Taking an online Level 1 coaching course – what you'll need

Computer hardware

► A hands-free device connected to the internet, with camera, sound and microphone

You'll need both hands free for activities such as tying knots, so your smartphone isn't the ideal device. Something with a reasonable size of screen is helpful, and you could perhaps connect to a TV for a bigger image.

You'll need to see and hear the tutor and the other participants, and they need to see and hear you.

Plan ahead for a good internet connection – let others in the household know when you'll be online so that they can connect at other times.

Electrical devices in your house such as microwave ovens, cordless phones or baby monitors could also affect your internet connectivity when they're switched on, especially if they're near the router..

Software

► Zoom conferencing software

The version that's available for free download is fine, as the tutor will set up the meetings and email you an invitation
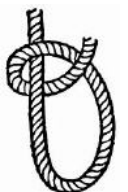
If you're new to Zoom, you can ask the course tutor to arrange a brief practice session.

Fishing equipment

All your activities will have to be visible on a computer screen so you'll be working on a small scale, for example with hooks, line, floats or weights.
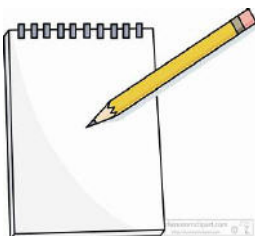
You might use larger substitutes for demonstrations, for instance using string and a curtain ring to make the details easier to see.

Imagine it's too wet and cold to coach on the bank, beach or towpath, consider what skills and knowledge you could pass on indoors, and think about how you could demonstrate and coach a small-scale activity.

► Coursework tasks and making notes for later

You won't be asked to write essays or do test papers, but you'll need to complete some short tasks and record a few things that you cover in the group sessions.

Pen and paper or an electronic alternative, whatever works best for you – there could be things you'll learn during your course that you might want to remember and use later on.