

Adventure Dolphin Coaching Notes Improvers Course

This should be considered as a similar skill level to the previous two star and should lead to the Paddle Explore Award

Course Dates.....

Lead Coach.....

Skill	Details	Completed on course so far:-			Notes about your sessions
		Introduced	Practiced	Competent	
Getting Ready	Introduction- participant involvement with session plan Clothing – appropriate for conditions Weather Licences				
Equipment	Boat selection and appropriate adjustment of fittings Correct fitting of buoyancy aid Correct paddle type and length Spray Decks ((kayak) Tying on a painter (OC)				
Lifting and carrying	Safe manual handling				
Environment	Set boundaries. Environment - wind, flow. River etiquette (rules of road, other users, wildlife)				
Launching	Different launch techniques from different launch areas Know how to avoid bank erosion.				
Forward Paddling	Be able to paddle 250m with minimal yawing. Use of major muscle groups (core/trunk)				

	<p>Posture. Connectivity- feet, knees, thighs, bottom, back rest. Power Transfer Position in a canoe (trim)</p>				
Turning on the move	<p>Perform wide and tight turns while maintaining momentum Kayak- Sweeps, rudders, low brace turns. Canoe- draws, ¼ sweeps, use of J, outside pivot, C stroke. Effect of trim and edging Future water</p>				
Steering	<p>Corrective strokes Be able to run through a narrow gap using stern rudder</p>				
Edging and Trim	<p>Develop skills using edging and altering trim</p>				
Stopping	<p>Short dynamic strokes to stop in 4 strokes Stop from paddling forwards and reverse OC – cross deck stroke alternative with reverse</p>				
Reverse Paddling	<p>Be able to reverse 5 metres without the boat turning OC use of cross deck strokes to gain momentum</p>				
Sideways	<p>Variety of draw strokes- feathered and sculling.</p>				
Preventing a capsized	<p>Balance point- use of body Kayak- low recovery, high recovery OC- Low recovery on the paddle side and introduce off side recovery by use of a draw stroke</p>				
Rescue	<p>Controlled capsized and exit from boat without panic Swimming to the side with boat and paddle</p>				

	<p>How / where to get out of the river safely</p> <p>Deep water rescue- know at least one method for:-</p> <p>Safe boat emptying and how to get back into a boat, with assistance if needed.</p> <p>Be able to perform a rescue and to be rescued by another paddler.</p> <p>Be able to assist a swimmer to shore</p> <p>Kayak- introduction to Eskimo Rescues</p>				
Return to the bank	<p>Safe approach to the bank</p> <p>How to lift a boat from the water</p> <p>How to empty a boat</p>				
Putting Away	<p>How to care for equipment- Check, Clean, Dry</p> <p>Returning equipment ready for next user</p>				
Health	<p>Showering</p> <p>Care of wounds</p> <p>Water borne infections</p> <p>Hypothermia / Hyperthermia</p> <p>Heat stroke and Sun protection</p> <p>Hydration and Nutrition</p>				
Theory	<p>Coaches should consider discussing these topics:-</p> <p>trip planning</p> <p>How to raise assistance in an emergency</p> <p>Navigation</p> <p>Non-Native Invasive Species and the Check-clean-Dry campaign</p>				
Review	<p>Encourage reflection on key learning</p> <p>Discuss what participants can change next time</p>				