

**Name:**

**BCAB Level 1 Stand Up  
Paddleboard Instructor Award  
Learner Development Pack**

# **BCAB Level 1 Stand Up Paddleboard Instructor Award Learner Development Pack**

## **Introduction**

Welcome to your BCAB Level 1 Stand Up Paddleboard Instructor Award Learner Development Pack. This pack is designed to help you reflect on your current skills and to help you identify areas that would benefit from further development.

It also provides you advice on your deployer's responsibilities, as well as opportunities for your continual development.

Note that the 'BCAB Level 1 Stand Up Paddleboard Instructor Award Assessment Guidance' provides further, detailed information regarding the assessment standards required.

## Professional Standards

There are some core behaviours and attributes that are integral to the BCAB Level 1 Stand Up Paddleboard Instructor Award role. The BCAB Level 1 Stand Up Paddleboard Instructor Award course provides you with the opportunity to consider your current skills in this area and to gain some feedback from others. This should help to prepare you for working as a BCAB Level 1 Stand Up Paddleboard Instructor, help you recognise some of the things that deployers will be looking for, and help you develop yourself as an instructor.

Professional Standards	1	2	3
I dressed appropriately for a BCAB Level 1 Stand Up Paddleboard Instructor			
I behaved in a manner appropriate for a BCAB Level 1 Stand Up Paddleboard Instructor			
I worked as part of the team during the course			
I showed respect for the environment and other people			
I tried to communicate clearly and effectively (others understood me)			
I actively engaged in the course and was motivated to learn			
<b>Choose three words that describe yourself well (or choose your own words):</b> Friendly calm caring inspiring team-player cheerful polite helpful supportive attentive enthusiastic			
What qualities do you think you have that will help you become a great BCAB Level 1 Stand Up Paddleboard Instructor?			
Discuss your answers with another Instructor. What did you learn about yourself from the conversation?			

**Development areas and notes from discussions:**

1= Yes, very much so      3 = Not really

**Personal SUP Skills**

During the course, you need to show that your personal SUP skills are good enough for you to take on instructing responsibilities. Not only do you need to be able to manoeuvre your board but, as an important role model, your personal skills will inspire and instil confidence in others, and sound techniques will help keep you injury free during your instructing career.

<b>Personal Paddling Skills</b>	<b>1</b>	<b>2</b>	<b>3</b>
Choice and set up of SUP (e.g. leash, fins, inflated appropriately, etc.)			
Lifting and carrying			
Launching and landing			
Control in a straight line			
Accurate manoeuvring			
Active posture using the (appropriate) larger muscles of the body			
Tension/readiness in the key muscles, efficient economical movements			
Balanced, supple, controlled movement of the body, paddle and board			
Sound connections (body/board contact points and core stability)			
Efficient transfer of power to create movement of the board			
Co-ordinated efficient strokes			
Application of power to move up to the paddle, beyond it, or around it			
Balanced and stable when power is applied to strokes			
Use of trim, tilt and/or edge (use of rails) to aid efficiency			

**Development areas and notes from discussions:**

- 1 = I am confident that I can do this well in a range of situations
- 2 = I am 'good enough' at this for what I need
- 3 = I need to practice this to improve

## Rescue Skills

The ability to rescue participants if they have fallen in the water or become incapacitated is a core skill for BCAB Level 1 Stand Up Paddleboard Instructors. Sound techniques are unpinned by the need for good judgement and decision making, along with a range of experience to help you deal with different situations.

During the course you need to show that you can deal with the range of rescue scenarios listed below.

<b>Rescue Skills</b>	<b>1</b>	<b>2</b>	<b>3</b>
1. Deep water rescue			
2. Prone board-based rescue pick up and carry a swimmer			
3. Tow/nudge/push			
4. Unconscious paddler in the water			
5. Get back on the board			
<b>Development areas and notes from discussions:</b>			

1 = I am confident that I can do this well in a range of situations

2 = I am 'good enough' at this for what I need

3 = I need to practice this to improve

## Evidence of Completion

<b>Learner's Name:</b>			
<b>Membership Number:</b>			
<b>Course Details</b>	<b>Course:</b>	<b>BCAB Level 1 Stand Up Paddleboard Instructor Award</b>	
	<b>Dates:</b>		
	<b>Venue:</b>		
	<b>Tutor/s:</b>		
<b>Registration</b>		<input type="checkbox"/>	<b>Notes:</b>
<b>Final Assessment Tasks</b>			
Assessor to confirm upon successful completion (Please mark ✓/□).			
<b>1. Professional Standards</b>	<input type="checkbox"/>	<b>Notes:</b>	
<b>2. Personal Skills</b>	<input type="checkbox"/>		
<b>3. Rescue Skills</b>	<input type="checkbox"/>		
<b>Final Assessor Confirmation</b>			
I confirm that the learner named above has completed all elements required at assessment and I am making the recommendation to the British Canoeing Awarding Body that they are awarded the BCAB Level 1 Stand Up Paddleboard Instructor Award. This is a recommendation for certification only; once verified, British Canoeing Awarding Body will authorise certification.			
<b>Signature:</b>			<b>Date:</b>

## **Deployer matters and continual development**

As a BCAB Level 1 Stand Up Paddleboard Instructor, it is important to understand the responsibilities of your deployer, as well as considering your continual professional development.

### **Deployment matters and what to expect**

Your BCAB Level 1 Stand Up Paddleboard Instructor Award qualification is designed for running taster/starter sessions within the safety management systems of clubs, centres or other organisations in:

- Very Sheltered Water environments;
- SUP deemed suitable for a first time experience.

As an instructor, it is essential that when you start delivering sessions it is within the support systems of a deployer. The deployer is responsible for:

- Providing an appropriate induction and training;
- Site familiarisation and the safety frameworks provided;
- Consideration of the requirement for both first aid and safeguarding training dependant on your role/deployment.

After your qualification has been achieved, and you have gained a first aid certificate and safeguarding training with additional instructing experience, a deployer may anticipate and consider deploying you to run taster/starter sessions on your own.



## Continual Development

### Becoming a Personal Performance Award Provider

As a BCAB Level 1 Stand Up Paddleboard Instructor, you are able to become a provider of the [Personal Performance Awards](#) enabling paddlers to receive recognition and celebrate their achievements. To become a provider you will need to have completed and hold the following:

- Valid (within 3 years) [British Canoeing Awarding Body recognised 1-day first aid award](#);
- Valid (within 3 years) [Safeguarding Training](#);
- Completed the [Personal Performance Awards Provider eLearning](#);
- Full National Association Membership.

### Becoming a Paddle Safer Provider

As a British Canoeing Awarding Body SUP Instructor you are able to become a Provider of the [Paddle Safer course](#). The course covers safe paddling practices and is aimed at new/novice paddlers in any craft. To become a provider you will need to have completed and hold the following:

- Valid (within 3 years) [British Canoeing Awarding Body recognised 1-day first aid award](#);
- Valid (within 3 years) [Safeguarding Training](#);
- Completed the [Paddle Safer Provider eLearning](#);
- Full National Association Membership.

## **Furthering your Qualifications, Awards and Experience**

When you have gained some experience or if you wish to take on different roles, you may choose to work through other British Canoeing Awarding Body qualifications and awards or training modules.

Further details of these courses are available on the [British Canoeing Awarding Body website](#).

### **Paddlesport Leader Qualification:**

An instructor who holds both the Paddlesport Leader and BCAB Level 1 Stand Up Paddleboard Instructor Award is well placed to fulfil their instructing duties with more autonomy. The Paddlesport Leader qualification involves a higher level of safety, rescue and personal skills assessment in mixed craft and is supported by a wider and deeper range of experience. The Paddlesport Leader qualification can be used to extend the instructor's remit to 'Sheltered Water' environments.

### **Open Water SUP Leader Qualification**

An instructor who holds both Open Water SUP Leader and BCAB Level 1 Stand Up Paddleboard Instructor Award is well placed to fulfil their instructing duties with more autonomy. The Open Water SUP Leader qualification involves high levels of safety, rescue and personal skills assessment and is supported by a wider and deeper range of experience. The Open Water SUP Leader qualification can be used to extend the instructor's remit to Moderate Inland Water and on rivers that are up to, but not including, grade 2.

**Coach Awards:** You may wish to pursue a Coach Award if you are interested in helping people develop their paddlesport skills. There are qualifications and awards for those who wish to coach beginners or run introductory sessions and a range of discipline specific awards that cover the wide range of our specialist disciplines. There are four SUP options available, SUP Sheltered Water Coach, SUP Open Water Coach, SUP White Water Coach and SUP Race Coach.

Keeping a record of your training and development after gaining your BCAB Level 1 Stand Up Paddleboard Instructor Award qualification is recommended. This is not only about keeping your certificates, recording the sessions that you have actively played a part in delivery is useful to demonstrate your experience.

## Notes

Please use this page to capture any specific notes from your course, or to identify any further thoughts you may have on your next steps.