



BCU's Coach Update and Development Self-assessment Scheme.

The concept of coach update is based on the BCU Coaching Service actively providing opportunities for personal development and encouraging all coaches to keep up to date with developments in our sport and indeed in general Sports coaching.

The content within our coach education programme arguably covers most, if not all, aspects of best practice and safe techniques. Training and experiences covers these elements that provide the skills required to make appropriate risk assessments of activities and provide a safe environment for canoeing. So much so, that unless we are regularly practicing and updating ourselves, good practice may not be current best practice indeed it may become poor practice.

Further to this, with sport and sports coaching receiving an increasingly public profile with moral, ethical, and social commitments, it is important that we can account for and verify the status of all coaches within the scheme.

This can place heavy demands on coaches, particularly those who provide their services voluntarily and have family and work commitments which prevent them from being any more involved than they currently are. Providing a varied programme with a range of update opportunities via a range of forums and workshops regionally can help coaches balance their commitments and allow the BCU to provide important contact opportunities with coaches, particularly with those who are currently not thinking about progressing to the next level.

The self-assessment form provides coaches an opportunity to reflect on their coaching activity over the three-year cycle and their particular involvement in the specified update areas. These areas could include any relevant training, workshops or courses that demonstrate long-term training and sharing of good practise in Paddlesport coaching. The three areas identified as important for coaches to keep up to date in are:

- Water safety (appropriate to the water used and level of coach)
- Health & Safety Executive and Legislative Guidelines
- Coaching and assessing

Examples of suitable workshops, courses and training:

1.1 Water Safety

E.g. Water Safety training / Club or Centre safety review / safety training / site risk assessment and or review / pool lifeguard award [Evidence could include: Minuted Club or centre or organisation meeting / mentor or head coach signature]

1.2 HSE and legislative guidelines

E.g. BCU (or other NGB equivalents) 2 – 3 hour Workshop on Child Protection, Disability Awareness, Risk Assessment, Duty of Care, Equity etc. Sports Coach UK (NCF) Courses (as above) Accredited HSE training through college or through CPD programme at work

1.3 Coaching and Assessment

E.g. BCU Regional / National Squad athlete or coach sports science education, BCU 5* Training and/or assessment, BCU (or other NGB equivalents) Assessor Training day, FE or University accredited sports coach training e.g. Sports Science degree, Sports Coach degree / diploma or Key skills training relating to coaching, other academic sports coaching awards

In order to ensure that the self-assessment process is effective all self-assessment forms returned will be checked to ensure that coaches are themselves following the correct procedure and that they are up to date. Where it is felt that additional updating is necessary to ensure consistency and currency, coaches will be advised of this and recommendation given as to what they need to do. While self-assessments returned will be recorded on our database, only those considered to have indicated that the coach is up to date will be validated and show the coach to indeed be up to date within the current overall procedures

Following the receipt of your self-assessment form, the attached sheet provides you with an outline of your own currency within the update procedures. Should you find that you are asked to complete further update requirements this is to be worked on within your next three year update cycle or as indicated within the outline.

What if I am not recognised as an up to date or involved coach

If at this time you are not recognised as current or involved with in the terms of the Coach Update Programme this will not directly affect your award or your 3rd party liability cover (assuming that current membership and First-aid are maintained). It should however be noted that the ability with in your award to conduct BCU business i.e Star Tests / Coaching awards etc will be suspended until such time as you are recognised as up to date with in the terms of the coach update programme.

It should be noted that simply ensuring that first aid awards are up to date and membership is current does not imply currency within the update procedures.

Should you have any further queries in regard to Coach update please feel free to contact the Coaching Service.

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