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## Level 3 Kayak Training

What's our coaching philosophy? It's a modern, progressive style that sees a whole river, not an isolated rapid. It's also what's helped us become Europe's top kayak instruction company. We show you the nuts and bolts of our uniquely dynamic approach on our comprehensive level 3 training

### Day 1

- We'll discuss different, useful ways of briefing and organising a group.
- We'll do some work on your personal paddling skills.
- We'll look at coaching styles and different learning concepts.
- We'll consider how individual learning styles can make a difference.
- We'll look through, and give you feedback on, your coaching log.

### Day 2

- We'll show you how to present a gear or theory lecture.
- We'll cover the essentials for successfully planning a trip.
- We'll look at different river running techniques, with particular emphasis on the modern, dynamic style.
- We'll think about how to plan a session for maximum effectiveness.
- We'll give you a complete debrief and highlight areas to concentrate on.

### Pre-requisites

You need to be over 18, hold your level 2 coach award, your 4\* inland kayak and have a current first aid certificate (minimum eight hour course) including CPR and EAV. You also need to be a BCU/WCA/SCA/CANI comprehensive member and have centrally registered for training. Please make sure you bring all your certificates, a C1 registration form and your current membership card.

### Logistics

The course starts at 9AM at Newbridge on the River Dart in Devon. We'll aim to finish by 1600 on Sunday. If you need directions, give us a call! The course going to be taught by Simon Westgarth (+44 (0)7703 465 338)

### Make sure you bring:

Your paddling kit  
A packed lunch and a hot drink for the river  
Rescue gear, including a throwbag  
A first aid kit  
Your logbook and paperwork  
Waterproof notepad and pencil