

Adventure Dolphin

Use this or the other method on other side to assist with your session Brief.

“IPEEEEECS” - Pre-Session Brief

Introduction	My name and role Group members names
Plan	Aim of session
Expectations	Does it match the plan? Individual goals Questions
Experience	What have they done before?
Emotions	Happy with plan? Any nerves?
Equipment	Clothing Footwear BA Boat Other
Emergencies	Medical Consent with Emergency Contact details Personal information they wish to mention to leader/coach?
Enquires	Do they have any questions?
Communication	Just mention to groups that you may need to give directions for safety reasons. They should try to stay alert for any directions from their coach /leader.
Swim Talk	Hold on to your paddle. Hang onto your boat Listen to directions, probably swim to the bank.

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“MY ABCDEFG” Pre- Session Brief

Me	Introduction and a bit about You as a coach or leader at AD.
You	Find out who the group are
Area	Give an indication of where the group will be working
Boats and Equipment	The group will need to be introduced to the boats, equipment for paddling and Buoyancy Aids will need to be correctly fitted. Now is a good time to get boats set up correctly and to perform simple checks (bungs, bolts done up)
Communication	Most participants will need to be reminded that they might need to be alert to communication from their coach. Some people use simple signals, such as “come to me”, “paddle that way”.
Doctor	This is just a reminder. Have you checked that everyone has a medical consent form? Give participants a chance to tell you about any health concerns or medical complaints. Have they got medication on them? Invite participants to let you know important personal information (in confidence).
Emergency	Most novices are worried about capsizes. Now is a good time to give basic advice. For example- “Relax, let yourself fall out”. “Hang onto your paddle and boat. Wait for directions from the leader”.
Final Checks	Are we all ready?
Go	Don’t forget to warm up.