

CoDe

COACHING DEVELOPMENT

NUMBER 5

Summer 1979



The Magazine of the BCU Coaching Scheme

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CoDe

COACHING DEVELOPMENT

THE MAGAZINE OF THE BCU COACHING SCHEME

EDITORIAL

Here we are with the second issue of the 'new' CoDe. You are forgiven if you thought it was time for the third!

This issue contains even more news on Coaching Development, Star Tests, items of interest and an experimental crossword. The response to my 'crie de coeur' for more material was overwhelming, but much of it came from committee meetings. We could do with more definitive coaching items to balance the 'heavy' material.

The most newsworthy event in the coaching world must be the appointment of Geoff Good as our new Director of Coaching and Development. Geoff has already suffered enough puns on his name following his appointment, so I'll wish him bon chance in stage terms Break a leg Geoff!! There is no doubt in my mind as to the sagacity of Geoff's appointment. He is a man with a very deep and a very broad knowledge of the sport of canoeing and this, coupled with his very amiable and approachable personality spells great promise for the Coaching Scheme. Although Oliver Cock, our erstwhile Director was a great character who contributed an enormous amount, it was inevitable that a younger man should be his successor - I am certain this can only enhance the image of our scheme. The Director of Coaching has the very enviable and challenging task of meeting and conferring with canoeists all over the country, consolidating coaching ideas and bringing about uniformity. Coupled with these are as many, if not more, onerous jobs such as hours spent paddling paper at committee meetings, and riding the enormous standing waves of bureaucracy with all its accompanying backlash. It's not an easy job lending a sympathetic ear to the many committees, each of which is convinced that it is by their efforts alone that the BCU is surviving. The message is clear we must work together as a team, and team work is built about mutual respect and understanding. Wild water racing isn't better than slalom, nor surfing better than marathon, they are all different. They demand different qualities of their exponents ranging from their mental approach to their physical preparation. My way of teaching rolling isn't better, necessarily, than yours, it's results that count, and you and I are different people and must therefore use different methods, providing they obey the technical requirement of the exercise that's okay. So, we can respect each others ideas. If we make an effort to pull as a team it will make Geoff Good's task of Directing our Coaching Scheme a thoroughly enjoyable and rewarding one. It is much easier to criticise than it is to give credit where it's due, so let's not rock the coaching boat, and aim steadfastly for stability!!

Another major happening is that the official BCU Coaching Handbook is going to be completely revised, updated and re-vamped following the next re-print. A small group are already working on it, and aiming for a publishing date of October 1980. Each separate topic will be treated by an acknowledged expert in that particular field, and hopefully a much more comprehensive, accurate and helpful compendium will result. If you have any ideas as to how you think topics ought to be tackled, general format or anything else pertaining to this work, contact Geoff Good. Now's your chance, don't miss it! There's a wealth of expertise around, it's a difficult job compiling it all we do need your help if we're going to do a good job.

Competition Coaching Awards. It is most encouraging to see the Competition Coaching Scheme expanding and becoming more comprehensive. Particularly noteworthy is the provision made for parents and followers of competitors, without the encouragement of which many of our top lads and lasses would never have made it!! I hope all you readers will do it justice, 'cos it took some typing!!!

Jim Hargreaves
Editor

The views expressed in CoDe are those of the members and are not necessarily the policy of the National Coaching and Development Committee or of the Council of the British Canoe Union. Any material for the magazine should be forwarded at least one month before publication to:
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CHAIRMAN'S CORNER

All of you will be aware of the dinner we gave in honour of Oliver on 10 March. Whereas I think that was a nice way to say thank you to Oliver I do not think that any thanks can be sufficient for his hard work and dedication which has made the Coaching Scheme what it is to-day. Life is going to be very different without Oliver and I wish him a satisfying and enjoyable time as the first part time Access Officer of the BCU. Once again Oliver is out in front! I welcome Geoff Good as the new Director of Coaching and Development and I have pledged the full support and co-operation of the officers and members of the Coaching Scheme.

This issue also contains information from the last NCDC meeting on 10 March, from which you will see that your executive committee continues to be very active. I would like to thank all those who sent in comments on the proposed Competition Coaching Qualifications contained in the last CoDe. Many of your suggestions were incorporated in the final version which the NCDC accepted and which is included in this issue. The main improvement is to make the scheme attractive to parents of young competitors and I hope you will all do your best to sell the new concept.

Finally, I would like to suggest an aim for 1979. Many canoeists agree with me that the average canoeist has a very poor paddling technique. I think that this stems from a lack of understanding of the technicalities involved, which results generally in poor instruction. It is a pity to fall down on this very basic skill when we make a pretty good job of teaching the so called advanced skills. I have already started talking to Geoff Good about ways in which coaching scheme members can be helped to pursue this aim. In the meantime may I name 1979 "BETTER PADDLING YEAR".

Carel Quaife
Chairman

HOW DO YOU FOLLOW THAT?

G. C. Good

An article is being prepared which will go into detail on the contribution that Oliver Cock, MBE, has made to the whole sport and pastime of canoeing, and to the establishment of the Coaching Scheme in particular. Many deserving tributes have been paid to Oliver. It is with a feeling of privilege, and some inadequacy, that I take up the challenge of carrying on where he is leaving off.

The Scheme was established in the early 60s, after Oliver had travelled the country towing a trailer of canoes, instructing and coaching at all levels - from beginners to our first world slalom champion. Just consider our present position. The annual diary of coaching events. 1600 coaches working at all levels, and introducing many thousands to the sport each year. An evolving system of tests and awards, laid on such sound foundations as to require only re-definition to bring them into line with modern standards - in spite of the revolution that has occurred in the last decade. A Scheme that has achieved credibility, and is being copied, overseas.

I personally find this a most exciting period in the development of this most exciting sport. We must be careful not to move too quickly - and leave behind, or alienate, those whose commitment cannot be so total. On the other hand, unless the Coaching Scheme is geared to at least keep pace - and preferably be a step ahead - then we shall lose effectiveness and credibility, and decline. And it is the sport, and those who wish to pursue and succeed in it, that will suffer.

Our function, as I see it, is to provide a total coaching service. To do this we need to draw on all the existing knowledge and expertise, and to gather together within the parameters of coaching all relevant information and help. We need to provide for those that require it the know-how and support to succeed to whatever level, and in whichever discipline, they choose.

It is my hope that those negative rivalries that sometimes appear to exist, will gradually break down. Our activity benefits, I believe, from maintaining its integral structure. Hopefully we will all increasingly work together to our sport's mutual advantage.

Success in achieving this, will be the tribute which Oliver will appreciate most.

I look forward to meeting you, learning from you, listening to your views, and seeking to weave into a strong cloth, with a successful pattern, those multitudinous threads of ideas and activity, that make up canoeing.

We apologise for the delay in publishing this edition of CoDe which was due to circumstances beyond our control.

COMPETITION COACHING QUALIFICATIONS

1. INTRODUCTION

- 1.1. The background to the need for expanding competition coaching qualifications is given in sections 1 and 2 of the Gray/Quaife paper dated November, 1978.
- 1.2. The November approach has been significantly improved as a result of an above average feed back on the original proposals.
- 1.3. The emphasis has been on devising a scheme that can be achieved with existing resources and which eliminates artificial or unnecessary barriers to those wishing to enter the scheme.

2. THE PROPOSED AWARDS

2.1. BCU Trainer

This is aimed at those introducing paddlers to the lower levels of competition. It is designed to attract competitors and non-competitors and also non-canoeists such as parents of paddlers.

Conditions of entry and training for candidates:

Be a BCU member 18 years of age or older.
Attend an approved BCU Competition Trainers course of one weekend or equivalent duration relevant to the discipline concerned covering the appropriate technique and fitness subjects:

Paddling and/or handling skills and analysis.
Rules and tactics.
Water reading and/or use of water.
Equipment.
Simple training programmes.
Relevance of gym and weight training sessions.
Trainer/paddler relationships.
Canoe safety for trainers.

There is no formal assessment at this level. There will be a short written or oral test at the conclusion of the above course to check that candidates have achieved an adequate level of understanding. Candidates falling clearly short of this basic understanding may be required to repeat the course.

2.2. BCU Coach

This is aimed at those regularly involved in competition coaching within clubs with a serious competition interest.

Conditions of entry and training for candidates:

Be a BCU member 18 years of age or older.
Be a BCU Senior Instructor, unless exempted under paragraph 2.4.4.
Attend an approved BCU Competition Coaches course of one week-end or equivalent duration relevant to the discipline concerned covering:

The analysis of skills and techniques.
Techniques, tactics and technical knowledge for the discipline concerned.
Training programmes and peaking.
Urban training possibilities.
Physiology of exercise.
Cardiovascular training.
Action of muscle and muscular development.
Diet
Tests and measurements.
Basic psychology and motivation.
Coach/paddler relationships and personality.
Control and safety in the coaching situation.
Outline of experience required and level of assessment.

Maintain a log book.

Gain experience on an informal basis relevant to the discipline concerned. Candidates should contact their Regional Coaching Organiser or the relevant National and/or Regional Competition Coach for details of opportunities which will include:

Seminars for potential coaches at competitions.
Training schedules and published data.
Discussions with more experienced coaches.

Candidates who have satisfied all conditions of entry and training and have gained experience to the level indicated to them on the training course are eligible to attend an assessment of one day duration, which will consist to:

Practical coaching tests on specific aspects of the syllabus.
An oral examination.

2.3. BCU Senior Coach

This is aimed at those coaching competitors at national or international level or in connection with a centre of excellence.

Requirements and details are under discussion. An award or awards will be introduced at a later date.

2.4. General Notes

- 2.4.1. The above levels are designed as a progression for people coming into competition coaching though they can enter at any level.
- 2.4.2. In due course there will be separate awards at each level for each competition discipline. Award titles include the name of the discipline concerned.
- 2.4.3. Successful candidates at all levels will be issued with a certificate relevant to the discipline concerned. It will be valid for five years from 31 October following the assessment or appointment date, but always subject to the holder remaining a member of the BCU. It can be re-validated for further five year periods provided that the award holder submits a log of his/her competition coaching activity to the Director of Coaching to show that he/she has kept up with developments and that he/she is still actively coaching.
- 2.4.4. There may be cases where non-canoeists, high ranking competitors or those already coaching competitors wish to obtain a formal qualification, but need to avoid the commitment required to become a BCU Senior Instructor. The Director of Coaching has power to waive this requirement subject to receiving satisfactory references in relation to the exemption sought. Apply to him for further information.
- 2.4.5. Candidates for all awards will be required to pay a fee determined by the BCU National Coaching and Development Committee.
- 2.4.6. The Director of Coaching is responsible for the approval of courses. The emphasis given to the various subjects on each syllabus will vary accordingly to the needs of the discipline concerned.

3. CONCLUSION

The new scheme will be subjected to a detailed review after the first seasons operation. Any worthwhile improvements can then be made based on experience.

PROGRESS TO DATE

Some very successful pilot courses have been run in Northern Ireland, Eastern Region and at Ross on Wye. We are most grateful in particular to PGL Holidays for their support and to Messrs Bush Mills and the Northern Ireland Sports Council. Also to the organisers and coaches who have staffed these initial events.

More courses at Trainer level are planned for the autumn in Racing, Slalom and Wild Water. Full details from the Director of Coaching.

Surf Training - 21-23 September 1979

A course for Surf Trainer Award will be held in Cornwall during this weekend. Full details from Mr M Stone, The Old Stable, 1 Bridges, Luxulyon, Bodmin, Cornwall.

All Senior Instructors (Sea or Inland) are for direct entry to the above courses.

Registration as members of the Coaching Scheme is now under way for all who have so far qualified.

NATIONAL COACHING AND DEVELOPMENT COMMITTEE NEWS

Members of the Coaching Scheme will be aware that a considerable amount of work has been achieved in recent months. Updating of the existing tests; the launching of the Star Tests; now the adding of 4 and 5 star; an endorsement for teachers and leaders recommending they be permitted to commence canoeing activities, with safeguards, at Trainee Instructor level; recommendations regarding the achieving of a levelling of standards in tests and awards, and enlarging the Examiner system; the agreeing of a constitution and an annual 'parliament' to enlarge the voice of members in making recommendations to NCDC: the launching of the competition coaches scheme; the agreeing of an investigation into lifejackets/buoyancy aids.

All the above are fairly major undertakings. Under the guidance of our Chairman, Carel Quaife, who insists - and is reasonably successful in achieving - that the NCDC restricts itself to policy decisions and the nitty-gritty detail is achieved in working parties, and through a great deal of continued effort from many members, a fairly smooth passage of work has been maintained.

Mr. Ron Moore, RCO for Devon and Cornwall, is working on co-ordinating information on canoeing for the disabled.

Mr. Neil Shave has succeeded Colin Mortlock as Chairman of the Safety Committee.

A request that 1-star tests could be taken in a swimming pool, provided the certificate is endorsed 'Swimming Pool' was rejected.

The 'moderating forum' to be held at the annual Conference for the purpose of debating test and award anomalies, made the following recommendations:

RLSS Bronze: The present situation to continue, i.e. that there is no time limit on the validity of the RLSS Bronze Life Saving award. So, if you qualified in 1900, and still have the medal to prove it, you're in! (Assessors obviously have the discretion, however, to require a candidate, in such an instance, to satisfy them that a basic life saving ability is present.)

Re-instatement of lapsed coaches: Where a member has permitted his coaching qualification to lapse for a period of up to 2 years, that person can be re-instated on payment of the current, and lapsed, BCU membership fees. Re-assessment will normally be required when membership has lapsed for longer periods.

Items for discussion at the next 'forum' - see separate notice for the Coaching Conference, Raivens Ait, 20-21 October, 1979.

Canoe coaching experience carried out by a Trainee Instructor should be countersigned when entered in the log book, by an appropriately qualified coach.

Candidates for assessment should be advised to bring to an assessment a reference/recommendation from their supervising coach (tutor).

Does the presence of an escort boat on an expedition, negate the validity of the expedition? e.g. can an advanced sea expedition count, if an escort boat is in attendance?

Are sea kayaks essential to sea tests and awards? (It must be noted that at present there is no requirement for a candidate to use a sea kayak, and this cannot be taken into account in any way.)

Is 'rafting the rest of the group' an acceptable safety procedure when dealing with a capsize or other emergency at sea?

Is there a logical sequence of imparting basic skills, that should be universally adopted, and part of an assessment?

Should log books be required for proficiency tests?

BCU COACHING SCHEME RULES

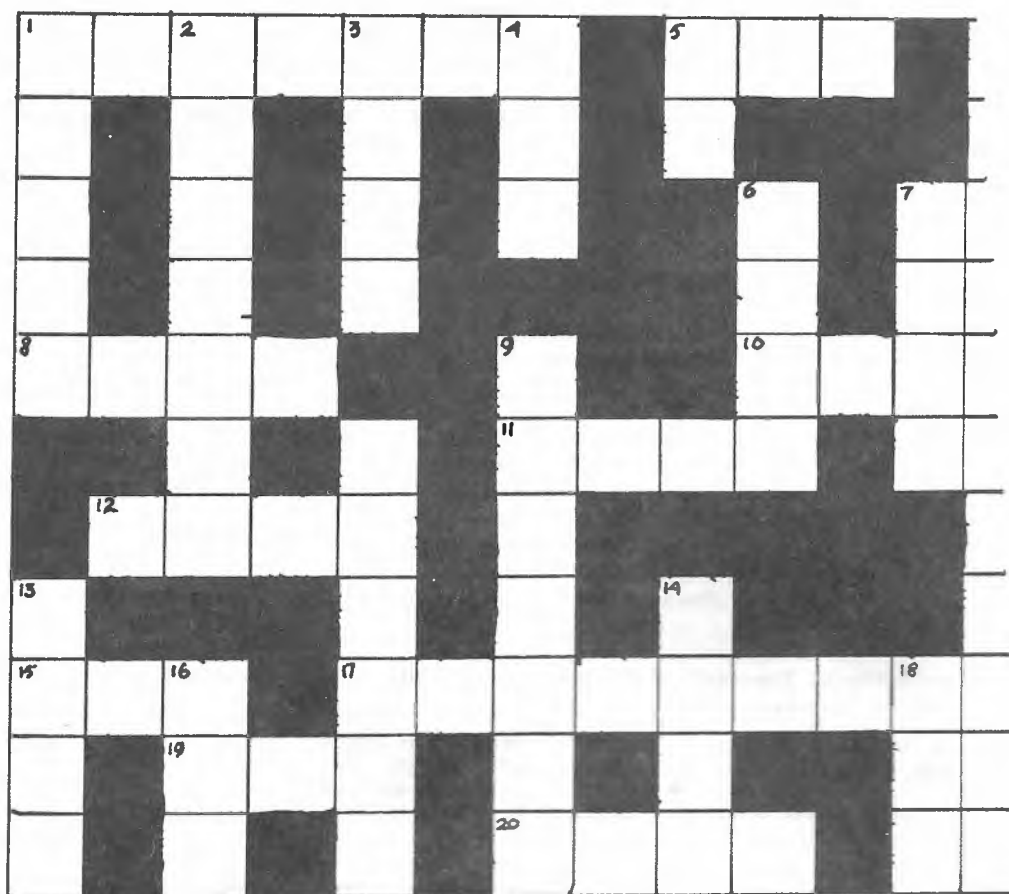
A formal constitution was adopted in November 1978. Copies are available to members of the Scheme on request. (S.a.e. to Headquarters please).

The main factors are that a meeting of delegates now elects the Officers, and makes recommendations to the NCDC which becomes the Executive. LCOs and outside bodies can thus be brought into the debating chamber.

The Coaching Scheme has also adopted the disciplinary powers that are agreed for use when necessary (hopefully never!) by the technical committees.

MOTIONS for this year's general meeting of delegates (Ravens Ait, 2.30 pm, Saturday, 20 October) must be submitted by 21 September. They must be signed by two persons entitled to vote - RCOs, LCOs, elected officers, specialist and advisory committee representatives, or representatives of recognised national organisations.

CANOE QUIZ-WORD



- CLUES -

ACROSS

1. Hydraulic jump! (7)
5. Bad weather blows the eel ashore. (3)
8. A pee in the loo turns you over! (4)
10. Through the town on the fourth. (3)
11. Take care when competing on a turbulent sea. (4)
12. Snack without the ham gets you up. (4)
15. Move your fat backwards. (3)
17. Breathless river. (4-4)
19. Devonshire river cuts you down to size. (3)
20. Add nothing to mother's ruin for a famous explorer. (4)

DOWN

1. Supporting skeleton. (5)
2. Tropical womble. (7)
3. East European helps to propel a canoe. (4)
4. Spanish river. (3)
5. Short marathon. (2)
6. Nude beach with nice shoulders. (4)
7. Helps to keep you on the straight and narrow. (4)
9. Little Corryvreckan. (4-3)
13. Bow greeting. (4)
14. Next thing to flesh for building an eskimo kayak. (4)
16. Scottish river. (3)
18. Is there a landlord on this river? (3)
20. What the ferryman did. (6)

STAR TESTS PROGRESS AND AMENDMENTS

It must first be stressed once again that there is no direct relationship between the Star Tests and the existing Proficiency Tests.

The PROFICIENCY tests are the only tests relevant to Coaching Awards. Expedition preparation and ability are central. There has been no change in the content of the Proficiency tests, either as a result of the Star Tests, nor from the re-defining of the syllabi which took place last year. All that happened was that the existing Proficiency Test syllabi were defined in terms of present-day standards. The resultant descriptions of the requirements are felt to be a reasonable average of what examiners are currently demanding.

Where STAR TESTS have a relevance is that if a candidate presents him or herself for proficiency, and the required expedition work is suspect, 3-Star could be offered as an alternative. If the performance side of the test is not quite up to scratch, then probably 2-star would be obtainable.

The STAR TESTS are an attempt to 'fill a gap'. Many schools, clubs, associations and authorities were devising their own local systems for encouraging beginners through a series of 'skills' tests. The NCDC felt it desirable that this need, which had been demonstrated, should be filled by a nationally agreed standard. Hence the 1, 2 and 3 star tests.

If you have not yet tried them it is thoroughly recommended that you do. You should find that they follow a natural learning pattern, and allow a novice to demonstrate achievement along the way.

The ELEMENTARY test has been deleted, and is now the 1-Star. It is the same test. Scouts and others who ask for an Elementary test should be given 1-Star. It is another name for the same test.

AMENDMENTS TO THE TESTS

Procedure

Please note that any Senior Instructor or above may test for 1, 2 and 3-star. It is not required that you be an Examiner as for Proficiency.

There are three ways of obtaining certificates and badges:

1. The examiner can obtain a batch of 10 certificates and badges from HQ at a discount, and dispense them on the spot (refer to back page of current CoDe for prices).
2. The examiner can collect all monies for badges and certificates, and submit, together with a list of full names, and the standard passed, to HQ without having to complete a 'pass slip' for each candidate. In this instance all the certificates and badges will be returned to him, or one other named person.
3. The examiner can hand a 'pass slip' to each successful candidate, who sends it, together with the appropriate fee, to HQ. In this instance, please be very careful to cross the standards passed.

There is no fee payable for a FAIL, and no slip is issued.

Tests

ONE STAR Capsize: It is NOT necessary for a spray deck to be worn. Provided the candidate does not panic totally, and makes a reasonable job of getting hold of the canoe, the demonstration should be accepted. (2-Star requires a competent drill).

Return to the edge and disembark. This requirement is shown in ST2 (the notes for examiners) but not in ST1. Please note that it should be included.

THREE STAR One man rescue. Delete this from the Practical 'A' section, article 7, and include it under Practical 'B' - show satisfactory beginnings in.

THROUGHOUT questions should be asked on EITHER sea or river, depending on the candidate's experience. An inland canoeist is not required to know about the sea, and vice versa. Questions that have an expedition bias should be re-phased: e.g. 'What would you wear for a river trip in winter?' could be: 'What would you wear if you went canoeing in the winter?'

N.B. NO PART of any BCU Test may be taken in a swimming pool - either outdoor or indoor.

BCU/BSCA ENDORSEMENT FOR TEACHERS/LEADERS

In an endeavour to assist local education authorities and others wishing to encourage canoeing activities among young people in their charge, the British Canoe Union in conjunction with the British Schools Canoeing Association recommends the following ability level for qualified* Teachers and Youth Leaders wishing to commence canoeing activities in a sheltered water situation.

(*Qualified in accordance with the requirements of the relevant authority.)

Requirements

The candidate must:

Be a qualified* Teacher or Youth Leader.

Hold the relevant Proficiency Certificate of the BCU.

Have successfully completed a BCU-approved two-day training course for Senior Instructor, giving the candidate 'Trainee Instructor status'.

Hold the RLSS Intermediate Certificate or higher, the BCU Life Saving Test, or other similar qualification recognised by the candidate's authority.

The means

On successful completion of the approved two-day training course, the candidate has an entry made in his or her log book to that effect.

The Coach responsible for the training signs a letter of authorisation which is forwarded to the BCU regional coaching organiser concerned. The letter states:

In my/our opinion the candidate is of sufficient ability, and has displayed in the time at our disposal, a responsible and competent attitude to enable us to recommend that he/she be permitted to undertake canoeing activities with a group of not less than 3 and ideally 6-8 students, in a sheltered situation and with clothing and equipment to normally accepted safety standards.

It is implicit that Life Jackets to BS 3595 or Buoyancy Aids to SBBNF standards (where permitted by the authority concerned) will be properly worn at all times.

This recommendation is subject to the candidate obtaining RLSS Intermediate Award, or higher, or the Canoe Life Saving Test, or similar qualification recognised by the candidate's authority.

The approval is valid for two whole years following the season in which the candidate undertakes the training course.

Assessment for the full award should take place not less than 6 months, and not more than 2 years following the approved training course, by qualifying on a BCU approved 2-day Senior Instructor Assessment course.

The Teacher or Youth Leader approved as above is given information on how to proceed, in a letter from the RCO concerned.

A sheltered water situation is defined as one so designated by the RCO and relevant authority adviser for the purpose. The rating applies from 1 May to 31 October. It implies normal water and weather conditions. The area so designated will normally be a stretch of canal, or similar, small gravel pit or lake, or similar, which is not large enough, or does not have difficult landing areas, to allow for problems to occur should there be a sudden change in conditions. Scout Movement designated water Class C and BI should normally prove suitable.

RACING CANOEING ENCOURAGEMENT TESTS

A series of tests, similar to the Star Tests, has been devised in an endeavour to encourage more people into Marathon and Paddle Racing.

The intention is that instructors will have a means of offering certificates for progress in racing kayaks or canoes (K1, C1) which will bring a novice through an ability to remain upright for a mere 50 metres, to the point where he or she is competent to enter a race without disgrace!

In order not to confuse those who are just beginning to cope with Star tests, and to give the scheme extensive field trials, before an official 'launch', anyone particularly interested in this development is asked to write to the Director of Coaching for full information.

I am required to translate a fair amount of canoeing literature from German into English and I am having problems with some of the technical jargon.

I don't think this is necessarily a reflection on my linguistic skills, but more a reflection on the British canoeing world for not yet having coined a suitable word or having coined several and brought about some confusion.

In a practical teaching situation, good instructors avoid confusion by steering clear of jargon; a number of others, however, appear to thrive on it.

Think of the poor paddle blade and whether its concave surface is a drive face or a wet face or a front or just a face. And whether this face is bordered by a trailing edge or a leading edge, or an inside edge or an outside edge. And whether the hand nearest it is a left or a right, or a top or a bottom, or a pushing or a pulling, or a working or a non-working. And with the stroke work, how many different interpretations have you come across for the Duffek stroke or the 'S' stroke?

My problem came to a head recently as follows: the International Canoe Federation is considering redefining the six WW grades and their reports (in German) frequently feature a word meaning water under pressure. When this occurs on the upstream side of a rock, we tend to use the word 'cushion'. I am not aware, however, of the same expression being used when water hits a wall of rock on the outside edge of a curve. I looked for international glossaries and grasped the Steidle book - Wild Water Canoeing. Wendy Gill in her translation coins the expression 'reflected water'. never heard of that one, how about you? And is there a word in English for the wall of rock being hit by the water?

By the way, who is Wendy Gill? Her translation of the German book (approved by the BCU) features:

Cutting or Swinging Out - turning a canoe which is travelling fast with the paddle, usually in an eddy.

Slipping In - entering the canoe into the mainstream. Also swinging in and cutting in.

Whatever has happened to breaking in and out?

Do we need a definitive reference document? Has anybody ever produced a personal glossary that would be worthy of consideration nationally? Is there a national reference document that somebody is hiding from me?

The Germans have several - probably the finest having 494 pages. But describing a situation is not the problem, it's finding one word to define it!

Any ideas?

The official magazine of the German Canoe Union is published fortnightly and contains many interesting and informative articles from the competitive, touring and expedition world discussing training, technique, equipment and administration. We are at present seeking permission to reprint translations of some of these in our journals.

£3 A HEAD

I'm not sure how many of you ever see the Coaching Scheme accounts - and of those who do see them, who reads them - and of those who do read them, who understands them!

So: we receive and spend about £20,000 a year, i.e. we break even financially. The profit is the number of people introduced to canoeing through the scheme.

Of the £20,000 we spend, about 60% is on the Director of Coaching and his team of National Coaching and Development Officers and Regional Coaching Organisers, i.e. the grass roots running of the scheme. A good 15% is for printing, stationery and postage.

Of the £20,000 we receive, about 60% is a grant from the Sports Council, but less than 20% is from tests and awards - that is only about £2 for each of us.

In the forecast for the current financial year, I have budgetted a figure of income from tests and awards that represents nearly £3 per coaching scheme member. I know that averages are often misleading, but with the new Star Test Awards and their appeal to youngsters, that cannot be an unrealistic figure.

Our tests not only stimulate great interest and provide proof of our work, they also help to keep us solvent. Let's try and keep to forecast.

TO FLOAT OR NOT TO FLOAT

To those (unfortunately very few) who were moved into replying to the safety guidelines article in the last CoDe - thank you!

Some very interesting and constructive suggestions have been made, many of which can usefully be incorporated into final recommendations.

Am I to assume that the 1,648 members of the Coaching Scheme who did not reply agree with the proposals of course not.

Some just do not find the time, some have their own ideas about safety which they will probably pursue regardless of recommendations, and some do not feel that the safety interests of all the widely differing aspects of the canoeing world could ever be consolidated into one set of guidelines.

If you fall into the first category, I know the feeling. However, the chances are that it is canoeing that leaves you with no time in which case you are very active in the sport and could let us all benefit from your experience. Just a few scribbled notes would be appreciated.

If the second category, please think carefully. In a Coroners Court the official recommendations will be taken as the Bible, and you could have played a part in writing it.

If in the third category, then bear in mind that every aspect of the sport takes place on the water. The differences are brought about simply by the location of the water and your reasons for using it.

However, out of the letters from the few, and discussions with the many, the point of greatest contention is the "lifejacket/buoyancy aid/nothing" question.

Clearly many are looking for positive official guidance, and many are offering it.

Given that the "nothing" situation may only ever be acceptable under closely supervised sprint situations, let us confine our thoughts to the approved lifejacket versus the approved buoyancy aid.

We have opinions, what we now need are facts.

- a) Do you know of any paddler ever having had to inflate a lifejacket in order to survive?
- b) Do you know of any paddler ever having been in any kind of difficulty as a result of wearing a lifejacket (inflated or not)?
- c) Or do you have any other relevant and factual information?

So, if you have any useful answers - yes or no - let's have all the details, e.g. level of teaching, numbers involved, whether a BSI 3595 is used, etc.

I look forward to hearing from you - please.

Neil Shave - Chairman/Secretary BCU Safety Committee,
92 Cassiobury Drive,
Watford WD1 3AQ.

LIFEJACKETS OR BUOYANCY AIDS?

No, we are not going to go over all the old ground again. What we are going to do is to carry out a survey on the lines that Neil has indicated above. Once some factual statistical evidence is to hand, the NCDC can then re-consider our present recommendation.

Broadly stated, the present recommendation is that Lifejackets to BS3595/69 should be worn in open water situations and by beginners at all times. Buoyancy aids to SBBNF/ICF standards should be worn by competent paddlers in other situations (eg. river, surf, polo) at their discretion.

What is open to question is whether the ability to inflate the lifejacket and therefore ensure a prolonged survival time, is necessary in the training situation, where an instructor is present, and where often further safety back-up is available.

The complaints regarding the difficulty of maintenance and checking the fitting of lifejackets are well documented. A questionnaire is being produced with the help of Reading University. When this is circulated your help is sought in completing it fully and honestly, in order that NCDC may consider its recommendation in the light of sound evidence.

LEVELLING STANDARDS

One requirement to achieve a levelling of standards is the goodwill of all concerned. It is obviously grossly unfair for a canoeist to attend in good faith a training course, and then find when presenting for assessment in a different area, that the basic information to enable a pass to be obtained, has not been imparted.

It is also grossly unfair to the system, and to those who may reasonably rely upon a certain qualification to indicate a certain standard, to find that a candidate presenting the particular certificate is nowhere near the normal ability required.

Two factors presumably create this situation. One is the existence of trainers and examiners whose standards are just not of this present world. The other is the existence of trainers and examiners who write in their own requirements which are way above the norm laid down.

In attempting to achieve a levelling, without going to extremes, the NCDC has pursued the following course:

1. The re-defining of the proficiency tests should, over a reasonable period, help to achieve a more standard level of basic entry ability, and experience.
2. An expansion of the 'Examiner' system has been agreed.

E1 - Examiner Grade I.	Proficiency Test Examiner.
E2 - Examiner Grade II.	Senior Instructor Training or Assessment team leader.
E3 - Examiner Grade III.	Advanced Proficiency Test Trainer or Assessment team leader.
E4 - Examiner Grade IV.	Coach Trainer or Assessment team leader.

To become an Examiner Grade I, it is necessary to carry out proficiency testing together with an established Examiner until that person is happy to recommend you to the LCO as being competent to be in charge of testing. It is hoped that where possible there will always be two people involved in a testing session.

To become an Examiner Grade II it is necessary to be an Examiner Grade I and to assist at SI Training and Assessment courses until your LCO is happy to recommend to the RCO that you are competent to be in charge of a training or assessing team.

Thus, to become an Examiner Grade III it is necessary to be an Examiner Grade II and to assist at Advanced Proficiency Training or Testing courses until your LCO is happy to recommend to the RCO that you are competent to be in charge.

IMPORTANT NOTICE: It is implicit throughout that the basic precept applies, that coaches may only test or assess for awards that they themselves hold.

3. The production of 'Notes for Guidance' has been agreed. These are now available for Senior Instructor Training Inland, and shortly for Inland Assessment. Notes for Senior Instructor Training Sea are in preparation. As Course Organisers find the need to amplify or amend these notes, details should be forwarded to HQ so that ideas can be exchanged, and new developments promulgated nationally.
4. An annual 'moderating forum' to be held at the annual Conference, to which matters of dispute could be referred, and anomalies debated. The Forum's brief is to review Training and Assessment methods in order to exchange ideas and experiences and to reinforce standards. Recommendations arising from this Forum will be referred to the NCDC for ratification.

The above system is operative as from now. Please note the items already referred to the 'Forum' for this year's conference, under NCDC News.

RCOs are currently submitting their panel lists showing members' current Examiner grades. Once these lists are established a simple up-dating procedure will apply as above.

Probationary Period Extension

To conform to the endorsement system for teachers/leaders please note that Trainee Instructor status is now valid for 2 whole seasons following the year in which the candidate trained, i.e. a Trainee Instructor whose course took place during 1977 has until the end of this season to attend for assessment.

A LETTER AND AN ANSWER

Dear Mr. Good,

I must quarrel with you over one of your statements in the current issue of CoDe. On P.7 Differences in physique, intellect (intelligence?) etc. probably do not make a major difference in the way the skills are imparted False!

Have you never taught a mixed-ability group of novices? If so, you will know that some will pick up basic strokes after the first demonstration, others will be struggling for a whole session without getting the hang of them. So a different approach is required for the slow learners, who may also lack coordination. Not just repetition, which would soon become boring. Games, yes, but even these can be very frustrating for a novice if he can't even steer his boat.

Perhaps the instructor at this level requires more patience and resourcefulness than the coach with his (?) high fliers. A knowledge of basic physiology and psychology certainly helps - it's not the preserve of the coach!

I know sailing is rather a different kettle of fish, but as an RYA coach, my main job is to train and assess instructors (Senior ones as well, but that's meaningless unless you have junior or ordinary instructors). If this job isn't done properly, then the standard of instruction/training lower down will suffer, and this in turn will affect the whole pyramid.

Incidentally, in your definitions, you simplified the meaning of educate to "train". My Concise O.D. under 'education' also gives 'development of character or mental powers' - we won't go into whether canoeing is character-building, but it certainly means a lot more than mere training. Perhaps 'making the student aware of his own potential (and limitations)' would help to cover it.

I hope you won't think I'm merely splitting hairs, but I felt your article was a misleading over-simplification.

If you think I'm talking (writing) through my hat - O.K. but I have been instructing canoeing for the past 12 years (amongst other activities). Perhaps it's time I moved on to something else. But I still get a kick out of watching a novice progress to mastering his craft - at least on easy water.

Trust you will get some useful feed back for CoDe.

Yours sincerely,

John Hone, Bowerley Park Centre.

The Director of Coaching replies:

Dear Mr. Hone,

Thank you for your letter following my article in CoDe. It is good to find a response, even if we are not in total agreement. This is not surprising, as I was producing an article, not a 'thesis' - which the subject really demands - and so of necessity the statement has to be a 'simplification' - whether or not it is an 'over-simplification' and 'misleading' is hopefully debatable.

Certainly I do not claim to be possessed of all the gifts necessary to provide an omnipotent and universally binding declaration on the subject. I merely set out to suggest a simple definition as a basis for debate.

During 11 years as a full-time canoeing instructor I came across mixed-ability groups and had to call upon every resource of experience and imagination to achieve a measure of success for individuals with problems. But I would still say that basically I was seeking ways of imparting to that individual a defined skill, and endeavouring to get him to perform it in a similar way to all the other candidates. The fact that it took longer to achieve, and that it took more skill and imagination on my part to help that person to the same result, is not the key.

A knowledge of physiology, psychology and the performance of motor skills is indeed useful to the instructor, and would be tremendously helpful in these instances. But that surely is the difference. To the 'Instructor' the factors are 'helpful'. To the 'Coach' they are 'essential'.

I do not have any formal training in the above. There is neither time, nor I would suggest, at the moment the expertise in the system, to provide any depth of such knowledge on SI courses. Should attention be given to this? One of the reasons for the article is that I believe there

are implications both for the Instructor and the potential recruit to the sport in the manner in which basic skills training is given. But before we can begin to achieve agreement on what is to be done, we must surely correctly identify the situation and the problem.

The analogy with RYA is not invalid. I do have some knowledge of the syllabus, and have taught sailing. I would suggest the same situation exists. You refer to 'advanced' instructors. I would say that RYA 'advanced' instructors - the same as BCU 'coaches' (holding advanced tests) - are still 'instructors'. They are imparting a basic sequence of skills in a prescribed way - albeit to a higher level than beginners. They are not trained to 'coach' - i.e. to assist a sailor of high technical competence to greater achievements.

I am glad you still obtain satisfaction from imparting your enthusiasm and skill to novices, and share your interest. In no way do I see this role as inferior. But I do see it as different.

Thank you for your contribution to the debate.

Yours sincerely, G C Good

AN OPEN LETTER TO THE CHAIRMAN OF THE NCDC, FROM OLIVER COCK

My dear Carel,

Now that I am just about to leave the seat that I seem to have sat in for so long I find myself badly wanting to say thank you, but I don't quite know how to do it!

My difficulty is that there are so many people to whom I would like to say it personally, or whom I would like to name in this letter. But if I do, all those who, I hope, will be reading it will get rapidly bored with reading what would begin to look like a telephone directory, and I am sure to forget a lot of names until ten minutes after I had posted the thing. Does one not always?

So first to yourself, and to Nick Nicholls our vice-chairman, for the wonderful send-off you gave me the other evening (though I'm not going far!) when you dined and wined me with about thirty other "old friends", and the wonderful present of the colour television set which was then presented to me, for which so many people had subscribed. Fancy me with a television set! Nick did a wonderful job in organising that, and at last I shall be able to watch the wonderful canoeing sequences that have recently been appearing on the box. I am looking forward to that very much.

Lastly (I think) through you I want to say a very big thank you to every member of the Scheme, past, present and I expect some future, for the wonderful support and help everybody has given me, the whole of the time since 1962, when I was National Coach, until today when I leave the Director's Chair to the best possible person I know who can fill it today, Geoff Good. Without that support and help I could not have done my job anything like so happily, nor could I have ridden the storms which inevitably arise from time to time in an organisation such as ours with its enormous complexities and many different disciplines. I am confident that Geoff will receive this same support, and I am equally confident that he will be wanting to help and support all of you in every way he can.

Meanwhile, I go on to Access. I bet you'll be calling on me for help again, soon. What a nice thought!

Yours very sincerely, Oliver

FOUR AND FIVE STAR TESTS

The Four and Five Star Tests are now available. They separate into Wild Water or Surfing techniques, and Surf can be tackled in either a conventional (probably Slalom type) kayak or a Surf canoe - the syllabus varies slightly between the two.

These two tests have not had the prior field trials of 1, 2 and 3 Star. In consequence it has been decided to issue examiners with a Report Form, in order that some feed-back may be obtained before the final ratification.

It must be stressed that it is not anticipated that this will lead to major modifications. Nor does it in any way infer that a candidate who passes a test during this trial period would have to re-test or be the holder of a certificate which is in any way inferior, should minor modifications be deemed desirable in the light of experience.

Coaches are the correct Examiners for 4 and 5 Star, but if there is difficulty in finding examiners, it is acceptable that two Grade I Examiners who hold Advanced Proficiency can examine for 4-Star, and two Grade II Examiners who hold Advanced Proficiency can examine 5-Star.

Full details obtainable from Headquarters.

REGIONALISATION AND THE COACHING SCHEME

'All coaches are canoeists, but not all canoeists are coaches'

Confusion seems to exist over the difference between Regionalisation of the BCU, and the existing regional structure of the BCU's Coaching Scheme.

It can be confusing, because many members of the Coaching Scheme become highly involved in all kinds of development. Often clubs are brought into existence and run by SIs. Competitive events, local leagues, training squads, associations, have members of the Coaching Scheme both instigating and running them.

This does not alter the principle, however. In particular it must be recognised that in no way is the Coaching Scheme automatically representative of all aspects of the sport. A particular organiser or coaching panel may be very involved in many facets of canoeing. But the Coaching Panel as such cannot take on the role of the whole of the BCU in the region. Members of the Coaching Scheme may well become officers of the Region, club delegates, or representatives of coaching on the regional committee. But these are separate functions, and individuals must learn to wear different 'hats'.

The principle is important - it is not one of splitting hairs. For club involvement is essential to the successful breaking down of the BCU into a regional structure. The backbone of the BCU in the Regions must be through representation from each and every club, if the total interest of the sport is to be served.

And one more point. Whilst it is highly desirable that as many periphery groups as possible are brought into the fold, the criterion is that Regionalisation is the regional structure of the BCU. It is not a collection of canoeists forming a region, supported by the BCU! This principle is best safeguarded by the rule that all officers of a regional committee must be individually members of the Union.

Because Coaching is the only committee of the Union with an existing regional structure, and an identifiable regional officer, the Council of the BCU asked that coaching organisers would take the necessary first steps to inaugurate regionalisation. This, several have done, and considerable benefit is accruing to the sport. Access matters are being actioned, increased local activity is ensuing, burdens are being lifted from coaches' and coaching organisers' shoulders.

It is recommended that steps are taken in all areas to implement Regionalisation, and that the Regional Coaching Panel ensures representation on the regional committee of the BCU.

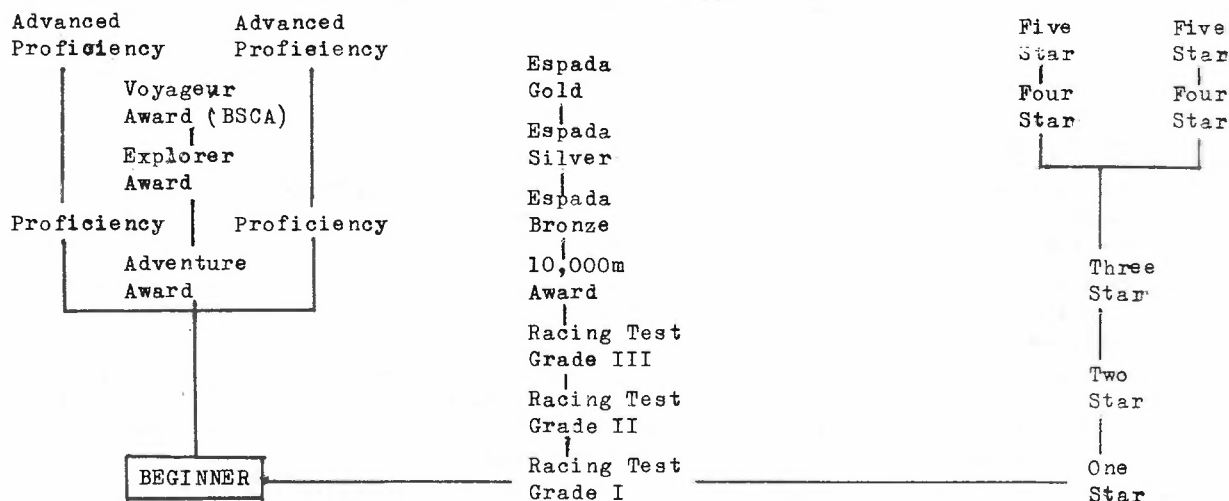
WANTED - a 'flow' chart

Derek Looker, a competition racing coach on the Berkshire Panel, has suggested the production of a 'flow chart'. This would be produced as a poster for display on club or school notice boards, etc.

Its purpose is to show at a glance the various tests that are available, their relationship to each other (if any), and how a candidate goes about obtaining them.

Following is a table showing the existing tests, and how they fit in. Those with artistic talent are requested to exercise craft and imagination and produce a rough sketch showing how they would display the information.

The winner will have the honour of the work being displayed throughout the length and breadth of the kingdom .. to say nothing of a small token as appreciation.



STAR TESTS, RACING TESTS and PROFICIENCY TESTS are administered by the National Coaching and Development Committee; ESPADA AWARDS by the Espada Awards Committee; and ADVENTURE, EXPLORER and VOYAGEUR awards by the British Schools Canoeing Association.

NOTE THE DATE AT RAIVENS AIT - 19/21 OCTOBER 1979

A weekend course for RCO's, LCO's and members of the Coaching Scheme interested in the development of the sport through coaching. The programme will include:

Practical sessions on (choice of): Canoe Sailing
Canadian skills
Racing skills
Coaching for Competition
Bat Polo

Also: Introducing Racing Kayaks and the promulgated Racing
Encouragement Tests.

Annual General Meeting of the Coaching Scheme - 2.30 p.m. Saturday, 20 October.

Annual Moderating Forum to debate Training and Assessment methods in order to exchange ideas and experiences and to reinforce standards.

Forums/Lectures/Sessions on other matters of the moment.

RCO's and LCO's will be circulated separately. Other members wishing to attend, please write to the Director of Coaching.

The course is grant aided and should cost only £9.00 per head, joining Friday evening and fully inclusive until Sunday tea time (1600). Grants may also be available to individuals upon application to their local education authority.

Raivens Ait is the ILEA Centre at Surbiton, on the Thames.

PLEASE NOTE the above date which for this year is different from the standard dates:

Coaching Conference - 2nd weekend of October annually

NCDC Meetings - 2nd Saturday of March; 2nd weekend of November annually.

COMPETITION COACHING SYMPOSIUM - HOLME PIERREPONT, NOTTINGHAM - 6 - 7 OCTOBER

A competition coaching symposium is being held with the theme:

'THE YOUNG CANOEIST, RIGOROUS TRAINING REGIMES, AND INTENSIVE COMPETITION'

A number of speakers of international repute are involved, and opportunity will be given for forums to consider all aspects of competition coaching.

Full details from Mr Ron Emes at Headquarters.

CANOE INSTRUCTORS

Wanted now until September for Adventure Holiday Centres in Wales, Shropshire and the Wye Valley. Long or short periods of employment. BCU certification an advantage. Accommodation, pocket money and all food provided.

Contact: Jane Brimble,
PGL Young Adventure Limited,
816 Boreatton Park,
Baschurch,
Shrewsbury, Salop.
Tel: 0939-260551/2

NEW RCO FOR NORTH WALES

Celia Hayward

As from May 1 1979 Dave Bursnall will be the Regional Coaching Organiser for North Wales. All correspondence relating to Coaching matters, including testing slips, and permission to assess and train for BCU Tests and Awards should be sent to him at: 2 Brynawel Terrace, Barmouth, Gwynedd. May I thank you for your support during the three years I have been Area Coaching Organiser and I am sure you will continue to support Dave in the same way.

Editor's Note: Thanks a lot Celia - all the best for the future.

RIVER NOISES

LECTURES BY PETE WOOD RCO WESSEX ON:-

- i) The Olympic Slalom course at Augsburg and how to get there cheaply. Includes an 18 minute sound/colour film and lots of slides.
- ii) Slalom & Wild Water Racing on Tryweryn and Dee - includes a 10 minute sound/colour film and lots of slides.
- iii) Where to paddle in The West Country - a 30 minute sound/colour film, includes Bude, The Exe, The Dart, Weirs in the West.

Pub engagements on Saturday evenings of competitions considered. Give Pete Wood a ring at Abson 3458.

CANADIAN CANOEING

Have you noticed the lack of Canadian courses in CoDe or anywhere else. Only two this coming year! Do you paddle with a single blade? Do you teach/instruct/coach others in the art of the single blade? If not, why not?

Our Coaching Scheme and educational centres concentrate on kayak paddling because:-

- i) History
- ii) No moulds available for decent C1's and C2's to the home or outdoor pursuit centre builder.
- iii) Its harder to paddle on one side and people take the soft option-kayak.
- iv) No commitment by us, the Coaches and S.I.'s of the Coaching Scheme, to develop Canadian Canoeing.

One fact was apparent from my trip to Augsburg this year, that schools in Germany etc. teach either Canadian or kayak in equal proportions to young people. All the Canadian paddlers I know in the U.K. started off in a kayak and changed to Canadian, usually too late in life to develop physically, if not mentally, to single bladed paddling. (Ho! Ho! the critics say, what about a symetric muscle development but I don't think its a bad as some people would have us think - more an excuse not to bother with Canadian.)

Send me your views on Canadian paddling and perhaps if the feedback is sufficient, I will take further action. Write to: Pete Wood, RCO Wessex, 7 Sunnybank, Wick, Bristol BS15 5PL.

CANADIAN SYMPOSIUM

27 - 29 October 79 - Staunton on Wye, Hereford. A weekend course designed for all who are interested in the development and promotion of Canadian canoeing.

Course 'A' - Testing for Proficiency and Advanced

Course 'B' - Practical and theoretical sessions to consider:

The existing proficiency tests and their relevance to the promotion of Canoeing

The development of competition skills and their relevance to basic Canoeing

From this course it is hoped to produce a suggested formula whereby the whole of Canadian Canoeing can progress. Details from the Director of Coaching.

SEA CANOEING SYMPOSIUM

15/16 December 1979. Matlock. J J Ramwell, 32 Glebe Road, West Perry, Grafham Water, Huntingdon, Cambridgeshire.

ALL COURSES FOR 1980

Organisers please note:

1. All Senior Instructor or Coach Training or Assessment Courses, and Competition Awards Courses must receive the prior approval of your RCO.
2. Courses must be notified to RCO by 31 August if they are to be considered for grant aid.
3. Courses for inclusion in the 1980 Calendar (which WILL be published initially in Focus by December 1979) MUST be notified to your RCO on new form A.2/79 by 31 August. (Copies of form A.2/79 will be sent to all Organisers directly. If you have not received them by 31 July please notify Headquarters).

ADVISORY PANEL ON WATER SPORTS FOR THE DISABLED
THE SPORTS COUNCIL, 70 BROMPTON ROAD, LONDON SW3 1EX

Request to BCU Regional Coaching Organisers and others

CANOEING FOR DISABLED

The above named organisation, which has been in operation since 1973, would like to contact BCU Senior Instructors and Coaches who are interested in running "taster" courses for physically and visually handicapped people.

Ideally, instructors would be drawn together by the RCO who would select the centre with the most suitable facilities, but anyone with sufficient organising ability could take responsibility. Taster courses introduce complete beginners who are disabled in one way or another to a new and exciting experience, and are either of weekend duration or even as short as one day.

Each year clubs and local authorities in various places run these courses, which has enabled us to produce a comprehensive set of guidelines for potential course organisers. There is even a "package" with hints for teaching instructors how to get disabled people started in sailing, canoeing and angling. This information is free on request and we will make every effort to put interested enquirers in touch with instructors who have had previous experience.

If you would like to run a taster course in canoeing for disabled, and have contact with handicapped youngsters or adults either directly or through social workers, teachers, clubs etc, please write to the Secretary at The Sports Council, 70 Brompton Road, London SW3 1EX. You will probably get more enjoyment out of it than anything you have done before.

.....AND THE MENTALLY HANDICAPPED

Mr Alan Avis has written from 8 Hatfield Close, Mitcham, Surrey CR4 4DT (01-640-3183) stating that he has taught groups of severely mentally handicapped adults in canoes. Mr Avis is very keen to contact other coaches who have experience in this field, and is willing to help with other groups.

Tamar Canoe Camp - July 29/August 3

For those who wish to teach the disabled to canoe.

Candidates must be at least 20 years old and must be either proficient canoeists or have had some professional training in helping the disabled.

They must be able to swim 50 metres.

The course is open to all disabled people over the age of 12 years and will cater for beginners and experienced canoeists.

Each disabled student will have a trained canoeing instructor and trainee instructors will be taught individual canoeing skills as well as helping to teach the disabled.

Trainee instructors should expect to play a full part in the domestic life of the camp including cooking and child care as well as taking part in canoeing.

All equipment and full board is provided. Course members will need only simple personal effects. A kit list will be supplied.

The cost is £16.00 per head.

All enquiries to: Ron Moore, Senior Instructor, BCU, Millford School, Biggin Hill, Ernesettle, Plymouth.

WANTED - TECHNICAL DEBATE

This issue contains a great deal of updating information, but largely of a policy or administrative nature. With the advent of a greater emphasis on competition coaching it is to be hoped that more coaches will be moved to put pen to paper and exchange ideas on coaching skills. How about contributing an article on the 'bee in your bonnet'?

LEEDS TO WIGAN - 92½ miles - 85 locks - highest inland waterway in Europe.

Sheffield Canoe Club raised £400 in sponsorship for deprived children by paddling the course in 27hrs 5 mins. Viner trophy for fastest team. £300 canoe trailer (Mechanical Services Trailer Engineers Ltd) donation for club collecting most sponsorship money. A single canoe presented to the fastest team. Enquiries (by 1 Aug): Canoe Controller, 140 Acomb Rd, Acomb, York. In aid of Church of England Childrens Society.

SPECTOR SCHEME

A chance to build your own White Water Kl. This scheme has been devised by the Water Committee with the moulds donated by the BCMA to encourage more canoeists to White Water Racing. Moulds to be stored at Reading, Derby, Wigan and Gateshead. For information of mould hire, send an S.A.E. to: Mr T Haynes, 6 Armour Road, Tilehurst, Reading, Berkshire.

APPOINTMENT OF NATIONAL COACHES

Applications are invited for the following positions:-

- A. A National Coach to develop the coaching of slalom competitors.
- B. A National Coach to organise and be responsible for general Coaching in a Region.

Such a National Coach would be expected to attend conferences held in connection with the work, particularly the National Coaching Conferences and meetings.

The methods by which the National Coaches carry out the above policies will be left very much in their hands, although they will be responsible to the BCU Council, through the Director of Coaching and the National Coaching Committee.

The successful candidate will be employed part-time at a remuneration of £500 per annum, against which they may place their expenses from the point of view of Income Tax. Any further increments which they may earn as a result of the appointment will in no way affect the above arrangements.

APPLICATIONS

No application forms are being issued. Letters of application, which should include 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 Chairman, BCU National Coaching Committee, Flexel House, 45/47 High Street, Addlestone, Surrey KT15 1JV, to reach him not later than FRIDAY, 20 JULY 1979.

CLASSIFIED ADVERTS

Fly Mouldings of Wick, Bristol, present:-

Replacement seat moulds for Snipes and Weevers. Seats or moulds supplied. Send S.A.E. for details to: Fly Mouldings, 7 Sunnysbank, Wick, Bristol. Tel: Abson 3458.

"ULTIMA" - New White Water Race - buoyant, fast manoeuvrable.

"ECLIPSE" - A new concept for Senior Instructors - a load carrying high performance kayak with that up to date look.

"NIPPER" - High and Low line - superb ultra modern slalom kayaks for juniors - fast, competitive, attractive.

All the above available in complete form or kit form. Prices from £63.00. Plus a full range of accessories and equipment. Send S.A.E. for full details to: 31 East Street, Hereford.

WANTED - folding double. Contact Mr R Hay, 52 Josephine Ave, London S W 2.

NEW SERIES OF EXCITING COURSES TO RUN FROM NORTH WALES CENTRE - commencing in the autumn of 1979 a series of courses are being planned from the Towers Centre at Llanfairfechan on the North Wales coast. The Centre is superbly situated opposite Anglesey. 50 yards from the sea! All the best waters in the North Wales area are within easy travelling distance of the Centre. Accommodation is very comfortable and the atmosphere is one of relaxed informality. Instruction will be given in a whole range of canoeing skills by some of the best, and most widely experienced instructors in the country.

Coaching Awards will also be catered for, the first of these being a Senior Instructor Training Course (Sea) planned for 27-28 October this year. For details write to the Director, The Towers, Llanfairfechan, North Wales. Please send a S.A.E. with your enquiry and full details of planned courses in sea canoeing, wild water and advanced skills will be forwarded, along with accommodation details, etc.

NORTH WEST GREENLAND EXPEDITION - Superb slides and Eskimo artifacts, Greenland Kayak etc. Ready for any type of meeting from coaching weekends to important meets. Write now for more information to: John Bull, ATW ASPT, Ripon, N Yorks. Also reports at 75p. post paid.

NEW PROCEDURES - Senior Instructor Training or Assessment

Forms A10 (SI) and A12 (TI) should be sent direct to Headquarters together with application for grant aid (where applicable) on completion of course. We are now registering Trainee Instructors with a view to servicing them with CoDe. This is a trial only and no firm decision has yet been taken. But please ensure that A12 is sent to HQ direct for every Trainee Instructor.

PLEASE ENSURE ALSO that Trainee Instructors' BCU NUMBER is written on A12. BCU membership is a pre-requisite for SI Training.

PROFICIENCY - Please remember, top WHITE and PINK copy to HQ (not RCO). GREEN copy to the candidate, who should be told to notify HQ if certificate ~~has~~ not been received within six weeks.

ADDITIONAL OR ALTERED COURSES SINCE MAY/JUNE FOCUS

<u>Beginners Sea</u>	Jul 13-15	Pt. I-Wells, Beds.	(11)
		Pt.II-Wells, Beds.	(11)
<u>Proficiency (Inland)</u>	Jul 8	Telford, Salop (Testing only)	(4)
	Aug 24-26	Botley, Hants.	(12)
	Aug 31-Sep 2	Buxton, Derbyshire.	(9)
	Sep 7- 9	Buxton, Derbyshire.	(9)
	Sep 16	Bewdley, Worcs. (Testing only)	(5)
	Sep 22	Canadian and Kayak, Bath.	(6)
	Oct 13	Canadian and Kayak, Burton on Trent.	(2)
<u>Proficiency (Sea)</u>	Jul 23-31	Anglesey = Camping.	(9)
	Sep 21-23	Buxton, Derbyshire.	(9)
<u>Advanced Proficiency (Inland)</u>	Oct 12-14	Arrocher, Dumbartonshire.	(18)
	Dec 7- 9	Staunton on Wye.	(17)
	Dec 8- 9	Rhayader (Wye).	(3)
<u>Advanced Proficiency (Sea)</u>	Oct 12-14	Calshot, Hants. (change of date from Sep)	(13)
<u>Senior Instructor Trg. (Inland)</u>	Aug 25-27	Botley, Hants.	(12)
	Sep 7- 9	Bath. Self-catering. f5.	(6)
		Leicester.	(8)
	Sep 14-16	Burton on Trent.	(2)
	Sep 21-23	Henley on Thames, Oxford.	(16)
	Sep 28-30	Ludlow, Warwicks.	(3)
	Oct 5- 7	Bewerley Park, N Yorks.	(10)
<u>Senior Instructor Trg. (Sea)</u>	Sep 7- 9	Portsmouth, Hants.	(15)
	Sep 28-30	Calshot, Hants. (change of date from Oct)	(13)
	Dec 7- 9	Lyme Regis, Dorset.	(14)
<u>Senior Instructor Assess (Inland)</u>	Aug 25-27	Botley, Hants.	(12)
	Sep 14-16	Burton on Trent.	(2)
	Sep 21-23	Henley on Thames, Oxford.	(16)
		Leicester.	(8)
	Oct 12-14	Bedford.	(11)
		Gwynedd, N Wales	(9)
	Nov	Derbyshire	(9)
<u>Senior Instructor Assess (Sea)</u>	Sep 7- 9	Portsmouth, Hants.	(15)
	Sep 28-30	Calshot, Hants. (change of date from Oct)	(13)
	Dec 7- 9	Lyme Regis, Dorset.	(14)
<u>Coach Assess (Inland)</u>	Dec 7- 9	Staunton on Wye, Hereford.	(17)

For full details of courses above, please send s.a.e. to organiser indicated.

- (2) S Briggs, 22 Fairham Road, Streeton, Burton on Trent, Staffs.
- (3) R Leadley, 70 Russell Bank Road, Four Oaks, Sutton Coldfield, W Midlands B74 4RQ.
- (4) G Lyon, 33 Forester Road, The Tileries, Broseley, Salop TF12 5BS.
- (5) B Porter, 20 Flyford Close, Lodge Park, Redditch, Worcs.
- (6) P Wood, 7 Sunnybank, Milford Ave, Wick, Bristol BS15 5PL.
- (7) R N Castle, Education Office, London Road North, Lowestoft, Suffolk.
- (8) N Matthews, The Outdoor Pursuits Centre, Loughborough Road, Leicester.
- (9) The Principal, White Hall, Long Hill, Buxton, Derbyshire.
- (10) A Frederick, 10 Sycamore Court, Park Grove, Hull HU5 2UL.
- (11) D Harper, 15 Highfield Road, Oakley, Beds.
- (12) The Director, YMCA National Centre, Fairthorne Manor, Botley, Hants.
- (13) The Director, Calshot Activities Centre, Calshot, Hants.
- (14) M Cotton, Tolcarne, Cooks Lane, Axminster, Devon.
- (15) J Drew, 35 Wraybury Park Drive, Emsworth, Hants.
- (16) P Holloway, 111 South View Ave, Caversham, Reading, Berks.
- (17) G McGladdery, The Youth Hostel, Staunton on Wye, Hereford.
- (18) The Arrochar Centre, Arrochar, Dumbartonshire.

CHANNEL CROSSING - 1 August - Mr D Harper, 15 Highfield Road, Oakley, Beds

WARNING - It is understood that the French are likely to enforce their standing regulations regarding boats that are not 'sea-worthy' not being permitted more than two miles from shore. Transgression can result in confiscation of equipment ! For more information contact Mr J Ramwell, Secretary, Sea Touring Committee (address p 16).

COACHING SCHEME FEES AND PRICE LIST

MEMBERSHIP FEES:

Full	£5.00
Youth	£2.50
Family	£2.00

STAR TESTS. There is NO charge for the test itself. Successful candidates are given a form by the examiner, by which they may apply to purchase a Certificate and a Cloth Badge, and also for BCU Membership if they so wish, all from BCU Head Office, Flexel House 45-47 High Street, Addlestone, Weybridge KT15 1JV, Surrey.

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PRICE FOR BADGE ~~40~~ 25p)

Books of 10 forms each are issued free to Scheme members.

Certificates and badges may be purchased by Scheme members and by recognised Centres and Authorities at £2.00 per lot of 10 certificates and/or £2.00 per lot of 10 badges. Please state whether one-, two- or three-star. Lots may be mixed.

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	<u>Members</u>	<u>Non-Members</u>
Proficiency	.50	1.00
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Advanced	1.00	2.00 1.50

AWARDS

Senior Instructor and Coach	1.50
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BADGES

Proficiency Cloth Badge	80 .60	1.00 .60
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Metal Lapel Badge (Bronze, Silver or Gold)	.40	.50
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(Green on white, logo design)		
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(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) <u>ALL</u>	:	£ 4 minimum for lectures, with or without slides and co.
(d) Sports Council Rate per mile for casual User	:	6.6p

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