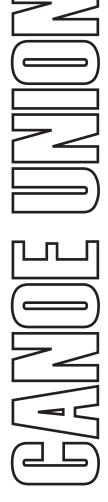
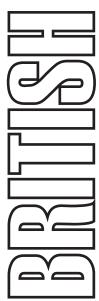
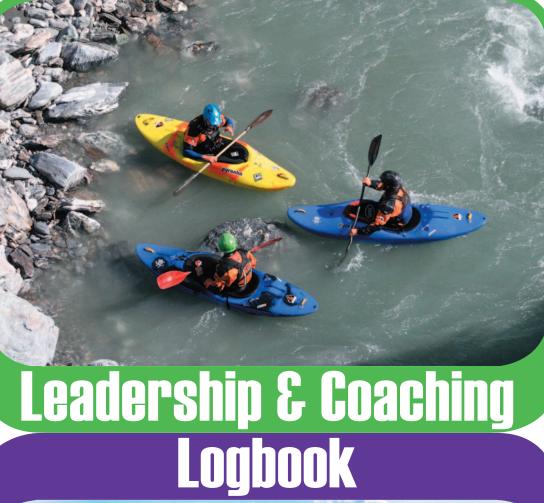


Name:

















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PERSONAL PARTICULARS:

NAME:
ADDRESS:
POST CODE:
TEL:
CLUB, SCHOOL OR ORGANISATION TO WHICH ATTACHED ?
BCU MEMBERSHIP NUMBER:
NAME AND ADDRESS OF LOCAL COACHING ORGANISER:





Guide to use of the Logbook

This logbook is designed so that you can record evidence of expeditions, trips, other experiences and coaching activities, in preparation for training, or assessments within the BCU Coaching Service tests and awards scheme. Whilst these records are not essential for the 1 to 3 Star Tests, it will help to record the necessary journeys. A properly maintained logbook is an essential requirement for all Coaching and Leadership awards; this logbook fulfils the requirement and the format is easy to follow. The logbook can also be used to evidence currency as part of the BCU Coach Update scheme.

There are many other reasons for keeping an up to date record of your canoeing activities. These may be personal, like keeping an ordinary diary, to remind yourself of past events, or to record activities for reference in preparation for more advanced adventure and activities.

To ensure that your entries are correct it is advisable they are written in immediately after the event. You should start now by filling in the Personal Particulars Page. Short notes have been added under the various headings to give guidance in keeping records.

If someone else was the organiser of the event or qualification course it is best if you can get them to initial your entry, but don't leave it for some other person to complete as they will probably forget and don't leave it until later as YOU will probably forget! The BCU Canoe and Kayak Handbook, and the BCU Coaching Handbook provide a complete guide to the sport, and the learning and teaching of its skills, these are particularly useful resources for Coaches and Leaders.

Syllabi and guidance note for the various Coaching and Leadership awards are published on the BCU and Home Nation Association websites, please check these for current documents.



Record of Experience:

Record here all your experience before your first coaching award Record details of: Tours and Trips (including grades of difficulty and conditions) Competition work (with standards reached) and/or any other canoeing experience

Date	Details

Continued:

Date	Details

Coaching Record:

Record here courses or sessions that you have organised, or helped to run. Try and ensure that you have a range of experience, both in the area / type of weather taught on, single / series of sessions, and type of student, e.g.: adult, child, those with special needs, novice, and those with some experience.

Date	Time (hours)	Number In group	Ability level	Nature of activity	Venue	Water & Weather Conditions	Role in group

Coaching Record (continued):

In group	Ability level	Nature of activity	Venue	Weather Conditions	Role in group
					Image: selection of the

Conferences and Exhibitions Attended:

This section is intended to show you that you have a wide experience of the sport. If you have been to any conferences or exhibitions then note them here. Also add any information about local canoe shops that you use, or any other events that were connected with canoeing.

Date	Event attended

Conferences and Exhibitions Attended (continued):

Date	Event attended

Courses attended / work with other organisations:

Give location, course organiser, aims and level of course. Identify type of organisation, and how you were involved. Course organiser should ideally initial the entry.

Date	Details	Initials

Courses attended / work with other organisations (continued):

Date	Details	Initials

Journeys or other events:

Do try to ensure that you have as wide an experience as possible. Have you operated in kayaks and open canoes? Have you competed in different forms of event? (Slalom, Freestyle, Sprint, Marathon etc). Have you operated with canoes in a swimming pool? Have you been to a local touring event and a major touring event? Have you been to a Lifeguards event? This is one of the great strengths of Paddlesport – it is so varied and has something for everyone. Do get out there and get involved in as many aspects as possible.

Date	Location	Form of event	Type of Water	Number involved	Weather	Your role in this event

Journeys or other events (continued):

Date	Location	Form of event	Type of Water	Number involved	Weather	Your role in this event

Local Coaching Panel / Club meetings:

Note here any canoeing meetings you attend. This also helps to show your involvement in the sport.

Date	Type of meeting	Main Topic	Action / Comments

Local Coaching Panel / Club meetings (continued):

Date	Type of meeting	Main Topic	Action / Comments
<u> </u>			

Work with other coaches / team members:

You need to show your ability to work as a member of a team either within your workplace, or where you are working with someone else on a course. Note details of work undertaken, areas of responsibility, suggestions made to change policy or work practices, and help offered to coaches or assistants.

Date	Details of work meetings, canoeing event or course	Action taken

Work with other coaches / team members (continued):

Date	Details of work meetings, canoeing event or course	Action taken

Suggestions or complaints with which you have dealt:

You need to show your knowledge and ability at dealing with organisations, customers and clients. Mention how you dealt with any incidents, what they were, and your relationship with the people making the suggestion or complaint.

Date	Nature of suggestion / complaint	Action taken	

Suggestions or complaints with which you have dealt (continued):

Date	Nature of suggestion / complaint	Action taken	

Courses Organised:

Record details of all courses that you have organised (e.g. BCU 1 Star or a Level 2 Coach Course). Record date, location, aims, and level of the course.

Date	Location	Details

Courses Organised (continued)

Date	Location	Details

Qualifications prerequisite record chart: (Star Awards, Paddlepower, Safety Training, and First Aid)

Note here all tests undertaken. Please ensure that the course organiser signs in confirmation.

Date	Test or award	Location	Assessors' signature	Recommended / Not Rec' Completed / Not Completed





Training and Assessment Record Sheet			
Levels 1 & 2	Date	Venue	Course Provider (Sign & Print)
Boat-based			
BCU (UKCC) Level 1			
BCU (UKCC) Level 2 Training			
BCU (UKCC) Level 2 Assessment			
Bank-based			
BCU (UKCC) Level 1			
BCU (UKCC) Level 2 Training			
BCU (UKCC) Level 2 Assessment			





Training and Assessment Record Sheet				
Moderate Water Endorsement	Date	Venue	Course Provider (Sign & Print)	
White Water				
Moderate Water Endorsement Training				
Moderate Water Endorsement Assessment				
Open Canoe				
Moderate Water Endorsement Training				
Moderate Water Endorsement Assessment				
Sea				
Moderate Water Endorsement Training				
Moderate Water Endorsement Assessment				
Surf				
Moderate Water Endorsement Training				
Moderate Water Endorsement Assessment				





Training and Assessment Record Sheet				
BCU (UKCC) Level 3	Date	Venue	Course Provider (Sign & Print)	
Core				
BCU (UKCC) Level 3 Core Training				
Intermediate Modules				
Coaching the Mind				
Optimising for Performance (Part 1)				
Optimising for Performance (Part 2)				
Discipline Specific:	(state disc	ipline)		
Training				
Assessment				
Discipline Specific:	(state disc	ipline)		
Training				
Assessment				
Discipline Specific:	(state disc	ipline)		
Training				
Assessment				
Discipline Specific:(state discipline)				
Training				
Assessment				





Training and Assessment Record Sheet				
4 Star Leader	Date	Venue	Course Provider (Sign & Print)	
White Water				
4 Star Leader Training				
4 Star Leader Assessment				
White Water Safety & Rescue				
Open Canoe				
4 Star Leader Training				
4 Star Leader Assessment				
White Water Safety & Rescue				
Sea				
4 Star Leader Training				
4 Star Leader Assessment				
Coastal Navigation and Tidal Planning				
Surf				
4 Star Leader Training				
4 Star Leader Assessment				





Training and Assessment Record Sheet			
5 Star Leader	Date	Venue	Course Provider (Sign & Print)
White Water			
5 Star Leader Training			
5 Star Leader Assessment			
Advanced White Water Safety & Rescue			
Open Canoe			
5 Star Leader Training			
5 Star Leader Training			
Sea			
5 Star Leader Training			
5 Star Leader Training			
Open Water Navigation and Tidal Planning			
Surf			
5 Star Leader Training			
5 Star Leader Training			
Advanced Surf Safety			