

# TRY LEARN EXPLORE Coach Course

## Course outline

The **TRY LEARN EXPLORE Coach Course** is aimed at developing the skills, confidence and experience required to earn the TRY LEARN EXPLORE Coach Award, which qualifies a coach to deliver the TLE programs.

It should provide participants with information and skills around how to effectively coach TRY LEARN EXPLORE sessions, how to create a safe environment, basic paddling fundamentals and simple rescue techniques and practices.

*Attending a TRY LEARN EXPLORE Coach Course is a prerequisite requirement to gaining your TLE Coach Award.*

### How long is the course?

The TLE Coach Course is designed to be run over a weekend, totaling 12-16hrs, or could also be run over multiple evenings.

### On completion of the course, participants should:

#### TLE Coach

- understand the principles of the TRY LEARN EXPLORE program
- understand the basic roles of a coach
- understand the basic needs of paddlers in the TLE programs
- understand and demonstrate effective communication strategies
- have ability to plan, prepare and deliver a positive introductory paddling experience.
- have ability to manage and adapt to scenarios by describing how activities can be modified

#### TLE Safety

- Understand water safety principles planning, acting and reporting
- Understand and identify rights and responsibilities in regard to health and safety
- Understand the policies, procedures and documentation needed to run safe paddling sessions
- Understand effective group management skills
- Understand, identify and manage hazards
- Understand the principles of emergency planning and actions
- Understand child protection principles

#### TLE Coach Competency and rescue techniques

- Understand and demonstrate effective safety management
- Understand and demonstrate effective paddling skills and techniques required to teach the Try, Learn, Explore participant programs
- Understand and demonstrate effective rescue skills in a flat sheltered environment
- Understand basic technical fundamentals and games used on flatwater as part of the Try Learn Explore programs
- Understand the principles behind the basic technical strokes and games used on flatwater/ocean.
- Demonstrate knowledge, care and appropriate use of kayaking gear and equipment.