



Coaching In Yorkshire



Yorkshire Paddlesport Weekend 2009

Following on from the success of the 2008 Paddlesport weekend, the Regional Coaching Committee are happy to announce, with the support of Aldwark Scout Activity Centre, the 2009 dates - April 4th & 5th!

This, like the previous weekends, promises to be a great weekend for both coaches and paddlers alike. The weekend is offering a vast range of courses and paddling opportunities; first aid, paddlesport skill training, sea kayaking (on the river), open canoe touring, specialist open canoe and a coach update forum.

The coach update forum is a must for those of you who are currently either a BCU Level 1 or Level 2 coach as one of the afternoon sessions will show you the way to transfer across to the new UKCC scheme.

In addition, we have a BCU Level 1 and Level 2 course concluding over the weekend. These will have already started on March 21st as each is a 4 day course.

For those registered with a club, funding will be available based upon a small commitment from you towards your club once you have attended the course. In order to qualify for this funding you will need to complete a funding agreement which will also need to be countersigned by a committee member of your club.

Again we are based at Aldwark Scout Activity Centre. Prices for the courses etc include accommodation for those wishing to stay - this is limited to the first 50 bookings although tent space is also available on the field, breakfast (7:45 - 8:15am), lunch and hot drinks throughout the day. For those interested we are also having a BBQ on the Saturday night giving us all the opportunity to reflect on the day and catch up with people we haven't seen for the last 12 months.

Of course, there will be the usual quiz and paddling video's on Saturday Night together with a regional supplier of paddlesport equipment on site!

During the weekend, we will also have Lara, Nigel, Scott and Gareth from BCU Headquarters available to answer any questions.

Interested, don't delay BOOK NOW!!!!!!

If you have any questions you can drop us an email coaching.events@yorcie.org.uk or speak to your 'Local Coaching Organisers'!



Coaching In Yorkshire



Booking Form:

Yorkshire Paddlesport Weekend 4th & 5th April, 2009

Name: BCU NUMBER:

Address:

.....Postcode:

Telephone: Mobile:

Email: (BE CLEAR!)

Please specify any particular dietary needs:

I would like to attend the following course(s):

Please circle accordingly:

I would like to attend on the Saturday / Sunday / full weekend

I will require accommodation for the evening(s): 3rd April 4th April

Please find enclosed a cheque for £..... made payable to the BCU Yorkshire Region.

Which Club/Organisation do you paddle with?

Your Signature: Date:

Booking Check List

Completed the booking form		Yes
Completed a funding agreement (if applicable)		Yes
Funding agreement sign by club committee member (if applicable)		Yes
Personal information form completed		Yes
A cheque for the correct amount		Yes
Stamped Self Addressed Envelope		Yes

Now post all the above to: *Yorkshire Paddlesport Weekend, 189 Huddersfield Road, Shelley, Huddersfield. HD8 8LB*



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Personal Information Form

(Mrs/Mr/Ms/Dr) First Name Surname

Date of Birth Telephone No. Mobile

Address.....

..... Post code..... BCU NUMBER

Emergency Contact Person

(Mrs/Mr/Ms/Dr) First Name Surname

Telephone No. MobileRelation

Address.....

..... Post code.....

Name of your Doctor Address of practice

.....

Do you suffer from any medical conditions, allergies or significant disabilities requiring treatment?
Yes / No

If the answer is 'yes' please give details of these conditions and of any medication you take:
.....
.....

Can you swim 50 metres? Yes / No (please delete as necessary)

IMPORTANT!

- I consent to any medical treatment, including anesthetic, which may be necessary as part of the medical treatment whilst attending the Coaching Fest.
- I understand that bookings are accepted on the understanding that Aldwark Scout Activity Centre safety regulations are observed.
- I accept that whilst Aldwark Scout Activity Centre and the coaching staff during the weekend will take all reasonable care to ensure students' safety and well being, they cannot necessarily be held responsible for loss, damage or injury suffered during, or as a result of the activities.
- I accept that Aldwark Activity Centre and the coaching staff during the weekend are not under any liability whatsoever in the respect of loss or damage to personal property, however caused, whilst attending the course.

Participation Statement: One of the attractions of outdoor activities is their adventure nature. The accident rate in such activities is thankfully low, but from time to time serious and fatal accidents do occur. It is therefore important that participants in these activities are aware of, and accept, the elements of risk and the need to take responsibility for their own actions.

Signed Date

Signed Date
Parent or Guardian (if under 18 years)



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Weekend's course and paddling opportunities

Coach Update

With the launch of the transfer modules for Level 1 and 2 coaches, the Coach Update has even a bigger focus than normal. New core coaching modules! Interested in finding out more, then book on this Coach Update today.

Saturday 3rd April, 2009

Price: £25

BCU Coach Level 1 Course

This is the first level of the new scheme and the gateway to the rest of the levels. It is aimed at those new to coaching and who will work as a coach under supervision. This 4 day generic course in all craft will cover everything required to become an assistant coach.

March 21/22 & April 3/4, 2009

Price: £225 or £100 if supported by funding agreement.

BCU Coach Level 2 Course

The Level 2 Coach can coach and lead groups alone in either kayak or canoe on sheltered water. This 4 day course will look at the practical coaching of paddlesport in canoe or kayak.

March 21/22 & April 3/4, 2009

Price: £225 or £100 if supported by funding agreement.

First Aid

Standard 8 hour first aid award suitable for most coaching courses.

April 3rd or 4th, 2009

Price: £50 or £25 if supported by funding agreement.

BCU 2 Star Training/Assessment

A day of developing your generic skills with some of the best coaches in the region.

April 3rd or 4th, 2009

Price: £50 or £25 if supported by funding agreement.

BCU 3 Star Skills Training (Open Canoe, Kayak or Touring)

A day of developing your discipline specific skills with some of the best coaches in the region. Completion of the training course will lead to a personalised action plan in preparation for assessment.

April 3rd or 4th, 2009

Price: £50 or £25 if supported by funding agreement.



Coaching In Yorkshire



Specialist Open Canoe Skills Training (small boats, OC1's)

A day of developing your discipline specific skills with some of the best coaches in the region. Completion of the training course will lead to a personalised action plan in preparation for assessment.

April 3rd or 4th, 2009

Price: £50 or £25 if supported by funding agreement.

BCU Foundation Safety & Rescue Course

This NEW award is designed to give you the necessary skills to deal with incidents that occur on flat water. Not only is this course a requirement to be a coach, but is an extremely useful course to give you the skills to ensure safety when you are out boating with your mates! The day course aims to look at safe methods of bank based rescues, boat based rescues, equipment & general safety theory and scenarios.

April 4th, 2009

Price: £50 or £25 if supported by funding agreement.

BCU Foundation Safety & Rescue Conversion Course

This course is design to convert Canoe Safety Test (CST) Providers who have not got their 3 star in the alternative discipline to becoming a NEW FSRT Provider

April 3rd, 2009

Price: £50 or £25 if supported by funding agreement.

Kayaker in need of Open Canoe Skills

If you already paddle a kayak, much of your knowledge and many of your skills will be directly transferable to the open boat. Here's a chance to learn how to apply those skills effectively. Designed purely for kayakers who want to expand their existing skills to include open boating technique, this unique two-day course gets you right into the finer techniques of open boating from the start. Alongside other kayakers you'll discover together what the similarities and differences between the two disciplines are and how to use what you have to 'get good fast'. An ideal course for any kayakers with little canoeing experience.

April 3rd & 4th, 2009

Price: £95 or £50 if supported by funding agreement.

Canoeist in need of kayak Skills

If you already paddle a canoe, much of your knowledge and many of your skills will be directly transferable to a kayak. Here's a chance to learn how to apply those skills effectively. Designed purely for kayakers who want to expand their existing skills to include kayak technique, this unique two-day course gets you right into the finer techniques of kayaking from the start. Alongside other open boaters you'll discover together what the similarities and differences between the two disciplines are and how to use what you have to 'get good fast'. An ideal course for any open canoeists with little kayaking experience.

April 3rd & 4th, 2009

Price: £95 or £50 if supported by funding agreement.

Introduction to Open Canoe Touring



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This is an excellent way to learn, a day on the water with an experienced coach covering many aspects including the craft, equipment and the skills needed for a day out.

April 3rd or 4th, 2009

Price: £25

Introduction to inland Sea Kayak Touring

This is an excellent way to learn, a day on the water with an experienced coach covering many aspects including the craft, equipment and the skills needed for a day out.

April 3rd or 4th, 2009

Price: £25

Funding Agreements: Any volunteer associated with a BCU affiliated club who is willing to commit to a number of coaching/support hours to their club is eligible for the subsidised course fees subject to completing a Funding Agreement which is to be supported by a Committee member of their Club.

Suggested number of coaching hours for a funding agreement is;

- 8 coaching hours for a one day course
- 16 coaching hours for a two day course
- 32 coaching hours for a four day course

Notes:

Prices exclude any BCU, water or material fees however they include; accommodation (if required but book early as places are limited), teas, coffee, breakfast (served at 07:45 am each morning), lunch and a BBQ on Saturday night.

Kayaks, Open Canoes and other equipment items are available at the centre on a first come first served basis on each day of the weekend however centre equipment is for site use only! For the white water course (3 Star Open Canoe and Kayak) you may be offsite so please ensure you bring your own equipment.

All courses are subject to a minimum number of candidates and are subject to cancellation. Please specified alternative choices on the booking in case you first choice is full or maybe cancelled.

Accommodation for under 18's will only be accepted if parent or guardian is also present. For those attending the 3 star open canoe and kayak course who are under 18, we will need to have your parents present during the course and that could be either at the centre or on the bank near to where the course is taking place.

No dogs or caravan's on site.



Coaching In Yorkshire



Yorkshire Regional Coaching Development

Funding Agreement

This funding agreement is between Canoe England and _____.
The candidate as a member of _____ Canoe Club is attending a _____ course. As payment in kind for the coach education course the candidate is making an agreement that they will volunteer to run coaching sessions in their canoe club.

The candidate is accepting that by receiving the funding they promise to:-

- **Organise and run a number of paddlesport sessions before the end of September 2009 to help develop other paddlers within the club based upon their newly acquired skills.**

The club is responsible for providing the opportunity for the candidate and helping them organise said sessions.

All session forms **must** be returned to the Coaching Secretary by the end of September 2009. If the candidate does not run said sessions and returns a signed form they are liable to repay the full amount as detailed on the weekend schedule to BCU Yorkshire Region Coaching Forum

I _____ understand the above terms and conditions and am signing this agreement with full understanding of what I need to achieve and will return the attached form back to Canoe England c/o the Coaching Secretary.

Signed: _____ Date: _____

As the Chair/Senior coach/Committee member I am signing on behalf of _____ Canoe Club that we will support the candidate and will sign off his/her paddlesport course upon completion.

Print Name: _____ Date: _____

Signed: _____

