

Appendix 3: Personal Skills Guidance

We strongly recommend that all coaches following boat-based qualification pathways ensure that their personal skills are well-practiced when they attend Discipline Specific Training courses. This allows the coach to focus on developing their 'coaching', rather than 'paddling' skills.

This can be quite difficult for a Canoe or Kayak (Sheltered Water) Coach to judge, given that this may be their first step on a qualification pathway. We have therefore provided a checklist overleaf to help you review your skills. This is based on the standard required at assessment when you will need to show efficient and effective personal skills to facilitate safe, quality, enjoyable coaching sessions in sheltered water. This includes, in winds up (and including) Beaufort force 3, and will include Canoe and/or Kayak depending on the certification route you intend to follow.

At the point of attending your Sheltered Water Training, we recommend that of the skills listed overleaf, most are 'always' or 'sometimes' present in your performance. This strong base of personal skills should then set you up well to focus on developing your coaching practice.

| Coach Award Personal Paddling Skills Checklist | | | | |
|---|--|----------|----------|----------|
| The Coach: | | 1 | 2 | 3 |
| Strong foundations | Shows appropriate sitting, kneeling, standing position | | | |
| | Shows posture which uses muscle tension and 'readiness' throughout the key muscles, with a basic level of tension and efficient and economical movements | | | |
| | Is balanced, supple and controlled in the movement of the body, paddles and boat | | | |
| | Uses the points of the body that are in contact with the boat and a basic level of muscle tension through the core to 'connect' the boat and the body | | | |
| | Can efficiently transfer power from the body and water to create movement of the boat | | | |
| | Uses the muscles from the feet through the torso to the upper body for co-ordinated and efficient strokes | | | |
| | Applies power to move up to the paddle, beyond it, or around it (minimising energy leaks) | | | |
| | Is balanced and stable when applying power to strokes | | | |
| | Works together with the water/wind/conditions rather than fighting them | | | |
| | Can feel and anticipate external influences that are affecting the boat and paddles | | | |
| | Can anticipate and react to environmental challenges, with well-timed boat and paddle placement/loading | | | |
| Launching and landing | Can correctly set-up their craft (e.g. seat, footrest, backrest, airbags, painters, spray deck, paddle leash, etc.) | | | |
| | Uses safe lifting and carrying techniques to move a boat between a vehicle/trailer/storage and the launch site (assistance is recommended) | | | |
| | Can safely and efficiently launch and land from a range of access/egress points with the boat afloat (e.g. pier, steps, rocky shoreline, beach) and without help | | | |
| Moving forwards, Steering, turning and manoeuvring | Can manoeuvre effectively using the features of the stated environment | | | |
| | Can efficiently, fluently and adaptively paddle forwards | | | |
| | Can paddle a course that is reasonably straight, with occasional gentle turns | | | |
| | Can keep the boat straight through a narrow gap using a trailing paddle or rudder | | | |
| | Can stop and accelerate in reverse within 1-2 boat lengths | | | |
| | Can stop in a controlled manner within a minimum number of strokes (approx. 4) | | | |
| | Can make effective tight turns around a point, and accelerate in a new direction | | | |
| | Can make effective open turns with momentum maintained throughout an arc | | | |
| | Can tighten a turn up or open it out, and carry or lose speed during a turn | | | |
| | Uses effective edging strategies to control and manoeuvre the boat on the move | | | |
| | Uses the wind/trim/flow to help turn their craft (as appropriate to the craft used) | | | |
| | Can accurately reverse to manoeuvre the boat into a new position | | | |
| | Can move their boat sideways (approx. 5m) from a stationary position in both directions | | | |
| | Can sideslip at least a boat width in each direction to avoid an obstacle, starting from a good cruising speed and maintaining forward speed | | | |
| Can safely recover from a sudden tilt (with the boat off balance), static and on the move | | | | |

1= Always

2 = Sometimes

3 = Rarely