

# Try Learn Explore Coach Workshop

## Course outline

The **Try Learn Explore Coach Workshop** 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.

This workshop includes both classroom and on-water sessions and should provide participants with information and skills around how to effectively coach Try, Learn and Explore sessions, how to create a safe environment and teach basic paddling fundamentals and practice simple rescue techniques.

*Attending a TLE Coach Workshop is a prerequisite requirement to gaining your TLE Coach Award.*

### How long is the course?

The TLE Coach Workshop is designed to be run over 2 days, or could also be run over multiple evenings, totaling 12-16hrs.

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

#### Try Learn Explore Coach

- understand the principles of the Try Learn Explore program
- understand the characteristics and roles of a coach
- understand the needs of paddlers in the TLE programs
- understand and demonstrate effective communication strategies and techniques
- understand how 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

#### Try Learn Explore Safety

- Understand the legal requirements and responsibilities of organisations and coaches in regard to health and safety in the paddle coaching environment
- Understand the policies, procedures and documentation needed to ensure safe paddling sessions
- Understand and have ability to identify and manage hazards and risks in the paddle coaching environment
- Understand the procedures, processes and requirements to ensure safe coaching sessions
- Understand use of appropriate paddling gear and equipment
- Understand effective group management skills and strategies
- Understand the principles of emergency planning and actions
- Understand child safeguarding and protection principles

#### Paddling and Rescue Competency

- Understand and demonstrate fundamental paddling skills and techniques required to teach Try, Learn, Explore programs
- Understand and demonstrate proper use of essential rescue equipment
- Understand and demonstrate effective rescue skills in a flat sheltered environment