SCC Leader Day Syllabus 2025

Module Content

Theory/Land Components

1. Icebreakers and Warmups
    a. Physical
    b. Mobility
    c. Psychological
    d. Teambuilding
2. Games with Aims
    a. Incorporation of Warmups
    b. Analysing your Group
3. Roles and Responsibilities
    a. Briefings
4. Documentation for SCC and PUK
    a. Operating Procedures
    b. Risk Assessments
    c. Incident Forms
    d. Official Leader Documents
5. Equipment Orientation and Refresher
    a. Fitting Equipment
    b. Safety and Medical Gear

Water Components

6. Paddle Awareness for Invisible Leaderships
    a. Group Awareness
    b. Leader Positioning
    c. Considerations and Hazard Management
7. Reading Environmental Conditions
    a. Wind
    b. Currents
8. Trip Planning and Varying Factors
    a. Using Geography to Predict Conditions
    b. Navigational, Tidal and Weather Sources

Rescue Components

9. Towing
    a. Speed Exercises
10. Wet Rescues
    a. Normal Rescues
    b. Unconscious Paddler

PADDLE ENGLAND AFFILIATED CLUB