



LEVEL 1 COACH TRAINING PATHWAY FOR JUNIORS

Name: .....

TCKC is keen to support the development of your paddling skills and safety awareness. Some junior members are also keen to join the Coach Training programme.

Coaches recommend that you gain experience of a variety of paddling disciplines first, so that you find the L1 Training Course more meaningful, enjoyable and useful.

The following Pathway covers the experience that you need. Once you have completed this Pathway, your Section Leader may put your name forward for a subsidy for a L1 Coach training course.

You will need to regularly assist at training sessions, or provide support, to any section of the club to give the required 20 sessions of assistance.

Challenge	Description	Location	Date complete	Coach name and signature
<b>GAIN:</b>				
2 Star Award				
Foundation Safety and Rescue Test (FSRT)				
<b>PARTICIPATE IN:</b>				
River trip in a kayak (6km or 3 hours)				
River trip in a canoe (6km or 3 hours)				
A freestyle event or training session				
Two canoe polo games				
A slalom competition				
<b>ASSIST COACHES:</b>				
20 sessions (6 months)				

**20 Session Record Card Name:**

<b>Date</b>	<b>Description of assistance given</b>	<b>Location</b>	<b>Coach name and signature</b>
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