



## Penzance Canoe Club

### Level One Coach Remit

Level one coaches at Penzance canoe club can run club sessions without a L2 coach present if they follow the following protocols:

- Have a valid L1 coaching qualification, hold BCU 3\* Sea Kayak and have undertaken site specific training to operate in the red area on the map below or:  
Hold a valid L1 coaching qualification and remain in the Harbor
- Have up to date DBS and first aid certificates
- Stay within the hatched area on the map below
- Run sessions within the BCU L1 coaching remit
- Check understanding of club risk assessments
- Carry appropriate safety equipment. Tow Line, first aid kit, whistle, mobile phone
- Remember it's their responsibility to carry out dynamic risk assessments for the group and conditions they have on the day.

### Remit – BCU UKCC Level 1 Coaches

#### Maxium Ratios

**1:8**

**1:6 for Canoes (1:12 if in doubles)**

**NB** Circumstances may dictate that even in conditions within remit the ratios should be smaller. This could be due to the ability of the group, medical issues, disability restrictions.

#### **Sheltered Tidal Water / Sea**

Small enclosed bays, where there is minimal possibility of being blown offshore; enclosed harbors where there is minimal possibility of being blown offshore; defined beaches (a short section of beach where there is easy landing throughout, no tide races overfalls beyond the beach) in conditions which swimmers and beach craft could happily be operating **winds not above force 3 (force 2 if offshore when greatest of caution must be exercised)**; the upper reaches of some slow moving estuaries during Neap tides;

**In all cases the wind and weather conditions must be favorable.**

