



**Chris Brain Coaching  
Led and Coached Students Information**

### **Being a Student on an Assessment**

The following document is written to ensure that you get the most out of your time as a led/coached student. Having students to work with is an essential part of the assessment and we want to look after you as best possible. Please read the information below and if you have any further questions, please do not hesitate to get in contact

#### **By agreeing to be a led/coached student during an assessment you agree to the following**

- You are available for the full duration of the course/assessment (If you can only attend one day of a two day assessment please let me know)
- You have read the personal performance expectations below and can paddle at the required standard. (If you are unsure if you meet the expectations required please get in touch)
- You have your own craft (as required by the nature of the award), paddle and personal equipment
- You have your own transport to use during the course
- You will be arranging your own accommodation for the course if required
- You will be arranging your own food and drink for the duration of the course.
- You understand that no money will be paid to you for attending the course as a led student and any fees incurred such as water usage and car park fees will be covered by yourself.

### **Personal performance expectations**

#### **Paddlesport Leader and Sheltered Water Coach Award**

- You have some experience of a paddlesport discipline and have been on the water before

#### **Paddlesport Touring Leader**

- You have some experience on open water in force 3 and 4 wind and on grade 1 and 2 moving water in your chosen craft

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

- You have experience on open water in force 3 and 4 wind and on moving water

#### **Whitewater leader and Whitewater Coach Award**

- You have some experience paddling on grade 2(3) water.

#### **Advanced Whitewater leader and Advanced Whitewater Coach Award**

- You have the personal skills and experience to paddle confidently on grade 3 and have some experience of grade 4 water.

### **The Benefits!**

There are some great benefits to being a led/coached student on a course however and it is up to you to get the most out of attending. Some things you may gain are

- Quality water time with a team of aspirant leaders and coaches
- Plenty of tips and information to help you move forwards with your paddling.
- It can be a good stepping stone if you are thinking of or are already part way through the process of a leadership qualification
- Time on the water paddling in an environment that challenges you
- Having your comfort zones pushed in a safe and supportive way
- Access to experienced coaches during the assessment and support from me at any time via email

If you can fully commit to attending, please fill in the online registration form given in your email

If you cannot attend this time, but are keen to be involved in something like this in the future, please let me know and I will keep your name on the list to contact when other opportunities arise

**Before engaging in any activity/course/training with Chris Brain Coaching please ensure you have read and agree to the relevant sections of our standard terms and conditions document which are available to view at [www.chrisbraincoaching.com](http://www.chrisbraincoaching.com).**

**Should you need to discuss anything with us further please do so as soon as possible.**

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