

Adventure Dolphin Coaching Notes Beginners Course

This should be considered as a similar skill level to the previous One Star and lead to The Paddle Discover Award

Course Dates.....

Lead Coach.....

Skill	Details	Completed on course so far:-			Notes about your sessions
		Introduced	Practiced	Competent	
Getting Ready	Introduction- group and session aims Clothing – appropriate for conditions Correct fitting of buoyancy aid Spray Deck (optional)				
Equipment	Selection of boat and adjustment of foot rest Correct paddle type and length				
Technique	How to sit in a boat and how to get out How to hold the paddle and practice stroke action				
Lifting and carrying	Safe manual handling- how to lift safely, sharing the load. Use of wheels				
Environment	Discussion of paddling area, boundaries. Identify significant hazards- wind, flow, river traffic, anglers.				
Launching	How to put boats on the water safely. Launching without relying on seal launches Discuss bank erosion.				
Forward Paddling	Be able to paddle 100m without excess deviations from course Posture. Connectivity. Position in a canoe (trim)				

	Looking ahead Simple steering solutions				
Turning	Use of sweep strokes to spin a stationary boat (forward and reverse sweeps, alternative for kayaks) The effect of sweeps at the front or sweeps at the stern				
Steering	Using variation to forward strokes and sweeps to create desired steering effect Stern rudder				
Stopping	Short dynamic strokes to stop in 4 strokes Stop from paddling forwards and reverse				
Reverse Paddling	Be able to reverse 5 metres without the boat turning (OC should be introduced to cross deck strokes)				
Sideways	Simple draw strokes				
Safety	What to do in event of a capsize How to exit from a capsized boat, what to do with the boat and paddle, listening for instructions from rescuer. Swimming to the side How / where to get out of the river safely				
Return to the bank	Get out without losing contact with the boat How to lift a boat from the water How to empty a boat				
Putting Away	How to care for equipment- Check, Clean, Dry Storage and returning paddles and BA to rack				
Health	Showering Care of wounds Water borne infections Hypothermia, Sun protection				
Review	Encourage reflection on key learning Discuss what participants can change next time				