

Canoe England

Team South Coach Update

Hengistbury Head Outdoor Education Centre

Sunday 03 October 2010



BCU coaches, no matter what your level of award or experience, are invited to the coach update forum being held at the Hengistbury Head Outdoor Education Centre, Broadway, Southbourne, Bournemouth BH6 4EN on Sunday 03 October 2010. The forum provides an opportunity for coaches to:

- Update your BCU Coaching Award
- Meet other coaches and share ideas
- Participate in workshops to develop coaching and paddling skills
- Try and/or learn from other parts of paddlesport
- Have your coaching and canoeing questions answered

Programme and workshop options

09:00	Arrival and registration	
09:30 – 11:00	BCU Key Note	<i>Provides coaches with an overview of current BCU/CE developments</i>
11:00 – 11:30	Break/change for wet workshops	
11:30 – 13:00	<i>Choice of:</i> Workshop A – FSRT for CST update (Wet) <i>or</i> Workshop B – Canoe Skills for Kayakers (Wet) <i>or</i> Workshop C - Two star standards (Dry) <i>or</i> Workshop D - Mentoring Level 2 Coaches (Dry)	<i>Safety & Rescue Skills Update – Designed for coaches who followed the CST syllabus</i> <i>A practical workshop looking at coaching opportunities using the KataKanu</i> <i>A discussion workshop for those training and assessing the Two Star Award</i> <i>Aimed at Level 3 Coaches who are involved in mentoring new BCU UKCC Level 2 Coach trainees</i>
13:00 – 13:30	Lunch	<i>Please bring packed lunch</i>
13:30 – 16:30	<i>Choice of:</i> Workshop 1 - Safeguarding Young People and Vulnerable Adults (Dry) <i>or</i> Workshop 2 - Coaching the Mind* (Dry) <i>or</i> Workshop 3 - Tidal Planning & Coastal Navigation (Dry) <i>or</i> Workshop 4 - Three Star Sea standards (Wet)	<i>Training in this is compulsory for all coaches working with young people</i> <i>One of the new foundation modules that supports the BCU UKCC Level 2 Coach Award</i> <i>Covers the tools necessary to plan and navigate effectively on coastal journeys in moderate sea conditions</i> <i>A practical workshop looking at the standards required for the Three Star Sea Award</i>
16:30	Depart	

IMPORTANT NOTES

There is no parking at the centre itself – please use the Pay & Display Car Park for Hengistbury Head
Please ensure you bring a packed lunch and paddling gear for the wet workshops

*A certification fee of £5 will be payable on the day for each of the foundation module workshops

2010/11 Team South Coach Updates

Date: 03 October March 2010 Venue: Hengistbury Head Outdoor Education Centre, Broadway, Southbourne Bournemouth BH6 4EN Max Numbers: 50 coaches Closing date: 19 September 2010	Other updates across Team South in 2010/11 17 October 2010 – Adur Centre 27 March 2011 – Oxford
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For a full list of the Canoe England Coach Update forums please visit www.canoe-england.org.uk

To book your place on the 03 October update, complete the reply form below and return it with your cheque (made payable to BCU Southern Region) to:

Chris Edge
 PDO south East
 c/o Reading Canoe Club
 The Warren
 Caversham
 READING
 RG4 7TH

Please Note: bookings will close two weeks before the event to allow for an appropriate number of tutors/workshop leaders to be arranged

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REPLY FORM

Canoe England Coach Update – Sunday 03 October

Please complete the details below and return this form to Chris Edge.

I (print name) would like to attend the coach update on Sunday 03 October at Hengistbury Head Outdoor Education Centre.

My address is:

..... Post Code:

E-mail: Tel:

Membership no:

I also enclose my Coach Update fee of £20 (cheques payable to BCU Southern Region)

Signed: Date:

To help us organise the update, please indicate your order of priority for each of the morning and afternoon workshop choices in the table below:

Morning Workshop Choices (place in order of Preference)	
Workshop A – FSRT for CST Update	
Workshop B – Canoe Skills for Kayakers	
Workshop C – Two Star standards	
Workshop D - Mentoring Level 2 Coaches	
Workshop E – Three Star Sea Standards	
Afternoon Workshop Choices (place in order of Preference)	
Workshop 1 – Safeguarding Young People & Vulnerable Adults	
Workshop 2 – Coaching the Mind Foundation Module*	
Workshop 3 – Tidal Planning & Coastal Navigation	
Workshop 4 – Natural Environment	