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COACHING

DEVELOPMENT

The magazine of the B C U coaching scheme

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EDITORS

John & Mo Adams,
29 Birchfield Road,
Northampton.
NN1 4RF
(0604) 716717

CIRCULATION

Attention of Mr. O.J.Cock,
British Canoe Union,
70 Brompton Road,
London, SW3 1DT

CoDe is published twice a year and circulated free of charge to all members of the coaching scheme. It is also available to Assistant (Trainee) Instructors who send stamped addressed envelopes (9"x4") to Oliver at head quarters. The views express in CoDe are those of the members and are not necessarily the policy of the National Coaching and Development Committee or the General Committee of the British Canoe Union.

EDITORIAL

WHAT YOU GET

The grapevine may have let you know that at their last meeting, members of the Coaching and Development Committee appointed us as editors of the newsletter. As there has been nothing circulated since then this is my first opportunity to let you know that we are desperate for copy.

CoDe is your magazine and it is up to you, whether you put in worthwhile reading matter or put up with a load of old codswallop from me. I think on the whole you will prefer the former - since the idea is to stimulate expression and opinion purely within the Coaching Scheme.

Regrettably, photos are out as yet, but line drawings and diagrams are O.K. If you wish to include them please draw them separately, finished size, black on white and I will fit them into the text. (no erotica please - unless it's superlative.)

TESTING TIME

On page 20 you will find particulars of the new British Schools Canoeing Association's Expedition Awards. All three awards require at least one B.C.U. test to be gained before the Expedition Awards themselves are undertaken. So watch out all you testers, you may well find that you are getting candidates than usual from school canoeing groups. In view of these awards the Test Awards Review Committee has decided not to alter any of our own tests (hurray). The committee is at present working on more detailed notes for the guidance of examiners which we hope will be printed in the next edition of CoDe.

S.I. RULES O.K.

Once a king always a king, and similarly with Senior Instructors. Once the qualification has been gained there is no need to requalify or obtain the blessings of the populace, all you have to do is pay homage to the British Canoe Union in the form of a yearly subscription, and hey presto you can do it all from your wheelchair if you like! Personally I think the system needs revision, but whilst our gallant teams of Assessors can hardly cope with new entrants to the scheme there is little hope of introducing a system of retesting or updating But I digress - the point at the moment is that membership of the BCU is part of your qualification. If you don't join, then you probably won't bother to buy a copy of "Canoe Focus" and you certainly won't get a copy of CoDe. Without these there is no hope of anyone keeping up with the latest ideas in the ever changing world of canoeing.

At this point I hear mutterings that I am preaching to the converted - fair comment - but may I make a request to all you faithful ones. If you know of an Ex-Senior Instructor who is teaching or testing; tell them to get lost - in the nicest possible way - or even better persuade them to apologise to Oliver and pay up their dues. We in the coaching scheme are no less guilty than the other canoeing disciplines if we allow cheats to carry on getting away with it.

S.I.s Obey the rules - O.K.

WATER SAFETY PROPAGANDA

Rospa have instituted a water safety campaign "Be WaterSafe" to bring to more people especially to over 30's the training facilities which are available in Water Sports. All water based organisations are being encouraged to use the symbol, and the theme is "You are never too old to be in the swim". Further details from:- Rospa, Cannon House, The Priory, Queensway, Birmingham B4 6BS. Tel. 021-233-2461.



UP UP AND AWAY

Whenever three or more Coaching Scheme members are gathered together the conversation will eventually turn to hypothermia (a complaint affecting the very old or very young due to lack of food and heat), dilated pupils, and circulation problems. However it only requires two editors to get together and the conversation always turns to circulation, which we are glad to announce is increasing. In fact this edition tops the two thousand mark for the first time. We hasten to add that this is no reflection on ourselves - the glory must go first to Oliver, as recent editor, and second to all you members of the coaching scheme who have trained, taught and brought so much new blood into the scheme.

5th March 1977

JOHN BROWN

Ladies and Gentlemen, you will have heard the sad news of the death last Saturday of our Treasurer and past Chairman, John Brown. On your behalf I sent the following letter to Sylvia his wife:

"I am writing on behalf of John's friends in the BCU Coaching Scheme to express our great sympathy to you and to Michael and Susan on the death of John. We hope you will be comforted in the knowledge that at the time of the tragedy he was taking part in the sport which he enjoyed so much and which gave him such great satisfaction.

As a tribute to John we shall strive to build on the work he has done and continue to develop the coaching service that meant so much to him and which owes so much to him"

I went to the funeral and afterwards Sylvia told me that she is very anxious that nothing should be said against canoeing as a result of this. Canoeing, she says, is a grand sport: it is not dangerous: it is not only for the young. She emphasised that John got great enjoyment and relaxation from our sport, for which he was well trained and well equipped. She wants others to go on enjoying canoeing as this is exactly what John would want.

The death of John is a great loss to us all, as he has been a prominent member of the Coaching Scheme for many years and he has contributed a great deal to canoeing in general and coaching in particular.

John was one of the key people in our Coaching Scheme, but he did not make the mistake of losing touch with the canoeists on the water. He was immensely popular with all those with whom he canoed and his wit and enthusiasm were infectious.

John was an example to us all in the way that he was continually working to improve his canoeing skills and to broaden his experience. His willingness to pass on his knowledge and the way he went about this has been in the best traditions of our scheme.

We mourn the loss of a very good friend. Let us demonstrate our feelings by continuing with John's work.

CLUB SITUATION

The following letter was originally sent to the editor of Worcester Canoe Club's magazine. As many Coaching Scheme members are very involved with the "Club Situation" I felt many of us could benefit from Mick's comments.

Dear Sir,

I hope you can find room for a letter concerned with the old problem of how to make certain that good ideas don't just remain good ideas but actually get carried out.

During the last few years this club's "normal" membership has been around eighty or ninety. It has at times shot up to a couple of hundred, but quickly lapses back again. To my mind this suggests that we are fairly well adjusted for running at our present level, but that when numbers go up we just can't cope.

I think the reason for this can be seen in the club's history. Originally it was a collection of apprentices and students, and the normal membership age was in the twenties. Now the age-pattern is wider, but the "skills" which the club can command are much the same as before. We are well provided with craftsmen and teachers, and we have several generations of the same type of person "coming up". The skill which is really "thin" is on the management / administration side.

All of us join the club as a "leisure" activity, and on the whole we enjoy it because it is different from what we do in our daily routine. Management means basically, the skill of planning work for others to do and then seeing that they do it. There aren't many professional managers on the club's membership list, and they don't want to exercise that particular skill, at the expense of their friends, outside "office hours". I can think of several people within our own club and in other clubs in the Midlands, who have "managed" a club in professional style and then pulled out after a year or two because their skins weren't thick enough for them to put up with the chorus of "Little Hitler", "Who's he think he is?" etc. I'm glad to say that our Chairman is an exception to this. That's why we've been able to expand to our present level; but now we've "stuck" again, because we have come to the limit of what our existing management team can cope with.

What's the answer then? I think it is for the club committee to look carefully at the list of existing members, seek out those who they think have management skill that is not yet developed, and then give them a clearly defined area of management to get on with.

Chorus from the committee - "We're doing this already!"

I don't believe that the committee is doing this already; for one thing I'm quite sure the committee has never once looked at a list of club members. What the committee does, in fact, is "find" jobs to keep busy such members as ask too many critical questions. This may be quite an effective way of damping down potential "rebels" but it has two serious disadvantages. It completely by-passes the able but quiet chap who has become imbued with the very prevalent spirit of "Never volunteer for anything" and it sometimes "dampens" the potential rebel so effectively that he pulls out of active club life completely.

We could, without any trouble at all, get a hundred new faces at the club within six weeks. I could do this by myself, simply by 'phoning round a few schools; but I don't intend to do so because I know

from previous experience that this club can't absorb any more new members than it gets in a normal year under the present "casual" system. Add to this the point that has often been made by our Treasurer. A Junior Member takes more out of the club than he puts in. Therefore it is only worth while to campaign for Junior Members when you are quite sure that most of them will become so involved with the club as to remain members right through into their adult life.

This brings us back once more to the old business of looking at records and lists. Last year I offered to supply to the committee a card index showing all the B.C.U. members in our area. These are mainly adults, committed canoeists. Systematic letters addressed to those living within a ten mile radius ought to be able to persuade quite a few of these to join the Worcester Canoe Club if the club can offer something in the way of organised canoeing; but can it?

Maybe it can't. After all, quite a lot of these people are ex club members anyway. Maybe we've got to concentrate on a smaller radius, which means sticking to our present scheme of recruiting mainly by offering a few weeks free coaching in club boats to beginners. In that case surely it is essential to work the system as efficiently as possible.

I see the job of the club Coaching Organiser in the following way:-

- a) He must equip himself with a list of club members, and constantly keep this up to date.
- b) During the warm weather period from early May to the end of Sept. he needs lists showing the composition of all the coaching classes that are going on.
- c) He should make sure that each class has a clearly defined "AIM"
- d) He should look in on classes fairly frequently, and if the class appears to be drifting away from that particular aim he should either alter the composition of the class or consult with the instructor of the class to establish a new aim which is more appropriate. The organiser's over all objective here is to ensure that individuals don't linger on for months at "beginners" level, but direct them to a higher level. Worcester has never been a "touring" club, and I see no signs of it ever developing that way. The possession of a permanent boathouse means that members have no incentive to look for touring opportunities.
- e) Coming back to points (a) and (b) above. He should work with the membership secretary and use his lists to make certain that the "willing horses" of the club are not being exploited by people who are, consciously or not, out to get something for nothing. The more blatant cases draw attention to themselves, so I want to concentrate on some of the less obvious ways in which the club is "made a sucker" and usually doesn't even notice it. Youngsters, under age to join the club, who attend a series of coaching classes during the warm weather and then disappear. These ought to be told that a parent must join as an "Associate Member" and show himself fairly frequently at the club. (Some would say that he ought to be at the club all the time.) -- Juniors who apply to join the club but never get round to paying a subscription. -- Those who join the club mainly to get free boat storage, and make one year's membership last ad infinitum. -- Those who attend, and expect to borrow a club boat as a right, whenever the water is warm, but are too "busy" to commit themselves to anything purposeful.
- f) If the coaching organiser and the membership secretary are afraid to make themselves unpopular by campaigning against the undesirables mentioned above, they can perhaps gain courage by thinking about the "ideal" new member -
 Lets give his/her profile

Age 13, sex immaterial, comes down with mum and dad. Parents offer to buy a roofrack and attend all club social functions. Child does six lessons at club to learn boat control and another four at the weir to gain understanding of currents. Family join in club holiday at Whitsun and help with running of Nationals. Kid does quite well in Novice Slalom but by this time has been "spotted" by the racing captain as a possible for K 1 paddling. Only problem by Autumn is whether the kid is going to ask Dad to build a "snipe" or an "Espada". Father says "Oh let's build both, and I'll use the one you don't want."

Club approaches bank for £20,000 overdraft and Father agrees to stand as guarantor for it. Club moves into new headquarters.

On this optimistic note I think the time has come for me to fade into the sunset.

Mick Powell.

Treasurer

Applications are invited for the post of Coaching Scheme Treasurer. Needless to say the position is honorary, and will require a fair amount of time (and patience) both in day - to - day transactions and in longer term budgeting.

Would anyone who feels that they are able to take on the job please contact:-

The NCDC Chairman,
Mr Carel Quaife,
70 Coopers Road,
Handsworth Wood,
Birmingham B20 2JX.

National Coach

Applications are invited for a National Coach to work on a part time basis in an English Region. The successful applicant will be expected to organise and be responsible for general coaching in the region: to carry out such coaching as may be required: to organise and attend assessment sessions and to control training courses: to assist with the general development of the sport in the region.

The National Coach will be responsible to the BCU Council through the Director of Coaching and the National Coaching and Development Committee and will be expected to carry out the above work within the policy guidelines of the BCU Council and the NCDC, but will be given very much a free hand on methods of implementation. Attendance at conferences held in connection with the work (currently held annually) is also expected.

The remuneration for this part time position will be at the rate of £450 per annum to cover expenses: further increments earned as a result of the appointment will in no way affect the above arrangements.

Letters of application containing a summary of relevant experience and qualifications, together with the names and addresses of two persons to whom reference may be made, should be sent to the NCDC chairman, Mr Carel Quaife,
70 Coopers Road,
Handsworth Wood,
Birmingham, B20 2JX

to reach him no later than Friday 17th June 1977.

COMPETITION SYNDROME

In recent years the term "Competition Syndrome" has been popular among various members of the British Canoe Union Coaching Scheme. In this paper I want to explore the meaning of this term and the arguments for and against competition in relation to the Coaching Scheme.

Competitions have always been given a low profile by the Coaching Scheme. To give an example:- competitions have not been allowed for use in either of the two levels of Proficiency tests nor in any of the awards. Some of the reasons given today are that a race does not test the paddler's skill of personal organisation and planning; also it is said that all a paddler has to do is follow the guy in front and finish. In many senses this is very true and a lucky paddler can jump into his boat, paddle 8 miles at 90% flat-out and eventually get to the finish. On the other hand that is all a paddler may have to do these days behind a Senior Instructor, who, for his own reasons may so completely organise a trip, with the result that the rest just follow like ducks.

Some of the L.D. & Wild Water races test paddlers' skill and planning ability to a higher yet different level than the more conventional trip. For a paddler to compete successfully in a race of the calibre of the Exe Descent or perhaps the Usk Wild Water race, the paddler must do much personal planning along with route and ferry organisation. Of course a high degree of paddling skill and fitness are also required. To completely veto all competitions counting as trips is just as bad as accepting all conventional trips where perhaps the main group of the party are driven to the river, placed in their boats with their "canteen prepared" packed lunch, pointed in the right direction, picked up 5 hours later and driven home. The danger here lies in the fact that the non-leaders of the party may very well get used to this system and lose any natural motivation to explore individual capabilities or to express themselves in their canoeing.

The Competition Syndrome can make its presence felt in different ways, bad feeling perhaps or "psyching-out" sessions as well as narrow attitudes. I shall give some examples:- Quite often before a race, paddlers will try to undermine the confidence of other competitors with tales of monster stoppers, mad swans and miles of barbed wire. I have had similar things happen to me and at least twice I've had rudders of Kl's dropped onto my fore-arm whilst carrying boats to the start. This sort of thing of course is quite unnecessary but does happen time and again. The mass starts of some L.D. races can be vicious and the beginners often do well to keep off the front rank. Other examples are the young person who throws himself 100% into competition and as a result cannot appreciate a paddle along a peaceful river, looking at the wildlife and enjoying the sun, but worse, he scorns others who do enjoy this type of canoeing. The good, but not outstanding paddler who trains for months, spends all his money on boats and equipment, neglects his family or studies and does not achieve the results he craves is another case in point.

Some of the manufacturers seem to play on the competition syndrome maybe for two reasons. Firstly the ever increasing spiral of new boats, latest designs & revolutionary materials proclaimed to be used by the best. Secondly, (and the manufacturers admit this themselves) only 10% of competition designed boats ever go to a competition. Many paddlers find themselves with the wrong type of boat for their style as a result of glossy sales literature or from bad advice of others.

Competition, once entered does offer a kind of companionship, and of course the feeling of being fit and obtaining the best from one's

Equipment can be measured more easily in the competition situation. Hard training and dedication do not always pay dividends, but when they do, the results are justifiably very satisfying. From my own point of view I would rather be in a giant stopper in an organised competition than in the touring situation with six proficiency level paddlers. I propose that to view the many styles of paddling in varied situations, competition allows greater scope and depth. To expand this last idea, a paddler of perhaps Elementary standard wishing for direction and expansion of his canoeing horizons can, by going to, but not necessarily participating in competition, see more varied river situations, evaluate a variety of boats, talk to more people of opposing views, see more equipment for sale and possibly try out more kinds of boats much more quickly than in any other way.

Some forms of competition already provide a structure to introduce beginners to its own particular dimension e.g. the divisional system of slalom and the tiers of L.D. Wild water racing however is completely unstructured; it's just the time of year and the travelling involved that keeps the numbers down.

In conclusion both competition and recreational sides of canoeing have a lot to offer, but one must remember the whole point of paddling is to enjoy one's self, The enjoyment can take various forms. Self expression in one's style, along with personal motivation means a great deal to many people, just a complete change from perhaps a high pressure job means a lot to others.

Bete Wood. ACO West Country

NOTES FROM THE COACHING OFFICE

We quite often get forms in, which we can not read. The examiner appears to have completed the form after the candidate has left him; so we get the wrong names, and wrong or incomplete addresses. We are then not surprised, but upset when an equally upset, successful candidate writes in to say that his name is wrong on his certificate, or that he has never received one.

We do beg examiners to be careful in completing and checking their forms in assessments as well as tests. Then these aggravating and expensive time-wasters can be avoided.

In any case it is quite a good idea to get the candidate to complete his part of the form himself. This saves the examiner's time, and it can also give him quite an insight into the person whom he is about to examine. Try it and see.

There is to be a course in water sports for disabled people from 13th-25th June. The middle weekend, (18th & 19th) is being devoted to instructors who would very much like to help disabled people and would like to get involved. The week-end is non-residential but the organisers will be happy to put people in touch with local accommodation if they wish. Anybody who is interested in attending at Stevenage that weekend is asked to write to Miss Elizabeth Dendy, The Sports Council, 70 Brompton Road, London, SW3 1EX.

IPSWICH FOR EVER

It is a principle of canoeing safety that a group of not less than three canoeists should be afloat at any time. This applies particularly of course in open water and the sea. Based on this principle, the technique of the "Ipswich" method of rescue was devised.

I would suggest that a variation which appears to have crept into the original procedure of this method of rescue, which requires two canoeists to rescue a third, is detrimental to the success of the drill.

Before putting forward a comparison of the original and the new variation, we should first define the object of this method of rescue.

- To assist a capsized canoeist to empty and re-enter his canoe.
- To effect such a rescue with the greatest despatch.
- To reduce to a minimum the time during which the patient is exposed to cold water.
- To effect a rescue under both calm and rough water conditions.

Much of the success of this rescue depends on the canoes being head to wind/wave and the stability of the raft. Particularly at the time when the patient is re-entering his canoe and fitting his spray cover.

In order to differentiate between the two methods I will label the original drill A and the revised drill B.

I Situation

Drills A & B. Three canoeists X, Y & Z are proceeding on course on open water (fig. 1).

II Incident

X capsizes (fig 11)

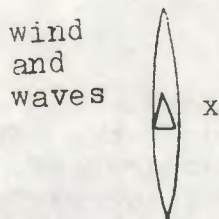


fig 1

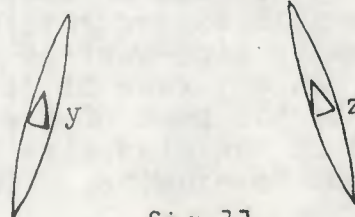
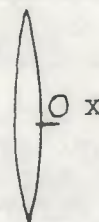


fig 11

III Rescue

Drill A. X swims to the bow of his canoe (capsized) and holds on to the toggle and awaits for Y & Z to raft up. (Note all canoes facing the same direction). X acts as sea anchor during rafting up of rescue canoes. (fig 111a)

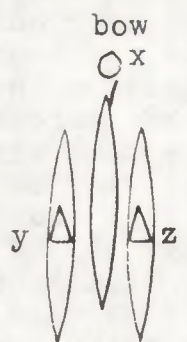


fig 111 a

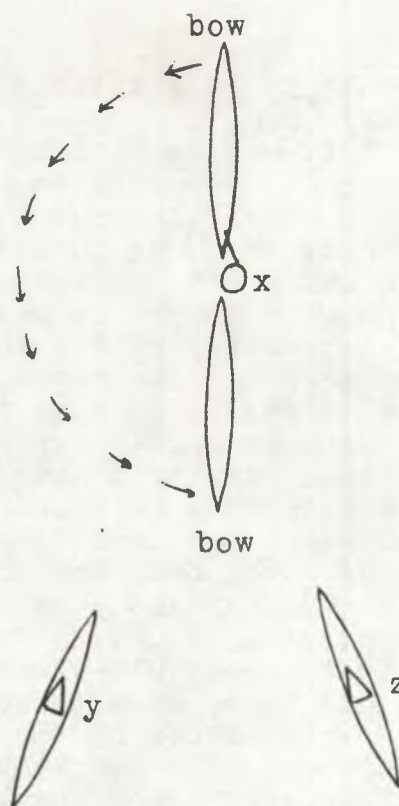


fig 111 b

Drill B requires that X canoe is pointing in the opposite direction to the rescue canoes before rafting up takes place. This means that X must spend longer in the water because either X has to turn his canoe round or Y & Z must turn their canoes before coming along side (Fig 111b)

Drills A & B agree on the next stages of the rescue. The raft up, the bridge of paddles (3) and the lifting, emptying and righting of X canoe.

Drill A X pulls himself with the aid of the deck lines (an essential part of the open water canoe equipment) on Y or Z canoe to the stern (fig 1V a)

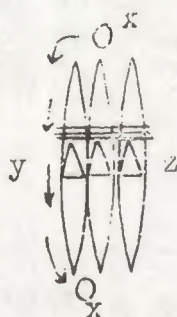


fig 1V a

Canoeists Y&Z have meanwhile pulled X canoe between them and lean inwards with their elbows hooked into the cockpit and the three paddles held firmly in position in front of all three cockpits with their outside elbows. The tight locking of the cockpits and paddles by the elbows of Y & Z are essential for the stability of the platform and the rigidity of the raft. In making this lock Y & Z will find that they will tend to turn inwards with the upper part of their bodies. This means that by turning their heads slightly to right and left respectively

they are able to look towards the stern of their canoes and watch X progress.

Drill B X remains holding the bow of Y or Z canoe whilst they right his canoe and position it between them. Y & Z then lock on with their elbows but if X canoe is made with thigh grip flaps, as many canoes are, these will cut into their upper arm, also the paddles instead of being clear of the cockpit of X canoe as in drill A, are across the cockpit and will therefore severely restrict X's room for re-entry.

Drill A re-entry of X into his canoe is effected by moving as far forward between his own canoe and either Y or Z's (this will cause the bows of all 3 canoes to come together making for increased stability), placing a hand on each after deck, if possible holding a deck line at the same time, leaning backwards into the water (supported by his life jacket), raising his feet and placing the heels over the cockpit rim of his own canoe and then by pressing with his heels lift his thighs clear of the water onto the afterdeck and thence slide forward into his canoe. During this phase of the rescue it is essential that the raft is absolutely rigid.

Drill B X places his hands on the foredecks of his own and Y or Z's canoe and then, as with drill A, lays back and raises his feet to place his heels either on the rim of his cockpit or, additionally in this method, onto the paddle shafts. It must be noted however that this position will force the bows of the canoes apart thus increasing instability. X will find however that the space for entry into his cockpit is reduced by the elbows of Y & Z and the shafts of the three paddles off of which must remain securely locked in position during this phase.

The argument in favour of drill B is that the patient is in full view of the rescuers at all times. As shown above however he can also be watched by his rescuers using drill A which has the added advantage of providing a steadier platform for his egress from the water.

INSURANCE

It may not be common knowledge that fully qualified members of the Coaching Scheme are covered by a BCU policy against claims by Third Parties in respect of injury to persons or damage to property arising during events in which the member is acting in his/her official capacity as a member of the Coaching Scheme on behalf of the BCU.

The limit of liability is £250,000 any one accident, and the occurrence of any incident which may give rise to a claim must be immediately notified to:-

BCU Insurances,
62 Rupert Road,
Sheffield S7 1RP

COACH TRAINING INLAND

SENIOR INSTRUCTOR TRAINING INLAND

SENIOR INSTRUCTOR ASSESSMENT INLAND

all on

JUNE 17-18-19.

A self catering course is being run at Montford Bridge Shropshire. For details of Coach Training apply to Mr. G. Lyon, 33 Forrester Road, Broseley Salop; and for Senior Instructor training or assessment apply to Mr. T. Kaye, Mytton, Montford Bridge, Salop.

COMMITTEE NOTES

13

These are just a few brief notes from the National Coaching and Development Committee meeting held on 5th March at Holme Pierrepont. Most of what goes on is way above mere mortals like you and me, so my notes, I hope, will convey the interesting bits which you need to know.

John Brown

The chairman Carel Quaife paid tribute to our former Chairman & Treasurer John Brown whose tragic heart attack has left a tremendous gap in the ranks of the N.C.D.C. No doubt many of you will wish to pay your own tribute to John and we have been asked to make our contributions to the Royal National Lifeboat Institution.

Treasurer

Following from the above the post of treasurer is now vacant. Until this post is filled Oliver will try and cope with the finances along with all the other things that he does. So unless it is urgent please keep it until we have a treasurer!

Vice Chairman

Chris Hare is retiring as A.C.O. for the Northern Area, a post that he has held since before I first knew him. However it was felt that so much talent could not be wasted, so he was unanimously voted to the position of Vice Chairman. I am sure he will do a very good job supporting Carel, and we can look forward to a very experienced executive on the N.C.D.C.

The Canoe and the Swimming Pool

The B.C.U. have produced a very good leaflet with the above title. For anyone wishing to cajole their local baths manager this one is a must with two reservations. First, if you are already on good terms with your manager don't ram the booklet down his throat, you may find that he becomes more demanding! Secondly, since publication there seems to be more doubts concerning G.R.P. pools - so if it is one of these that you are after - tread carefully. To obtain a copy of the leaflet please send S.A.E. to Oliver at B.C.U. H.C.

Anoracks

Coaching Scheme anoraks are out of stock at the moment. A new supply is being negotiated and will probably be in a bright colour so that they will be suitable for sea work as well as inland. Details should be available in the next issue.

Council Nomination

Owing to a misunderstanding Geof Good was not nominated to be elected onto council at the A.G.M. However he will still sit on council as the National Coaching and Development official representative. Geof's great experience on committees will stand him in good stead in this position, both to put the coaching point of view to council and also reporting council decisions to the N.C.D.C.

Editor of Coaching Newsletter

Mo and John Adams were approved as editors and told that they could print whatever they could get hold of. (The first thing we got hold of was the name, and changed it to CoDe - pronounced code - which stands for Coaching Development.)

Coaching Calendar

Advertisements for any courses etc are welcome in CoDe but remember that it only goes out to Coaching Scheme members.

PADDLE V WATER

How the Transmission of paddler's effort
through the paddle blade to
the water is effected.

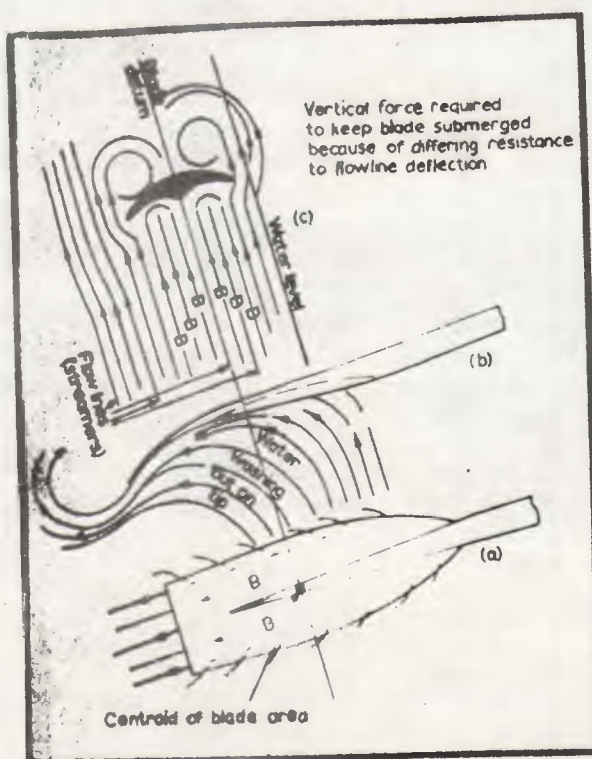
I have been lucky enough to find articles worth quoting to you, in past issues of the journal of the Institution of Mechanical Engineers. Now, quite recently they published an article on the mechanics of sculling, and part of the paper by J.J. Bird referred to the action of the blade of an oar on the water.

There is very little difference between the action of an oar's blade on the water and that of a Kayak blade. In fact some time before the war the National Physical Laboratory at Teddington carried out a number of experiments which caused the Oxford Eight to change the shape of their blades to that of a paddle, a shape which is occasionally reproduced today.

The most obvious difference to the layman between the reactions of water on the two blades, kayak and rowing, is that the latter is nearer the surface, thus allowing a certain spillage over the top. A trained oarsman will tell you that if this occurs to an obvious extent, then he has failed to put the blade far enough into the water and is thereby losing power. Therefore this "difference" is not so great as the layman might expect. Let us see what Mr. Bird had to say.

The way in which water flows round a blade is of interest. The blade moves in the direction of the applied load at a rate depending on the speed at which water can flow round it. More precisely, when a blade is submerged to a depth at which no surface effects intervene, the water meeting the periphery of the blade is deflected round it but at the same time resists the movement of the water within the periphery to flow over the side: the result, aided by the shape of the blade becomes a stream of water travelling parallel to the blade to form a vortex beyond and slightly behind the end of the blade as shown.

This can be demonstrated by passing a blade, submerged, through the water just short of a small object floating out of reach. At each pass, the object is pushed farther away.



Thus at the beginning of the stroke this column of water whirls back in the direction the boat is being propelled, i.e. it has a retarding effect. This effect diminishes as the stroke progresses: when the blade is opposite the paddler this column begins to assist in the propulsion of the boat, increasing its effect all the way to the finish.

A sculling blade is used close to the surface and will therefore not be symmetrically loaded, the flowlines being shown in Fig 1c: a force will have to be applied by the sculler to keep the blade submerged.

The path of the blade is part of an ellipse and is generated by the arc of the stroke and the amount of slip. Opinion in rowing circles is that the number of strokes is important. During the boat race, for instance, the commentator says something like, "Oxford are now striking 35, Cambridge have dropped to 29". This statement means little unless the power and length of every stroke is known. What is important, is the amount of propulsive force put into the boat, and the amount of momentum lost during the recovery of the oars. This is what rowing is all about - and it goes for canoeing just as much.

May I draw your particular attention to the words "aided by the shape of the blade". If you look at the illustration you will notice a rib down the centre of the face of the blade, with the centroid (centre of pressure) of the blade in the middle of it. This is an essential part of the design of the blade if it is to deliver the maximum power. Engineers will recognise that the blade can be described as a flattened out Pelton Wheel, the modern equivalent of the water wheel, and very much more efficient. Remove the rib and the blade immediately becomes very much more inefficient.

There is, however, a disadvantage. Cut through the water sideways (an action not carried out by the best oarsmen!), a spooned blade with a rib will move on an arc instead of moving in a straight line. This can be demoralising! However, there is a way to overcome it, which in no way spoils the blade's efficiency. This is to place another, counterbalancing rib on the back of the blade. This can be done quite easily by extending the loom of the paddle over the back, an action which will have the added effect of strengthening the blade as well.

CANOE ROVER

At a recent S.I. Assessment near Nottingham the candidates were each given four or five beginners and a canoe in a swimming pool. (Full marks to Mike Haslam for setting up so many beginners for an assessment). What they were asked to do was to go through life jacket drill, getting in and falling out. As there was an hour and a half for this it left plenty of scope for teaching confidence boosters (although some of the pupils were still dry after 45mins.) However the point is that the usual confidence aid of banging on the bottom of an upturned canoe three times before ejecting was used, of course at this early stage of learning no mention of Eskimo rescues was mentioned - you banged merely to let the world know that you were all right! At the end of the session it was pointed out to everyone that if you are all right you get out, roll or swim for the side - if you want rescue you bang like hell, and pray - that way you are not so likely to get skewered through the ears by a zealous Olymp 5.

ROLE OF N.C.D.C.

The following report was presented to the National Coaching and Development Committee by the chairman's working party. It received general support from the meeting and the working party was asked to add more detail to the broad outline. I am sure that Carel will welcome any comments on his ideas so far.

THE ROLE OF THE BCU NATIONAL COACHING AND DEVELOPMENT COMMITTEE

1. INTRODUCTION

The British Canoe Union Coaching Scheme was started on the the initiative and hard work of John Dudderidge in 1960. For over 12 years the scheme and the service it offers improved and expanded continually under the secretaryship and chairmanship of Geoff Sanders. With John Brown in the chair a significant contribution has been made to regional development. We now have one of the best coaching schemes of any sport and it is the envy of many: this does not mean that there is no room for improvement - far from it! Now is a good time to pause for a moment to take stock of the situation, to examine our role and to consider the best means of carrying it out from now on.

2. BROAD CONCEPT

- 2.1 The coaching service should be provided by the NCDC bearing in mind the two aims:
 - 2.1.1. Of the BCU " to promote canoeing in all its form and... work to improve facilities available for canoeists."
 - 2.1.2. Of the Council for Sport and Recreation " to develop sport and physical recreation as a leisure enjoyment for the public at large and to encourage high standards of performance."
- 2.2 The coaching service must be outward looking and aim to meet the needs of all UK canoeists. As the success level improves so will the number of canoeists who join the BCU. An inward looking service geared only to existing BCU members is unacceptable.
- 2.3 Coaching is not an end in itself: it is only a means to the end where canoeists can better gain achievement and satisfaction from participation.
- 2.4 It is important to promote exchange of ideas and experience between regions so as to help towards achieving uniform standards, to reap the widest possible benefit from new ideas and generally to foster a team spirit amongst the members of the service. CoDe is a useful aid in this direction.
- 2.5 This paper is based on the assumption that the BCU will move fairly quickly towards a regionally based structure. It is noted that there is a commitment in principle to consider a move towards federalism, but the method of its implementation is not yet clear. It is not anticipated that anything in this paper will be incompatible with federalism, but the situation will have to be reviewed again when details are known.

3. PRIMARY RESPONSIBILITIES

- 3.1. To keep in close touch with all parts of the canoeing world so as to have a clear understanding of the coaching service that is required now and in the future.
- 3.2 To provide a framework of tests of ability that can be taken by canoeists of various interests and at various levels.
- 3.4 To provide a framework of coaching organisers to implement NCDC policy locally and to organise a service in line with local requirements in co-operation with clubs, organisations and canoeists concerned.

- 3.5 To ensure through the qualified members of the coaching service that newcomers are introduced to the sport in a safe and enjoyable way and are helped to progress to whatever level and in whichever branch of canoeing suits them best. Every encouragement must be given to them to join the BCU.

4. SECONDARY RESPONSIBILITIES

- 4.1 To establish standards for tests and awards and to issue guidelines to members training and/or assessing canoeists for tests and/or awards.
- 4.2 To monitor training and assessment for tests and awards sufficiently to promote uniformity of standards.
- 4.3 To organise such courses or conferences which need to be run on a national basis.
- 4.4 To collect and disseminate information on current developments and new techniques to improve coaching in all branches of canoeing.
- 4.5 To keep all interested parties informed about developments in connection with the coaching service.

5. DEVELOPMENT

- 5.1 The NCDC has a major role in the short term. By virtue of its existing organisation it is well placed to contribute positively to the setting up of regional organisations of the BCU. The coaching organisers can also assist temporarily to fill the vacuum in areas where a regional organisation has yet to be formed.
- 5.2 The BCU regional organisation when formed will be the logical agency to take over responsibility for development under guidelines recommended by the BCU council.
- 5.3 The coaching organisation will be an integral part of future BCU regional organisations.
- 5.4 In due course the NCDC will revert to its former title of National Coaching Committee, when it will concentrate its energies on sections 2, 3 and 4 above.

6. CARRYING OUT THE ROLE

- 6.1 Composition of the NCDC.
- 6.2 Conduct and frequency of NCDC meetings and the delegation of work to working parties.
- 6.3 Consideration of splitting work between policy and executive matters and forming an executive group within the NCDC.
- 6.4 The production and issuing of guidelines.
- 6.5 Methods of monitoring standards.
- 6.6 Two way communication.

QUOTABLE QUOTE

Work today has lost many of its traditional characteristics; so has play. Play has increasingly been transformed into organized sports, and sports, in turn, increasingly resemble work in the hard practice and preparation, in the intense involvement of coaches and athletes (in the spirit of work), and in actual economic productivity.

In a final paradox, only those sports which began as work - that is, hunting and fishing - are now dominated by the spirit of play.

John Talammi and Charles Page in "Sport & Society" quoted in Readers Digest May 1977.

AREA ORGANISERS

By the inclusion of this list it is hoped to keep you upto date with changes of position/addresses etc. of ACOs and LCOs. I am also including the newly appointed Regional Racing Coaches (RRC).

LONDON & SOUTH EAST

RRC B. Greenaway, 214a Battersea Park Road, LONDON, S.W. 11
 LCO North East London D.M. Sadler, 32 Cherrydown Avenue, Chingford,
LONDON E.4

SOUTH

RRC B. Perrett, 4, South Drive, Leighton Park School, READING, Berks.

WESSEX

RRC M. Kirschener, 34, Upper Regents Park Road, BRADFORD-ON-AVON, Wilts.
 LCO Avon A. Cornish, 40 Somerville Road, Sandford BRISTOL.

SOUTH WEST

RRC M. Kirschener, 34, Upper Regents Park Road, BRADFORD-ON-AVON, Wilts.
 LCO Exeter Area D. Rafferty, 34 Sandford Walk, EXETER, Devon.

WEST MIDLANDS

RRC North W. Machin, 21 High Grange, LICHFIELD, Staffs.
South G. Cooper. Dept. of P.E., University of Birmingham, BIRMINGHAM 15
 LCO Herefordshire G. McGladdery, The Youth Hostel, Staunton -on-Wye
HEREFORD HR 4 7NF

NORTH WEST

LCO Cheshire V. McBride, 4 Prospect Drive, DAVENHAM, Cheshire.

NORTHERN

ACO D. Hellawell, 79 Greenfield Drive, Eaglescliffe STOCKTON-on-TEES.
 LCO North County Durham P. Walton, 11 Mount View Rd., STOCKSFIELD,
 Co. Durham.

YORKSHIRE & HUMBERSIDE

RRC J.L.Oliver, 35 Elm Avenue, Cherry Willingham, LINCOLN.
 LCO West Yorks D. Millman, 12 Lakelock Drive, Stanley, WAKEFIELD, W. YORKS.
 LCO N. Yorks As before.
S. Yorks As before.

EAST MIDLANDS

ACO M. Nadal, Flat 5, 24 William Rd., West Bridgford, N OTTINGHAM.
 LCO N. Lincolnshire J. Shelston, 473 Laceby Road, GRIMSBY, Humberside
 DN34 5PA
 LCO S. Lincolnshire G. Lee, 2 Glen Drive, BOSTON, Lincs.
 RRC C.Gray 128, Greythorne Drive, WEST BRIDGFORD, Nottingham.

EAST

RRC R.Russell, 173, Bishopfield, HARLOW, Essex.

NORTH WALES

RRC D.Cook, Pryntysilio O.E. Centre, LLANGOLLEN, Clwyd.
 LCO Aberystwyth R. Tushingham, Plas Einion, Furnace, MACHYNLLETH.

SOUTH WALES

- RRC D.Cook, Bryntysilio O.S. Centre, LLANGOLLEN, Clwyd.
- ACO (VACANT)
- LCO Cardiff City (VACANT)
- LCO Llanelli & W. Glam. R.H. Parsell, 119, Cockett Road, Cockett, SWANSEA
SA2 OFG
- LCO Neath, Pt. Talbot & Mid Glam. C. Thomas, 29 Hawthorn Ave., Cimla,
NEATH, W.Glam.

REPRESENTATIVES FROM OTHER COMMITTEES

- Canoe Polo M.J. Baines, 71 Woodcote Rd. Birmingham B24 OHA
- Royal Navy Lt. Cdr. PJF Hewitt, RN Wardroom, HMS Neptune, Faslane, Dunbartonshire.
- Royal Air Force Flt. Lt. P.J. Fleming, R.A.F. Hereford, CREDENHILL HR4 7DD

Chairman's Corner

Who said that no-body ever volunteered for a canoeing job? Following Oliver's advert in the last Coaching Newsletter John & Mo Adams applied jointly for the post of Newsletter Editors and they were gratefully appointed by your Committee. I know that I can welcome them on your behalf and promise them our support in providing them with plenty of copy. A sincere thank you to Oliver for tackling the task of editorship for a "temporary" period of several years.

The NCDC had a very useful meeting on March 5th. As I reported in the November Newsletter a working party has been set up to review the role of the NCDC and their preliminary report has received the support of the NCDC. I would like to quote two significant passages, which I think give a clear basis for our work:

The Coaching service must be outward looking and aim to meet the needs of all UK canoeists.

Coaching is not an end in itself: it is only a means to an end where canoeists can better gain achievement and satisfaction from participation.

We are now undertaking a review of methods of organisation and communication to ensure that we provide the service efficiently and in a way that you all feel involved. Firstly I would urge you once again to send me your ideas on how the NCDC should implement its role. Secondly the working party has been instructed by the NCDC to consider the widening of the Committee to include LCOs and the holding of an annual two day meeting of the enlarged committee: it is envisaged that a smaller executive would meet more frequently. To help evaluate this idea an experimental meeting along these lines is to be held at Holme Pierrepont on the week-end of 5th/6th November. On this occasion the meeting will be advisory only and it will be followed by a short meeting of the NCDC to decide whether the weekend is a success and if machinery should be set in motion to effect an alteration to the rules.

And now, to come full circle, you will see that we are advertising for a treasurer for the NCDC. Let's hope that he or she can be recruited as quickly as John and Mo!

B.S.C.A. AWARDS

The B.S.C.A. has introduced a series of Expedition Awards to encourage young people in school and youth groups to undertake purposeful journeys by canoe after appropriate training has taken place and full preparations made.

There are 3 essential parts:

1. ATTAINMENT OF NECESSARY CANOEING SKILLS: These are to be measured by the British Canoe Union Tests, which are to be gained before the Award expeditions take place.

2. PREPARATIONS:

Planning of journeys - with reference to canoeing guides, maps and access. (Advice must be sought from the BCU on the question of access, and necessary permission obtained).

Expeditions should have a built-in 'purpose' (e.g. compiling a detailed itinerary, observations on geographical, biological or historical features) to emphasise the exploratory nature of the journeys.

Training: the importance of appropriate training cannot be over emphasised. Youngsters must be able to cope with the conditions they encounter.

Preparations e.g. provision & checking of equipment, reading up about journey, safety arrangements and leadership.

3. EXPEDITION and its recording.

There are 3 levels of awards:

- A. ADVENTURE AWARD (Bronze) The demands of this award are not high; it is anticipated that the award will be a suitable target for youngsters on 'ROSLA' type activities or in residence at Outdoor Activity centres. Assessment is carried out by the teacher or youth leader.
- B. EXPLORER AWARD (Silver) May be taken as a first award. Assessment is administered at national level.
- C. VOYAGEUR AWARD (Gold) For the experienced and proficient canoe traveller. Assessment is administered at national level.

DETAILS OF THE AWARDS

Requirements: All journeys made & tests taken must be recorded on Expedition Award Log Sheets.

A. ADVENTURE AWARD (Bronze)

- 1. To complete 20 journey hours. (Each 'logged' journey to be of at least one hours duration).
- 2. To pass the BCU Elementary Canoeing Test.
- 3. To plan, prepare for and complete a journey of at least 10 miles, which shall have a specified purpose. This expedition may not count as part of the 20 journey hours.

B. EXPLORER AWARD (Silver)

- 1. To complete 40 journey hours. (Each 'logged' journey to be of at least two hours' duration). Candidates who have passed the Adventure Award will be required only to complete 20 journey hours. A wider experience of canoeing is expected for this award; journeys should be undertaken from two of the following groups:-
 canals or navigations

sea or estuary or open water
rivers grade I or II
with not less than 10 hours on each of the chosen alternatives.

2. To pass the BCU proficiency test - appropriate to the journeys being made (i.e. inland or sea or by Canadian canoe). The expeditions undertaken for this test may count towards the journey hours required by the Explorer Award.
3. To plan, prepare for and complete a two day expedition with an overnight stay (camping or hostel) or at least 20 miles. The journey shall have specified objectives.

C. VOYAGEUR AWARD (Gold)

1. To hold the BSCA Explorer Award.
2. To pass the BCU Advanced Test (Kayak: Inland or Sea, Canadian) OR 3 out of the following BCU tests:-
Inland Proficiency; Sea Proficiency; Canadian Proficiency;
BCU Life Saving Test.
3. To plan, prepare for and complete a five day canoe camping expedition using at least 3 different camp sites.
4. To submit a project undertaken on the journey, presented in the form of a pictorial and written account. The detailed planning of the journey and the idea for the project are to be approved beforehand by the Expedition Awards Secretary.

All communications in connection with the Expedition Awards should be sent to the EXPEDITION AWARDS SECRETARY: M.J. Baines,
71 Woodcote Road,
Birmingham, B24 0HA

ACO & LCO CONFERENCE

The ACO/LCO Conference this year will include business session where broad coaching policy will be discussed. This experimental meeting will not have a binding effect on the NCDC but members will be able to take note of opinions expressed during the week-end. If the experiment is a success the NCDC may decide to initiate the process to change the rules so that in future years the ACO/LCO Conference will be the AGM of the Coaching Service and the implementation of the broad policy will be implemented by an Executive Committee.

The Conference will be open to all ACOs and LCOs and to representatives of BCU Committees and Organisation who come under the general heading of "customers of the coaching service". It is hoped that there will be a large representative attendance.

In addition to the business sessions the outline plan for the week-end includes talks and discussions on Regionalisation, Access and Competition Coaching, all matters of great current importance. There will be a guest lecturer on the Saturday evening and a series of seminal groups on the Sunday morning. It is expected that items for discussion at the business sessions will come mainly from Area Coaching Panels and NCDC members. However, if any individual coaching scheme member has an issue to raise, he or she may ask the Chairman directly to include the item: the inclusion will be subject to the Chairman's discretion and to the request being seconded by another member.

Application forms are being sent out to ACOs, LCOs and NCDC members: these people will have priority for places, but it is expected that some places will be available for individual coaching scheme members. Individuals who are interested should apply to Oliver Cock at H.Q. for an application form and details of cost.

COACHING SCHEME FEES AND PRICE LIST

<u>TESTS</u>	<u>Members</u>	<u>Non-members</u>
Elementary	.30	.40
Proficiency	.50	1.00
Life Saving	.50	1.00
Advanced	1.00	1.50
<u>AWARDS</u>		
Senior Instructor & Coach	1.50	
<u>BADGES</u>		
Proficiency cloth badge	.60	.60
Life Saving cloth badge	.60	.60
Metal lapel badge (Bronze, Silver or Gold)	.40	.40
Cloth blazer badge (S.I., Coach, Senior Coach or Comp. Coach)	.80	
Silver wire badge	2.25	
<u>COACHING TIES</u> (Award holder only)	2.25	
<u>LOG BOOKS</u>	.50	.60
<u>COACHING HANDBOOKS</u>	2.45	2.95
<u>BOOKS OF ELEMENTARY CERTIFICATES</u>		
Book of 10 certificates (Pre-payment only to members of C.S.)	2.00 with badges	<u>or</u> 1.50 (no badges)
Book of 10 certificates (Pre-payment only to A.C.Os & L.C.Os)	1.50 with badges	<u>or</u> 1.00 (no badges)

COACHING SCHEME ANORAKS

Now made of 5oz. RED nylon with blue & white stripes round the upper arm and chest (white only). Chest measurement should be taken OVER NORMAL CANOEING CLOTHES. All seams are PROOFED. Choice of cuffs - VELCRO or NEOPRENE. Hood is optional. Price for all sizes: £8.90. Patch pocket to right hand: 75p extra.

All prices include V.A.T. and postage and packing (where necessary)

Please address all orders to the Coaching Office, and allow 28 days for delivery. Cheques and postal orders should be made payable to the British Canoe Union, and crossed.

RECOMMENDED SCALE OF MINIMUM FEES

- (a) Senior Coach or Coach : £10 per day for the first 2 days
£ 8 per day thereafter
- (b) Senior Instructors : £ 6 and £4 as above
- (c) ALL : £ 4 minimum for lectures, with or
without slides and co.