

# **Minutes of the Coaching Development Group Meetings**

**23<sup>rd</sup> January 2013 & 7<sup>th</sup> February 2013**

## ***Preamble:***

The 23<sup>rd</sup> January meeting ended before discussion was completed; the discussion of point 2 was therefore resumed on February 7<sup>th</sup>. No substantive changes were made at the subsequent meeting, but it did allow a full discussion to take place.

## ***Present (23<sup>rd</sup> January):***

- Mark Corti
- Paul Newman
- Richard Clark
- Dez Leach
- Bill Norman
- Paul Tucker
- Lee Horton

## ***Present (7<sup>th</sup> February)***

- Mark Corti
- Paul Newman
- Richard Clark
- Bill Norman
- Paul Tucker
- Steve Chinn

## ***Apologies***

- Dean Jordan
- Nicola Norman

## **1. Level 1 Coaching Course Update**

MC related that people previously committed to the course had dropped out for various reasons, or were unable to make weekend dates and that the course was no longer viable. Interested parties were steered towards the course at Bawl Canoe Club, 1/2nd and 8/9<sup>th</sup> March 2013. Paul Newman is

helping with pre-requisites for this, particularly the FSRT. Paul Newman related there is some funding available for individuals and he has sent the details to Mark Corti; Mark Corti to circulate to interested coaches.

## **2. Level 1 Coach Induction**

It was noted at the meeting and in subsequent emails that the BCU Terms of Reference require any Level 1 coach working unsupervised to have undertaken a *documented*, locale-specific induction session from a Level 3 or higher coach. This will outline the parameters under which the Level 1 coach may operate independently. Bill Norman & Steve Chinn have separately been working on this; documents will be circulated by email for feedback.

## **3. Structured Coaching on Sunday Sessions**

Following on from the previous meeting where concerns were raised about safety during busy Sunday sessions, the following was agreed after much debate:

- The CDG agrees there should be a structured multi-week block of coached sessions compulsory for all beginners. These would be weekly sessions of around 2 hours, one day per week (probably Sunday). We suggest that this should be a 4-week block of sessions, with a fixed syllabus for each week (this will allow the block to be coached by multiple people during the 4-week block).
- This block of sessions would train people to the equivalent of 1\* or Paddlepower Passport, and include a spraydeck capsizing drill.
- The CDG proposes that we currently run 4 of these sessions per year, and has ascertained we are able to staff them. These groups would be limited in number to 8 paddlers for every coach.

The above is currently intended to be applicable only to the Sunday general paddler sessions.

Commitment was obtained from those present for the following sessions, dates to be arranged:

Paul Newman: 4 sessions

Bill Norman: 4 sessions

Niki Norman: 4 sessions

Mark Corti: 2 sessions

Paul Tucker: 2 sessions

Lee Horton: 4 sessions

This is intended to be a minimum, and only reflects those coaches present at the meeting; the CDG hopes that others not present will also be able to commit to some sessions.

The benefits of this structured session block approach were seen as follows:

- ensuring safety on the water for new paddlers
- reducing the amount of “babysitting” required by experienced paddlers / coaches on Sundays
- increasing membership uptake, as those who sign up & complete the 4-week block will be motivated to continue paddling

- decreased expenditure on buying & maintaining kit purely for the use of casual, once-off Sunday paddlers with no interest in joining the Club

Bill Norman also related that Niki was proposing some “improver” sessions during the year with the aim of creating a clear path to competence on moving water, perhaps including sessions at Yalding or the Nene course. Details to be discussed further at later date.

Mark Corti related that he was also proposing to run 4-week coached session blocks on Wednesday evenings in conjunction with the regular paddle, details to be discussed later.