

Medical Declaration Form



For completion where a BCU Coach is unable to sign the Statement of Physical Competence.

Name: _____

Address: _____

Date of Birth: _____

BCU Membership Number: _____

To be completed by Prescribing Doctor

Medical Condition: _____

Coaching Level: Level 1 Level 2 Level 3 Moderate Water
Discipline: _____

In your opinion is the above named candidate able to safely carry out the tasks within the above remit (*see overleaf for more information*): **YES / NO**

Any Comments:

In your opinion is the above named candidate's physical condition likely to put him or herself or others at risk: **YES / NO**

Any comments:

Name of Prescribing Doctor (**block letters**) _____

Name and Address of Practice:

Signature of Doctor:

Date:

To be completed by candidate:

I confirm that medical information relevant to my holding a qualification for the teaching of canoeing may be divulged as necessary to the British Canoe Union.

Signed (applicant): _____ Date: _____

BCU Membership No: _____

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DEFINITIONS

Level 1 Coach

A Level 1 Coach may assist more qualified coaches, coaching a group of paddlers (approximately 8) in the following sheltered or very sheltered water environments. With additional training, they may be deployed independently under the management structure of a club or centre.

Level 2 Coach

A Level 2 Coach may coach, and be in sole charge of, a group of paddlers (approximately 8), in the following sheltered water environments.

Very Sheltered Water Quiet canals with easy bankside access and egress; small lakes, which are not large enough, and do not have difficult landing areas for problems to occur if there is a sudden change in conditions; specified sites on gentle, slow moving rivers. The definition implies weather conditions which are not in themselves likely to cause problems. Care must be exercised when water temperatures are low. At any point the paddler will not be >50 metres from the bank

Sheltered Inland Water Flat water rivers, faster flowing, but not involving the shooting of, or playing on weirs or running rapids. Discretion and commonsense must apply when considering the use of lakes/lochs. To operate further than 200 metres from shore on a large lake can be a serious undertaking. To paddle in offshore breezes on large lakes requires the same degree of caution as for the sea. Water temperature (especially in Scottish lochs) must always be a consideration. Suitable lagoons or sections of sheltered bays of larger lakes can sometimes be designated "Sheltered" or even "Very Sheltered" water by careful and sensible selection. The definition implies normal conditions. Care must be exercised when water temperatures are low.

Sheltered Tidal Water/Sea Small enclosed bays, where there is minimal possibility of being blown offshore; enclosed harbours, where there is minimal possibility of being blown offshore; defined beaches (a short section of beach with easy landing throughout, no tide races or overfalls beyond the beach), in conditions in which swimmers and beach craft could be happily operating winds not above force 3 (force 2 if offshore when greatest of caution must be exercised); the upper reaches of some suitable, slow moving estuaries during Neap tides. In all cases the wind and weather conditions must be favourable.

Moderate Water Endorsement & Level 3

A BCU Level 3 Coach, or a BCU Coach with the Moderate Water endorsement may coach, and be in sole charge of, a group of paddlers (approximately 6), in the following moderate water environments:

Moderate Inland Water Large areas of open water which exceed the sheltered water definition, that are no more than 500m off shore and in wind strengths that do not exceed force 4.

Moderate White Water Grade 2 white water or equivalent weirs. (This is extended to Grade 2(3) when using whitewater spec Kayaks).

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Moderate Tidal Water/Sea

The definition involves: A stretch of coastline or estuary in close proximity to the shore, with available landings at every 1-2 miles / 1 hour and areas where it is not easy to land. Up to a maximum of 2 knots tide but not involving, tidal races, or overfalls, winds not above force 4 beaufort sea state 4 (if offshore the greatest of caution must be exercised), or the upper reaches of some estuaries; launching and landing through moderate surf.

Moderate Surf Beaches that are free of significant hazards (strong rips or undertow, tidal streams, rocks or groynes). An area of beach must be marked out to contain the group and prevent any loss of communication. The area selected must not interfere with other beach users – swimmers and surfers in particular; small to moderate waves – 3 feet maximum.