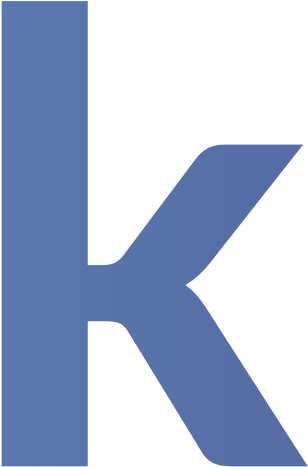
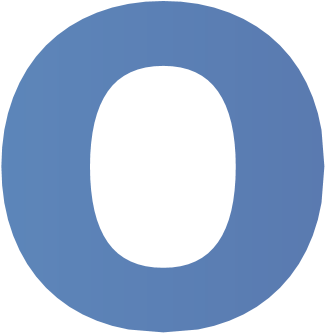
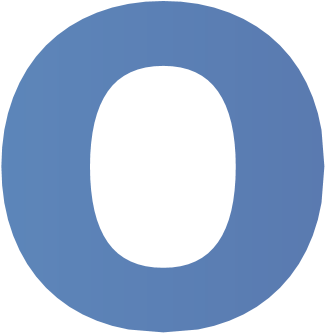
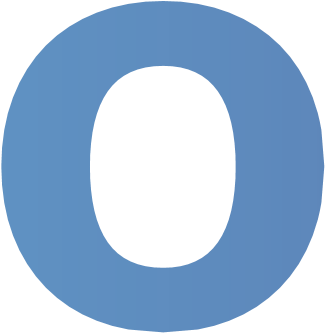
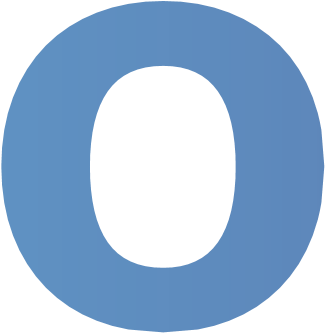
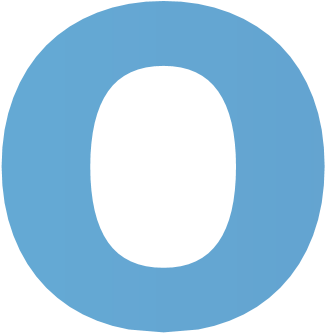
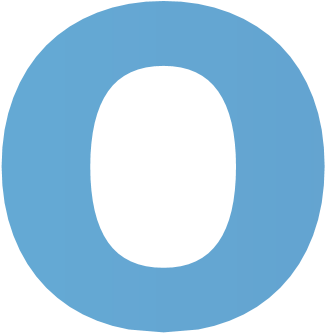
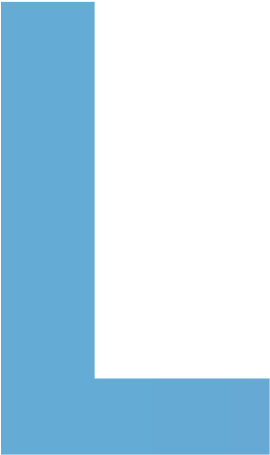
**Membership No.:**

**Name**:



BCAB Coaching, Leadership and Guiding



# **Contents**

This logbook is designed so you can record your experience as well as reflect on learning that has taken place and areas you may wish to develop. Keeping a diary does help you realise and celebrate your progression. Whilst these records are not essential for any British Canoeing qualification or award, you can choose to share this information with your mentor in aiding your development, as well as using to evidence currency as part of the British Canoeing Coach and Leadership Update Scheme.

This logbook is designed for you to record your:

* Paddling experience
* Leading trips, journeys and expeditions
* Instructing and coaching
* Leading or guiding trips, etc.

Other records such as qualifications, training attended, first aid and safeguarding can be found within your own unique membership digital record in the National Association database.



British Canoeing Awarding Body has both a [digital library](https://www.britishcanoeingawarding.org.uk/digital-library/) full of useful resources, as well as [self-analysis tools for coaches and leaders](https://www.britishcanoeingawarding.org.uk/coach-self-analysis/) to aid in your development.

Guidance notes for all Personal Performance, Safety, Coaching and Leadership Awards are found at the [British Canoeing Awarding Body Website](https://www.britishcanoeingawarding.org.uk/)

PERSONAL PARTICULARS:

NAME:

ADDRESS:

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POST CODE:

TEL:

CLUB, SCHOOL OR ORGANISATION TO WHICH ATTACHED?

Wombourne Kayak Club

BCU MEMBERSHIP NUMBER:

NAME AND ADDRESS OF LOCAL COACHING ORGANISER:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Paddling Experience:**

Record details of sessions, trips, journeys and expeditions and any other paddlesport experience.

|  |  |  |
| --- | --- | --- |
| Date | Details | Reflections |
| DD/mm/Year | Insert details about the experience here | Write a short reflection on what you learnt or any developments to consider |
|  | Location:  River Grade:  River Level:  Weather:  Who Paddled:  Video: |  |
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**Leading Trips, Journeys and Expeditions**

Record the trips, journeys and expeditions you have led or assisted on.

Having a range of experiences in different locations, weather and people you are leading helps develop skills, knowledge, confidence and experience.

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| --- | --- | --- | --- | --- | --- |
| Date | Group Details:  Beginners:  Starters, Discover, Explore  White Water grade 2  Progressive grade 3-4  Advanced grade 4-5 | Activity: Led or Assisted | Location | Conditions | Reflections |
|  | Number:  Age Range:  Experience: |  |  | Weather:  River Grade:  River Level: | Write a short reflection on what you learnt or any developments to consider |
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**In Instructing or Coaching:** Record here courses or sessions that you have either delivered or assisted in the delivery.

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| Date | Group Details:  Beginners:  Starters, Discover, Explore  White Water grade 2  Progressive grade 3-4  Advanced grade 4-5 | Activity:  Delivered or Assisted | Location | Conditions | Reflections |
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**InTraining & Assessment Record:** Record qualifications if non-British Canoe Member.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Date | Qualification Level :  Beginners:  Starters, Discover, Explore  White Water Award  Progressive Award  Advanced Award | Safety Qualifications:  FSRT  WWSR  Advanced WWSR | Instructor  Coach  Leader | Location  Course Provider:  Name & Signature | Reflections:  Write a short reflection on what you learnt or any developments to consider |
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