



Level 3-kayak coach assessment

The assessment will take place on a grade 2 river

You will have learners for the full two days if available, leading and coaching to the standards of level 3 coach. The assessment is none intervention except in the case of safety, but overall responsibility will lay on the assessors. The research paper is attached and to be handed in on your arrival. All shuttles and equipment is down to you as well as a session plan for the two days and journey plan.

You must also present a ten-minute lecture on any topic of your choice that must be of interest; this will take place on the first day on or of the river. This must be of use to fill time or a lunch stop info session.

You must have

Your stamped c1 form
£17.50 assessment fee payable to the BCU
Up to date log book
Your NGB certificates + first aid certificate
In date membership card

All your needs and requirements for assessment are in the coaching directory

Any questions please get in contact with me

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Level 3-Assessment programme

Day 1 – River Dart - butterfly car park

9.00am meet and paper work

9.30am meet learners and sort out logistics

10.00am flat water 3 star coaching and moving water skills

12.30 Lunch

1.00 pm introduction to moving water skills using weirs and jets

3.30 pm debrief learners and pack up

Day 2 – River Dart – butterfly car park – lower dart section

9.00am meet and sort out logistics

9.30am river trip with coaching and leadership

ten min lectures on water or bank

3.30 pm off river and debriefs

finish debriefs and paper work before 5.00pm due to light.



Level 3-assessment research paper

Please spend some time on these questions and put your answers on the back

1. Name 5 manufactures of white water kayaks?
2. Give your understanding of the kayaker's safety box?
3. Who is the head of coaching at the BCU?
4. Who is the Dane Jackson?
5. Give three key points to coach a low brace
6. Who are the currant world champions of freestyle?
7. Explain spangle?
8. Explain five safety points of a river brief?
9. Where is the Guil River?
10. Which kayak would you recommend for touring and white water and why??
11. What do cranks do??
12. What is flare?
13. What makes a good creek boat?