

Date	Time (hours)	No. in Group	Ability Level	Nature of Activity	Venue	Water/Weather type	Role in Group
16/11/06	1	4	1 & 2 ★	Helping Bob instruct Forwards, Backwards paddling & sweep strokes	Uni Swimming pool	Warm	Assistant
23/11/06	1	2	1 & 2 ★	Going over Forwards & Backwards paddling, beginnings of Low braces	Uni Swimming pool	Warm	Coach
07/12/06	1	2	1 & 2 ★	Coaching High braces, putting students off balance in the water, testing reactions	Uni Swimming pool	Warm	Coach
10/12/06	2.5	2	2 ★	Exam break coaching refresher session, went over fundamentals & played Polo	Airthrey Loch	Cloudy/Cold	Coach
15/02/07	1	3	2 ★	Refreshing fundamentals, working on Hipflicks & Support strokes	Uni Swimming pool	Warm	Coach
22/02/07	1	2	1 ★	Sweep strokes, Low brace turns	Uni Swimming pool	Warm	Coach
01/03/07	1	4	2 ★	Helped Ian coach sculling for support	Uni Swimming pool	Warm	Assistant
08/03/07	1	5	2 ★	Helped Ian again, went over sculling for support again	Uni Swimming pool	Warm	Assistant
13/03/07	2	10+	Coach	UKCC Update Implementation Meeting	Stirling Canoes	Indoors	Student
15/03/07	1	1	1 ★	Coached Shona on stern rudders and draw strokes	Uni Swimming pool	Not warm enough	Coach
17/03/07	2	1	2 ★	Kirsten and I practised 2 ★ skills for her star test.	Ruin Castle, Loch Dochart	Cloudy/Cold	Coach
22/03/07	1	1	2 ★	Coached Low braces, low brace turns & high braces	Uni Swimming pool	Warm	Coach
29/03/07	1	3	1 & 2 ★	Coached braces and bow rudders	Uni Swimming pool	Warm	Coach
12/04/07	1	2	2 ★	Improving Forwards & Backwards Paddling	Uni Swimming pool	Warm	Coach
19/04/07	1	3	2 ★	Sculling for support, Assisting Bob	Uni Swimming pool	Warm	Assistant
26/04/07	1	2	1 ★	Teaching Hip Flicks and Braces	Uni Swimming pool	Warm	Coach
29/04/07	2	2	2 ★	Distraction from Uni Course Work, practised forwards paddling and sweep strokes	Airthrey Loch	Nice	Coach/Demo
03/05/07	1	2	2	Forwards Paddling	Uni Swimming pool	Warm	Coach
10/05/07	1	3	1 ★	Forwards Paddling & Rescues	Uni Swimming pool	Warm	Coach
17/05/07	1	2	2 ★	Support Strokes & Hip Flicks	Uni Swimming pool	Warm	Coach
19/05/07	2	8	1 ★	Into to Kayaking, Forwards Paddling & Sweep Strokes (Falkirk Explorers)	Barwood Reservoir	Cloudy	Coach
06/09/08	2	8	1 ★	Beginners intro to kayaking sit on tops	Lochgoilhead	Sunny/Calm	Coach
19/04/09	3		Coach	Sports Coach UK Child Protection Workshop Sport Scotland	SCOTSAC Headquarters	Indoor	Student
05/06/10	2	8	1 ★	Beginners intro to kayaking	Caplaw Dam, Lapwing Lodge	Sunny/Calm	Coach
06/06/10	4	8	2 ★	Beginners intro to kayaking	Caplaw Dam, Lapwing Lodge	Cloudy	Coach
24/07/10	2	8	1 ★	Beginners intro to kayaking	Caplaw Dam, Lapwing Lodge	Cloudy	Coach
30/07/10	2	8	1 ★	Beginners intro to kayaking	Caplaw Dam, Lapwing Lodge	Cloudy	Coach
04/08/10	3	8	1 ★	Beginners intro to kayaking	Caplaw Dam, Lapwing Lodge	Cloudy	Coach
05/09/10		6	Level 2	Coach Update Course run by Willie McLeod RCO Strathclyde East	Castle Semple	Fair	Student
13/03/11	4	8	2 ★	Aberdeen Uni Trip	River Dee	Fair	Safety
04/06/11	4	8	2 ★	Aberdeen Uni Trip	River Dee	Sunny	Safety
05/06/11	3	7	1 ★	Into to Kayaking, Forwards Paddling & Sweep Strokes	Loch Kinord	Sunny/Calm	Coach
16/03/13	5	7	1 & 2 ★	Assisting Helen with Canoe training for Network	Lochgoilhead	Cold/Breezy	Assistant
17/03/13	5	7	1 & 2 ★	Assisting Helen with kayak training for Network	Lochgoilhead	Cold	Assistant