

**HOW TO PASS**

# BCU Level 2 Coach Assessment

## Top Tips to Successfully Jump the Hurdle

Passing the BCU/UKCC Level 2 Coach assessment can be a daunting task even with the help of a mentor. Here Coach Derek Hairon shares a few tips gathered from, Nic and Claire, two candidates who recently successfully passed their Level 2 assessment.

**ARTICLE & IMAGES BY DEREK HAIRON**  
**- JERSEY KAYAK ADVENTURES**





**I**f you are not familiar with the BCU Level 2 coach award, it's best to look at the relevant page on the BCU website - <http://bit.ly/1eIn06a> and when you have got confused get in touch with me - or a Level 2 trainer/assessor - for advice and clarification! Basically you need the BCU Level 1 Coach award, Foundation Safety and Rescue (you'll already have done this at level 1) and BCU 3 Star in one or two disciplines before you can access Level 2 training. Expect to also need to obtain a First Aid award and, if you plan to work with young people a Disclosure and Barring Service (DBS) Police check.

### Why bother with Level 2 assessment?

BCU Level 2 allows you to operate in defined areas without supervision. More importantly you can add bolt modules such as 4 Star Leader and Moderate Water Endorsement, which

**[Right]** Make time to develop your personal skills



### Top Tips to help you pass your Level 2 assessment

- Develop your personal paddle skills up to a good standard so you no longer have to think about them. You'll then be able to focus on your students more easily.

**"Try to coach as wide a range of people as possible to develop your toolbox of coaching styles. There is a big difference between coaching young people and adults."**

### [ABOUT THE AUTHOR] DEREK HIRON

Derek is a BCU level 5 Sea Kayak Coach and owner of Jersey Kayak Adventures Ltd. Over the last couple of years he has mentored a number of budding level 2 coaches and runs a range of courses from novice to advanced level around the superb coastline of Jersey.







### Top Tips to help you pass your Level 2 assessment (Cont'd)

- Get plenty of time afloat developing your own skills in a wide range of conditions so you build up your experience. This is a good excuse to just get out paddling with your friends.
- Help out at your local club/youth group or centre. This will give you more opportunities to practice your coaching skills.
- Try to coach as wide a range of people as possible to develop your toolbox of coaching styles. There is a big difference between coaching young people and adults.
- Learn from other coaches. Spend time assisting on their sessions.
- Keep your logbook up to date and record anything related to paddlesport.
- Stay in contact with other trainees on your Level 2 training course and also the course providers. Both can provide support and advice as well as top tips. There are also a couple of Facebook pages in existence.
- Allow time to get any pre-requisites.
- It's worth doing a 16-hour first aid course rather than an 8-hour one because it is more comprehensive and will be more useful in the future, e.g. if you go on to do 4 Star Leader assessment.
- Get a mentor who can give advice and also help you prepare your portfolio of experience for the assessment.
- Plan, do and review your coaching sessions. Write them up soon after the session while things are still fresh in your mind.
- If there are others in your area needing assessment, consider hiring an assessor rather than book onto an assessment course. This will allow you to - hopefully - coach students who you have been working with over a length of time. It makes things more realistic and less stressful.



[Above]  
Make time  
to have fun



**"Develop your personal paddle skills up to a good standard so you no longer have to think about them. You'll then be able to focus on your students more."**



- Work in different types of craft. This will remind you what it feels like when doing a skill for the first time.
- You can now get assessed in just one discipline. If you plan to work as a coach, get both canoe and kayak coaching experience and be assessed coaching in both disciplines. This will make you more employable.



### Stepping up

If you are a level 1 coach stepping up a grade to level 2 will enhance your paddle-sport and coaching skills as well as helping you find employment in the adventure industry. Clare and Nic, who inspired this article, subsequently passed their level 2 coach award and headed south to kayak and find work in New Zealand. **cluk**



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