

Personal Performance Awards: Delivering the Awards

To accompany the Personal Performance Awards Provider eLearning and other documentation, British Canoeing Awarding Body has put together additional Provider guidance aimed to further support the delivery of the awards.

British Canoeing Awarding Body is proud of the robust training and assessment of Instructors, Coaches and Leaders. We are confident that they have the relevant experience to understand and answer the questions asked within the awards and able to recognise efficient and effective skills, rescues and knowledge, understanding that there are many ways to achieve the outcomes required for an award.

The course content is written for the individual/paddler. Promoting and aiding self-directed learning, independence as well as gaining support from the Provider. The wording used 'you might need to consider' is for the individual to consider as part of their development, however, for certification of the award, this would need to be answered or demonstrated.

Example from the Paddle Discover Award:

Consideration: Safety and rescue

I may need to consider: How would I safely get myself or others back to shore or into the craft?

The individual will consider safety and rescue as part of their development and find out rescue methods of getting themselves and others back into/onto their craft, and back to the shore exploring options that work best for them and others.

Standard required: The individual will need to demonstrate an appropriate method of getting themselves and others back into/onto their craft and back to the shore in a sheltered water environment.

Example from the Paddle Explore Award:

What will I wear? - What are the clothing options available to me? How might my chosen activity affect which clothing I choose? How might my clothing choices make me more or less vulnerable to external factors? Am I confident in my fitting and the use of my chosen personal safety equipment?

The individual will explore, consider and try out different clothing options as part of their development and find out what is best suited to their paddling in a sheltered water environment.

Standard required: The paddler will need to demonstrate appropriate clothing choices for their chosen activity and environment, being able to independently fit and use their personal clothing and safety equipment.

Example from the Paddle Explore Award:

Skill: Controlling the direction of my craft

I may need to know: Which are the most effective and efficient strokes I can use to move forward and steer my craft? How can I stop my craft and return to my start point? What corrective strokes might I use? What is the most effective and efficient posture when paddling my chosen craft? How will this posture affect its performance?

The individual will explore, consider and try out different skills options as part of their development, discovering appropriate posture and how this affects their performance. Finding out what is best suited to their chosen paddling in a sheltered water environment.

Standard required: The paddler will need to demonstrate effective and efficient forward paddling in their chosen craft, showing an understanding of and able to demonstrate appropriate posture. The independent paddler will need to demonstrate corrective strokes with appropriate steering choices in a sheltered water environment.

Providers of the **Discipline Specific Awards** are encouraged to consider the extended descriptors providing an overview of the standard required.

Extended Descriptor from the Coastal Sea Kayak Award:

Your Coastal Sea Kayak Award endorses your judgment, decision making and expertise and requires a good understanding of paddling on the sea. You should be confident planning and undertaking journeys on the sea in winds up to and including force 4 and/or tides up to 2 Knots, in a sea kayak or specific sit on tops in tidal or non-tidal environments. Your confidence should be based upon both proficiency in skills and a broad appreciation of surroundings and environmental context. Your award should be seen as a sound basis for independently building the experience and expertise we associate with Advanced Sea Kayak Award holders.

As the sea paddler develops using the award content they will explore, consider and select a variety of skills, as well as developing appropriate tactics.

Example from the Coastal Sea Kayak Award:

Are the conditions and weather as expected? Do we need to adjust our plans?

The individual will develop an ability to access appropriate weather forecasts and check the conditions on the day, discussing and considering whether the plan is appropriate or explore changes that could be made.

Standard required: The sea paddler will need to demonstrate the ability to access an appropriate weather forecast, be able to compare to the conditions presented and the ability to adjust their plan.

We would encourage all providers to read through the award content and consider the development of the paddler. For successful completion and awarding of a certificate, the paddler will need to demonstrate the skills and rescues within the award as well as demonstrate their understanding of the questions asked throughout.