

# Regents Canoe Club

## Training & Subsidy Briefing

May 2016



Item	Details
<b>Background</b>	<p>This note attempts to bring together some of the main options available to Regents Canoe Club (RCC) members to progress their skills as paddlers, peer paddlers and river leaders, and highlights RCC's subsidy policy for all its members. Skills can be categorised in four areas:</p> <ul style="list-style-type: none"> <li>• Personal paddling</li> <li>• Safety and rescue</li> <li>• River leading</li> <li>• Coaching</li> </ul>
<b>Personal Paddling</b>	<p>There are a number of routes available to improve personal paddling skills, depending on the area of interest. Many choose to continue to develop their white water river running skills, which is what this briefing addresses mostly. Other paddling disciplines can also be considered including: play boating, open canoeing, sea kayaking, slalom, polo, touring etc. Various providers offer coaching in these areas, and can make for a great weekend away doing something different (see links on RCC website). For white water river running consider courses specifically addressing this area, although there are areas of overlap in different paddle sport disciplines, and skills in one area will often enhance skills in another. Courses may be from one day to many e.g. single days out with a privately booked coach for an individual to 5-day courses for a group. The British Canoeing paddle sport star awards are also a good place to start. Syllabi are available at: <a href="http://www.canoe-england.org.uk/tests-i-awards/personal-performance-awards/paddlesport-start-i-1-to-3-star">www.canoe-england.org.uk/tests-i-awards/personal-performance-awards/paddlesport-start-i-1-to-3-star</a></p> <p>The Star Awards system was introduced in September 2007. One and two star focus mainly on personal skills, but look more at interaction between boat, paddle, person and water. There is a change in focus in the star tests from three star upwards to include more safety aspects and group paddling / leadership as well as personal skills. Training and assessment for one star and two star can be arranged by qualified coaches who are also members of RCC.</p> <p><b>One Star:</b> An introductory award that demonstrates an individual has basic boat control. It can be taken in any kind of paddle sport craft (e.g. sit on top, slalom, C2, polo boat, sea kayak, racing canoe). Most members who have completed the Introduction to White Water Kayaking (IWWK) course or paddled on the canal for several sessions should have the necessary skills to obtain this award.</p> <p><b>Two Star:</b> An improvement award that helps paddlers to develop fundamental paddle sport skills on flat water. The emphasis is on gaining a breadth of experience, creating the desired movement of the boat and developing an understanding into how the paddle, boat and body interact together with evidence of trips undertaken in the appropriate environment. Skills are assessed in a variety of craft and includes an assessed journey. Those who have completed the IWWK course with RCC should have kayak skills to the standard required for the two star award, but may need coaching and practice in open canoes to reach the required standard.</p> <p><b>Three Star:</b> Successful performance at this level indicates that a candidate can consider themselves an intermediate paddler rather than a beginner. Three star is discipline specific with awards in Sea, Surf, Open Canoe, WW Kayak, Flat Water Kayak, Freestyle and some of the competitive disciplines. The three star paddler will be a competent performer in sheltered to moderate water environments (up to Grade 2) and have the ability to paddle unsupervised, with similar standard paddlers on sheltered water. Skills at this level include breaking in / out, ferry gliding, side surfing small stoppers, plus some basic safety and rescue skills.</p> <p><b>Rolling Courses:</b> RCC hires out the pool for members fortnightly to practice rolling and bracing skills. Specific coaching is not provided at these sessions; however, there is usually someone on hand to offer tips and assistance. The club organises a couple of Rolling Courses throughout the calendar year - details of each can be found on the club's website once course dates have been set</p>
<b>Safety &amp; Rescue</b>	<p>It is always wise to have basic first aid skills, and some knowledge of safety and rescue techniques.</p> <p><b>First Aid:</b> Many people often have basic first aid training usually provided through their work place or similar. The skills learnt on this are very useful for running a river as part of a group, but additional skills are useful for outdoor, wilderness and water based first aid.</p> <p><b>Foundation Safety and Rescue Training (FSRT - formerly called the Canoe Safety Test):</b> This course covers suitable approaches to maintain the safety of yourself and others, as well as skills to rescue others in difficulty. It is based in a sheltered water environment and covers the use of the following equipment: towline or tow system, throwline, sling, whistle and knife. The FSRT is a pre-requisite for the three star personal paddling award, and some of the coaching awards. RCC would recommend that all members consider attending FSRT. Elements of the course are regularly taught at informal club sessions and everyone is encouraged to attend these to practice these skills.</p>

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	<p><b>White Water Safety &amp; Rescue (WWSR):</b> For paddlers operating in moderate to advanced white water environments and a pre-requisite for the four-star river-leading award. It is a two-day course and offers comprehensive training on safety and rescue elements, as well as knots, karabiners, and how to use a quick release chest harness. If you intend to lead on rivers of grade 2 or above, you should consider this course. RCC would recommend this course for all members who regularly paddle on white water at grade 2 and above.</p> <p><b>Advanced White Water Safety &amp; Rescue:</b> For paddlers operating in advanced waters (e.g. grades 3-4+). The training is a pre-requisite for the five star river leading award. It develops the techniques learnt at WWSR and their application in an advanced environment, and introduces the concept of the 'team approach' to provide structure in emergency situations.</p>						
River leading	<p>Experienced RCC members are regularly on hand to provide advice and support to those wanting to lead on rivers. RCC is keen to encourage members to take responsibility and become river leaders. After obtaining some key skills in this area, river reading and leading can best be developed by plenty of supervised practice. Consolidation of these skills can be learnt and then assessed in the four and five star awards:</p> <p><b>Four Star Leader:</b> This discipline specific test is designed to indicate that the candidate has the skill level to safely paddle sections of moderate water (grade 2/3) as part of a led group, and has the all round paddling ability, safety, rescue and basic leadership required to undertake trips on sheltered- moderate water with a group of similar standard paddlers in a self-sufficient manner. Training takes place over 2 days followed by a 2-day assessment. Prerequisites include: 8 hour first aid course, 12 river trips in at least four different locations, White Water Safety &amp; Rescue, Formal Four Star training <a href="http://www.britishcanoeing.org.uk/courses/4-star-leader-award">www.britishcanoeing.org.uk/courses/4-star-leader-award</a></p> <p><b>Five Star Leader:</b> A paddler at this level has the personal, leadership and safety skills required to lead groups (in formal and informal settings) in discipline specific advanced environments (grade 4 water and above). Training takes place over 2 days followed by a 2-day assessment at a later date. Prerequisites include: 16 hours first aid course, Four Star Leader award, Advanced White Water Safety and Rescue, 30 varied river trips on advanced white water in 3 different geographical areas, Formal Five Star training <a href="http://www.britishcanoeing.org.uk/courses/5-star-white-water-kayak-leader">www.britishcanoeing.org.uk/courses/5-star-white-water-kayak-leader</a></p>						
Coaching	<p>RCC encourages all members to help out with the courses. Members often find this a rewarding experience, and a great confidence booster! Even those newest to the sport can offer valuable tips and assistance to new paddlers. There are a number of qualified coaches in the club who are eager to share their skills. It is recommended that members help out on club courses for at least a season to see if coaching is for them. Formal coaching qualifications are available - though not necessary to help out on club courses. Coaching qualifications start at Level 1 which provides skills for coaching on flat water and goes up to qualifications held by the top coaches in the country most of whom work in the outdoor industry and coach paddle sport for a living. Coaching scheme details and prerequisites can be found online: <a href="http://www.britishcanoeing.org.uk/coaching-leadership/courses-for-coaches">www.britishcanoeing.org.uk/coaching-leadership/courses-for-coaches</a></p>						
Subsidy Policy	<p>RCC members can apply for subsidies up to 80% of the cost of training courses. Applications are made to the Committee where the new skills will benefit the club as a whole. The committee will consider the type of course, how the skills will benefit the club, any previous funding awarded, and what club funds are available.</p> <table border="1" data-bbox="284 1585 1481 1921"> <thead> <tr> <th colspan="2" data-bbox="284 1585 1481 1619">Subsidies will be considered for the following courses/qualifications:</th> </tr> </thead> <tbody> <tr> <td data-bbox="284 1619 882 1888"> <p><b>20% subsidy for the following courses:</b></p> <ul style="list-style-type: none"> <li>• First Aid (8hrs plus - particularly Outdoors)</li> <li>• Foundation Safety &amp; Rescue Training (FSRT)</li> <li>• White Water Safety &amp; Rescue (WWSR)</li> <li>• Advanced White Water Safety &amp; Rescue (AWWSR)</li> <li>• 4* Leader Training / Assessment</li> <li>• 5* Leader Training / Assessment</li> </ul> </td> <td data-bbox="882 1619 1481 1888"> <p><b>80% subsidy for the following courses:</b></p> <ul style="list-style-type: none"> <li>• BC UKCC L1, L2, L3, L4, L5 Training / Assessment</li> <li>• Moderate Water Endorsement (MWE) Training / Assessment</li> <li>• Advanced Water Endorsement (AWE) Training / Assessment</li> </ul> </td> </tr> <tr> <td colspan="2" data-bbox="284 1888 1481 1921">No personal paddling skills development will be considered</td> </tr> </tbody> </table> <p>This is a great opportunity to use the support of the club to develop skills and be able to give something back to other members. To apply for a subsidy, see <a href="http://www.regentscanoeclub.co.uk/training">www.regentscanoeclub.co.uk/training</a> If there is interest from sufficient numbers of members in any one area of training, the Committee will attempt to arrange a course for the group with a suitable provider.</p>	Subsidies will be considered for the following courses/qualifications:		<p><b>20% subsidy for the following courses:</b></p> <ul style="list-style-type: none"> <li>• First Aid (8hrs plus - particularly Outdoors)</li> <li>• Foundation Safety &amp; Rescue Training (FSRT)</li> <li>• White Water Safety &amp; Rescue (WWSR)</li> <li>• Advanced White Water Safety &amp; Rescue (AWWSR)</li> <li>• 4* Leader Training / Assessment</li> <li>• 5* Leader Training / Assessment</li> </ul>	<p><b>80% subsidy for the following courses:</b></p> <ul style="list-style-type: none"> <li>• BC UKCC L1, L2, L3, L4, L5 Training / Assessment</li> <li>• Moderate Water Endorsement (MWE) Training / Assessment</li> <li>• Advanced Water Endorsement (AWE) Training / Assessment</li> </ul>	No personal paddling skills development will be considered	
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