

No 2

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COACHING

DEVELOPMENT

THE MAGAZINE OF THE

BCU COACHING

SCHEME

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CIRCULATION

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

CoDe is circulated free of charge to all members of the coaching scheme. (We hope three times next year.) It is also available to Assistant (Trainee) Instructors who send stamped addressed envelopes (9"x4") to Oliver at headquarters. The views expressed 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 BCU.

EDITORIAL

In most canoeing publications, if you look long enough you will eventually find a bit of "BCU knocking". Sometimes it is so subtle that it only impinges on the decision makers, but at other times, so blatant that you wonder who possesses the nerve to commit it to print. We hope that CoDe will be free from knocking and it is our intention to edit out any snide remarks that are offered for inclusion.

What we want in CoDe, is criticism, of both major policy decisions and minor details. We want CoDe to become the debating arena of the Coaching Scheme. Now as everyone knows debating is not just a matter of saying that you are right and your opponent is wrong - you have to put forward new ideas, and say why and how they will be to everyone's advantage. Similarly in CoDe; the constructive criticisms will always be more welcome - because they really help the decisionmakers.

If you have a lot of good ideas and the time to get them off the ground, why not join the decisionmakers as an LCO or ACO in other words to use a cliché: "if you can't beat them - join them". This applies also when you consider Council which, as you all should know, is the ultimate decision making body with the power to over rule other committees such as the NCDC. It is very rare indeed for a technical committee decision to be questioned, but sometimes a motion comes before Council which may be more beneficial to one area of canoeing than another. On such occasions the members of Council will obviously vote

for the branch of canoeing with which they are most familiar - not, I hasten to add, ~~because~~ because they have a vendetta with all other aspects, but because they truly believe that their own discipline has more to offer.

We are sure that the coaching scheme sees all aspects of canoeing in a very fair light, and that our Coaching Scheme members of Council will be looking at canoeing in the widest possible way when they make decisions. All we have to do is make sure that the Coaching Scheme is well represented on Council by voting for our members. With a voting strength of 1,500 we can easily do it, provided that EVERYONE sends in their voting slip with crosses besides the following names - Geof Good, Colin Mortlock, Carel Quaife and Ralph Tyas. I am sure you will have heard of all of them even if you have not had the pleasure of meeting them - I can assure you that they are all hardworking fellows who will look after your interests. Let us wish them all the best of luck in the forthcoming election.

There has been some despondancy lately because Coaching Scheme nominations for the Award of Merit have not been favourably looked at by Council. This doesn't mean that we should stop putting names forward - please put forward more names of worthy colleagues to Carel, so that the NCDC can deliberate upon them. If you all do as you were asked in the last paragraph, then more names will be accepted by council. At this point Chris Hare (who already has a gong) proposes that the Coaching Scheme should have their own awards of honour and/or merit, presumably to give to thenominations that Council bounces out. It sounds like a good idea to us - what do you think? For you information, the Award of Honour was started in 1961 and is awarded to those who have rendered distinguished service to the sport of canoeing, nationally and international : the award of merit was started in 1970 to show appreciation of services but to a rather lesser degree than the Award of Honour.

The Association of Pleasure Craft Operations (A.P.C.O.) have just published a leaflet on the use of locks. (They have also produced one on toilet pumpout stations which is unlikely to be required by canoeists except perhaps long distance sea touring types)

Locks leaflet - Sets out in pictorial form, clear instructions on locks, their equipment and correct operation; including water conservation, safety procedures, and the basic courtesies to be encouraged when locking.

A.P.C.O. considers it is the most comprehensive leaflet of its kind available. It is aimed at the hire boat market but would make a useful contribution to school libraries, Scout groups etc. Supplies are available from:-

John Atkins,
Hon. Treasurer, APCO Dartline Cruisers,
Canal Wharf,
Bumbury,
Tarpurley,
Cheshire CW6 9QB

Price 30p each including postage.

P.S. Copies of the ACO/LCO Conference Report as mentioned in Chairman's Corner are available from Oliver. Please send foolscap envelope (S.A.E.)

NEW TEST PROCEDURE

We all know how much we owe to Oliver and Ann Danos for keeping the coaching headquarters paperwork flowing smoothly, but not all of know how many extra hours they have put in to achieve this.

Oliver has for some years drawn attention to the need for more clerical assistance at headquarters and to the fact that to keep the administration running efficiently it has been necessary to cut down on his visits to our various areas.

However, in simple terms, more paid staff means higher subscriptions. Do our members really want to pay extra for more paperwork? Put like this the answer has got to be "no": therefore, we have been examining ways in which we can streamline procedures. We are sure that this can be done but only with the full co-operation of members of the Coaching Scheme. So please read on!

An analysis of headquarters clerical work has revealed that a great deal of time is spent dealing with queries, such as when test certificates have failed to reach candidates or have been lost. We are going to try a bit of preventive medicine and save having to deal with most of this type of query by eliminating them at source.

As from 1st January 1978 the three tear out copies of ALL Test Forms will be handled differently to what is printed on the cover of the Test Form books.

After completing the entries, the EXAMINER will forward the TOP WHITE copy and the PINK copy to his A.C.O. with the necessary FEES WITHIN 7 DAYS. The ACO will check the entries and the money, certify them correct by signing in the middle of the bottom of the two forms and send them and the fees through to B.C.U. head office WITHIN 7 DAYS (In Scotland the forms ONLY go to B.C.U. Head Office; the fees go to S.C.A. Head Office.)

On completion of processing, B.C.U. Head Office will return the pink form with the certificate number entered on it, to the A.C.O. of the area in which the CANDIDATE lives.

The EXAMINER will hand the GREEN FORM to the candidate as a receipt for the test fee, which will also provide the CANDIDATE with written evidence of a PASS or a REASON for FAILURE in the comments section. (Examiners should keep these comments brief and fairly general - re-tests must cover the full syllabus).

Untill the test forms next go to print the EXAMINER MUST TELL SUCCESSFULL CANDIDATES that the green form must be kept as proof of passing until the certificate arrives, and then the certificate is the only proof and DUPLICATES CANNOT BE ISSUED. If this certificate has not turned up after six weeks the candidate should send ALL the details on the green form (photo copy?) to H.Q. who will then be able to chase it up. Certificates should arrive much quicker than 6 weeks but going through the post three times may cause delays.

With your co-operation the new system will relieve one of H.Q.'s biggest chores and with the added advantage that it will be even more difficult to cheat the system and expensive H.Q. time will not have to be used to catch offenders.

Carel Quaife
(Chairman)

Congratulations to John & Mo Adams on the new improved Coaching Newsletter "CoDe". I have heard nothing but praise for the May issue to which may I add my own. We can look forward to THREE issues in 1978 and hopefully four in 1979.

I think that it is essential that you, the members of the BCU Coaching Scheme, should feel INVOLVED in what we are all doing. The Chairman's Working Party is giving a great deal of thought to the structure of the NCDC and to ways of increasing involvement. The views expressed at the Holme Pierrepont ACO/LCO conference have been particularly valuable. It is very important to obtain members views at the planning stage of anything we are doing, as this will lead to better, broader based plans and a greater chance of the plans being generally accepted. When decisions have been made it is important that all members know what they are. "CoDe" is a vital part of our equipment for achieving this.

Oliver and I do our best to obtain opinions of ACO's and LCO's and they in turn seek opinions from individual members. However, you the members have a much more important role to play: don't wait to be asked - volunteer your ideas and opinions! It is a tragedy if good ideas arrive after decisions have been made. Also it is frustrating for those, who spend much time behind the scenes planning for the future, to receive criticism after the event comments, which if made earlier could have been very useful and constructive. Involvement is a two way affair!

The Coaching Scheme has always been successful as it has operated on a team basis and great attention has been paid to enlarging the team rather than flogging a few filling horses. I am therefore very happy to welcome a new member to the team. The NCDC elected Neil Shave as our treasurer. Not only is Neil well qualified to act as our Treasurer but he is also an active and committed member of the Coaching Scheme. I am sure that we shall benefit greatly from him joining us.

A very Happy Christmas to you all and a successful 1978!

Carel Quaife.

STRANGE BUT TRUE

We thought that the following extract from a recent SI written paper warranted a wider circulation:

Question. When, if ever, is it safe to go to sea in an off-shore wind?

Answer 1. When your wife or girlfriend has left you.

2. The car cost £100 for a new engine.

3. The two canoes have left the roof rack at 100mph and implanted themselves in the car behind.

4. The rent is four months in arrears.

5. You've just laid up 2 canoes and forgot the hardener.

6. You have just run over the local police cadets K4.

Sorry!

Examiners Comment Or you have just failed your SI!

This was sent anonymously so we still don't know the result.

6 WANTED-EXPERIENCED INSTRUCTOR

by Geof Good

I came into canoeing, and into canoe teaching, in those favoured days when one could teach and undertake canoeing activities and expeditions with hardly any experience, yet alone a formal qualification.

We crossed the Solent, with no knowledge of tidal movement, problems, buoyage or navigation, surfed in North Devon, toured the Upper Wye and so forth. This was done protected only by common sense and inflatable tubes wrapped around the waist - mine was stamped 'Tested in 1940' and cost half a crown in the government surplus store!

Strangely enough we lived to tell the tale. I fact I do not recall a serious problem.

Since that time I have learned much about the folly of my ways. And I have been active in the generally accepted practice of 'pulling up the ladder' - preventing others from enjoying that same privilege of learning by trial and error. In case someone makes an error!

Now, I support fully and wholeheartedly the present system of proficiency ability, senior instructor training, and assessment. I believe, due to the level of canoeing activity into which beginners are swiftly thrust by the rising standards of performance the type of equipment available, and the efficiency of the coaching methods now evolved, that S.I. is the basic requirement for a director of canoeing in a school or youth service situation. That is to have full responsibility, and the freedom to take his group to where the excitement is. To know what he and his group are and are not, competent to tackle.

But to insist that this is necessary before a leader can take a small group of young people, properly clothed, life-jacketed and equipped, on a pond, canal, swimming pool or similar, is taking the issue to ridiculous extremes. And this is what is happening.

There are murmurings in the ranks, and considerable disquiet is evident in the youth and education service, because no consideration has been given by the NCDC to the practicalities of a teacher or leader 'getting going'.

A trainee instructor has a compulsory six months probationary period before assessment in order to 'gain experience'. Perhaps in simple terms someone could explain how he gains experience without being allowed to? We must mean 'experience in teaching others'. But he cannot teach others as a trainee instructor!

Work with an established S.I. you say. Excellent idea, and a 'tutor' system is in existence. But this presupposes that the Coaching Scheme has sufficient S.I.'s to go round, and able to fit in with canoeing activities in school times and so forth. The South has a strong panel, and yet we are pushed, and receive complaints about how thin we are on the ground. Anyone who imagines that the Coaching Scheme can adequately cope with this problem of giving comprehensive cover to every T.I. and prospective school club, scout group, cadet group, guide unit, and fulfil our prime function of servicing open canoe clubs, has no concept of the size of the problem. Nor of the size of the potential. We are holding back the grass roots of canoeing. We are failing to realise the potential to the sport from the vast recruiting grounds of the education and youth service. To say nothing of denying to a great number of young people participation in an activity which has

positive educational value.

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And the answer is really very simple. We recommend to the Dept. of Education and Science, and through them to the education and youth service, that: A qualified teacher or youth leader, satisfactory in his or her character to the headmaster or organiser concerned, who has successfully attended a BCU Senior Instructor Training course, should be permitted to undertake canoeing activities with not more than 8 young persons at a time, in a sheltered water situation approved by the area coaching organiser of the BCU and the relevant authority.

Unless this is done, the result will be either a continuing pro-rata decline in the number of teachers willing to use canoeing as part of their programme, or in the education and youth services devising their own systems.

The first alternative is very sad, and will detract from the sport's growth and potential. The second alternative will be disastrous when viewed against the fact that the trend currently is towards adoption of our standards.

A positive move now, within the terms of our scheme, not creating new awards, merely a common-sense interpretation of our existing system, answers the problem. I commend this move to the NCDC as a matter of some urgency.

TEACHERS FLAT WATER CANOEING AWARD

This would be a very basic award for qualified teachers. The award would allow the teacher to take:-

- a) 6 canoes afloat
- b) During the period May-September (inclusive)
- c) Teach up to the Elementary Test level.
- d) The award would allow teachers to operate upon flat water (no currents) keeping within 50 metres of the bank/shore.
- e) The teacher should hold the BCU Proficiency Award.
- f) The teacher should be able to demonstrate expired air resuscitation.

The test would be administered by the British Canoe Union Coaching Scheme. Membership of the BCU would not be necessary. There would be a certificate for five years duration. (During these five years it is hoped that either the teacher would go on to take the Senior Instructor's Award or would have discontinued canoeing.)

Yours sincerely,

R.N. Castle.

CLASSIFIED ADS.

FOR SALE Baidarka in good condition, rear hatch, paddle parks, Deck elastics and spray deck. £85 o.n.o. For further information ring Northampton (0604) 716717 **SO**

Due to problems with duplicating we are sorry that this edition of CoDe is a little later than usual, so from the editors of CoDe we wish you a prosperous New Year.

COMMITTEE NOTES

The following notes on some of the happenings at the NCDC meeting on 15/16 November may help you to understand how and/or why your ACO ticks.

Coaching Treasurer Neil Shave has welcomed to the committee as our treasurer following the untimely death of John Brown. It seems that as well as the almost impossible task of producing accounts that balance, he has the completely impossible job of forecasting what the figures will be a year in advance. Good luck to you Neil and may your abacus never fail you!

Coaching Calendar With the non appearance of our calendar in the December 1976 Canoe Focus it was decided that the calendar should appear in CoDe (see pages 10-16). It takes up a lot of space but it was felt worthwhile to have a reliable calendar available to the Coaching Scheme. (I hope to print a full calendar up to 12 months ahead in every issue. Ed.)

National Coaches Graham Lyon (West Midlands) & Dave Hellowell (Northern) have been appointed as National Coaches (This means that they get expenses for their services to the Coaching Scheme.) However if you wish to call them by a title, which they probably won't thank you for, you should address them as National Coaching & Development Officers. This change in name was felt to reflect more accurately what they were doing in the Regions these days. It is hoped that by 1979 there will be a National Coaching and Development Officer in all regions.

Coaching for Scouts. As you all are probably well aware, the Scouts have adopted many of our tests and awards as qualifications for teaching and leading the Scouts. It was reported that in one or two places friction had developed between Scouts and Coaching Scheme members because the Scouts felt that they were not getting enough coaching and or testing: Possibly they weren't; simply because there were not enough SIs to go round. So if you are approached and are unable to help please don't just say "Hard Luck", but explain your problems and explore all the possible ways that we can be of help to them. Come to think about it that sounds like a good formula for a lot of occasions.

Council Representative Colin Mortlock has been chosen as our representative on Council and will be busy conveying messages both good & bad between the two committees.

Coaching Tests You will be relieved to hear that the proficiency tests are not going to have their five yearly carve up! However one or two modifications have been agreed to refect the far higher standards which are achieved these days. Also to try and eliminate the old bogey of varying standards the Notes for Guidance are being expanded and made more explicit. Newprinted leaflets T1 & T2 are being prepared and will be sent out in the March edition of CoDe.

Outdoor Pursuits Centres Recently the B.C.U. has been asked to approve several outdoor pursuit centres; this is beyond the resources of the Coaching Scheme, but "recognition" goes some way towards meeting these requests. The main requirement for a "recognised centre" is that the person in charge of canoeing must be a member of the Coaching Scheme.

with qualifications relevant to the canoeing that is practised. Full details from Oliver if you want your centre to be recognised.

Council Meetings In case you hadn't heard, these meetings are between the members of council - those are the ones that you vote for each year! A recommendation has been sent to Council that: The minutes of all council meetings should be communicated to members of the BCU except when concerning items of confidentiality. You never know, we might even find out what makes Council Members tick!

The Touring/Access Committee has held several meetings this year with the principal business off re-examining the present access policy which is being presented to Council for urgent consideration.

The committee also makes three strong recommendations:-

1. That the proposed lines of policy should be confirmed as soon as possible, so that the Touring/Access Committee can work out in more detail the advice that the regional and local groups and officers need on the practical application of the policy;
2. That the Council should have a reference list prepared of the authorities and bodies currently examining aspects of recreational water policy, especially those with access implications for canoeing, and of the canoeists with whom they have been in touch as the spokesman for canoeing, and decide whether liaison is adequate or should be improved; also how the list should be promulgated, so that reliable channels of communication at all levels can be established;
3. That there should be an officer of the Union with specific responsibility for implementing, guiding and co-ordinating the access work of the BCU in England and Wales, and for ensuring that canoeing needs and problems are effectively pursued with the interests concerned.

The NCDC particularly endorses item 3 with the alterations the officer should devote all of his/her time to the implementing etc and not have any other responsibilities which might diminish the amount of access work that is done.

ACO/LCO ADDRESSES

We already have the following alterations to the enclosed list of ACO's and LCO's.

LCO Kent. Now vacant.

LCO NW & SW London. Change of address. Now S. Robertson, 31 Glenmore Avenue, Mill Hill, London NW7 2LT

LCO Berkshire. Now PW Hollowell, 6 Kit Lane, Checkendon, Reading RG8 0TY

LCO Dorset. Now MT Hodgson, 5 Moorside Ave., Weymouth.

LCO Bedfordshire. Now vacant.

COACHING CALENDAR

Beginners, Inland

April	15-22	Plas-y-Brenin	1	June	10-17	Plas-y-Brenin	1
April	22-29	Plas-y-Brenin	1	June	17-24	Plas-y-Brenin	1
April	24	Birmingham	33	June	18	Birmingham	33
April	28-30	Buxton	14	June	24-		
May	6-7	Bowles Rocks	3	July	3	Bowles Rocks	3
May	12-14	Buxton	14	July	15-16	Bowles Rocks	3
May & June		Kings Lynn	13	(For young people)			
(For young people 9-18yrs.)				July	22-29	Plas-y-Brenin	1
Tues. & Wed. evenings)				Aug	12-19	Plas-y-Brenin	1
June	3-10	Plas-y-Brenin	1	Sept	10	Birmingham	33
				Sept	16-17	Bowles Rocks	3

Beginners, Canadian

March	17-19	Plas-y-Brenin	1	June	17-18	Bewdley	31
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Beginners, Sea

May & June		Kings Lynn	13	June	23-25	Kings Lynn	13
(For young people 9-18yrs.)				June	30-		
Tues. & Wed. evenings)				July	2	Kings Lynn	13

Proficiency Courses, Inland

Feb	10-12	Plas-y-Brenin	1	Te	June	4	Bewdley	31	Te
Feb	25	Bath	4	Te	June	25	Bewdley	31	Te
March	26	Bidford	32	Te	July	1-8	Plas-y-Brenin	1	
March	18-19)	Linked course			July	9	Telford	37	Te
April	8-9)	at			July	22-28	Bowles Rocks	3	
April	22-23)	Burwash	2		July	29-	Plas-y-Brenin	1	
April	3-7	Burwash	2		Aug 5 (15-17yrs)				
April	23	Birmingham	33		Aug	19-26	Plas-y-Brenin	1	
April	28-30	Buxton	14		(15-17yrs)				
April	28-30	Stone	34		Aug	26	Bath	4	Te
April - June		Kings Lynn	13		Aug	26-2	Plas-y-Brenin	1	
(Thurs. evenings.)					Sept				
May	7	Great Haywood	35	Te	Sept	12-9	Plas-y-Brenin	1	
May	4, 11				Sept	10	Telford	37	Te
	18, 25	Carlise	9		Sept	8-10	Buxton	14	
May	6	Bath	4	Te	Sept	10	Birmingham	33	
May	14	Shrewsbury	30	Te	Sept	9-16	Plas-y-Brenin	1	
May	12-14	Buxton	14		Sept	16-23	Plas-y-Brenin	1	
May	13-14	Warwick	36		Oct	8	Great Haywood	35	Te
May	12-14)	East Barnby)			Oct	7-8)	Linked course		
June	9-11)	Kelso	23		Oct	21-22)	at	2	
July	7-9)	East Barnby)			Nov	4-5)	Burwash		
					Oct	28	Ludlow	33	Te
					Nov	4	Bath	4	Te
					Nov	25-27	Ashburton	16	

Proficiency Courses, Canadian

Feb	25	Bath	4 Te	Aug	26	Bath	4 Te
May	6	Bath	4 Te	Nov	4	Bath	4 Te
May	12-14)	East Barnby					
June	9-11)	Kelso	23				
July	7-9)	East Barnby					

Proficiency Courses, Sea

April	7- 9	Anglesey	19	June	16-18	Kings Lynn	13 Te
April	29-30	Cumbria	10	June	30-		
April -	June	Kings Lynn	13	July	2	Kings Lynn	13
(Thurs	evenings)			July	1- 8	Plas-y-Brenin	1
May	6- 7)	Linked Course		July	22-28	Bowles Rocks	3
May	20-21)	at		July	29-	Plas-y-Brenin	1
June	10-11)	Burwash	2	Aug	5	(15-17yrs.)	
May	19-21	Calshot	6	Aug	7-11	Burwash	2
May	19-21	Kings Lynn	13	Aug	19-26	Plas-y-Brenin	1
May	21	North Wales	20			(15-17yrs)	
May	27-			Aug	21-29	Anglesey	14
June	2	Anglesey	14	Aug	26-		
May	27-			Sept	2	Plas-y-Brenin	1
June	2	Pembroke	38	Sept	1- 3	Anglesey	19
				Sept	2- 9	Plas-y-Brenin	1
				Sept	15-17	Calshot Spit	6

Advanced Training and Testing, Inland

Jan	27-29	Jedburgh	23	Sept	22-24	Harrogate	24
Feb	4-11	Plas-y-Brenin	1	Oct	28-29	Staunton-on-	
Feb	10-12	Plas-y-Brenin	1 Te			Wye	27
Feb	11-12	Ashburton	17 Te	Nov	10-12	Windermere	19 Te
Feb	18-25	Plas-y-Brenin	1	Nov	17-19	Carlise	9
March	10-12	Windermere	19	Nov	18-25	Plas-y-Brenin	1
March	24-26	Plas-y-Brenin	1	Nov	25-26	Staunton-on-	
May	27-					Wye	27
June	3	Plas-y-Brenin	1	Nov -	Dec	Upper Wye	25
June	10-24	Special course		Dec	2- 9	Plas-y-Brenin	1
		in Alps	1	Dec	9&19	Rhayader	33 Te

Advanced Training and Testing, Canadian

May	27-		
June	3	Plas-y-Brenin	1

Advanced Training and Testing, Sea

May	27-29	Scotland	11	July	1- 2	Anglesey	20 Te
May	27-31	St. Davids	39	July	14-21	Turnberry,	
May	27-					Scotland	15
June	3	Plas-y-Brenin	1	July	15-22	Plas-y-Brenin	1
June	9	Anglesey	20	Aug	5-12	Plas-y-Brenin	1
June	14-21	Turnberry,		Sept	16-17	Anglesey	30 Te
		Scotland	15	Sept	29-		
June	23-25	Calshot Spit	6	Oct	1	Kings Lynn	13

Senior Instructor Training, Inland

Jan	21-22	Aberystwyth	20	April - June	Kings Lynn	13
March	10-12	Carlise	9	(Thursday evenings.)		
March	10-12	Windermere	19	June	10-11	Shrewsbury 30
March	11-12	Staunton-on-Wye	27	June	17-18	Aberystwyth 20
March	11-12	Longridge	21	June	1, 8	Evenings at 27
March	17-19	East Barnby	23	June	15, 17	Hereford 31
March	18-19)	Linked course		June	17-18	Bewdly 22
April	8- 9)	at		July	7- 9	Thamesfield 32
April	22-23)	Burwash	2	Sept	3- 4	Bidford 3
April	7- 9	Buxton	14	Sept	9-10	Bowles Rocks 12
April	7- 9	Northampton	25	Sept	15-17	Felixstow 21
April	14-16	Henley-on-Thames	5	Sept	30-	Oct 1 Longridge 33
April	22-23	Telford	28	Sept	30-	Oct 1 Ludlow 24
April	22-23	Longridge	21	Oct	6- 8	Harrogate 25
April	22-23	Bowles Rocks	3	Oct	6- 8	Northampton 19
April	22-23	Wrexham	20	Nov	10-12	Windermere 27
April	28-30	East Bergholt	12	Nov	11-12	Staunton-on-Wye 16
May	20-21	Ross-on-Wye	29	Nov	25-27	Ashburton

Senior Instructor Training, Canadian

March	17-19	East Barnby	23	Sept	22-24	Harrogate	24
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Senior Instructor Training, Sea

March	11-12	Trefriw	20	May	19-21	Kings Lynn	13
March	17-19	East Barnby	23	May	20-21	Anglesey	20
April	7- 9	Anglesey	19	May	26-28	Penzance	18
April	22-23	Bowles Rocks	3	Sept	1- 3	Anglesey	19
April - June		Kings Lynn	13	Sept	9-10	Bowles Rocks	3
(Thursday evenings.)				Sept	29-		
May	5- 7	Calshot Spit	6	Oct	1	Nr. Plymouth	16
May	5- 7	Barrow	11	Oct	13-15	Calshot Spit	6
May	6- 7)	Linked course					
May	20-21)	at	2				
May	10-11)	Burwash					

Senior Instructor Assessment, Inland

Jan	21-23	Aberystwyth	20	April	14-16	Henley-on-Thames	5
March	10-12	Carlise	9	April	22-23	Wrexham	20
March	10-12	Windermere	19	April	22-23	Longridge	21
March	11-12	Staunton-on-Wye	27	April	28-30	East Bergholt	12
March	11-12	Longridge	21	May	6- 7	Bewdley	31
March	18-19)	Linked Course		May	6- 7	Bowles Rocks	3
April	8- 9)	at	2	May	20-21	Ross-on-Wye	29
April	22-23)	Burwash		June	10-11	Shrewsbury	30
April	7- 9	Northampton	25	July	7- 9	Thamesfield	22
				July	8-10	Bath	4

Senior Instructor Assessment, Inland Cbntd.

July	14-16	Stone	34	Oct	6- 8	Northampton	25
Sept	1- 3	Buxton	14	Oct	6- 8	Harrogate	24
Sept	3- 4	Bidford	32	Nov	10-12	Windermere	19
Sept	15-17	Felixstowe	12	Nov	11-12	Staunton-on-Wye	27
Sept	16-17	Bowles Rocks	3	Nov	25-27	Ashburton	16
Sept	30-						
	Oct 1	Longridge	21				
Sept	30-						
	Oct 1	Ludlow	33				

Senior Instructor Assessment, Canadian

March	17-19	East Barnby	23	Sept	22-24	Harrogate	24
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Senior Instructor Assessment, Sea

March	11-12	Trefriw	20	May	26-28	Penzance	18
April	7- 9	Anglesey	19	June	10-11	Bowles Rocks	3
May	5- 7	Barrow	11	June	16-18	Kings Lynn	13
May	5- 7	Calshot Spit	6	Sept	1- 3	Anglesey	19
May	6- 7)	Linked course		Sept	2- 3	Bowles Rocks	3
May	20-21)	at		Sept	29-		
June	10-11)	Burwash	2	Oct	1	Plymouth	16
May	20-21	Anglesey	20	Oct	13-15	Calshot Spit	6

Coach Training Inland

Feb	18-19	Rhayader	37	May	27-		
March	17-19	East Barnby	23	June 3		Plas-y-Brenin	1
				Oct	28-29	Staunton-on-Wye	27

Coach Training, Canadian

March	17-19	East Barnby	23	May	27-		
				June 3		Plas-y-Brenin	1

Coach Training, Sea

March	17-19	East Barnby	23	Sept	29-		
April	1- 2	Trefriw	20	Oct 1		Kings Lynn	13
May	5- 7	Calshot Spit	6	Oct	13-15	Calshot Spit	6
May	27-						
June	3	Plas-y-Brenin	1				

Coach Assessment, Inland

May	27-			Nov	25-26	Staunton-on-Wye	27
June 3		Plas-y-Brenin	1				

Coach Assessment, Canadian

May 27-
June 3 Plas-y-Brenin 1

Coach Assessment, Sea

April 1- 2	Trefriw	20	May 27-		
May 5- 7	Calshot Spit	6	June 3	Plas-y-Brennin	1
			Oct 13-15	Calshot Spit	6

Competition Coaches Training, Racing

Feb 11-12	NWSC Nottingham	7	Oct 21-22	NWSC Nottingham	7
April 29-30	NWSC Nottingham	7	Dec 9-10	NWSC Nottingham	7

Competition Coaches Training, Slalom and Wild Water

Jan 28-29	Stone, Staffs	8	Oct 21-22	NWSC Nottingham	8
March 4- 5	Stone, Staffs	8	Dec 9-10	NWSC Nottingham	8

Competition Coaches Assessment, Racing

Feb 11-12	NWSC Nottingham	7	Oct 21-22	NWSC Nottingham	7
April 29-30	NWSC Nottingham	7	Dec 9-10	NWSC Nottingham	7

Competition Coaches Assessment, Slalom and Wild Water

Oct 21-22	NWSC Nottingham	8	Dec 9-10	NWSC Nottingham	8
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Competition Appreciation

May 8 Warrington 15

Surfing

July 1- 8	Plas-y-Brenin	1	Aug 26-		
July 29-	Plas-y-Brenin	1	Sept 2	Plas-y-Brenin	1
Aug 5	(15-17yrs)		Sept 2- 9	Plas-y-Brenin	1
Aug 19-26	Plas-y-Brenin	1	Sept 9-16	Plas-y-Brenin	1
	(15-17yrs)		Sept 16-23	Plas-y-Brenin	1

Expeditions (Suitable for D of E Gold Award)

July 24-28 Calshot Spit 6

Canoe Building

Feb 10-12 Kings Lynn 13

Sea Symposium
Newman College Birmingham 15

BCU Life Saving

May 27 St. Davids (test) 37

Coaching Addresses

1. The Sports Council, (Dept B), 70 Brompton Rd. London SW3 1EX
2. The Warden, Burwash Place Centre, Burwash, E. Sussex. TN19 7HE
3. Bowles Outdoor Pursuit Centre, Eridge Green, Tunbridge Wells, TN3 9LW
4. P.C. Wood, 7 Sunnybank, Wick, Bristol. BS15 5PL
5. D. Holmes, Riverside Centre, Donnington Bridge, Oxford.
6. Calshot Activities Centre, Calshot Spit, Southampton.
7. C.A. Gray, 128 Greythorn Drive, West Bridgeford, Nottingham. NG2 9GA
8. K. Langford, 43 Ford Drive, Yarnfield, Stone, Staffs, ST15 ORP
9. G. Fletcher, 6 Lowmoorlands, Dalston, Carlisle, Cumbria.
10. M. Mills, 1 The Nook, Gosforth, Seascale, CA20 1AX
11. C. Mortlock, Adventure Education Dept., Charlotte Mason College, Ambleside, Cumbria. LA22 9BB
12. R.N. Castle, Education Offices, London Road North, Lowestoft, Suffolk
13. Mrs. C. Dean, 23 Meadow Road, Heacham, Norfolk.
14. The Principal, White Hall Centre, Long Hill, Buxton, Derbyshire. SK17 6SX
15. J.J. Ramwell, 85 Cardinal St., Cheetham, Manchester M8 7WP
16. R. Moore, Mill Ford School, Rochford Cres., Ernesettle, Plymouth.
17. J. Choat, The Old Forge, Holne, Ashburton, Devon.
18. C. Scott, Boscolla House, Newmill, Truro, Cornwall.
19. R. Ryder, 47 Rostherne Close, Sankey Bridges, Warrington.
20. Miss C. Crowley, Nant B.H.O.P. Centre, Nant B.H., Llanrwst, Gwynedd.
21. D. Clarke, 41 The Croft, Haddenham, Aylesbury, Bucks.
22. Mrs K. Apps, 9 Beechwood Close, Crays Pond, Reading, Berks.
23. R. Hellowell, N.R. Field Training Centre, East Barnby, Whitby, North Yorks. YO21 3SA
24. R.W. Rymer, The Lodge, Kirk Hammerton, Nr. York, N. Yorks.
25. J.M. Adams, 29 Birchfield Road, Northampton.
26. M. Fennessey, 66 Lulworth Drive, Rohorough, Plymouth, PL6 7DU
27. G. McGladdery, The Youth Hostel, Staunton-on-Wye, Hereford.
28. M. Jones, 15 Ludford Drive, Stirchley Park, Telford, W. Midlands.
29. P.G.L. Young Adventure Ltd., Station St., Ross-on-Wye, Hereford.
30. T. Kaye, Myton Cottage, Mytton, Mountford Bridge, Shrewsbury, Salops.

31. B. Porter, 20 Flyford Close, Lodge Park, Redditch, Worcs.
32. B. Calvert, The Flat, The Torrs, Mount Pleasant, Redditch, Worcs.
33. R. Leadley, 8 Wood Lane, Handsworth, Birmingham, B20 2AP.
34. P. Baskerville, 26 Hartlands Road, Eccleshall, Stafford, ST21 6DW
35. B. Agate, 70 Beggars Lane, Leek, Staffs.
36. K. Tulley, 3 Star Corner, Barby, Warwicks.
37. G. Lyon, 33 Forester Rd., The Tileries, Broseley, TEL2 5BS
38. K. Tulley, 3 Star Corner, Barby, Waricks.
39. R. Pinner, 5 Bradley Fields, Oswestry, Salop.

Would you please ensure that all enquires are accompanied by a S.A.E. It is helpful to organisers if they receive applications early. Closing dates are normally 4 weeks before the event.

POSTBAG

The Editor,

On a recent Assessment weekend two of our Trainee Instructors took part and were both failed due to lack of personal skills. Although their teaching was very good.

These trainees are over 35, and are not really able to improve their personal skill by the amount required to pass an S.I. Assessment. So we shall be losing two very good teaching instructors due to a lack of personal skill. This is not the way to improve and promote canoeing.

Therefore I would like to see another award, on 'INSTRUCTOR LEVEL' which would give the older, more experienced instructor, who's ability is not of a divisional slalomist, a badge and a booster to small clubs such as ours; who are in desperate need of such people.

These instructors would be under the control of an S.I. They would be able to teach up to elementary and lead trips on Grade 1 water thus leaving the S.I. to teach up to proficiency and lead on Grade 2 water.

Yours faithfully,
G. Hammond
R.C.C.

11 Ware Road,
Barby,
Rugby.
Warwickshire.

(Editor's comment: I think Geof Good's article on page 6 might help to answer this problem and maybe other people have ideas which would be worth printing in the next issue of CoDe. Let's have some letters on this one and after they have been used in CoDe they can go to the Director and help in the decision making process.)

17
The Editor,

May I add some comments to the article on the Ipswich rescue. This is intended for use on open water in which circumstances capsizes usually occur because the conditions are other than a mill pond, i.e. there is wind or a sea running. In these circumstances it doesn't matter much which end is chosen by the paddler in the water as the wind or waves will quickly turn the canoe until he is up-wind or sea. Here he acts as a sea anchor. Ideally the rescue canoes face into the wind or sea. In this position they can see the man in the water and keep an eye on him and give him instructions if necessary. I suggest that when re-entry is commenced it matters little which way the canoes are facing providing the rescue paddlers maintain the bridge of paddles at the front of the capsized canoes cockpit. Under no circumstances should they hook their elbows into the cockpit but hold the coaming. With modern small cockpits there is not enough room for two arms and the returning paddler beside which everyone will get jammed together. The returning paddler should face forward in relation to his own canoe, hold his coaming and the adjacent canoe coaming at the points furthest away from his position and so hold the canoes together tightly, place the knee away from his canoe over the bridge of paddles and lock it on place. Then with everything firmly locked together he can lift himself back into his canoe.

I wonder if you could obtain the statistics for membership of the Coaching Scheme over the years of its existence and publish these. I think they will show an increase for a few years until we abolished the Instructor and then the numbers fell and have never fully recovered. If this is the case isn't it time we re-introduced the Instructor for all those competent leaders who are unable to give the time to become super swimmers. I have only met one man who actually says that he has used his life saving skill but almost everyone has had to use their canoe to assist in an emergency. Even if this guy was limited to inland water below grade three and not exceeding half a mile wide it would allow an awful lot of excellent canoeists to use their skill for the benefit of others. We have suffered very badly at the hands of the 'experts' and it is high time we recognised that they have done nothing for coaching but only enhanced their own status. If the numbers are now very satisfactory I will shut up!

Colin Kempston
108 East St.,
Olney,
Bucks.

Dear John & Mo,

At last I have found a suitable mouthpiece to air my views. I am also sending copies of the following observations to Scout H.Q. and Scouting Magazine.

I am not one for knocking admin. for the sheer hell of it, but the unassailable remoteness of those who make the rules at Scout H.Q. has once more become apparent in the new rules governing water activities.

In my capacity as a BCU Senior Instructor, it is obviously better for me to run a BCU course rather than a Scout Badge course. It certainly looks better on my log, and a BCU proficiency is of value when the candidate leaves scouts for ventures or whatever as it qualifies one for charge certificates etc. A BCU proficiency is much easier to plan as you are not tied down to age ranges, thus leader training can be incorporated.

A boy who takes his BCU elementary can automatically be passed

on for charge certificates etc. A BCU proficiency is much easier to plan as you are not tied down to age ranges, thus leader training can be incorporated.

A boy who takes his BCU elementary can automatically be passed for his Scout Elementary Badge. Whilst I would claim that a higher level of competence and responsibility is required for the BCU Proficiency than the Scouts Canoeist Badge, the Proficiency cannot be taken as an automatic qualification for the badge as good old section 8 requires specific activities such as canoe camping with all the equipment to be carried by canoe or canoe lifeguard work or competitive activities, activities which whilst an admirable idea in principle may put up the cost to the individual and at least cause delay and cause the organiser a few headaches.

Now for gripe number two: With my scout instructor hat on I have the task of examining canoes and issuing boat certificates. Scout regulations require canoes to have decklines, toggles being deemed inadequate. I have experienced situations where, with the best will in the world, decklines have been other than drum-tight and potentially dangerous situations developed, one indeed, when I deliberately capsized the current swept my paddle under a deckline, and I was unable to free it to perform a roll. I therefore pass canoes with adequate toggles, but would fail a canoe with anything other than a really first class deck line system.

Now for my final and loudest gripe of all: As the canoeing representative to the local water activities committee I have witnessed the anger and frustration caused by the recent changes made in the requirements for the Scout Canoeing Instructor. In implementing these changes, several things have occurred:

1. A split in waters classed as 'B'. Prior to the change, waters were classified as follows: 'A' Particularly dangerous commercial waterways, and all waters beyond certain limits. 'B' Open sea (other than in 'A') tidal waters of estuaries and rivers, and large and dangerous lakes such as Windermere. 'C' Inland waters, not particularly dangerous, such as lakes (other than those in 'B') rivers, canals, reservoirs, Norfolk Broads.

A BCU Proficiency would qualify one to supervise boys on 'B' & 'C' waters. I would agree that as they stood, the rules were far too vague and open to abuse. Now, waters are classified as follows: 'A' Open sea more than 3 miles from the shore, other dangerous inshore waters, BCU grade 4 and above. 'B3' The sea up to 3 miles from shore, excluding dangerous inshore waters, busy ports, exposed estuaries, inland waters BCU grade 3. 'B2' The sea up to 1 mile from the shore, excluding more dangerous waters close inshore, more sheltered parts of estuaries, large inland lakes and BCU grade 2. 'B1' Sheltered inland waters and other sheltered waters where currents and tides create no real danger. 'C' Public boating ponds, some canals and other 'safe' inland water.

2. The BCU proficiency now qualifies one to supervise boys as an instructor on 'C' and 'B1'. This is an obvious curtailing of scope if you don't get your S.I.

3. The Scout Association, together with the BCU has just completed

classifying every bit of water in and around the U.K., with provisos for the time of year. i.e. stipulated changes in classification for when a river is in spate. With your BCU SI under your belt you're OK up to 'B3' From what I have observed first hand, one of two things seem to be happening:-

1. Activities are continued 'underground', a blind eye being turned to the lack of third party insurance cover. Canoeing carries on on an ad hoc basis, with no official organisation. I consider this extremely bad, especially as it is so widespread, and I hold the inconsiderate implementation of rules made up by administrators out of touch with grass roots activities, responsible. My apologies for such cliches, but you know what I mean. Why don't leaders take out SIs? There are many valid reasons: Many senior leaders are simply too proud to sit an exam, others resent the time and expense involved. Unlike schoolteachers and youth club leaders, scout instructors, in general are lucky if they can get any kind of grant towards their expenses. I know of one instructor who cannot afford the time to get his swimming up to scratch, and without his RLSS cannot pass an SI test. He is acutely aware of safety factors, and is now reluctant to plan further river trips for his boys.

2. The Scout Instructor will take his SL and will become aware of the wider world of canoeing. It is likely he will prefer to concentrate on award and competition work, coaching the 'high fliers' and forgetting the basis of scout canoeing, i.e. 12-14 yr. old scouts who may not be particularly interested, to go out in a canoe for the first time, purely on a troop basis. Hurrah, one may say, canoeing has gained a good instructor, with a developing 'professional' outlook on the sport, but the Scout Movement, which initiated his taking the SI may have lost a leader, who may well find more satisfaction in his work as as SL.

To sum up then, why is it not possible to review the issuing of scout instructor awards, taking into account factors such as personal merit. This surely is better than sending a large part of scout canoeing 'underground'?

Why cannot the BCU proficiency and the scout canoeing badge be brought into line?

Can we please have more realistic standards for testing the safety of canoes? With certain specialised exceptions, decklines are irrelevant. The vast majority of scouts no longer paddle canvas and wood canoes.

Well there's the gauntlet, someone out there tell me if I'm talking a load of twaddle or not, maybe even someone from H.Q. There are surely an increasing number of scout leaders taking SIs as a direct result of the new regulations. You never know, if we all shout loud and long enough.....

Yours sincerely,

Brian Biffin.

5, St. Ronans,
Nether Street,
London,
N.3 1QY

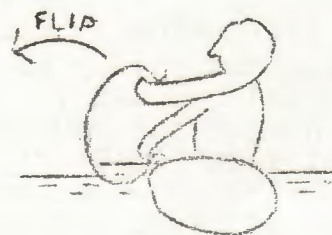
'X' RESCUE VARIATION

The major problems that arise in both 'X' and 'Across Paddles' rescues are:

- a) The capsized canoeist, particularly if a beginner, is suffering from a momentary cold water shock and fails to keep his capsized canoe level.
- b) Lack of decklines on many inland canoes makes handling difficult.
- c) Pulling a capsized canoe across a deck is very rough on spray - decks as well as foredecks. Particularly if a downward lever is added by an assistant.
- d) Doing the same thing across paddles is only O.K. if it is not your favourite and expensive wooden shafted job.

I have found the following method very useful on several occasions although it is of course only suitable on fairly calm water:

1. Go alongside capsized canoe. Victim to your bow. Give him your paddle (or float it beside you in a parking clip.)
2. Take canoe in both hands by the cockpit rim with the cockpit facing you.
3. Lean back and keep up a constant steady pull. Keep canoe level lengthwise (victim can assist by holding the bow toggle.) Water will flow out as you lift.
Note: A constant lift is most important, use brute force and you will hurt yourself!
4. When water is level with lower cockpit rim flip the canoe up - right quickly.
5. Slide it across your deck as for 'X' but the right way up. Then roll it over and empty the last water out by 'see - saw'.
6. Proceed as normal.



David Mitchell,
21, Cheriton Avenue,
Twyford,
Reading.

To those who yearn to become a sports hero.

"First I would say, study with all your heart to become not just a star but a true sportsman. Second, be an intelligent listener and follow advice from older players and your coach. Third you must love what you are doing."

(Pete)

B.C.U. FILMS

21

Council has asked the help of members of the Coaching Scheme in ascertaining where the main gaps exist in the overall programme of films on canoeing.

The BCU film library is being revised. Money has been voted for the production of an 'archival' film using excerpts from many of the copies gathering dust. This should prove to be of great interest in providing an all round view of canoeing history.

At the bottom of the page is a questionnaire seeking your opinion on what exists, and what is required. Your co-operation and help in returning this to Maurice Rothwell directly will be greatly appreciated.

Racing is poorly serviced, and the purchase of the racing sequence from the BBC series screened in 1971 has been agreed as an interim measure.

New films are in the pipeline, and a number currently available are well used. But it will be of the greatest help if you would partake in the survey.

For your information, some of the better known titles are listed on page 22 together with their sources. The titles available will be gladly provided by the firms concerned upon application.

..... ✂

BRITISH CANOE UNION

FILMS

Name

Area

Please list any films you have hired in the past 12 months and indicate your opinion of that film: (eg good; fair; unsatisfactory.)

<u>Title</u>	<u>Opinion.</u>
.....	
.....	
.....	
.....	
.....	

Thank you for your co-operation. Now please try the questions over the page.

ADDRESSES FOR FILMS

National Audio Visual Library, Paxton Place, Gipsy Road, London
SE 27 9AS - BCU films including; Big Sport with Small Boat, Canadian
Canoeing Demonstration, Canoeing 1 - The Basic Skills, Canoeing 11 -
Competition, Polzeath Rum, Wild Water Champions, White Water Canoeing.

Rank Film Library,
P.O.Box 70,
Great West Road,
BRENTFORD, Middlesex.

White Water Craft.

Wills Film Library,
Sound Services Ltd.,
Kingston Road,
Merton Park, LONDON SW 19

Canoe to Win.

Chrisfilm,
Chris Hawesworth Ltd.,
Glasshouses Hill,
Patel Bridge,
Harrogate, Yorkshire.

Colorado
Muota
Several wild water and slalom films.

Please tick which canoeing subjects you would hire a film for, if
a suitable title was to hand:

General Introduction.

Sprint Racing

Inland Touring

Wild Water Racing

Basic Skills

Marathon Racing

Sea Touring

Slalom

Canoe Life Guards

General Competition

Canadian

Surfing

Is your main interest specialist or general canoeing?

If specialist, which discipline?

If general, inland or sea?

Any further comments?

.

.

Please return directly to:

C.M. Rothwell Esq., 21 Windsor Road, Clayton Bridge,
Manchester M10 6QQ

Entirely new types of reflective topmarks for buoys and withys, which stand out with exceptional brilliance when picked up by a flash-light or spotlight at night, have been developed by disabled ex-service men at the Royal British Legion Industries, near Maidstone.

The Legionaire as they have been named, conform fully to the new International Association of Lighthouse Authorities system and come in two main types: lateral port and starboard, in the appropriate red and green colours; and cardinal (the marks for north, south, east & west, in white.)

Made of epoxy-coated aluminium they are faced with High Intensity grade 'Scotchlite' reflective sheeting, which is up to four times brighter than the conventional reflective material used on road signs & number plates.

In practical terms, buoys fitted with the new topmarks are at least 10 times more visible in darkness.

Another advantage of the High Intensity material is its greater "angularity" - it can be seen from much sharper angles than sign faces made with ordinary reflective sheeting. As a result, the two-sided versions of the topmarks show up during the dark at up to 45 deg. from the norm, while the four-bladed versions are visible through 360 deg.

Before introducing the new marks, the ex-servicemen subjected them to extensive field tests on the River Medway. They emerged with no sign of deterioration whatever. Equally, the High Intensity material is both vacuum applied and heat bonded to the metal, to ensure permanency.

Apart from the standard versions, the RBL factory can make non-standard types to order, in a wide range of styles and colours. These could even incorporate wording or numbers in the reflective material.

Prices of the topmarks from the Royal British Legion Industries, excluding VAT are:-

<u>Lateral</u>	Double-sided,	20cm	£3.12	40cm	£7.87
	Four-bladed,	20cm	£5.94	40cm	£15.64
<u>Cardinal</u>	Double-sided,	500cm	£6.32	1m.	£12.17
	Four-bladed,	500cm	£12.17	1m.	£30.95

For further information contact:- K.J.R. Johnston, General Manager,
The Royal British Legion Industries
(Preston Hall) Inc.,
Royal British Legion Village,
Maidstone,
Kent. ME20 7NL
Tel. (0622) 77202

Humanity

"It is more important to be human than to be important."

"Nowadays when it comes to shocking reading matter, you just can't beat the price tag"

(Orben's Comedy Fillers)

COACHING SCHEME FEES AND PRICE LIST

NOVEMBER 1977

TESTS

	<u>Members</u>	<u>Non-Members</u>
Elementary	.30	.40
Proficiency	.50	1.00
Life Saving	.50	1.00
Advanced	1.00	.50

AWARD

Senior Instructor & Coach	1.50
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BADGES

Proficiency cloth badge	.60	.60
Life Saving cloth badge	.60	.60
Metal lapel badge (Bronze, Silver or Gold)	.40	.40
Cloth blazar badge (SI, Coach, Senior Coach or Comp Coach)	.80	
Silver wire badge.	2.25	

<u>COACHING TIES</u> (Award holder only)	2.25
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<u>LOG BOOKS</u>	.50	.60
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<u>COACHING HANDBOOKS</u>	2.45	2.95
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BOOKS OF ELEMENTARY CERTIFICATES

Book of 10 certificates (prepayment only to members of C.S.)	2.00 with badges or 1.50 (no badges)
Book of 10 certificates (Pre-payment only to ACOs & LCOs)	1.50 with badges or 1.00 (no badges)

COACHING SCHEME ANORAKS Now made of 5oz 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 size £8.90. Patch pocket to right hand: 75p. extra.

All prices include VAT 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 etc.

CURRENT BCU SUBS:-	ADULT	-	£ 4. 25
	YOUTH	-	£ 2. 50