

dallam outdoors

Heversham, Cumbria LA7 7EH Tel: 015395 65961
www.dallamoutdoors.co.uk email: outdoors@dallam.co.uk



BCU Level 1 Coach Course

Overview:

This is the new (2007) BCU Level 1 Coach training and assessment course. It is the first step on the paddlesport coaching pathway. This award will permit the holder to operate as an assistant coach in any craft up to the level of their BCU assessed personal paddling ability. For example if the Level 1 coach holds the minimum 2 star certificate then they may only help on sheltered water, if the 5 star is held then they may assist in advanced conditions in the craft for which they hold that qualification. Level 1 coaches will also be able to work alone delivering taster sessions at sheltered venues agreed by their supervisors. Dallam has many years experience of providing high quality, student centred training and education programmes, we intend to deliver this course in the same highly practical and stimulating manner.

Content:

The 5 day generic course covers safety and rescue training, personal paddling, concepts of effective coaching, group organisation and management as well as providing you with plenty of game and activity ideas to get you on your way. On the final day each candidate will have to successfully complete 5 assessment tasks which include practical tests, a multiple choice paper and questioning by the tutor.

Please check the BCU website for full details of this course

Date and Cost:

Please see the website for the most up-to-date information.

Venue:

The course is based in the Outdoor Education department at our Heversham site. See our website for details on how to find us. We will use a range of local Cumbrian venues for practical work.

Course Timings:

9am to approximately 5pm daily.

Facilities:

We have large comfortable classrooms which can also be used for the drying of essential gear overnight. Showers are available for your use.

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Also experts in the provision of:

- BCU courses
- Cave Leader Levels 1 & 2
- REC First Aid 1, 2 & At Work



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We hope you decide to undertake your course at Dallam. If you have any questions regarding this provision please contact our outdoor staff at the centre, they will be happy to advise you.

Due to high staff/student ratios and the highly disruptive effect of late withdrawals, any course cancelled within 30 days of the start will incur loss of fees. If you have any concerns regarding your ability to participate in a course on which you have enrolled we strongly advise you to take out appropriate insurance. Dallam is not in a position to indemnify clients against any illness, injury or other misfortune which may affect attendance. If a course has to be cancelled by the centre a full refund will be given.

Pre-requisites:

- You need to be able to paddle consistently at a 2 star standard, though it is not necessary to hold the award.
- The Foundation Safety & Rescue training and the 2 Star assessment can all be covered during the course – these must be passed to undertake the assessment.
- You should hold a valid first aid certificate of at least 6 hours.

Kit List:

Whilst we anticipate that most trainees will possess most of their own kit, Dallam has excellent equipment for all forms of paddlesport which will be available should you need it.

What Happens Next?

- Check you meet all the pre-requisites for the course and you can provide all the necessary equipment.
- Read our [Terms and Conditions](#).
- Download a [Booking form](#) and [Personal Information](#) form and post, with payment, to Dallam Outdoors.
- You will receive a receipt and some information about your course to re-read.
- Enjoy the course!

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