



Canoe Club

Cadet Leader Award training

Magdalen Court School is pleased to offer training for the new 'Cadet Leader Award'.

Level 1 (Assistant Club Coach) to Level 5 (Staff Coach).

Personal performance:

?	1 Star	Beginner (encouragement test)
?	2 Star	Improver
?	3 Star	Intermediate
?	4 Star	Proficient
?	5 Star	Advanced

Many young people aged between 13 and 16 years have the ability and maturity to assist with coaching sessions. They provide valuable role models for the younger paddlers we wish to encourage and bring a variety of skills, willingness, enthusiasm and relevance to sessions to help a coach.

The aim of this award is to encourage more young people to help out and coach at their Club or Centre by providing a structured programme for them to follow and to assist their development. The introduction of the Cadet Leader Award brings with it many benefits -

- ? It recognises those young people already helping out and credits their involvement
- ? It provides a stepping stone to becoming a coach – encouraging them to stay with canoeing and the scheme
- ? Provides a route for young people not interested in competing themselves but who have much to offer the sport and are keen to be involved
- ? Encourages development of the individual – led by their interests and abilities

With the implementation of the new Young People's Scheme we will certainly require more coaches and helpers to ensure the success of more young people paddling regularly – these cadets will be a valued part of the scheme.





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Module 1 - Health and Safety

Subjects to be covered in this section include, individual/group safety and control, instructor ratio, suitable equipment, injury prevention, first aid, rescues, safety at their location, safety aspects of a journey. Certain aspects of H&S will of course occur in other modules – try to use this to reinforce the practical application of this module.

Group Control and Safety

- ? The cadet should demonstrate good practice for keeping groups safe and under control both on land and on the water, including coping with younger children.
- ? They should understand the reasons for limiting group numbers and relevance to changes in water, weather and competence.
- ? The training should include explanation of risks, how to avoid problems developing and by setting a good example to follow.
- ? To credit this section you may ask questions to ascertain competence and/or by allowing them to run a short session for which they have organised the majority of the session. (This links to the Organisation Module).

Suitable Equipment & Clothing

- ? The cadet should be able to say why it is important for the correct choice and size of equipment for children – boats/paddles and clothing. They could be asked to think up ways to improve this at the club/organisation
- ? They should be able to state what sort of clothing would be suitable for the groups they are working with at different times of the year and for what reasons.

Injury Prevention

This is important for the Cadets and the groups they work with – to cover good practice for lifting equipment. They could be asked to write or suggest verbally some Club/organisation guidelines to pin on the notice board.

First Aid

Cadets should attend a recognised BCU basic first aid course of 4 hours minimum.

Club Policies

- ? Cadets should be able to state simply/briefly the Club/organisation's Safety Policy and Operating Procedures includes and demonstrate this in their sessions. They could be asked to do a simple survey of any potential risks that could cause an accident at the Club.
- ? They should also be able to state what the policy is for Child Protection and who the representative is. If the Club currently does not have a Child Protection Policy then reference to the BCU Policy and how it might be implemented at the Club.

Trips Away from Base

- ? For any trips that are away from the base they should be able to state/demonstrate what safety arrangements should be taken, what they would want to carry with them. In this they may assist the coach who could ask them to suggest what they should consider and take.
- ? The coach may suggest a situation/simulation of an incident and ask them what action they would take.

Rescues

Depending on the size/strength of the cadet they should be able to demonstrate at least 2 ways to rescue capsized members of their group. Ideally they should take the Junior Canoe Safety Test.



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Module 2 - Organisation

The cadet should demonstrate suitable planning for running 3 sessions and the importance of the following:

Planning

- ? Their own personal skills/abilities
- ? Checking if other helpers are required
- ? Who they will instruct – numbers/skills/abilities/needs
- ? Time available
- ? Equipment resources available
- ? Purpose/aim of session
- ? Suitable planning for a group journey

Preparation and Running the Session

- ? Arriving early to prepare
- ? Ensuring equipment is safe and ready for use
- ? Organising equipment when in use
- ? Checking/need for health declarations
- ? Emergency contact numbers for parents/carers
- ? Having a structured session plan
- ? Having a contingency plan
- ? Organising groups
- ? Safety briefing

Assessment of the Session

The cadet should be encouraged to evaluate their own sessions and the sessions they assist with (this may put the coach under pressure!). They should be encouraged to assess positive and negative aspects of sessions and take account of coach evaluation, the group's evaluation and peer group evaluation.



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Module 3 - Skill Instruction

Cadets should run 3 sessions during which they should be able to demonstrate good technique themselves with coaching points highlighted. They should be able to make elementary correction of technique for which the coach would observe their abilities to demonstrate and supervise:

- ? How to use/carry equipment
- ? Getting in and out of the canoe/kayak
- ? Forward paddling technique
- ? Moving backwards
- ? Moving sideways
- ? Basic steering
- ? Prevention of capsize
- ? Capsize drill



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Module 4 – Promotion and Development

This is a two-part module where the cadet must select a topic/activity from each group. The suggestions are not compulsory – they can select their own subject, as long as it fits under the heading of each group - it is important they select a project that suits their abilities and interests. The first group includes practical, written, artistic and even computer based ideas – but they are not exhaustive. If there is a subject relevant to your area that would make a good subject, or that they particularly would like to do, then add these to the list.

The second group focuses on helping at an event – this can be very simple – depending on what would suit your club. Evidence should be included in their log books – either as a copy of work, photograph, certificate, description of the activity undertaken. Suggestions for Projects are as follows – please note the term Club = Centre or similar organisation.

For each of these modules the cadet should provide with their log book evidence of the activity undertaken – for example a brief log of what they did and learnt, a copy of a poster, etc.

You, your Club and the environment

- ? Produce a poster to promote your Junior Club and distribute to local schools and youth groups
- ? Design/set up a Web site for your Club
- ? Do a project on pollution or the environment near your Club
- ? Complete the Home Study Unit – Coaching People with Disabilities
- ? Produce evidence of assisting with a special needs group – include what you learnt from the experience.
- ? Undertake to maintain Club equipment for a set period
- ? Produce a poster or arrange an activity about the Canoeists' Code of Conduct for juniors at your Club
- ? Gain a lifesaving award

Events - help organise an event at your Club*

- ? Do a Canoe Polo Referee Award (Grade 3) and help with an event
- ? Promote competition at your Club via a poster/event/talk
- ? Help run a Diamond Slalom at your Club
- ? Help to run a charity paddle
- ? Help with your Club open day
- ? Help with a Club tour
- ? Run a treasure hunt for young paddlers
- ? Help run a simple time trial

*the event can be anything from a competition – to a social fun paddle or tour – it can be very small or a regular event run by the Club that you assist at.



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Module 5 – Role of the Cadet Leader

This section is to help the cadet understand where they fit into the coaching award scheme, what are the limits of their responsibility and the development of their “soft” skills as a coach. Aspects to include:

- ? The purpose and delivery of the Paddlepower scheme
- ? The limits of their responsibility when coaching and insurance
- ? The coaching award structure – where to next?
- ? Best ways to communicate
- ? Setting their own goals and for the children they teach
- ? Working at the Club/Centre

Module 6 - Experience

This section covers the logging of personal skills, coaching and attendance at events. Within this context it is important to encourage the Cadet to continue developing their own personal skills and set appropriate goals for them. In their log books they should show:

- ? Number of hours they have been coached
- ? Personal ability to 2 Star or Paddlepower Green award
- ? Any awards from disciplines – Race, Slalom etc.,
- ? Other relevant qualifications eg Canoe Safety Test, First Aid
- ? Competitions/events attended
- ? Exhibitions attended
- ? Log of hours spent assisting – minimum of 20
- ? Record of sessions which they have
 - a) assisted with
 - b) organised the majority of the session themselves

Appendix - Module 7

My new club

If the Cadet moves to a new Club they need to learn about the safety and operational guidelines for the new environment before they can operate as a Cadet Leader again.

Whether they are leaving you or joining you – they will need your help and support to complete the process.