

Cadet Leader Award

A GUIDE FOR COACHES RUNNING THE AWARD

BASIS FOR AWARD

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.

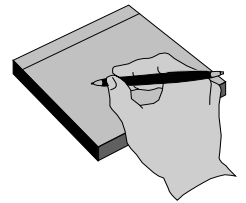
For more details of the award visit the Canoe England website www.canoe-england.org.uk

This is a product of Canoe England Young People Initiative and is the intellectual property of the BCU.



HOW WILL IT WORK?

1. The award is aimed at young people aged 13 to 16. Young people can apply to start the scheme at 13 – but no award will be made until the young person is 14.
2. Once qualified the cadet leader must always operate under a BCU Coach - Level 2 or higher. That coach takes final responsibility.
3. The award is not a National Award – it relates just to the Centre/Club where the cadet trains and assists. If the Cadet moves to another Club then they can transfer the award by contacting the Regional Coaching Organiser (RCO) and completing a short additional module about their new Club.
4. There is no course to attend – it is a practical based award with training completed under the supervision of a UKCC Level 2 coach or an 'old' BCU Level 3 coach based at their Club/Centre. If the club does not have a coach of the relevant level then arrangements could be made via the area Paddlesport Development Officer (PDO) or RCO.
5. The Award is modular based – allowing a flexible programme to meet individual needs. Each section can be tackled as and when suits the cadet. There is no time limit but it is recommended that the coach and cadet agree on appropriate time goals to complete each section.
6. Assessment of competence would be on an on-going basis including accredited prior learning rather than formal assessment situations with the coach signing off each section of the log book as the cadet meets/achieves each section/requirement.
7. Where it is possible to link the award to GCSE work, Duke of Edinburgh or JSL awards this should be encouraged (see below).
8. Once the cadet has completed the syllabus their log book should be signed by the coach supervising their training and sent to the BCU for registration and for an official certificate. This will also help to monitor interest in the scheme.
9. At 16 the Cadet Leader can enter the BCU National Coaching Scheme and commence their Level 1 award. At 17 they can progress from level 1 to level 2 training and at 18 complete their level 2 assessment and become a fully independent coach. They could then be aiming for their Level 3 coach award!
10. Supervision of the award would contribute to the coach's development and should be added to their own coaching log book.
11. The Cadet Leader must be an individual member of the BCU or a nominated affiliated Club member. They will then be covered for third party liability insurance. **They would not be covered to assist at another Club/Centre.**



LINKING TO NATIONAL SCHEMES

Duke of Edinburgh – The award places coaching of sport in a leadership context and therefore could be included in the service section under sports coaching. Leadership may be practised in a variety of contexts and the Cadet Leader Award applies these to different areas of work eg Polo Referee Award.

The young person must have an understanding of leadership, an appreciation of the needs of the group, an ability to recognise a programme to meet certain objectives and identify and develop personal skills and qualities.

TRAINING SYLLABUS

It is intended that the Award is as practically based as possible – the aim is **not** to create a lot of written material (for the cadet or the coach) or for this to be based on final assessment. Try to develop the training in a way appropriate to the needs, abilities and interests of the cadet. Remember the aim is to **ENCOURAGE** the cadet to take a leadership role – not put hurdles in their path.

Content of Award

- Health and Safety
- Organisation
- Skills Instruction
- Promotion and Development
- Role of the Cadet Leader
- Experience

The following notes are for guidance only – coaches should use their judgement to suitability and application. In some cases the term “Club” is used for brevity but covers Centres and other organisation working with the scheme.

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 health & safety 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 BCU Lifeguards Junior Canoe Safety Test if under 14 or the BCU Foundation Safety and Rescue Training course if over 14.

Module 2 - ORGANISATION

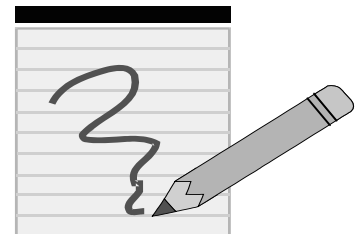
The cadet should demonstrate suitable planning for running 3 sessions and the importance of the following:

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 session 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

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 capsizing
- Capsizing drill



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 follow – please note the term Club = Centre or similar organisation:

You, your Club and the environment	Events - help organise an event at your Club*
<ul style="list-style-type: none"> ➤ 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 	<ul style="list-style-type: none"> ➤ 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 <p>*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.</p>



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 Discover 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.



©Sue Hornby 2000