

# **Adventure Elements / Kayak Essentials**

## **Intensive Sea Kayak Leader / Coach / Guide Training Course**

**2-29 November 2020  
Course Guide**

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## Intensive Sea Kayak Leader / Coach / Guide Training Program

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Thank you for your interest in our 2020 Sea Kayak Guide Training course.

The following course guide summarises the overall training content, and will offer guidance on its suitability for your current aims and experience. We will aim to deliver an enjoyable, challenging and productive training course, focused on your specific goals.

### The overall aims of the course are as follows:

Based on the island of Anglesey, this 4-week course will deliver a high-quality coaching experience, in a world-class training environment, with a dedicated focus on skill development.

Core training topics will include personal skills, group management strategies, problem solving skills, coach education, first aid training, expedition planning and leadership.

The training course will focus on skills relevant for all kayakers responsible for others on the sea. If you work as an outdoor educator, instructor or sea kayak guide, if you lead friends or club paddlers - this course will deliver important and useful skills.

### Experience Levels

We have identified upper and lower levels of experience that all students will have, prior to the commencement of the course:

#### Minimum entry level:

You are welcome to apply for a place on the 2020 Sea Kayak Leader / Coach / Guide training program if you have the following minimum level of experience:

- Confident boat handling skills in moderate open sea conditions
- Rolling skills on flat water
- 18+ independent sea kayaking days, in a range of moderate open sea environments

With this level of experience, participants will benefit from training and preparation for leading, guiding and coaching groups in moderate conditions during the 4-week training program.

#### Upper entry level:

We will offer training and preparation for leading, guiding and coaching groups in advanced conditions, during the 4-week training program, for students with the following experience:

- British Canoeing Sea Kayak Leader award (moderate water)
  - 24+ days experience assisting / leading groups in slight / moderate open sea conditions
- 30+ independent sea kayaking days
  - following completion of the Sea Kayak Leader (moderate water) award
  - in advanced conditions, in 3 different UK sea areas

If your current ability and experience currently lies between the described minimum / upper entry levels, we will work with you agree clear outcome goals, during- and post-course, along with detailed action plans for future skill development.

## Overall Course Aims

The value of this intensive training course cannot be measured only in terms of National Governing Body awards, or the completion of a 'Guide' certification.

We believe that the true benefits of this training course will include:

- An intensive course, focused on skills relevant to all sea kayak leaders, coaches and guides.
- Progress in personal skills and experience, in Anglesey's world-class training venues.
- Training and kayaking with like-minded paddlers, to develop relevant sea kayaking skills - a community of practice that will enhance learning.
- Coaching from highly-experienced sea kayak leaders and coaches who will focus on your individual goals, and who have spent many years leading, coaching and guiding in dynamic coastal environments around the world.
- Exploration of useful skills for sea kayak leaders, coaches and guides - observation skills, decision-making, communication, group management and interpersonal relationships.

We believe that this Intensive Leader / Coach / Guide Training course will provide experiences and learning that go beyond the completion of National Governing Body awards.

NGB awards are required in the sea kayaking industry; thus, this intensive program provides training towards the British Canoeing Sea Kayak Leader and Advanced Sea Kayak Leader awards (according to experience levels prior to the training course).

Course content will include the following elements:

### British Canoeing / NGB certification awards

Students can complete the following British Canoeing award courses during the 4-week program:

- Sea Kayak Leader Training / Refresher & Coastal Navigation / Tidal Planning \*
- Advanced Sea Kayak Leader Training / Refresher & Open Water Navigation / Tidal Planning \*

*\* we will provide sea kayak leader training in moderate or advanced water conditions, depending on your background experience and course aims*

- Core Coach Training
- Sea Kayak Coach Training \*

*\* official attendance dependent on successful completion of Sea Kayak Leader Award*

- Guide Modules: Leadership, Trip Planning, Camp Craft & Expedition Skills
- 16-hour outdoor REC First Aid training
- VHF Radio certificate

Depending on experience and progress, students will have the opportunity to complete the BC Sea Kayak Leader (moderate water) assessment during the 4-week training program.

Some course participants may wish to use the 4-week training course as preparation for the BC advanced sea kayak leader award. There will not be an organised assessment as part of the 4-week training period.

However, independent assessment dates in North Wales will be available during the week following the program (December 2020), and at later dates (from Spring 2021).

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## Student Pathways & Learning Outcomes

We recognise that you will bring your own experience, motivations and goals to this intensive Sea Kayak Leader / Coach / Guide Training course.

With this in mind, we will work with you to agree a student pathway best suited to your desired progression. We will discuss progress achieved throughout the course and will review action plans on a continual basis.

We aim to provide maximum coaching ratios of 1:4 and will seek to individualise the course content, pace and structure to meet your aims.

### Potential Course outcomes:

All participants will benefit from the experience of completing 24 days of intensive sea kayak leader / coach / guide training, to include a range of BC leader / navigation / coach / guide training courses, plus a sea kayak-specific 2-day first aid training course.

### British Canoeing Leader Awards:

British Canoeing Leader (Moderate Water / Advanced Water) awards require that candidates hold a minimum level of experience - independent, self-led trips in varied conditions, in different geographical areas.

While this intensive training course will enhance skills, ability and confidence in key skill areas, the overall course structure cannot bridge significant gaps in background experience.

We recommend that you consider your background experience prior to this intensive training course, and consider your potential progress during the four weeks that we will spend together.

We will organise a BC Sea Kayak Leader (moderate water) assessment during the 4-week training course for the following reasons:

1. The required level of independent sea kayaking experience (see BC guidance notes) is within the reach of many UK and overseas kayakers. It is a reasonable objective for all participants to commence the course with at least this level of background experience.
2. Official completion of BC Sea Kayak Coach training / BC Advanced Leader training is dependent on candidates holding the BC Sea Kayak Leader award.

We will not organise a BC Sea Leader (advanced water) assessment within the 4-week training program, for the following reasons:

1. The required level of independent sea kayaking experience for successful completion of this award is extensive: including 30+ sea kayaking days in advanced conditions in 3 different UK sea areas. Course participants with this level of experience are free to target an assessment date soon after the training program; candidates without this background will not gain the necessary breadth and depth of experience during a 4-week Anglesey-based training program.
2. We aim to deliver a stimulating and challenging training experience, in which participants can explore coaching, leading and guiding principles, without the pressure of an impending advanced water leader assessment. In our experience, such an 'assessment focus' can act to the detriment of training opportunities.

If you are confident that you have the required experience, and wish to make use of the training program to prepare for an assessment, there will be an Anglesey-based opportunity within one week of the end of the 4-week training program. You will be free to independently reserve a place on such an assessment.

We will also offer guidance and feedback during the training program regarding your readiness for the advanced water leader assessment.

### **Individual Training Program Goals**

The following advice will help you to set appropriate goals for the course.

#### **Example 1:**

##### **Pre-course background experience:**

18 independent sea kayaking days, in a range of moderate open sea environments

A reasonable goal will be to complete the British Canoeing Sea Kayak Leader (moderate water) award during the 4-week intensive training course.

There will be one organised Sea Kayak Leader assessment, at the end of week two.

A successful mid-course assessment will also permit you to formally complete Advanced Sea Kayak Leader training / Sea Kayak Coach training.

#### **Example 2:**

##### **Pre-course background experience:**

British Canoeing Sea Kayak Leader award completed

30+ independent sea kayaking days in moderate / advanced conditions, in different UK sea areas

A reasonable goal will be to complete British Canoeing Advanced Sea Kayak Leader training / Sea Kayak Coach training, and agree an action plan for a future Advanced Sea Kayak Leader assessment.

#### **Example 3:**

##### **Pre-course background experience:**

British Canoeing Sea Kayak Leader award completed

30+ independent sea kayaking days in moderate / advanced conditions, in different UK sea areas

24+ days experience assisting / leading groups in moderate open sea conditions

A reasonable goal will be to prepare for a British Canoeing Sea Kayak Leader (advanced water) award. As mentioned in the guidance notes above, there will be an Anglesey-based opportunity within one week of the end of the 4-week training program. You will be free to independently reserve a place on such an assessment.

Please contact us for a detailed discussion on your background experience and course goals.

## Outline Program

The following course timetable indicates the extent and level of training that all students will experience during the 4-week training program.

Environmental and logistical factors will influence timing of specific training days; we aim to be as flexible as possible in the delivery of core training course content.

We also recognise the need to provide different training course content for different student pathways. We will always work in groups that best meet your specific goals.

## Sea Kayak Leader / Coach / Guide Training Course - November 2020

### Week 1

Monday 2 Nov	Personal Skills Training (2 days)
Tuesday 3 Nov	
Wednesday 4 Nov	Boat handling skills to underpin sea kayak leader / coach / guide strategies - this training element will enhance / develop skills in moderate / advanced water, according to individual aims & experience
Thursday 5 Nov	
	Problem Solving / Incident Management Skills Part 1 (2 days)
	We will focus on problem-solving skills in open water, rock gardens, tide races and surf, including assisted- and self-rescues.
Friday 6 Nov	OFF - free paddling / rest / study
Saturday 7 Nov	Problem Solving / Incident Management Skills Part 2 (2 days)
Sunday 8 Nov	
	We will focus on problem-solving skills in open water, rock gardens, tide races and surf, including assisted- and self-rescues.

### Week 1 Notes:

This important week will focus on the necessary personal skills for safe and effective management of sea kayaking groups in moderate / advanced conditions.

We will also explore the issues of problem avoidance, management of sea kayaking incidents, and specific technical solutions in a variety of sea kayaking environments.

## Sea Kayak Guide Training Course - November 2020

### Week 2

Monday 9 Nov	British Canoeing Core Coach Training (2 days)
Tuesday 10 Nov	<p>The British Canoeing Core Coach training course is an in-depth practical exploration of coaching strategies, observation skills, learning environments, barriers to learning and their possible solutions, and structure of practice.</p> <p>These coaching core coaching skills are useful and relevant to all sea kayak leaders, coaches and guides.</p>
Wednesday 11 Nov	British Canoeing Sea Kayak Coach Training (2 days)
Thursday 12 Nov	<p>The British Canoeing Sea Kayak Coach award is an internationally-recognised indication of coaching ability that enhances the skill-sets of all leaders and guides.</p> <p>This training course will focus on the delivery of progressive sea kayak coaching sessions, to improving paddlers in moderate water coastal environments.</p>
Friday 13 Nov	OFF - free paddling / rest / study
Saturday 14 Nov	British Canoeing Sea Kayak Leader Assessment (2 days)
Sunday 15 Nov	<p>For students seeking a Sea Kayak Leader assessment, this weekend is the first opportunity during the 4-week training program.</p> <p>Students who have already completed this award will gain further sea kayak group management experience in moderate / advanced water</p>

#### Week 2 Notes:

We recognise that some students may have already completed the Sea Kayak Leader assessment course.

On Saturday 14 / Sunday 15 Nov, we will also offer further sea kayak skill development in moderate / advanced water, according to specific aims and conditions. We expect to focus on group management experience, with feedback provided throughout the weekend.

## Sea Kayak Guide Training Course - November 2020

### Week 3

Monday 16 Nov Tuesday 17 Nov	BC (Advanced) Sea Kayak Leader Training / Refresher Part 1 (2 days)  Leadership / group management training  This week will focus on group management strategies, leadership considerations, problem-solving issues, and navigation skills - including coastal / open water navigation training (including poor visibility / darkness)
Wednesday 18 Nov Thursday 19 Nov	REC Outdoor First Aid award for Sea Kayakers
Friday 20 Nov	OFF - free paddling / rest / study
Saturday 21 Nov Sunday 22 Nov	BC (Advanced) Sea Kayak Leader Training / Refresher Part 2 (2 days)  Leadership / group management training  This course will focus on group management strategies, leadership considerations, problem-solving issues, and navigation skills - including coastal / open water navigation training (including poor visibility / darkness)

#### Week 3 Notes:

First aid and VHF radio certificates are required elements for all sea kayak leaders, coaches, guides. This week ensure that all candidate prerequisites are in place.

VHF training will take place on 2 agreed evenings during the first three weeks of the training program.

During the second half of the 4-week training program, we will arrange opportunities for participants to lead real group members in moderate / advanced conditions.

## Sea Kayak Guide Training Course - November 2020

### Week 4

Monday 23 Nov Tuesday 24 Nov Wednesday 25 Nov Thursday 26 Nov	<p>Multi-day Trip Skills - Sea Kayak Guiding Skills (4 days)</p> <p>This skills-enhancement week will further develop group management / problem- solving, navigation &amp; personal skills in moderate / advanced sea conditions.</p> <p>The week may include a multi-day component, with 3 days / 2 nights spent camping from sea kayaks in the North Wales coastal environment.</p> <p>We will also complete key British Canoeing Guide modules: <a href="#">Leadership</a>, <a href="#">Expedition Planning &amp; Camp Craft</a></p>
Friday 27 Nov	OFF - free paddling / rest / study
Saturday 28 Nov Sunday 29 Nov	Final weekend - putting it all together! Further training opportunities combined with the experience of leading / guiding / coaching real group members in moderate / advanced water conditions on the Anglesey coastline.

#### Week 4 Notes:

On Monday 30 November we will complete end-of-course reviews and discussions, collectively and individually. This will include action-planning, focus on future development and will establish a goal-setting pathway for any further leader / guide assessments.

#### Evening commitments:

We anticipate that there will be evening commitments on approximately two evenings each week.

These may include:

- Practical night navigation exercises
- Shore-based navigation planning exercises
- Theory presentations / discussions
- Overnight camping, remote from Anglesey Outdoors

During the course we will discuss and agree suitable evenings, taking into consideration weather conditions and other factors.

## Is this program suitable for me?

If you are motivated by the opportunity to explore, learn and develop sea kayak leading, coaching, and guiding skills in an intensive month of focused training, it's likely that you will find this training program worthwhile and rewarding.

There is great value in exploring the complex skills that underpin effective leading, coaching, and guiding. This training program is best experienced with an open, inquiring mindset, and a willingness to consider multiple approaches to group management and problem-solving.

Sea kayaking takes place in a complex environment, and involves complex human interactions. We will not take a convergent, 'do it this way' approach to skill development, but will explore a range of solutions for diverse sea kayaking decision-making issues.

If you are motivated by the achievement of specific certifications, and wish to make use of this training program to prepare for a sea kayak leader / coach assessment, we encourage you to consider your current experience level, your existing skills, and the difference a 4-week training course can make to your readiness for an assessment.

### What we can do:

We can provide a focused, intensive month of training in which we work to develop boat handling, group management, navigation and problem-solving skills. You'll work with experienced coaches who will aim to develop your skills as far as possible in the available time.

### What we cannot do:

We cannot offer more than a further 4 weeks' sea kayaking experience in Anglesey's tidal conditions. If your goals include leader / coach certifications that require specific personal kayaking / group management / coaching experience, please consider the quantity and quality of your pre-course sea kayaking experience. No intensive training program can replace the knowledge and judgement that time afloat in moderate / advanced conditions will provide.

British Canoeing sea kayak leader assessments requires candidates to have specific levels of experience in UK moderate / advanced sea conditions.

For moderate water candidates, the minimum requirement is:  
24 independent sea kayaking days in relevant conditions (see page 17).

Advanced water candidates need the following additional minimum experience:  
30 days in 3 different UK sea areas, in relevant conditions (see page 17).

In summary, we aim to provide the best sea kayaking leader / coach / guide development opportunities, across 24 days of intensive training.

We are motivated to deliver a positive coaching environment, focused on your individual aims, that will act as a stimulus for your further development in the sport.

Please do not hesitate to contact us if you have any questions or concerns about your planned commitment to the 2020 Intensive Leader / Coach / Guide training program.

## Sea Kayak Guide Training Course - November 2020

### Accommodation:

We recommend that all students reserve accommodation at the Anglesey Outdoors centre:

[www.angleseyoutdoors.com](http://www.angleseyoutdoors.com)

The centre has excellent options and is situated in an ideal location, just one mile from Holyhead and close to many of our training venues.

Accommodation options include private rooms, bunkhouse, camping, pods and yurts.

There is a friendly bar onsite, with catered options available, and a drying room.

There are supermarkets and other services within a 5-minute drive of Anglesey Outdoors.

We will meet at the centre each morning at around 09:00, ready to commence the coaching day.

### Sea Kayaks & Transport:

We have a selection of SKUK, P&H, Valley & North Shore sea kayaks available for your use.

While we recommend that you use your own sea kayak, we appreciate that overseas visiting students will require equipment. If you do not own a sea kayak, we will provide one for the course.

Please advise us if you need a sea kayak for the course duration, and if you need any other items of equipment.

We will also provide suitable transport to / from Anglesey Outdoors and our chosen sea kayaking venues each training day.

### British Canoeing Fees:

All students wishing to complete British Canoeing Leader assessments during the training program will need to be full members of their Home Nation, when registering with British Canoeing for their chosen assessments.

We will provide advice on the registration process - students will be responsible for British Canoeing membership / registration costs, to be paid directly to the National Governing Body.

### Insurance Information:

All coaching sessions are protected by Professional Indemnity insurance cover.

All lead coaches will be appropriately qualified Sea Kayak Coaches, with current British Canoeing membership and first aid qualifications.

This insurance does not cover individual participants for claims arising from personal accident, loss of possessions or inability to attend any or all coaching days.

We strongly recommend all participants to ensure that they have appropriate personal insurance in place, to provide cover against such eventualities.

## Personal Equipment:

### Clothing

We recommend clothing that will provide cold water protection - air and sea temperatures will require protection from the elements. A dry suit will be needed for this training course.

Suitable base layers - wool or synthetic - will provide comfort and warmth. Avoid cotton layers.

You will need to carry some spare base layers during each paddling day.

You should also bring extra outer layers, to remain warm during off-water breaks.

### Footwear

Neoprene boots or shoes are ideal; wellies can be a problem in rescue exercises.

Avoid shoes with bulky soles - they are less comfortable and fit less well inside the kayak.

### Buoyancy Aid

There are many designs and most options are OK - avoid excessively high-volume / bulky models.

### Spraydecks

Please also bring a correctly-fitting neoprene spraydeck.

### Helmet

You will need to wear a helmet for some sea kayaking activities.

### Cold weather

Please also bring a neoprene hat, gloves / mitts and spare layers for cold protection.

### Other items

Please also bring the following personal items each day:

- Water bottle and contents
  - Flask and hot drink, if required
  - Food (lunch & snacks) for the day
- you will need to arrange your own lunch / hot drink / personal snacks each day.

If you have any questions regarding recommended / required / provided equipment, please contact us for further equipment advice.

### Group Safety Equipment

On all sea kayaking courses our coaches will carry the following:

- VHF radio, mobile phone, distress flares
- First aid kit, repair kit, group shelter, emergency insulated sleeping bag
- Spare clothing, emergency food / hot drink
- Spare paddles, towlines, navigation equipment

We recommend that you bring your usual safety equipment with you - you will need it for assessment courses. Consider the above equipment to be part of your required list for the course.

British Canoeing Coach / Leader assessment candidates will need to provide their own equipment.

### Camping Equipment:

We may organise 2-3 overnight camping activities during the training course.

Please bring: tent, sleeping bag, insulated sleeping pad, stove / utensils

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### Useful Resources - Maps & Charts:

We will provide suitable chart / map laminates, and detailed tidal planning information, on training days - if you prefer your own maps / charts, they can be purchased locally or online.

British Canoeing Coach / Leader assessment candidates will need to provide their own resources.

You should also have the followings items of equipment:

- Waterproof map case
- Waterproof watch
- Orienteering compass - we recommend the Silva Type 4 compass or equivalent

We recommend the following navigation resources:

OS Landranger 114 - Anglesey 1: 50 000 map

[www.ordnancesurvey.co.uk/shop/landranger-map-anglesey.html](http://www.ordnancesurvey.co.uk/shop/landranger-map-anglesey.html)

OS Explorer 262 - Anglesey West 1:25 000 OS map

[www.ordnancesurvey.co.uk/shop/explorer-map-anglesey-west.html](http://www.ordnancesurvey.co.uk/shop/explorer-map-anglesey-west.html)

OS Explorer 263 - Anglesey East

[www.ordnancesurvey.co.uk/shop/explorer-map-anglesey-west.html](http://www.ordnancesurvey.co.uk/shop/explorer-map-anglesey-west.html)

These more detailed 1:25 000 maps can be helpful for planning / navigation.

A nautical chart of the overall area is useful for planning and for overall understanding.

Imray C52 - Cardigan Bay to Liverpool (other Admiralty options exist

[www.imray.com/Charts/Imray+Charts/British+Isles+%26+Northwest+Europe/C+Series/ICC52-2/](http://www.imray.com/Charts/Imray+Charts/British+Isles+%26+Northwest+Europe/C+Series/ICC52-2/)

Admiralty Chart 'Approaches to Holyhead' 1: 25 000 chart

[www.chartsales.co.uk/product/1413-approaches-to-holyhead-2/](http://www.chartsales.co.uk/product/1413-approaches-to-holyhead-2/)

A useful sea kayak guidebook publication: Welsh Sea Kayaking - Pesda Press

[www.pesdapress.com/index.php/product/welsh-sea-kayaking/](http://www.pesdapress.com/index.php/product/welsh-sea-kayaking/)

The local Imray Pilot is another useful optional resource: Cruising Anglesey & Adjoining Waters

[www.ralphmorris.com/pilot.htm](http://www.ralphmorris.com/pilot.htm)

This is an excellent sea kayak navigation book, very practical and relevant for UK sea kayakers:

[www.pesdapress.com/index.php/product/sea-kayak-navigation/](http://www.pesdapress.com/index.php/product/sea-kayak-navigation/)

This is a great book for theoretical and practical weather information, relevant for UK sea kayakers:

[www.rya.org.uk/shop/pages/products.aspx?product=rya-weather-handbook](http://www.rya.org.uk/shop/pages/products.aspx?product=rya-weather-handbook)

We have a wide range of books, charts, maps, pilots, and other resources available for your use during the Guide Training course. There is no need to purchase all the above resources!

## Sea Kayak Guide Training Course - November 2020

### Useful Resources - Websites:

The following online information resources may be useful during the training course:

#### Weather:

[www.windguru.cz/70](http://www.windguru.cz/70)

WindGuru - one option for accessing relatively detailed (every 3 hours) weather information  
This link is to the free version - there is also a paid-for option, with more detailed information.

[www.xcweather.co.uk](http://www.xcweather.co.uk)

XC Weather - another option offering similar information.

[www.metoffice.gov.uk/weather/maps-and-charts/surface-pressure](http://www.metoffice.gov.uk/weather/maps-and-charts/surface-pressure)

The UK Meteorological Office surface pressure charts: an excellent source of information, depicting forecast development of meteorological systems in the North Atlantic Ocean / Europe.

There is also much information on this website, to help interpret surface pressure charts.

#### Swell /Surf:

[magicseaweed.com/Anglesey-Ynys-Mon-Surf-Report/37/](http://magicseaweed.com/Anglesey-Ynys-Mon-Surf-Report/37/)

An online source of information providing surf reports / forecasts for Anglesey and other North Wales venues.

#### Tidal Information:

[www.ukho.gov.uk/EASYTIDE/EasyTide/SelectPort.aspx](http://www.ukho.gov.uk/EASYTIDE/EasyTide/SelectPort.aspx)

UK Hydrographic Office website, with tide times / heights for Standard Ports around the UK.  
Useful locations for North Wales sea kayakers include:

Liverpool Gladstone Dock, Holyhead, Dover

#### British Canoeing Website:

Use the following links to access British Canoeing course documents:

[www.britishcanoeingawarding.org.uk/leadership-moderate-water/](http://www.britishcanoeingawarding.org.uk/leadership-moderate-water/)

[www.britishcanoeingawarding.org.uk/leadership-advanced-water/](http://www.britishcanoeingawarding.org.uk/leadership-advanced-water/)

[www.britishcanoeingawarding.org.uk/safety-moderate-water-resources/](http://www.britishcanoeingawarding.org.uk/safety-moderate-water-resources/)

[www.britishcanoeingawarding.org.uk/coach-award-resources/](http://www.britishcanoeingawarding.org.uk/coach-award-resources/)

### Useful Resources - Telephone Numbers:

Anglesey Outdoors Centre (office)	+44 (0) 1407 769351
Holyhead Coastguard	+44 (0) 1407 762051
Summit to Sea kayak shop (Holyhead)	+44 (0) 1407 740963

## Sea Kayak Guide Training Course - November 2020

### Reflection and Reviewing Skills:

To most effectively benefit from any training course, we can maximise the learning opportunities of any experience by engaging in a process of goal-setting, reflection and action planning.

We encourage all course participants to begin this process by completing the exercises below. We will lead reviewing activities throughout the training course, and will work with you to set goals, review activities, reflect on experiences, and agree short- & long-term action plans.

### Personal Reflections on Leading / Coaching / Guiding Philosophy:

The following exercise is a reflection process to help you to consider your goals, motivations, learning needs, strengths and weaknesses in sea kayak leading / coaching / guiding.

You are welcome to share your reflections before and during the training program, or to keep them private. Reflective practice is a useful coaching tool; we will provide regular opportunities to explore this important area of learning.

#### Personal Philosophy:

Why 'lead'? Is it necessary?

Do we sea kayak with comparably-experienced paddlers, each willing / able to share in group decision-making? If so, there's probably no need to be concerned about 'leadership'.

If, however, we sea kayak with less experienced paddlers who might need our guidance and support, we will sometimes need to make / facilitate decisions that concern the group as a whole.

#### Am I responsible for others on the water?

Is it a formal responsibility? Or am I leading simply as a result of my greater experience?

Have I chosen to take on this role? Or is it an obligation?

Is my responsibility understood, agreed, accepted by other group members?

Am I: A sea kayak guide? An outdoor educator? An adventure sport coach?

An experienced friend? A club / group leader? Some / all of the above?

#### Are my motivations intrinsic?

Do I gain a sense of well-being from the satisfaction of a well-completed task, that demands the effective use of skills and experience?

#### Are they extrinsic?

Is my accepted responsibility simply one part of my professional life?

Am I driven to gain experience in order to complete a formal leadership qualification?

#### Are my motivations altruistic?

Do I have a desire to share my passion for sea kayaking with others?

Am I driven by the development of other people's experience and confidence?

#### Are they self-orientated?

Do I lead others to gain a greater sense of skill and experience, to feel that I am gaining new skills and abilities that will benefit me and my sea kayaking?

Is it a combination of numerous factors?

What do my group members perceive of my motivations?

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**Reflection exercise: motivations, qualities, skills**

Outline your motivations and reasons for being a sea kayak leader / coach / guide:

List some qualities and skills that you currently possess as a sea kayak leader / coach / guide:

List some key areas you could improve, to develop your sea kayak leader / coach / guide:

How do you like to be led / coached / guided? What do you value in a leader / coach / guide?

## Your current sea kayaking experience:

To assist you in your preparations for the 4-week Leader / Coach / Guide training program, and to ensure that your goals are suitably aligned with your experience, it is a useful exercise to review your current sea kayaking experience:

How many days of independent sea kayaking experience do I have in open sea moderate / advanced water conditions?

### 'Independent'

A self-directed group in which you share or take responsibility for decision-making before and during your time afloat.

Days spent on a formally guided trip, or days spent on National Governing Body leader / coach training courses, should not be considered as 'independent' sea kayaking experiences.

### 'Open Sea'

The UK coastline creates a specific exposure to sea kayaking conditions, including wind / waves / swell and tidal streams. Conditions are frequently 'moderate' or 'advanced' according to British Canoeing definitions. Days spent in tidal estuaries, lakes, inlets, and in protected island archipelagos should not be considered as 'open sea' kayaking experiences.

### 'Moderate Water' - British Canoeing definition

- A stretch of coastline with some areas where it is not easy to land but there will always be simple landing points a maximum of two nautical miles apart
- Crossings not exceeding two nautical miles
- Up to 2 Knots of tide (but not involving tide race or overfalls)
- Wind strengths do not exceed Beaufort force 4
- Launching and landing through surf (up to 1 metre, trough to crest height)

### 'Advanced Water' - British Canoeing definition

- Any journey on the sea where tidal races, overfalls or open crossings may be encountered and which cannot be avoided
- Sections of coastline where landings may not be possible or are difficult
- Sea state 4 and winds above Beaufort force 4
- Launching and landing through surf (up to 1.5 metres trough to crest height)

### UK sea kayaking conditions:

There are many coastlines in the world where typical UK sea conditions fully or partially exist. Some exposed coastlines in continental Europe are comparable with many UK sea kayaking environments, others less so.

### When considering your current level of experience, ask yourself:

- Where have I gained independent sea kayaking experience?
- What experience do I have in sea conditions that match my training / assessment goals?
- What depth of experience do I have? - local waters / familiar sea kayaking venues
- What breadth of experience do I have? - range of experience / less familiar sea kayaking venues
- What independent UK sea kayaking experience do I have?
  - North Wales, Pembrokeshire, Scotland W coast, Outer Hebrides, Northern Isles, SW England

The following table is one useful way in which you can record your current level of experience.



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**Reflection Exercise: strengths, weaknesses, experience**

Are there sea kayaking environments in which you feel less more comfortable, as a result of personal strengths / knowledge / experience?

Are there sea kayaking environments in which you feel less comfortable, as a result of personal weaknesses / limits of knowledge / gaps in experience?

Reflect on a sea kayaking problem-solving situation you encountered, where your experience / skill / knowledge influenced the decisions that you made in solving of the problem.

## Sea Kayak Guide Training Course - November 2020

### TTPP Skills Analysis

#### Current Personal Skills Assessment:

We recommend that you take the time, before the training program, to reflect on your current skills, experience and confidence in sea kayaking - as an independent paddler in a group of peers, and as a leader of other less-experienced sea kayakers.

Sea kayaking skills are a combination of elements that can be described in the following way:

TECHNICAL                  TACTICAL                  PHYSICAL                  PSYCHOLOGICAL

This TTPP model can help us to identify strengths and weaknesses (opportunities for development) that can provide a focus for our goal-setting and action-planning.

Reflect on your current skills and experience, and make some observations in the table below:

	STRENGTHS	AREAS FOR IMPROVEMENT
TECHNICAL		
TACTICAL		
PSYCHOLOGICAL		
PHYSICAL		

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**TTPP Skills Analysis**

Add any other pre-course reflections to help with your preparations and goal-setting.

Select a sea kayaking skill: *e.g. tide race paddling, e.g. rescues in rock gardens, e.g. paddling in moderate sea conditions, e.g. leading others on exposed coastlines*

Complete a TTPP analysis of your current skills, listing strengths and desired improvements.

<p><b>TECHNICAL</b> <i>e.g. boat handling skills</i> <i>e.g. navigation skills</i></p>	<p><b>TACTICAL</b> <i>e.g. environmental awareness</i> <i>e.g. application of planning</i></p>
<p><b>PHYSICAL</b> <i>e.g. boat speed / acceleration</i> <i>e.g. endurance / cold conditions</i></p>	<p><b>PSYCHOLOGICAL</b> <i>e.g. stress / performance issues</i> <i>e.g. responsibility for others</i></p>

**Sea Kayak Guide Training Course - November 2020**  
**General Pre-Course Reflections**

Thank you for considering attending the 2020 Adventure Elements / Kayak Essentials Intensive Sea Kayak Leader / Coach / Guide Training Program.

If you have any questions or wish to confirm your intentions to book a place on the course with us, please contact either James or Nick at the following addresses:

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