

# Top tips for coaching white water from the bank

When coaching white water, it can be really beneficial to be able to move between being on the water and being on the bank. From the bank provides you a great viewpoint to observe your paddlers and give feedback.

## 1. The decision to coach from the bank

Do you need to? Is your principal safety resource, you in your craft, compromised? Does the venue lend to coaching from the bank, i.e. is it a pool drop rapid, whereby the pool below the drop is long and a rescue can be executed without a heightened time pressure? Do you have a complete overview of the working area, where there is no compromise of your line of sight?

## 2. Safety plan

Assess the venue. What is most likely happen on the rapid? Mitigate the risks by using your resources, get the group involved.

## 3. Communicate the safety plan

Ensure that everyone in the group knows the plan to run the rapid, which roles they have at any point in time.

## 4. Group Management

Whilst paddlers are running the rapid, use the group members to provide safety cover, developing a sense of peer support.

## 5. Signalling

Maintain the agreed signals to ensure control and avoid confusion within the group.





## 6. Coach's location

One of the main reasons to be coaching from the bank is to have a different point of view when observing and understanding the paddler's performance. This point of view can often be where the top and bottom of the rapid can be seen.



## 7. Move around

When someone has run a great line, walk down and congratulate them, then move back into position. If someone would benefit from instructions leading into the rapid, move to a place where it is best to communicate.

Always try to position yourself as the positive target fixation. Avoid standing next to a significant hazard, as a negative target fixation, whereby the paddler tends to be looking at the coach, which therefore can draw them towards these hazards.



## 8. Resources

Always have your throw bag at hand, ready to use. Consider using a tool like a paddle to indicate the line, like air traffic control, guiding the paddler into the move. Have your craft nearby, you may need to promptly get in and rescue.



## 9. Be prepared

On white water, all manner of things can happen, so you may need to move quickly to avoid a minor mishap developing further.

## 10. Capture the performance

Use video or multi shot images to capture the paddler's performance to use as feedback. Try to avoid offering video feedback for every paddler on every run, this can be extremely time consuming; avoid paddlers standing around waiting, they will get cold.

