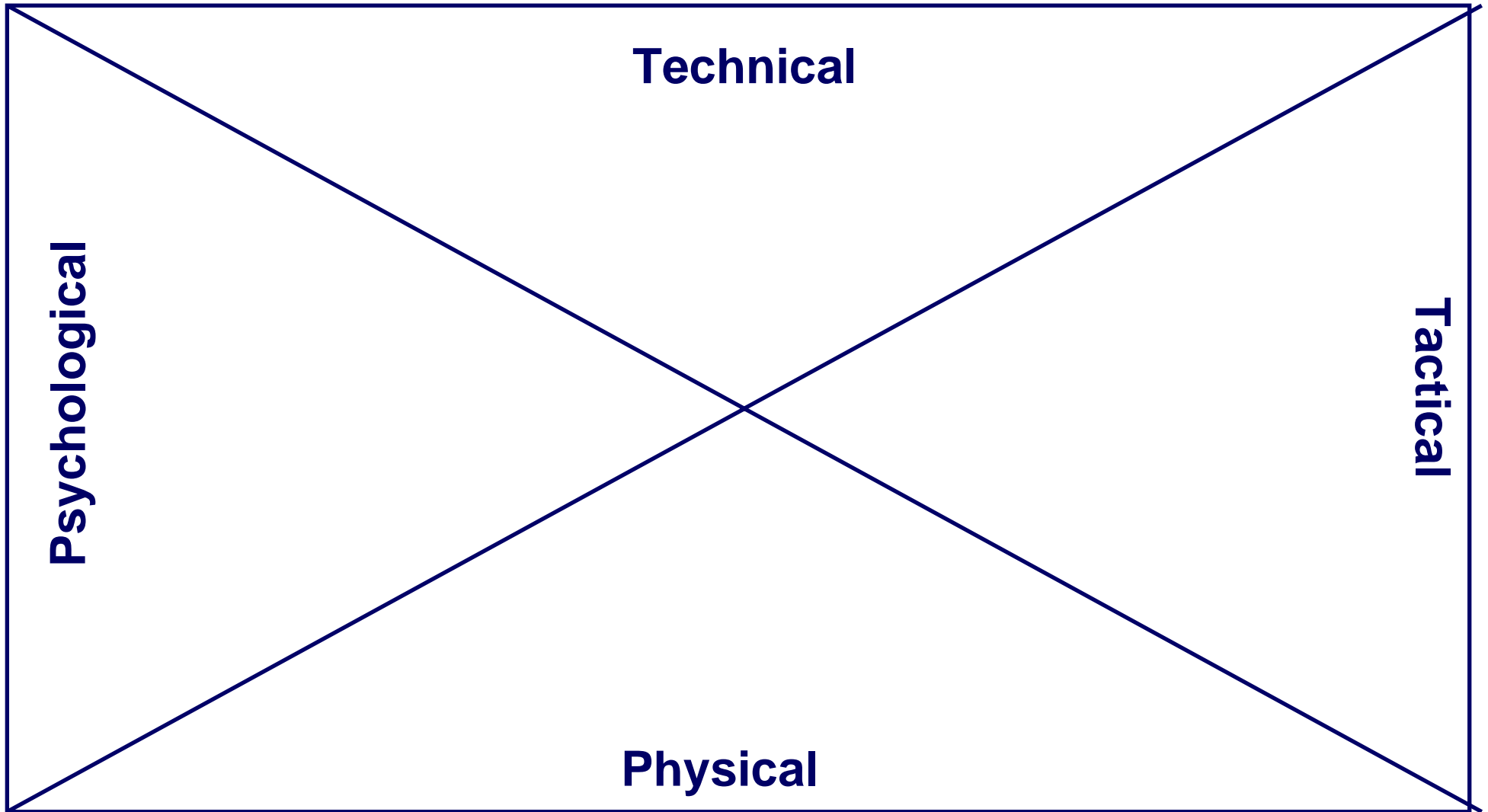


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1. Student Needs



2. Student Needs



3. Session Preparation



- Check the sites risk assessment policy
- Check any local / activity operating procedures
- Check the location of the nearest telephone
- Check the location of the nearest first aid kit
- Identify the appointed first aider
- Collect information (Participants / activity)
- Complete session plan (get it checked)
- Set up venue and equipment (inc. safety kit)

4. Session Safety Checks



Check:

- Equipment
- For Hazards
- Appropriateness of the facility
- A register of participants has been maintained
- Participants' needs

Remember to report any problems

5. Safety Brief



Explain:

- Health and Safety / Emergency Procedures
- Rules for Moving and Lifting
- Rules of the Facility / Venue
- Rules of the Session / Activity
- Potential Hazards and Assumed Risk
- Set ground rules

6. Preparing Participants



- Introduce the session expectations
 - Participation by choice
 - Check participants equipment and dress
 - Check participants readiness
 - Warm-up (raise heart rate, mobilise, specific)
- (Check your activities meet participants needs)

7. IDEAS



I Introduction

D Demonstration




E Explanation

A Activity

S Summary

8. Communication



VISUAL  See	Demonstrations Body Language Feedback	Clear & Simple Correct Understandable Non-threatening Timed Valuable Positive / reward
AUDIO  Hear	Instructions Questioning Explanations (Written material)	
KINAESTHETIC  Feel	Practice Questioning	

9. Learning Styles



Reflector



Needs time to think, watch and consider.

Pragmatist



They are happy with solutions that practically work.

Activist



Like to be active most of the time!

Theorist



Like to know the detail of why things work!

10. Coaching Styles



- Instruct Coach provides instructions
 “*Come to me...*”
- Practice Coach sets activities
 “*Go and try.....*”
- Discovery Coach sets questions
 “*How do you turn the boat.....*”
- Self Check Coach
 “*Check to make sure that.....*”

11. Demonstrations



Should be:

- Technically correct
- Seen
- Without distraction (Noise / activity / sun / rain)
- Silent?
- Repeated?

12. Session Control



Consider:

- Your position
- Students Positioning
- Distractions
- Giving clear explanations / instructions
- Setting boundaries
- Your students skill level & difficulty of the task
- Using commands “Stop” “Come to me”

13. Balance in Session Delivery



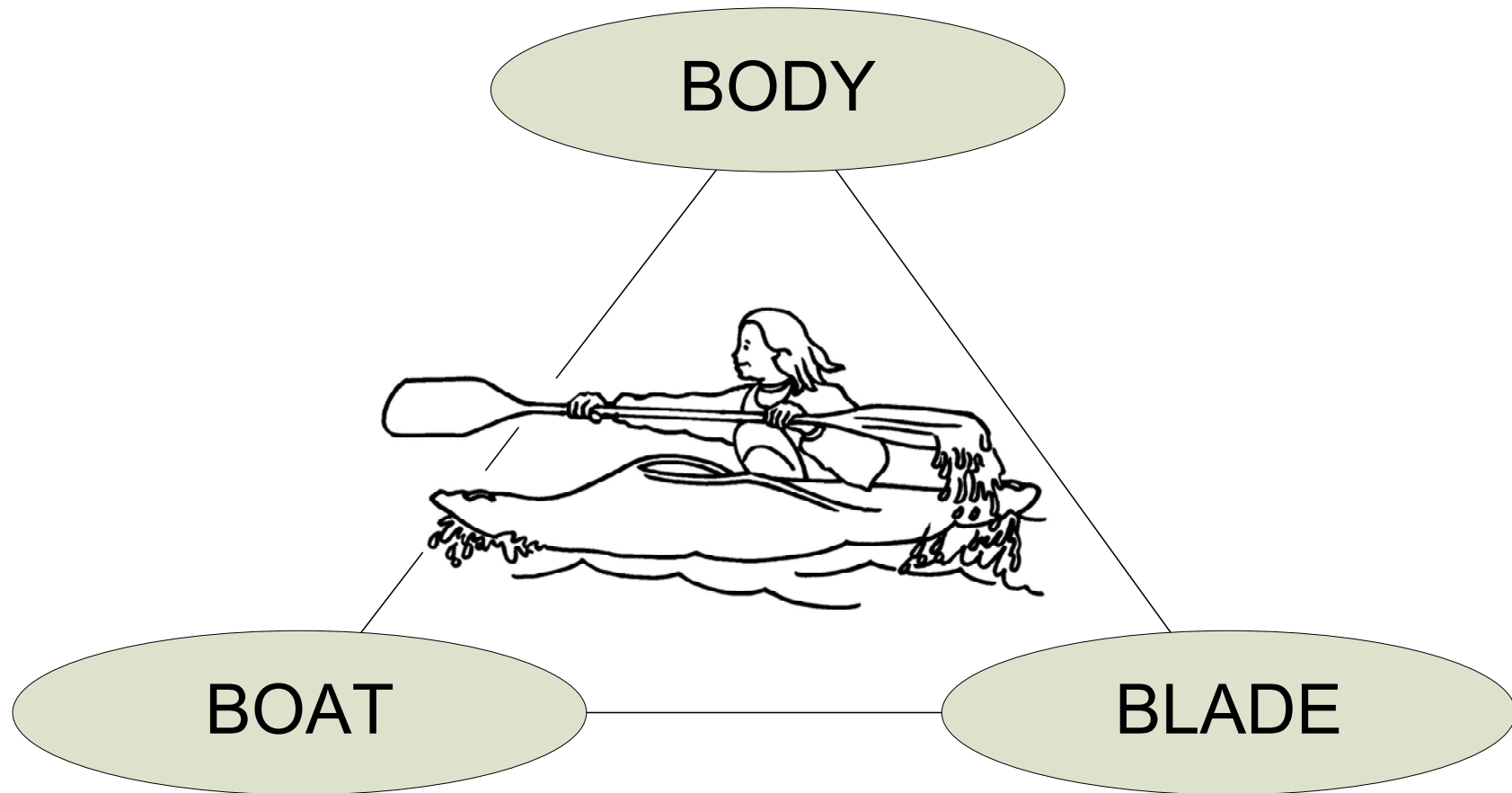
Specific practice	↔	Fun / games
Control	↔	Freedom
Talk	↔	Activity
Demonstrations	↔	Explanations
Coach directed	↔	Participant led
1:1 communication	↔	Whole group

14. Customer Service

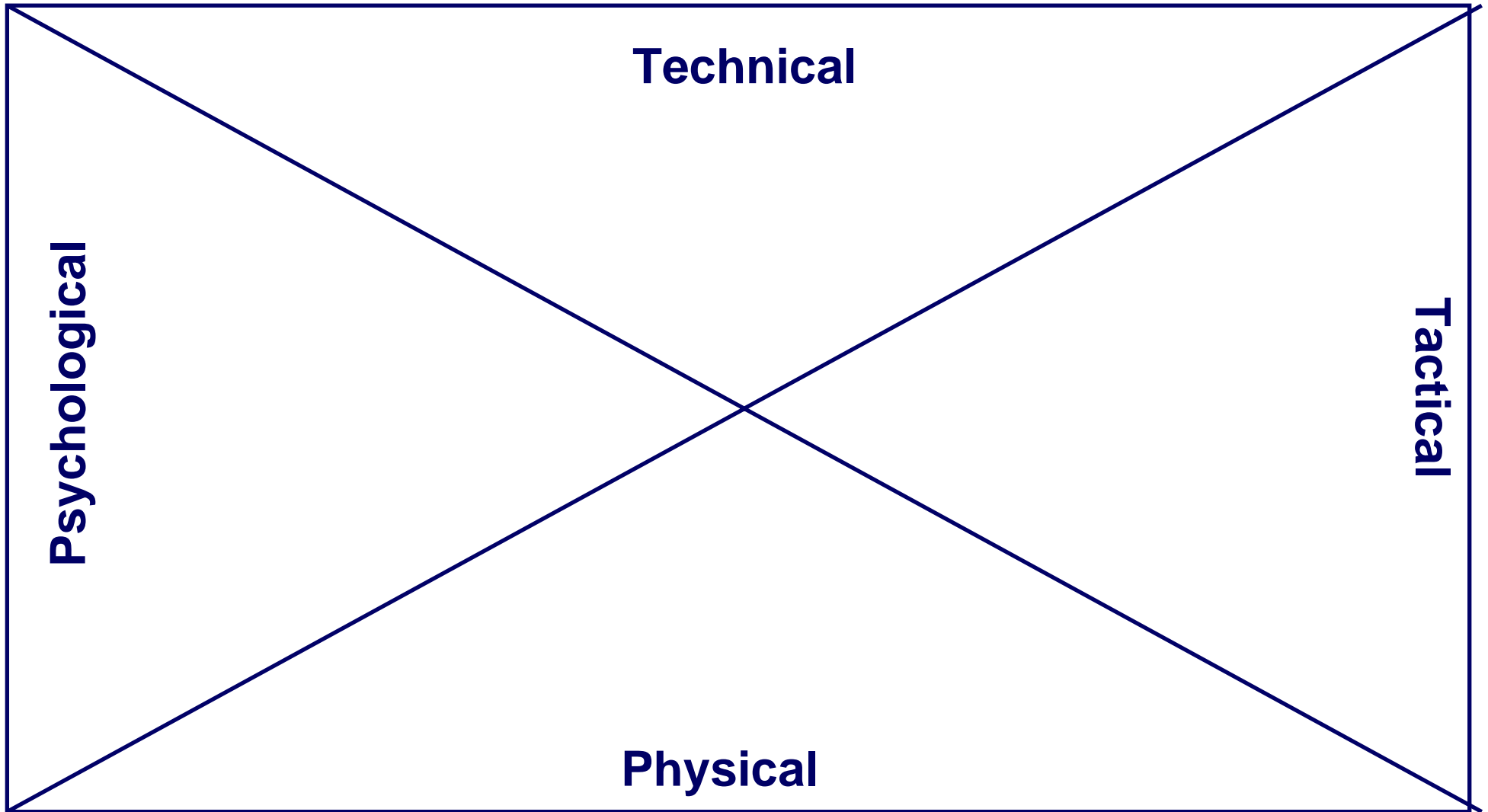


Non-threatening
Use names
Supportive
Informative
Polite
Smile!
Meet and Greet
Appearance
Helpful
Equitable
Punctual

15. Observation



16. Observation



17. Observation



What do you see?

What do you hear?

What do you feel?

Head position

Effort White knuckles?

Facial expressions

Posture

Do you need to Question?

Your position?

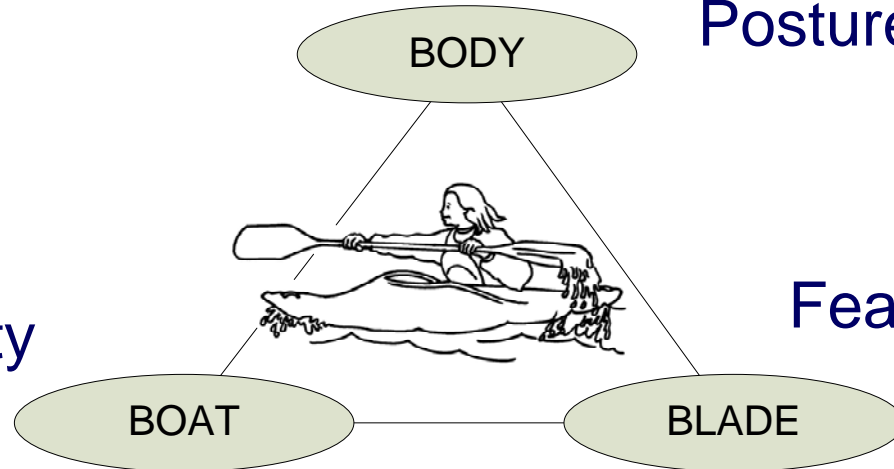
Accuracy?

What activity do you set?

Stability

Trim

Speed



Edge

Entry point

Feather

Angle

Splash

18. Evaluating Performance



- Observation of performance
- Comparison with previous performance
- Question and Answer
- Group Discussion
- Self Reflection
- Evaluation forms

19. Concluding Sessions



- Appropriate activity to conclude session
- Provide feedback
- Gain feedback
- Identify strengths and weaknesses
- Provide guidance on next session?
- Provide guidance on changing etc.
- Clear and check site

20. Assessing Awards



1. Plan the assessment
2. Brief the paddlers
3. Set and observe suitable tasks
4. Analyse performance
5. Question paddlers if necessary
6. Make a decision (seek advice?)
7. Provide feedback / action planning
8. Complete paperwork

21. Bank Based Rescues



- Coach a swimmer with an aid, to shore (10m)
- Coach a swimmer without an aid, to shore (10m)
- Rescue a swimmer with a rigid aid (1m)
- Rescue a swimmer with a packed throwline (10m)
- Rescue a swimmer with an un-packed throwline (10m)

22. Boat Based Rescues



- Deep water rescue of a capsized canoeist
- Deep water rescue of a capsized kayaker
- Rescue an unconscious capsized paddler
- Rescue a conscious capsized entrapped paddler
- Transport a swimmer to shore using a tow & carry
- Recover an unaccompanied boat to shore
- Recover an upright but incapacitated paddler to shore
- Capsize swim and self rescue

23. Rescue Protocol



1. Assess situation
2. Consider your options
3. Stabilise the situation (or raise the alarm)
4. Raise the alarm (or stabilise the situation)
5. Execute the plan

Remember your priorities:

Self – Team - Casualty

24. Fundamental Paddlesport Skills



- Posture
- Connectivity
- Power Transfer
- Feel