

BCU Level 1 Coach Self Reflection

Overall Impressions: (Remember: Safe, Enjoyable, Learning!)

What elements of the session were you pleased with?

If you were going to run a similar session, would you do anything different, or use any different activities?

Did you feel there were any gaps in your knowledge/skills that you want to go away and work on?

Describe how effectively you think you did each of the following:

Organised the equipment, facilities and group:

Planned the session based on the needs of the group:

Set activities that allowed all participants to be fully involved:

Chose effective coaching styles to meet the session aims and participants needs:

Adapted the session to meet changing needs:

Met the session aims and objectives:

What feedback did you get from participants or others?

What activities would you do next with the paddlers?