

CoDe

Number 8

Summer 1980

The Magazine of the
British Canoe Union
Coaching Scheme



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THE B C WHO ?

by the Director of Coaching

Do you remember the CH -- CH posters?

What's missing? U R !

The sport and pastime of canoeing will progress only in direct proportion to the efforts that its enthusiasts put into its promotion.

We are very fortunate in the quality and dedication of our various voluntary organisers and coaching scheme personnel. But, in spite of prodigious efforts, the total task remains greater than the capacity of the people available.

The BCU is merely the administrative means by which canoeing is promoted, and it's development monitored. It is the "coming together" of all those who enjoy the sport and care about it. If you are playing your part then 'the BCU' is doing something. If you are standing back and expecting 'the BCU' to step in, then nothing will happen.

'The BCU' is the sum total of the efforts of its members, who employ a small full-time staff to ensure adequate central administrative servicing.

One member has complained that the paid servants waste their time attending high-powered meetings while the grass roots rot.

Well, the 'grass roots' is where the real work is done. In the final analysis the only thing that really matters is that more paddlers enjoy more meaningful paddling. The effort that you put in at local level is the arbiter of this. The BCU does not exist without you.

CHAIRMANS CHAT

by Carel Quaife

I am very glad that members of the scheme are not just accepting our progress and expansion and are not prepared to sit back and allow a "steady as she goes" approach. Plenty of healthy questions are being asked about coaching, about why we coach and about how we are coaching. It is fine that so many are concerned that our aims and approach are relevant to the up-to-date situation.

In this context I would like to draw particular attention, firstly to Geoff Good's talk entitled "WHY" given at the Ravens Ait Conference and subsequently reproduced in Canoe Focus. It is well worth reading again. Secondly, I think that the new "Fun Racing" concept produced by the Marathon Committee, under the leadership of Coaching Scheme Member, David Train, deserves our full support. This new idea, which is gathering momentum fast, is an ideal outlet on waters near to home for many canoeists. If we are to provide more canoeing opportunities it is in directions such as this that we must look to supplement existing activities, some of which are becoming over subscribed.

However, having said all this, don't let's have change for the sake of change. It is so important that any changes are for the general good and that the new advantages well outweigh the disadvantage of the inevitable disruption that any change causes. This is a major reason why the NCDC is pursuing a policy of natural evolution rather than of radical change.

NATIONAL COACHING CONFERENCE

Open to: RCOs, LCOs, Coaches, Centre Staff, Others, Members of the Coaching Scheme, in order of priority. To be held at Plas-y-Brenin, 10-11 October 1980

Applications are invited from Coaches, Centre Staff and Senior Instructors, who will be allocated places after 1st September.

TOPICS FOR DEBATE must be notified to Director of Coaching by 1st August, for publication prior to the Conference.

MARA—FUN

An exciting opportunity for Coaching Scheme members has been opened up with the new divisional system for Marathon racing pioneered by David Train.

The lower divisions enable any canoeist, whatever his or her ability, and whatever type of boat is involved, to enter a ranking event and obtain a certificate.

Division 8 and 9 fun events can be staged at club, school or Centre level - on a weekly basis if required. All that is necessary is for the Organiser to obtain sufficient Certificates in advance (10p each) and charge 20p to each entrant.

Purchase your Certificates through the Coaching Scheme and boost coaching funds.

Any 2-4 km stretch of water can be used. With the advent of the petrol crisis the provision this system gives for meaningful activity on a local basis is very welcome.

For those who obtain promotion and wish to proceed further, a full diary of Marathon events is contained in the BCU Calendar.

See the enclosed leaflet for full details of the 'Fun Racing' scheme.

A new 'touring K1' - the Rapide - has been developed by Vardy, and is available in mould form. At Fladbury and Nottingham clubs, in particular, considerable success has been obtained through the use of this boat. Older people have been able to paddle it immediately, without capiszing, in a straight line, and without any inherent fear of being 'trapped'.

It is advocated as a transitional boat to Espada or other K1, and in situations where the preference or opportunity is for other than the small-cockpit boat and moving water skills.

PROFICIENCY TESTS

Hopefully by now there is no confusion left between Star Tests and Proficiency Tests. The Proficiency Test leaflets (T1 - Proficiency; T2 - Advanced Proficiency) have been re-issued with the 'Notes for guidance' incorporated. These are available free on demand.

Essentially a guide to a candidate's ability and preparedness as a touring canoeist, the Proficiency Tests remain essential and basic to this purpose, and a vital pre-requisite for entry to the Coaching Scheme.

THE PROFICIENCY CLOTH BADGE has been re-designed and is offered to Examiners at 20% discount when purchased in advance in batches of 10 for £6.00. Resale price 80p each.

Please note the 1980 prices: £1 members; £2 non-members (includes automatic Cadet membership for 9-16 year olds).

Scout LEADERS are entitled to take the test at the member-rate.

SEA PROFICIENCY

Neither a log book nor a sea kayak is a requirement for the sea proficiency test, and the absence of either may in no way be taken into account by Examiners. Whatever boat is presented, must be equipped and safe for sea touring purposes, however, in accordance with the recommendations of the syllabus. The test can obviously be taken in a sea kayak, and any increasing trend by candidates to be so equipped, provided they are competent, should be encouraged.

CADET MEMBERSHIP

Please remember that for £1 all 9-16 year olds can become members for a year with rights to enter ranking competitions and events, purchase supplies and BWS licences at preferred rates, and have third party insurance protection.

They receive an introductory package of information, and at the end of the year an invitation to join as youth members. Cadet membership is non-renewable and they do not receive Focus.

Members of the Coaching Scheme should welcome this realistic endeavour to extend our membership with this 'at cost' offer. The non-member rate for Proficiency Tests includes automatic Cadet membership for 9-16 year olds. You could also point out that a 17-18 year old can save 33% of his first year's subscription by joining at the time of taking the test. Adults can save 16%.

A COURSE IN ADVENTURE

by Colin Mortlock

An open Canadian complete with powerful light speeds down the flooded river Wye in December (1979) for 100 miles down to Chepstow in 24 hours. A sea Kayak traverses the Welsh coastline solo in the summer of 1979 whilst a similar trip takes place along the west coast of Scotland. A woman solos round Prince Edward Island Nova Scotia, followed by a two man team battling the ice floes in Hudson's Bay. These are all interesting journeys undertaken by students as part of their work for the Advanced Certificate in Outdoor Education - a one year in-service course at Charlotte Mason College.

Canoeing is seen as a major adventure activity during the course. All students are expected within the year to develop their personal skills sufficient to undertake self-reliant journeys on both river and sea. The choice of journeys is decided by the students but requires the approval of the Course Director. Each journey has to be a personal challenge and should not be with more experienced people than the student concerned.

Teaching skills are also a key aspect of the course and for those specialising in canoeing there are two aspects. The first is a minimum of a term's involvement with a community project, which takes place mostly at weekends and during evenings. The local project has much to offer the student with forty local people aged between 8 and 45 canoeing throughout the year, and ranging from complete beginners of all ages to junior school and lower secondary school pupils playing happily on Grade III! Programmes are devised between staff, students and local adults to include star tests, white water races and slalom, white water river and lake journeys bivouacs (summer) and canoe camps in winter. Many a student's eyes have been opened at the keenness of locals, (and especially the youngsters) whatever the weather and time of year; and also the skill learning ability of the 7 to 11 year old age range.

The second aspect of teaching is known as the Self Reliant Project. In term one each student selects a group of four to six pupils of similar age and ability (choice of age and location and type of school is the choice of each student), and then trains them in one adventure activity in term two and the first half of term three. This group then undertakes a one week self reliant journey without the student. The latter, along with staff, monitor the journey with particular regard to safety and value for the pupils concerned. The seriousness of these projects - which might be termed 'the reality of adventure' - is generally counterbalanced by the very positive reactions of the pupils concerned. It was a salutary experience during May 1979, for example, to be told by a group of 12-13 year old boys and girls that they did not want us with them as they set off for the 100 mile Wye paddle to Chepstow complete with all their camping equipment and food! As we monitored their safety from bridge to bridge it became apparent that their training had been good. Despite the river being at a high level and the weather generally poor their performance on the river could only be described as excellent. Indeed their grouping and organisation was the best I have ever seen - including adult parties! Parents of these, and of other young people involved in these projects, would tend to strongly support the view that such experiences have been invaluable as part of their education of 'growing up'.

The development of personal skills and teaching aspects are, then, a fundamental aspect of the Year. Each student has to undertake journeys not only by canoe, but in backpacking, mountaineering and sailing. There are also requirements in rock climbing and the making of equipment. Perhaps unsurprisingly, amongst the twenty students there are wide variations of both skill and experience, and most students are beginners in at least one activity.

Theoretical aspects of the course are all concerned with adventure in a framework of safety and include physiology and psychology of stress in adolescents; the design of school and community adventure programmes; the workings of relevant national bodies (BCU, RYA, Sports Council etc.). Many visiting speakers contribute to the course, and the course itself spends block periods of time away in different adventure environments. These include Derbyshire (climbing); Yorkshire (caving); Pembrokeshire (coasteering and surfing); South Wales (river canoeing); and Scotland (sea canoeing and winter mountaineering).

Underlying the whole course is the philosophy of Adventure Education* - a philosophy that both stresses the value of the emotional and physical sides of the human being as well as the mental; and that aims to see the day when every young person takes part in adventure activities as part of their basic education. Such a radical outlook provides the base for considerable discussion throughout the year!

Most teachers (except in Centres), of course, teach canoeing and other adventure activities as peripheral subjects with problems of lack of time, transport, equipment and help. Indeed many LEAs, give little support in practice to such activities and their real development. There is also, unsurprisingly, a marked tendency not to grant secondment to a teacher for a year for such a peripheral subject. Fortunately such problems have not proved insuperable. It has been very impressive to see four of these One Year Courses consisting mainly of teachers who, often at great sacrifice, have given up their jobs and paid for themselves. And each course has included teachers from either N. America or Australia and New Zealand. Adventure Education will thrive with such commitment. Given the opportunity the youngsters of today will carry on, and indeed develop, the great adventure traditions of British society.

NOTES

The Course is open to both qualified teachers and youth leaders, with relevant experience. For further details apply to: Adventure Education Centre, Charlotte Mason College, Ambleside, Cumbria LA22 9BB.

*The booklet 'Adventure Education' (1978) is available direct from the author at Old Fisherback, Ambleside, Cumbria LA22 0DH; (price £1.12 including p. & p.)

COMPETITION COACHES AWARDS

Some highly successful Courses have now been run, and all the disciplines covered. Hugh Mantle, National Coach for Slalom, is shortly presenting a report to the Slalom Executive, entitled "The first six months". This shows remarkable progress in the development of the scheme, with some 9 Courses having been staged. Incidentally, glowing testimonials have been received at Headquarters following each of these Courses. Sincere congratulations to Hugh on his progress.

Racing and Marathon

Courses continue under the direction of Colin Gray. A further opportunity for this season is planned for the Autumn in Surrey. See Calendar Supplement for details.

George Oliver has been appointed as full-time Racing and Development Officer at Holme Pierrepont National Watersport Centre. George's appointment is for a six month period, pending the post becoming permanent in the Autumn. We congratulate George, and wish him success as he lays the foundation for this new post.

Surf

The first Surf Trainer's Course was held recently in North Cornwall. It became apparent during the weekend that a basic ability in surf is essential, and a recommendation that 4-Star should be the pre-requisite. A recommendation to this effect will be made to NCDC.

The Surf Coaches are planning Courses which will offer training up to 4-Star Surfing ability, for those who require them.

Canoe Polo

The London and South East Region Aquatic Centre at Woolwich was the venue for this first Canoe Polo Coaching and Promotional Course. Sponsored by the London and South East Region Sports Council, the weekend was staffed by Nigel Midgley, and Brian Barfoot, who have coached the Bere Forest and Luton teams so successfully in recent years.

The Course was very well received, and a further weekend is being planned for the Autumn.

COMPETITION COACHING SYMPOSIUM

10-11 October 1980

Plas-y-Brenin National Mountain Activities Centre
Capel Curig, North Wales

The second National Competition Coaching Symposium
will be held as above.

A full programme is planned.

PLEASE RESERVE THE DATE

Full details in September Focus and CoDe

Cost approx. £15

MAJOR EVENTS

Have you attended a Regatta? Have you visited Bala? Have you witnessed the Marathon Championships? Have you attended the Surf Championships?

Why not make the effort this season to see our top performers in action, and maybe lend a hand with the organisation?

Marathon - National Championships - Worcester - 23rd-25th August.

Racing - International Regatta - Holme Pierrepont - 20th-22nd June.

Slalom
W W Racing - Pre-World Championships - Bala - 28th-31st August.

Surfing - British National Championships - 8th-9th November.

See Calendar for details of above, or other events.

GAMES and EXERCISES

Recently enquiries have been made regarding a table of 'games and exercises'. These are of course of great value in keeping interest alive, particularly where the bulk of canoeing activity has to be carried out in a placid situation.

Far from being mere 'gimmicks' these games usually impart skills - balance and manoeuvring ability - besides building confidence, without the student realising that it is happening.

Following is the list supplied by Graham Lyon, the West Midlands Regional Organiser, in the Senior Instructor Training Course notes that he edited. Can you add to, or improve on those listed? A comprehensive compendium will be produced and published and sent to all members. Your co-operation will help fill an outstanding need:

Boat Control

a. Canoe Polo

This is a very useful game for getting beginners to practise basic strokes. They very soon appreciate the need to perfect individual strokes and this may well provide the incentive to spend time on just practising the Proficiency strokes. Obviously you can invent your own rules and in many circumstances this is a necessity, but it is worth looking at the official Canoe Polo rules, since there are a number of safety rules included. You can also use balls of different sizes and substitute rubber rings and car inner tubes to add variety. The game can be played very successfully without paddles - and no capsizing allowed - at an early stage.

b. Tag

The actual method of contact used by the tagger (it) could be either by touching the canoeist or canoe with the hand or a ball. Another variation is to use a rubber sucker which is transferred from canoe to canoe.

c. Dodge the Canoe

A number of canoeists in a confined area who must continue to paddle and avoid contact with each other.

Important

a., b., c. The games are potentially dangerous, both to the canoeist and in terms of damage to canoes. Padding the end of boats may be necessary, the choice of paddle is important, crash helmets considered and certain safety rules and advice will need to be given to the canoeists.

d. Synchronised Canoeing

To have practised a little of this is often very useful for a canoeing group in case they are called upon to do a demonstration.

e. Follow my Leader

The object is to follow the leader fairly closely one behind the other and the leader chooses the course to be followed. It may be turned into a race with the leader trying to open up a gap between people by paddling fast and choosing a difficult course.

f. Do as I do

This is very similar to follow my leader, except the actual stroke used by the leader must also be copied. What do you do when he capsizes?

g. A mini Slalom Course

A few Slalom poles set up on either still or moving water is an excellent way to get beginners to improve their boat control.

h. Races

In addition to the traditional type of canoe race, it is possible to invent a variety of novelty races, eg:

1. Racing using a given stroke; draw stroke, backwards paddling etc.
2. Racing with a few buckets of water in the canoe. (Experiment with handicap system by varying the amounts of water.)
3. Racing towing another canoe or swimmer in the water.
4. Racing with a swimmer on the fore or aft deck.
5. Racing two canoes tied together at either the bow or stern.
6. Racing blindfolded. The blindfolded canoeist in the front with another canoeist shouting directions from behind.

i. Tug of War

Two canoes linked by a rope at the sterns and paddlers attempt to pull each other backwards. It is possible to tie the canoes together and have several members in a team and if you really want to see the opposition try it paddling backwards.

j. Balancing Exercises

Paddling different canoes is an excellent way of developing this particular skill but there are many ways of making the normal Slalom canoe more unstable eg.

1. Paddling a canoe sitting on the back of the cockpit with your legs outside the cockpit.
2. Paddling a canoe sitting on the back of the cockpit with your legs inside the cockpit.
3. Paddling a canoe with water in and you can also try exercises 1. or 2. with water in the canoe.
4. Paddling a canoe sitting on either the rear or foredecks. Work your way down the canoe as you improve.

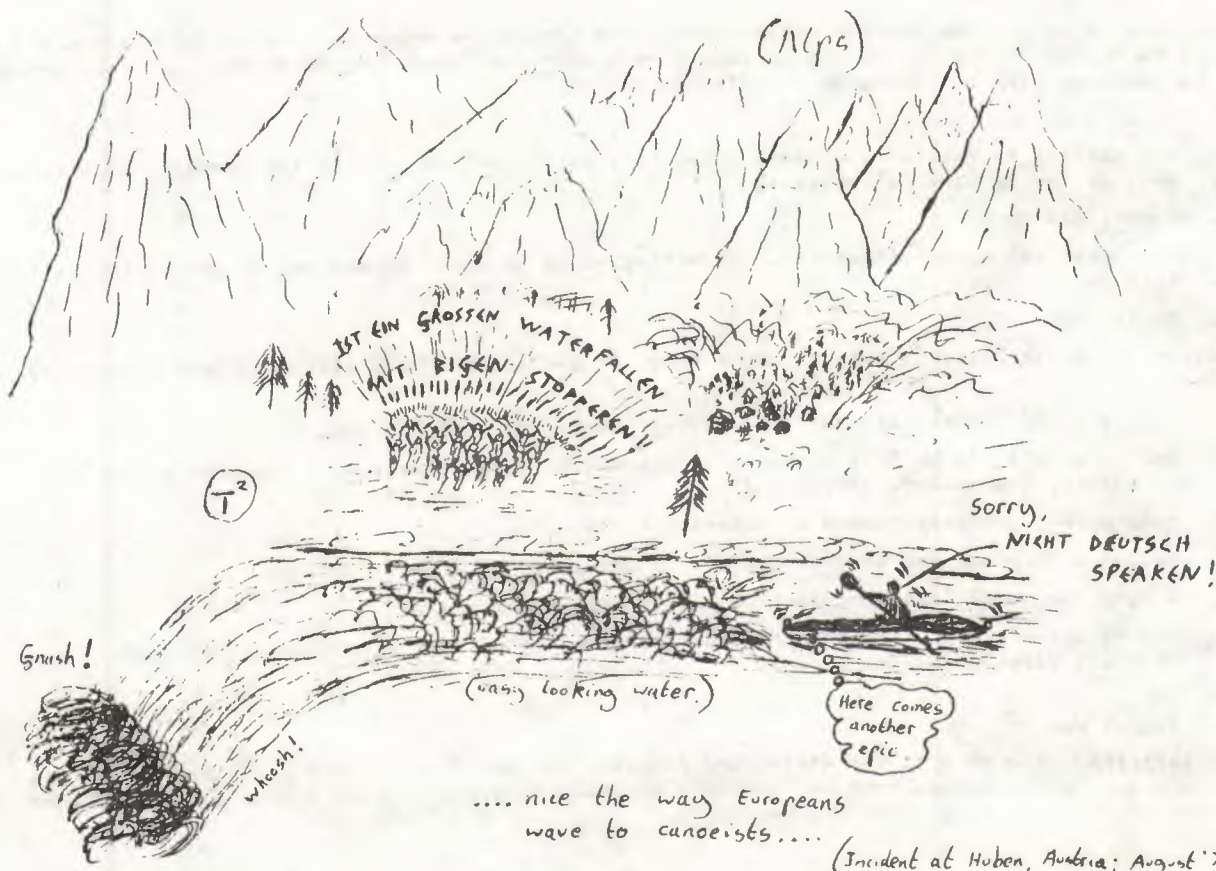
Other useful exercises are:

1. Changing canoe in the rafted situation.
2. Two canoeists changing canoes without the aid of a raft.
3. Two canoeists stand up using each other for support and then paddle the canoes.
4. Paddling a kayak in the Canadian position.
5. Standing up in your canoe and paddling it.
6. Getting in and out of canoes in deep water unaided.
7. A knee deep water entry into a canoe.

Conclusion

The main object of these exercises and games is to have some fun with canoes, but at the same time useful skills are learnt and water confidence is improved.

The following arrived at the office without any indication of its origin.
It seemed well worth reproducing . . .



CANOE POLO

A TRAINING PROGRAMME by Brian Barfoot

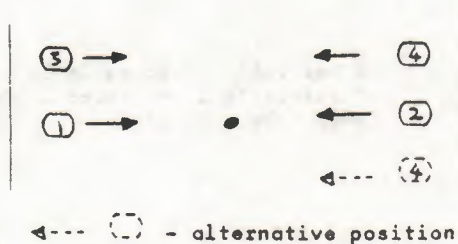
PASSING

- (1) In Three's, moving freely around the pool passing.
- (2) Three + players (3) (1) • (2)
1 passes to 2 and takes his place. 2 passes to 3 and takes his place. ie pass and move - can vary distance to include dribbling.

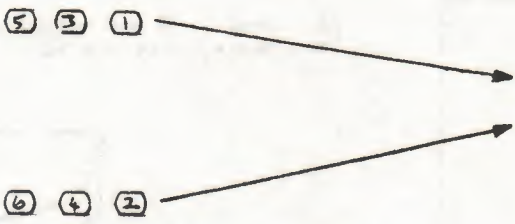
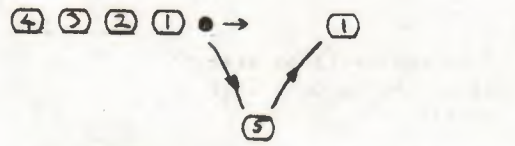
DRIBBLING

- (1) Moving freely around pool, one ball each - vary pace and move quickly into space.
- (2) As above but to include turns around ball on a given signal.

SPRINTING

- (1)  One v One. Balls thrown in centre.
1 v 4 etc.
- (2)  Two v Two. 1 and 2 for the ball,
3 and 4 in support.

SHOOTING

- (1)  2 dribbles in and shoots. 1 collects and moves behind 6. 2 moves behind 5. 4 dribbles in and shoots etc.
- (2)  1 passes to 5 and paddles for return. He shoots, collects ball and returns behind 4.

DEFENCE

- (1) In pairs, one paddler moves freely around pool. Second paddler stays as close as possible. Change positions on signal.
- (2) In pairs, one paddler attempts to move from one end of the pool to the other. Second paddler attempts to keep between him and the end of the pool.

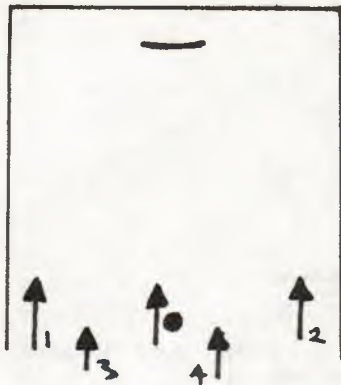
SMALL-SIDED GAMES

- One v One 1 Keep possession from 2
- One v Two Two keep ball from One (moving into space, passing, paddle, stop)
- Two v Two Possession game
- Two v Three Possession game (Three should win easily if they use space and pass quickly and accurately)
- Three v Three Basis of all Ball Games - with Three paddlers you should always have a formation on the pool. Can play possession on full game. If players can't play 3 v 3 well, a 5 v 5 game will be of a low standard.

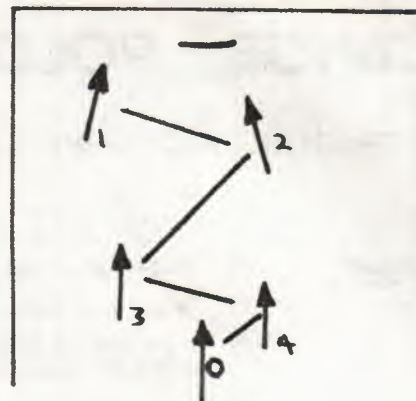
SET PLAYS

Free Throw

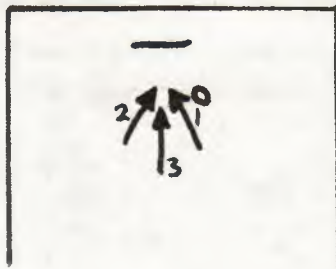
(1)



1 and 2 move first,
then 3 and 4.



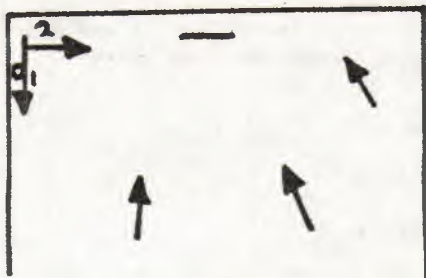
(2) UNDER GOAL



1 has ball - passes to 3, who is
shielded by 1 and 2. 3 shoots.

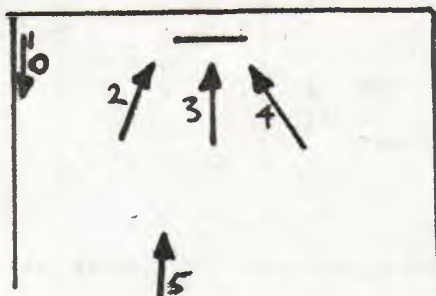
Corner

(1)

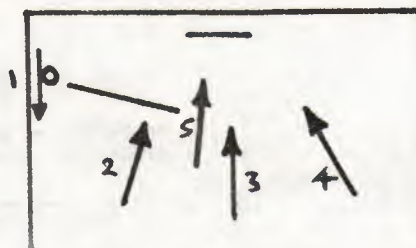


2 has ball. 1 comes in in reverse to take corner.
1 passes to 2 who shoots. Other paddlers keep
away from goal area.

(2)



On signal 2, 3 and 4 back paddle. Then 5 paddles
into space, receives ball and shoots.

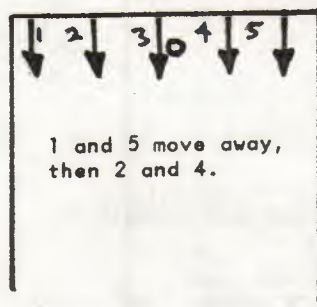


Throw In

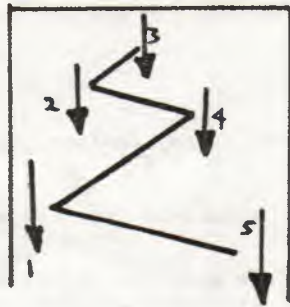


1 bounces ball on stern
of 2, who paddles into
space.

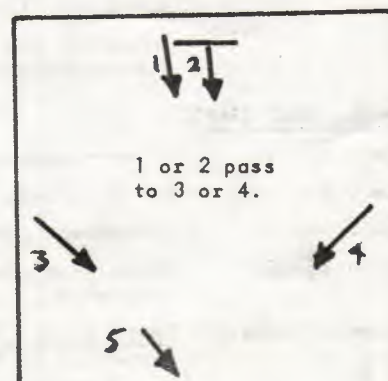
Goal Throw



(1)



(2)



1 or 2 pass
to 3 or 4.

CANADIAN TRIALS DAY

by PETE WOOD

On Sunday April 20th 1980, Pete Wood organised for the BCU Coaching Aand Development Committee an Open Canadian Canoe trials day at Symonds Yat, Herefordshire.

All Senior Instructors and Coaches of the BCU along with The Canadian Canoe Association of Great Britain were invited to try the Open Canadian products of all the manufacturers on the BCU trade list. Many Coaching Scheme members and several manufacturers responded and met at the Saracens Head Inn campsite, about 400m above Symonds Yat grade 2 rapid on the River Wye. The manufacturers that attended were:-

- | | |
|--------------------------|--|
| 1. Valley Canoe Products | 5. Bristol Canoe Centre |
| 2. McNulty Seaglass | 6. Delapre |
| 3. Granta | 7. Grumman (Importers: The Canadian Canoe Co.) |
| 4. Palm Mouldings | 8. Pyranha |

Among the BCU Coaching Scheme members attending were:-

Geoff Good BCU Director of Coaching, Pete Wood & John Hooker BCU Coaches, Graham Lodge, Alan Gallop, Eric Swale & R. Gardner BCU SI's. Many others also attended including members of the Canadian Canoe Association whose contribution we appreciated.

Several individuals brought along their own private canoes and these craft included a Gaybo Longnose, Grumman 20ft and 18ft WW models, a Struer-Denmark racing C1 and a Super Max as a contrast.

The aim of the exercise was to find a design or type of Canadian Canoe that would be useful to teach good Canadian technique in, a boat that would be durable, responsive and one that the occupants could carry without a 3 week weight training course first. From the initial reaction of the invited manufacturers before the day we thought that perhaps these targets were impossible to reach but this was not the case as I shall show.

We started the day by measuring the length, width and weight of all the Canoes available and recording the results along with price etc. The manufacturers and owners controlled the use of the Canoes and the very valuable wooded were not dragged up and down the Yat rapid but stayed on the flat but moving water by the camp site. The glass and kayel type wooden boats were paddled by many on the flat and then taken down the Yat rapid which was at a fairly low level for Spring. This meant sets of standing waves of perhaps 18" height two sections of waves about 30ft long usable for crosses etc. Break out eddies on either side of the rapid were available at this water level but would have been washed out with another foot of water.

On the flat but moving water, we were looking for:- On the rapid we were looking for in addition:-

- | | |
|------------------------------|--|
| a. ease of entry | a. straight line down stream through waves |
| b. comfort | b. turning with the current |
| c. straight line ability | c. ferry gliding and crossing ability |
| d. turning | d. secondary lateral stability |
| e. windage | e. dryness |
| f. primary lateral stability | |
| g. thwart positioning | |

Along with these individual characteristics, we looked for an overall assessment of pleasure and ease of paddling. Once we had broken out, crossed, broken in and paddled through the standing waves in the main stream we then had to get out and carry up or "portage" the Yat rapid to gain access to the top of the rapid so as to paddle back and try another one. The portage gave us an idea of the obstacles facing the canoeist in the States with two to three miles of portaging not being unusual during a weeks expedition.

The actual results on each boat will take a long time to analyse and I shall not try here to go into detail on each boat but to give a generalisation of the pattern that emerged.

1. Most of the U.K. manufacturers are developing Canadian canoes to their own designs and this is a good sign, but the results differ somewhat. It was noted by us that at least three manufacturers complained that another particular manufacturer had copied or pirated their designs or work. A situation not to be encouraged but one that happens in commercial circles.
2. The canoes in general could be split into 3 categories:-
 - a. Serious multi-day touring craft of substantial dimensions used as transport load carriers.
 - b. Day trip canoes used for serious recreation capable of grade 2 to 3 water but still keeping the traditional Canadian lines.
 - c. Purely recreational canoes 14 to 16ft. used for family trips out on calm waters. Luxury fitments having priority over traditional lines.
3. Comments on thwart positioning varied the most between different people trying the same craft. Whether you adopt the squat, high kneel or whatever none of the boats suited anyone perfectly. For rough water work personalised straps and fittings are necessary but I would have thought that thwarts of adjustable height were possible at least. Many thwarts seemed in the wrong place along the length of the craft as well.

Some of the canoes seemed very heavy & some very light, eg. the heaviest 16ft weighed over 120lbs. and the lightest 16ft canoes weighed 42lbs. It would seem to us that the following length to weight ratio might be the most useful.

- a. 14ft - 45lbs, most useful for solo paddling
- b. 16ft - 60lbs, most useful for solo or tandem paddling
- c. 18ft - 70lbs, most useful for more than 2 paddlers, max. 4.

In conclusion, I would like to state that The Canadian Canoe is alive and developing in this country. The paddlers, the manufacturers and the BCU are all helping one another. Many of the craft were at least 80% suitable for our needs. When we have evaluated our data and studied some training ideas from the States we shall take the next step.

CANOEING FOR THE DISABLED by RON MOORE

The BCU intends to publish a comprehensive paper on Canoeing for the Disabled. Meanwhile members of the coaching scheme who are involved with handicapped people may like to consider ways of overcoming two common handicaps:-

1. A weak grip and
2. Loss of sitting ability

There are some basic principles to bear in mind when solving any problem. Normality should be the aim, and the nearest you can get to using normal methods and gear, the better it is. Bizarre inventions should be avoided if possible, as they increase the gap between the normal canoeist and the disabled person. Of course, if the invention of a strange piece of equipment is the only possible solution, this should not be rejected, but easy ways should be tried first.

The Grip

Ordinary alloy looms, if ovalled in a vice are not only easier for disabled canoeists, this provides a better grip for anyone. They may be further improved by slight extra flattening. This reduces the strength of the loom, but may make it possible for the disabled canoeist to make do with a standard blade. A more extreme solution is the use of a specially narrow, light blade. There is no need to use expensive fibreglass tubes, as they will not be subjected to undue strain - a broomstick or dowell rod is satisfactory. Small control grips may be glued or tapped on if required. Using a very small diameter loom has been found almost invariably to be more satisfactory when the more bizarre methods like bandaging the heads to the shaft or using a velcro glued to the loom. Simply using unfeathered blades can often solve the problem as a poor grip and lack of wrist flexion often go together.

Sitting up

Many disabilities result in loss of the ability to sit up unaided, while strength remains in the upper body. Following the principle of aiming for normality, an ordinary canoe should first be tried with a piece of plywood wedged behind the seat to support the student. It may be padded with foam. The backrest need not be fixed and is safer if left free, so that in the event of a capsizing, both backrest and student can easily come out.

Ottersports make a tubular metal and canvas backrest which can be screwed to a canoe seat. When fitted to a V.C.P. Canoe, even the most unbalanced student can sit safely in it, but before indulging in special equipment, like the Caranoe, it is preferable to try a double touring canoe. The large cockpit allows room to experiment with back supports, and the canoe's extra size gives it a little more initial stability.

All of these techniques are relatively simple and need no special technical skill, in almost all cases, the problems involved in introducing disabled students to canoeing can be overcome in similarly simple ways.

We are anxious to learn of all courses where canoeing is being offered to disabled people, whatever the disability. If anybody is running courses of this type, or who is taking disabled people afloat in canoes, we would very much like to hear from them. Clubs who accept disabled people are especially welcome. We know of quite a bunch in the West Midlands Region. What we would like to know is when, where and whom to contact.

Do, please, let the Director of Coaching have this information so that he can collate it and let enquirers have helpful answers.

CANADIAN TRIALS DAY



*A cross - section of the boats, personalities, and paddling - styles involved with the Canadian Canoe Trials day at Symonds Yat on Sunday 20th April.
See separate report.*

Photos: Pete Wood

ORGANISERS MAKE IT !



*Two well-known coaching organisers line up on the Kennet & Avon Canal for the first of the 'waterside' series.
Geoff McGladdery,
LCO Hertfordshire,
and
Graham Lyon,
RCO West Midlands,
(both with beards),
Finished the D-W in
under 24 hrs in 28th
position.*

Photo: E. Wykes

COURSE ORGANISERS NOTES

All Awards Courses (SI Training/Assessment etc) must be notified to your RCO. This applies to closed courses as well as open, local or national. Also to Advanced Proficiency Testing, and Competition Trainer/Coach.

A new registration form (A.12) for SI Training courses is in use and candidates must pay a £2 registration fee.

1981 Awards and Advanced Proficiency Testing courses for inclusion in the Calendar must be notified to your RCO by 31 August. A standard form will be circulated in June. Please apply if this does not reach you by 30 June.

There is now a CLOSED SEASON FOR COACHING AWARDS COURSES - January and February. This does not apply to Advanced Proficiency (Inland). Awards courses should not normally be held during these two months.

EXAMINER GRADINGS

The candidate's own LCO is the channel through which Examiner upgrading is made. The LCO notifies headquarters through the RCO.

Where a candidate is working mainly outside his own patch, the Examiner recommending the upgrading should communicate this in writing to the candidate's LCO. Where another LCO is making the recommendation this should normally be accepted without query by the candidate's LCO.

AIDE MEMOIRE

Following is a list of 'aide memoire' items which are available free on demand (s.a.e. please). Those which have been amended recently are marked with an asterisk *. Please state the exact number required when ordering and use the reference number indicated:

Aide Memoire for Coaching Organisers - April 1980

- | | | |
|---|-------------|---|
| | * A1/1980/1 | <u>Coaching Awards System and Syllabus</u> |
| | A2/79 | Notification of proposed courses - to be revised and circulated June 1980. |
| | A3 | <u>Competition Trainers and Coaches Syllabus and Courses 1980.</u> |
| | A9/80 | Letter to nominated Invigilator for Awards. |
| | A10 | SI and Coach Assessment Application Form and Examiners Report. |
| Sent
direct
to RCO
from HQ
tog. with
A12 | { A11 | Letter from RCO welcoming Trainee to Region. |
| | { A11a | Statement to Trainee Instructor on Teacher/Leader Endorsement. |
| | { A11b | Trainee Instructor Registration Form for return by Trainee direct to his LCO. |
| | { * A12 | Trainee Instructor Registration and Report Form. |
| | A13/79 | Application for Grant Aid at completion of course. |
| | A14/80 | <u>Notes for Guidance for Examiners</u> running Inland Training Courses. |
| | * A14 a-d | Handout supplement to Coaching Handbook for SI Training (Inland) candidates. |
| | * A15 | Competition Trainer/Coach Registration Form. |
| | A16/80 | <u>Notes for Guidance for Examiners</u> - SI (Inland) Assessment |
| | LS1 (80) | <u>Life Saving Test Syllabus.</u> |
| | O1 (80) | Course Organisers aide memoire - Advanced Proficiency SI Training and Assessment. |
| | App. 'A' | Essential information for SI (Training) candidates. |
| | App. 'B' | Essential information for SI (Assessment) candidates. |
| | App. 'C' | Essential information for Competition Awards candidates. |
| | App. 'D' | Cancelled |
| | * R1 | <u>Racing Encouragement Tests syllabus</u> |
| | ST1/2/79 | <u>Star Tests Syllabus</u> 1-3 Star |
| | ST3/80 | <u>Star Tests Syllabus</u> 4-5 Star |
| | * T1/80 | <u>Proficiency Tests Syllabus</u> and notes for guidance. |
| | * T2/80 | <u>Advanced Proficiency Tests Syllabus</u> and notes for guidance. |

Statistics

Notes

COMPETITION COACHING

	Racing			Slalom			Surf			Wild Water		
	No	%	T	No	%	T	No	%	T	No	%	T
Teachers	7	4	30	11	7	52	-	-	-	7	4	30
Commerce/ Industry	7	5	30	8	6	35	3	2	12	1	8	5
Centres	5	5	52	8	8	35	1	1	4	4	4	18

	STAR TEST	PROFICIENCY	PROF/ADV Exped. Leadership	AWARDS	ROLLING	CANOE BUILDING	CLUB		REGIONAL ORGANIS- ATION		EVENTS Organis- ation	CLASSIFICATION OF GROUPS COACHED			
							Trg/Testing	Trg/Testing	Courses	Instruction		MANAGEMENT	No. %	No. %	T
Teachers	75 46 340	71 44 326	110 67 496	47 29 215	104 67 496	70 43 318	25 15 111	11 7 52	24 15 111	120 74 548	35 21 155	27 16 118	96 59 437		
Commerce/ Industry	85 66 389	61 48 283	95 74 437	40 31 183	98 77 454	54 42 248	39 30 177	16 13 77	49 38 224	34 27 159	48 38 224	60 47 277	55 43 254		
Centres	51 53 233	52 54 238	51 53 233	31 32 141	56 58 255	40 41 180	16 16 70	10 10 44	-	-	-	-	-		
Services	3 15 15	5 25 25	7 35 35	3 15 15	7 35 35	5 25 25	-	-	-	-	-	-	-		

DEAR SIR

Dear Editor,

The Scout Charge Certificate Scheme

The Scouts in North Yorkshire are very grateful indeed for the enormous amount of willing and welcoming help and advice that members of the BCU, coaches, instructors, access advisers and regional and headquarters officials, freely give to us. It is a small token of our appreciation that as a Scout County we have taken out Associate Membership of the BCU in addition to the BCU Associate Membership that the Scout Association nationally enjoys.

I would therefore like to reassure those BCU Senior Instructors who are understandably worried that BCU awards for which they examine are being used by the Scouts as qualifications for Charge Certificates as summarised in your article in the January 1980 CoDe magazine.

The information given in that article concerning Classification of Waters and Grades of Charge Certificate is substantially correct. However, it is incomplete in that BCU Certificates in fact form only one of three areas in which a Scout County Water Activities Committee has to satisfy itself before awarding a Charge Certificate to a Scout or Scout Leader. The candidate must also satisfy the Committee (i) that he is "a suitable person to hold a Charge Certificate and that he fully understands the responsibilities it carries and the limits of his authority" and (ii) "that he has a knowledge of the waters for which the Certificate is required - he must appreciate local hazards, limits of operation etc." Furthermore, Scouts under eighteen may only 'use' their Charge Certificates with the permission of their adult Scout Leader.

I hope that this clarification may reassure those who are understandably concerned about our use of BCU awards and encourage them to continue to test canoeists solely on the standards of the BCU so that we may continue to use them solely as standards of technical competence.

As a result of the BCU-Scout links, the standard of Scout Canoeing has risen enormously in the last few years and it can only be to our mutual benefit that they continue to do so.

Yours sincerely, Richard ffield, O.S.B., Assistant County Commissioner (Water Activities)
Scout County of North Yorkshire.

DAVE MANN

Dave Mann lives at 67 Beacon Down Road Plymouth. He is 22 years old, and is a strong active man with a wide range of sporting interests. He spends one evening a week on gymnastic training including trampolining, swims regularly, and occasionally does a hard cycle run on a racing tandem. Two years ago he took up canoeing with a Plymouth club, and very soon showed himself to be one of its stronger paddlers. During early trips on Plymouth Sound he usually outstripped his instructor and had to wait for him to catch up so that tuition in basic strokes could continue.

In this first year of canoeing he learned the usual basic canoeing skills and took part in all-in deep water rescues in the middle of the Sound, but he had a strong preference for unfeathered blades, and continued to use his own special pair with a handgrip taped on each side.

This winter, during his club's indoor training programme he changed to feathered paddles, and now uses a conventional left hand control pair of asymmetric racing blades, with small wooden controls or hand grips glued on, the left side smooth and the right side serrated, so that he can feel the difference without reaching out to feel the end of the paddle to see which way it is facing. Next he began to sit in a K2 in the pool, and in March he had his first training sessions in a K2 on open water.

On Sunday the 16th March he entered the Morley Arms Marathon race in this class and completed the 14m course.

The following week, in the swimming pool session he learned to roll, and he is now training to enter more competitive events in K boats during the Spring and Summer of 1980.

He hopes soon to take delivery of a radio device which will enable an assistant to direct him so that he can paddle K1. He has already been lent a Ranger K1 by Keith Wallace, a Plymouth Marathon racer.

He carries his own boat to the water's edge, and gets in neatly. He draws away from the side, and with the minimum of verbal direction paddles away extremely hard.

When on familiar ground, no matter how well spiced with obstructions and pitfalls, he discards his white stick and walks fast with his head up. Strangely enough, he does not use his paddle as a feeler, but carries it just like any other canoeist, and most people who don't know him find it impossible to believe that he is totally blind.

In the 1981 International Regatta, he hopes to compete in a 500m sprint for blind canoeists. This event is the brainchild of Oliver, who has put it all together, having discovered the radios and persuaded the regatta committee to include the special sprint.

If you are watching in 1981, Dave will be easy to recognise. He's the one in front.

Ron Moore RCO Devon & Cornwall

Dear Geoff,

Having held my present office for only about nine months, I have found that your concern over moderation of standards in assessment to be of crucial concern in the field - at times producing quite strong but often subjective opinion from examiners. I have been prompted to re-read some of the Coaching Handbook! The criteria set out for both courses and assessment are clear but give enough leeway to allow for individual circumstances and hopefully interpretation for experienced examiners and trainers.

1. We must look more closely at giving out E.2 gradings and educate our examiners via Regional Meetings. A closer watch must be kept on courses run in the Regions for Trainee S.I. It is extremely important that these courses set a high standard. A candidate for assessment will often bring with him/her the attitudes, standards and approach of Trainers on the initial course. If this course is below standard then problems are almost bound to occur on assessment.

2. The objectivity and skill of assessors should be looked at with more guidance at Regional level on some of the following points.

(a) Why are we providing this assessment - a service to the candidates whereby they can measure their skills against a prescribed standard? We are supplying the need that they demonstrate. They therefore come to the assessment with pre-determined expectations. Do assessors and candidates' expectations equate? Are our examiners constantly aware of their functions and responsibilities in order that they will:

1. Be objective and responsible in their own thorough preparation.
2. Be constructing an atmosphere that encourages candidates to freely give their knowledge.
3. Construct real situations which allow this to happen or candidates will be defensive and an atmosphere of US versus THEM will undoubtedly come about with dire results.
4. Remember that they are dealing with adult individuals.
5. Always carry out a de-brief amongst themselves as an appraisal of their own performance.
6. Remember that the candidate thinks he's good enough and that many will be marginal pass or fail.

This latter state is often a 'gut feeling' but the candidate who fails expects you to justify that failure in terms and language that he can understand. If he does not understand, then not only has he failed, but the examiner has failed which is of even graver concern.

3. I am aware that some members of the Coaching Scheme can become quite aggressive over the imposition of expectations of them and complain about the amount of work they have to do. We must remind ourselves of the responsibility we have to all those young people who take advantage of the opportunities to canoe but through the NCDC SI's must occasionally be reminded that their award is not an answer to all the canoeing they do. They have not reached the sky. Many should be encouraged to take the advanced inland assessment in order to justify the major canoeing that they lead. History and usage has caused confusion in the original objectives set for our awards, and is causing some confusion in the present debate on coaching awards.

4. In common with many of my colleagues I cannot afford from my own pocket to pay for the travelling necessary to keep an eye on and co-ordinate the different happenings occurring within the region. I have already found that letter writing is not the answer (it can offend!). One can receive expenses via courses if visits are set-up a year in advance. This is not always possible. In order for communication and good relationship patterns to be established, people must meet face to face and build relationships. I would appeal for travel expenses to be allowed for RCO's and LCO's even if a cash limit has to be imposed.

Bob Hinton, RCO Wessex

Dear CoDe,

The debate about loners is the same as that about teaching the hordes how to do it. It is not about sport, and it is about politics.

'No man can feel for me that I am moral' (Rousseau). No man can draw breath for me, none ease the pain of my sorrow or the power of my joy; ultimately none can die for me, for I am unique'.

Which leaves me very much alone. I have taught the hordes, and I still do. I have canoed alone and propose to do rather more of that in future. To state that 'I've looked at life from both sides now....' is to limit the argument rather seriously. Life has no sides, just infinite possibilities. On the other side of creation, there is a place where ultimate good and evil meet, and are one.

Small boats, the smaller the better, open highways through no-mans land; they need no language to govern their use for water behaves the same from Vladivostok to Corrievreckan. Canoeists circumnavigate customs barriers and avoid road blocks on a medium which is perfectly free from barriers of language and custom.

Canoeing is a political hot potato. It offers freedom where restriction is necessary for political power to grow. Derek Mayes writes vaguely of the 'spirit' of remote places. There is no other way in which one can write of it, for it has no words but is a feeling.

It is called freedom, and that is political crucifixion.

Sincerely, Alan W. Byde.

°AH YES, BUT . . . °

Any Londoner who wants to visit Snitterfield can do so with confidence provided he follows my directions. Straight up the M1; follow signs for Coventry, just after junction 16, along the M45 and subsequently the A45. Fork left onto the A46 (signposted Warwick/Stratford) as you come to the Coventry by-pass. Then you'll see the signpost on your right just after the dual carriageway ends.

It was in the same frame of mind that I consulted friends and memorised directions for how to get to the LCO's course at Raven's Ait: dual carriageway all the way from Snitterfield to Kew Bridge then stick to the A.307 until the second occasion that I find the river on my right. I shall then be in Surbiton, which is in the middle of Kingston. At the point where Portsmouth Road (A.307) intersects with Catherine Road I must park my car in a side street, walk to the river's edge, and shout "Raven's Ait!"

It just shows how wrong you can be. I thought I would be able to identify Surbiton by the sight of chaps in straw boaters carrying punt-poles (Derek Hutchinson was expecting a wherry to emerge out of the fog, steered by a tall figure carrying a lantern). In actual fact, though it is inhabited by some very decent types, it is surrounded on all sides by dark streets where the only white faces are those of very obvious muggers, strip-joint touts, etc., so that one is reluctant to park the car and ask for directions. In consequence I tried to steer by following the road signs, and kept finishing in places like Sheen and Putney. Very humiliating. Took me an hour and a half for 20 miles on an empty road.

Since this experience I have tried to formulate a doctrine on how to provide a "find-the-place" map for sending to people. Mind you, applying it to Raven's Ait is a lot more difficult than I expected. Here goes then:

Road Navigation:

1. Aim to define the position by using the same names as will be found on the main road sign posts in the area.
2. Use road numbers wherever possible.
3. Provide some sort of a count-down, either in map form or in narrative, so that the driver knows whether he is driving towards or away from his destination. For example, on the A.307 going southwards the count-down is "Kew, Richmond, Petersham, Ham, Kingston High Street". On the corresponding road approaching from the south the count-down is "A3, straight ahead at road junction near Esher station, following signs to Long Ditton and Kingston Town Centre".
4. A map or diagram on the inch-mile scale seems to me to be the most useful (because if you go astray in a car you soon find yourself several miles away from destination). I didn't show the river on mine, because I don't expect anyone to have difficulties approaching it by water.

Note for those working in the cartographic industry: Ten percent of the male population of this country are partially colour blind (as I am). We find it near impossible to read red or brown lettering against a green background, yet this seems to be a favourite colour-contrast for those who print maps.

Note for everyone else: Raven's Ait is a superb conference and Water Sports Centre, luxuriously equipped and staffed by chaps and ladies who are kindly, intelligent and good looking; well worth a bit of trouble in finding your way to.

Mick Powell (LCO Worcester)

STAR-TISTICS

The Star Tests continue to be well received and have obviously filled a long-standing need.

Simplicity of assessing and administering is the key. The syllabus' are straight-forward and well defined, and follow the natural learning progression. If you have not yet used them to encourage your group with realistically set goals, it is recommended that you give the system a try.

For every ten badges and certificates gained by candidates your club or centre funds can be rewarded with £1 for your efforts when items are purchased in advance.

Leaflet ST1/2 shows 1-3 Star - Examiners: All S.I.s

ST3 shows 4-5 Star - Examiners: E2 with relevant Advanced Proficiency; E3; Coaches

TWO-STAR CAPSIZE

The definition of the capsize and rescue requirement at 2-Star level has been ambiguously stated. The following draft will replace the existing statement in future re-prints of the leaflet (ST 1/2):

Two Star Test. Practical 'A'. 4. Capsize and Rescue

Capsize on the move. No setting of paddle or holding onto spraydeck on immersion. Letting go of the boat after surfacing means disqualification. The paddle should (not 'must') be retained throughout. A competent, assisted re-entry from deep water must follow. Candidate must then perform, with help, a deep water rescue of a fellow-canoeist.

BASIC SKILLS—UPDATE

The Senior Instructor Training and Assessment season is now well under way. Debates will have been enjoined at various centres on the definitions of the basic skills. Some set great store on "names" of strokes, and the sequence in which they are learned. Others, appear to spend less than adequate time in ensuring that an instructor has a clear understanding of the basic 'tools of the trade'.

In the final analysis, all that matters is whether or not the paddler can make his boat do what he wants it to in any given situation. The means whereby this is accomplished is of secondary importance.

It would be a denial of the coaching system, however, and against basic sense to pretend that an application of sound principles, and the most efficient use of muscle systems to operate the paddle, was unimportant.

The 'getting in and out' syndrome

In situations where the paddle can be used for support, it should be held across the front of the cockpit for racing or large-cockpit craft, being gripped, together with the apex of the coming, by the hand furthest from the bank. One foot is placed on the 'seaward' side of the centre-line, and the other leg brought in, sitting straight down onto it. The first leg is then adjusted.

For small-cockpit boats, the paddle is held firmly at the back, by the hand furthest from the bank, which grips both the loom and the coming in the centre of the boat. Adopting a crouching position, the other hand reaches behind and grasps the loom level with the gunnel. (Do not allow students to push on the shaft outside the gunnel, or they will bend it). This gives total support, allowing both legs to be swung into position and the body seated.

In both cases, if curved blades are being used, the 'drive face' of the blade on the shore should be face-down to avoid damage.

Controlling Wrist

It is important at an early stage in a canoeist's career to ensure that a 'controlling wrist' is established - ie the 'controlling wrist' does the rotating of the shaft, with that hand holding firmly. The opposite hand allows the shaft to rotate as the paddle is "feathered".

Where flat-bladed paddles are used, it is a good idea to paint one face of one blade a different colour, to help with identifying 'drive faces'.

THE SWEEP STROKE

Paddle blade upright. Reach well forward (but don't produce an exaggerated lean). Paddle blade remains just covered and describes as wide an arc as possible with the shaft held low. The paddling-side arm should be straight, but not stiff (elbow slightly bent). The other arm pushes across body to drive blade well into stern.

Common faults

Paddle being taken too deep - not describing a wide arc.

Paddle being withdrawn before reaching stern - for 'slalom' boats the drawing of the stern towards the blade is the most effective part of the turn.

REVERSE SWEEP

Use the opportunity to increase 'mobility'. Turn head, then shoulders, before placing paddle blade in upright at stern. Reverse operation of forward sweep.



Fig A - Getting in

Fig B - The Sweep Stroke

BACK PADDLING

Note that blade is placed flat on water at stern of canoe and is pushed straight down (not 'swept'). Reverse face of blade presented to water.

An ideal opportunity for inducing some 'trunk rotation'. Turn head to rear, then shoulders, parallel to gunnel, before placing blade. Unwind trunk to obtain the power.

STERN RUDDER

See current Focus Coaching Notes (p.17).

RECOVERY STROKE

Hip-flick can be introduced first. A simple method is to raft the group in pairs, facing each other. One partner from each pair holds the other bow firmly and practices tipping the canoe onto its side and recovering.

Knees should be firmly gripping decks. Ensure that body weight is being supported by the paddler's arm on his partner's boat, and that his canoe is being tipped over and recovered by a hip action, pivoting at the waist.

Once the action is sound, it can be practiced with the paddle held in the normal way and the blade resting on the partner's cockpit. When the action is positive, recovery using the inertia of the water can be practiced. Let the group feel the resistance occasioned by firm pushes with the blade flat on the surface before introducing a lean.

Common faults

Pushing body up instead of committing body weight to arms and rotating canoe independently on initial practices.

Allowing paddle to sink below surface before use when practicing on water.

HIGH AND LOW BRACES

A 'low' form of a stroke is performed with the reverse side of the blade - wrists uppermost. A 'high' or 'hanging' form of a stroke is performed with the drive face of the blade - knuckles uppermost.

Initially, beginners may be more confident in using a 'high' or 'hanging' brace on the 'controlling wrist' side, and a 'low' brace on the opposite side.

In real situations a low brace is used to correct initial instability - and is more applicable to racing craft. The 'high' or 'hanging' brace is necessary once a certain point has been reached!

DRAW STROKE

There are two basic forms - the 'high draw' and 'sculling draw'. Originally, the 'Draw Stroke' was the 'passive' form - merely putting the blade out at right angles to the body - pulling in - feathering - and so on. The 'High Draw' was the 'dynamic' form, where the arms went up high - top hand above the head - and the paddler leant out onto the blade and used his hips to draw the boat to the paddle.

Currently, mainly because of the evolution of boat design, a modified 'high draw' is taught as standard, with the top arm pushing, and the lower pulling. The boat will move more effectively if it is not tipped. The blade needs to bite deep once the skill has been learned. When learning, the "feathering" is always obtained by lifting the wrists outwards.

Common faults

Insufficient "feathering" of the blade before returning it to draw position.

Not stopping the blade before it disappears under the boat - together with paddler.



Fig C - Recovery



Fig D - Draw Stroke

SCULLING FOR SUPPORT

Without moving your hands on the loom, and keeping the paddle horizontal, hold it out to one side of you, as far as you can comfortably reach. Start to move the outer blade, which should be flat with, but just above the water, to and fro in a small arc.

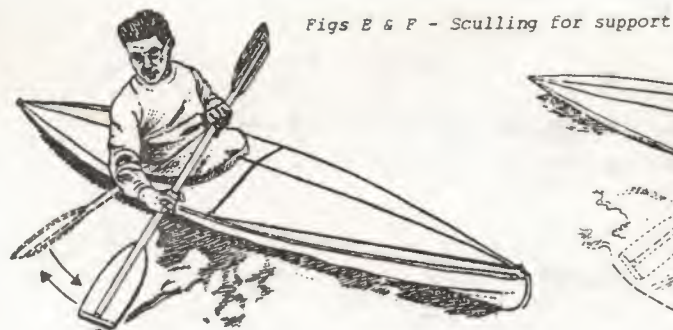
When you have reached one end of your arc, slightly raise the next leading edge of your blade and continue through the next arc. Thus, when the blade is moving forward the front edge is raised; when it is moving backward the back edge is raised. The angle from the flat should not be more than 10° or 15° , and the twist occurs only at each end of the arc.

Continuing with this movement, lower the paddle onto the water and start leaning on it. With practise you can support yourself to a surprising degree. How far can you lean? Well, you can only discover that by leaning just a little bit further!

Again, beginners will probably be more comfortable using the drive face (a 'hanging' stroke) on their controlling-wrist side, and the back of the blade on the opposite side. This should be re-learned using the drive face ('high' or 'hanging' strokes) on both sides, once initial confidence has been gained, but before habits have become ingrained.

Common faults

The change of angle (leading edge slightly tilted) must synchronise exactly with the change in direction, otherwise the blade will 'dive' - and so will the paddler.



Figs E & F - Sculling for support

SCULLING DRAW

This technique can be learned ideally from the edge of a swimming pool, bank, or pontoon. Sit the class on the edge, each with a paddle. On the 'controlling wrist' side, start the stroke from behind. Blade at 45° with the drive face towards the paddler. Move the paddle parallel with the edge, maintaining the angle. At the end of the stroke, turn the blade by lifting the wrists outwards until the blade is again at 45° , with the drive face towards the paddler. Repeat sequence.

The controlling wrist still performs in the same way when drawing on the opposite side.

TELEMARK TURNS

The paddle blade was placed flat at the stern with the forward edge tilting slightly upwards. For 'Low Telemark' the back of the blade was used - arms low. For 'High Telemark' the drive face was used - arms high. The kayak was leant to lift it off the keel and reduce the water-line length, thus assisting the turn. As the boat turned, the paddle blade was sculled forward. When at right angles, the canoeist needed to have 'recovered', and the sweep continued forward until the kayak pointed 180° degrees from its original direction.

Although learned on the flat, the Telemark's real use was for 'breaking out' of a current. For this and bow rudders, the boat must be moving.

The low Telemark is still worth teaching, even though modern boat design has outmoded it. It is fun and provides a sense of achievement, together with a committal of body weight to the paddle.

The 'high' Telemark, and the original 'bow rudder' have been replaced by various applications of a standard 'bow rudder' by which most precision turning is now achieved.



Fig G - Sculling Draw



Fig H - Low Telemark

BOW RUDDER

Sit with the paddle held normally, but resting across the boat. The blade on the 'controlling wrist' side should be at right angles to the water (normal position in relation to the 'controlling wrist'). Lift the paddle upright on the 'controlling wrist' side and turn it until the drive face of the blade is parallel with the canoe (as for 'draw stroke'). Now move it forwards until it is level with the front of the cockpit. Then bend the controlling wrist in even more, until the leading edge of the blade is pointing away from the boat (21° - 45°). This is the position and angle at which the paddle has to be placed in the water and resisted in order to occasion a 'turn'.

To practice, paddle downstream or downwind. Take a final sweep stroke on the opposite side, and firmly insert the paddle as above on the 'controlling wrist' side. The boat will turn towards the side on which the paddle is placed.

On the opposite side, the 'controlling wrist' needs to perform a considerable contortion, the wrist pushing well out away from the boat in order to set the blade at the optimum angle. In both cases, the drive face ends up nearest to the bow. The paddle must be perpendicular and must stay forward of the cockpit.

D of E AWARD

The new requirements

Canoeing is applicable to the following sections of the D of E Award Scheme:

1. Service (Corps of Canoe Lifeguards)
2. Expeditions
3. Physical Recreation

It is not a choice in the remaining "Skills Section".

Service

Bronze level : Pass the Canoe Safety Test

Silver level : Become an Assistant Lifeguard

Gold level : Become a Lifeguard

Details of the requirements are available on demand from headquarters. The instruction and assessment must be carried out through the Corps.

Expeditions

The journey chosen must provide a challenge appropriate to the candidate's ability and experience.

Bronze - 2 days, including one night away, involving at least 4 hours paddling per day.

Silver - 3 days, including two nights away, involving at least 5 hours paddling per day.

Gold - 4 days, including three nights away, involving at least 6 hours paddling per day.

Pre-requisite: Bronze - hold 3-Star or Proficiency
Silver and Gold - hold Proficiency and satisfy the assessor as to competence to undertake the planned journey.

Suitable rivers are listed on the Touring in Great Britain notes supplied by headquarters. Silver and Gold level expeditions can be on sheltered coastal waters.

A number of other requirements and recommendations pertain, which are related to normal safety procedures.

Physical Recreation

Candidate must participate for a minimum of six weeks, and obtain the required number of points reflecting both participation and improvement:

Bronze - 24 points

Silver - 30 points

Gold - 36 points

Participation

2 points per weekly training session of 1 hour. (Not more than 2 points per week, or 4 per alternate weekend may be gained). A minimum of 12 points must be gained through participation.

Standard

The balance of points required may be gained as follows:

	6	12	18	24
Star Tests	1-Star	2-Star	3-Star	4-Star
or Proficiency Tests			Proficiency	Advanced
or Competition - % of Winner's time	150%	140%	130%	120%
(Racing, Marathon, Slalom or WW Racing)				
Devizes - Westminster. Junior Class	For each		Full completion	
(over 19's must compete in Senior Event)	stage completed		of course	

Tests are not retrospective. Standards gained before entry cannot be counted. The candidate must work for the next grade. It is essential that improvement is shown.

Full information is contained within the new Handbook, obtainable at £1.50 from 5 Prince of Wales Terrace, London W8 5PG. The Director of Coaching will be happy to offer guidance where specific problems are encountered.

COACHING SCHEME JUMPERS

Are you looking your best in the lecture room, or at Coaching Scheme get-togethers these Days ?

If not, £7.50 can change all that !

A handsome, V-neck light-weight green jumper with 'BCU Coaching' in gold on the left breast is now available to members. Small, Medium or Large.

See FINAL PAGE of current CoDe always for the latest prices and available items. The Coaching Scheme anorak is both practical and smart.

RIVER NOISES

CANOE TAKEN

STOLEN CANOE - 22ND APRIL 1980 - RUGBY CANOE CLUB

<u>Type</u>	P & H Fibreglass "Cobra"
<u>Colours</u>	Light French Blue Deck - Semi-translucent Clear Hull Yellow Gold Deck Flash, Seat and Joint Line
<u>Serial No.</u>	NOT on Deck, but under seat - can be seen by using a mirror
<u>Information</u>	To P Cosgrave, Secretary, Rugby Canoe Club, 15 Rowan Close, Binley Woods, Coventry CV3 2JX, Tel. Wolston 543593

EMPLOYMENT OPPORTUNITY

Abbey International College, North Wales. June/July/August. Instructor plus canoes required (although these may be purchased). Hourly rate with accommodation provided. 2pm - 5pm daily. Some mornings plus social programme. Salary negotiable. Apply: Mr Paul Bailey, Abbey International Summer School, Wells Road, Malvern Wells, Worcestershire.

LIFE-JACKET/BUOYANCY AID QUESTIONNAIRE

A better than 10% response has been received from the questionnaire circulated on Life-Jackets and Buoyance Aids: Some members seemed suspicious that it had been slanted towards proving that the Life-Jacket is best! In fact, the questions were monitored and arranged by an independent non-canoeing Doctor of Psychology. A panel meets on 13th July to analyse the returns, and hopefully agree a draft recommendation in the light of their findings, for ratification by NCDC. If you would like to be involved in this panel, please write to the Director of Coaching.

Grateful thanks are due to all those members who have provided information. Hopefully a firm statement, based on factual evidence, can now be made on this emotive subject.

1st ST AUSTELL SCOUTS - NIGER DELTA EXPEDITION 1980

Expedition Members:

Brian Sheen, David Braddon, Nigel Braddon, Mark Clench, Mark Coppin, Martin Compton, Ross Willcox.

Provisional Dates: 15th December 1980 - 20th January 1981

Objective: To explore by Canoe the Delta Region of the River Niger, which is situated in Eastern Nigeria. The Royal Geographical Society have no record of an expedition visiting the area in recent years.

Scientific Programme: To study the Ijaws in their unique environment. To record and photograph as many different animals and plants as the constraints of a kayak expedition will allow. To carry out a small paramedical programme en route. A printed report will be prepared together with a film, slide and photograph library.

Sponsorship: Sums in excess of £5 from Youth Groups and similar bodies will guarantee a film/slide show on the return of the Expedition, on request.

SPORTS COURSE

ADVANCE NOTICE - REGIONAL CONFERENCE - COACHING SUPPORT SERVICES

"Some ideas on how to improve athletic performance" - Sunday 30th November 1980 at Bulmershe College of Higher Education, Reading, 10 am - 5.30 pm

Topics include:- Prevention and Treatment of Sports Injuries; Relationships between athletic potential, training programmes and performance in competition; Sport and Personality

The Conference is open to Coaches, administrators, athletes, the medical profession, physiotherapists, remedial gymnasts and local sports councils. Fee: £6.00. Further information and application forms from the Sports Council (Southern Region), Watlington House, Watlington Street, Reading, Berks.

COACHING SCHEME FEES AND PRICE LIST

MEMBERSHIP FEES: ADDRESSES

Full	£6.25	BCU, Flexel House, 45/47 High Street, Addlestone, Weybridge, Surrey. KT15 1JV
Youth	£3.00	CANI, C/O Sports Council, 39 Malone Road, Belfast, Northern Ireland.
Family	£3.00	SCA, 8 Frederick Street, Edinburgh.
		WCA, Croeso, 64 Belgrave Road, Fairbourne, Merioneth.

STAR TESTS: There is NO charge for the test itself. Successful candidates can be 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.

PRICE FOR CERTIFICATE 40p)
PRICE FOR BADGE 40p) whether BCU member or not

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 £3.50 per lot of 10 certificates and/or £3.50 per lot of 10 badges. Please state whether one-, two- or three-star. Lots may be mixed.

OTHER TESTS

	Members	Non-Members
Proficiency	£1.00	£2.00
Life Saving	£1.00	£2.00
Advanced	£1.50	£3.00

AWARDS(General)

Senior Instructor and Coach	£2.00
Trainee Instructor(NO fee for Trainee Coach)	£2.00

AWARDS(Competition)

Competition Trainer	£2.00
Competition Coach	£2.00

BADGES

+Proficiency Cloth Badge(available at discount to Examiners	80	£1.00
Life Saving Cloth Badge - see below +)	80	£1.00
Metal Lapel Badge - Proficiency, Bronze, Advanced, Silver	40	50
Cloth Blazer Badge (S.I., Coach, or Competition Coach)	£1.00	
Waterproof Sew-on Badge (S.I., only, Green on white, logo design suitable for tracksuits, etc.)	65	
Silver Wire Badge	£2.52	

COACHING SCHEME TIES (Award holders only - green) £2.50

COACHING SCHEME JUMPERS (Award holders only - green with "BCU Coaching" in gold letters on left breast - Please state size: Small, Medium, Large) £7.50

LOG BOOKS 50 75

COACHING HANDBOOKS £2.45 £3.25

COACHING SCHEME ANORAKS

Now made of 5 oz. RED nylon with blue and white stripes round the upper arm and chest (white only). Chest measurements should be taken OVER NORMAL CANOEING CLOTHES. All seams are PROOFED. Choice of cuffs - VELCO or NEOPRENE. Hood is optional. Price for all sizes: £12.20. Patch pockets to right hand: £1 extra.

All prices include VAT and postage and packing (where necessary). Please address all orders to the Coaching Office, and allow 28 days delivery. Cheques and postal orders should be made payable to the British Canoe Union, and crossed.

RECOMMENDED SCALE OF MINIMUM FEES & CO

- (a) Coach : £15 per day for the first 2 days
£10 per day thereafter
- (b) Senior Instructors : £10 and £6 as above.
- (c) ALL : £ 4 minimum for lectures, with or without slides and co.
- (d) Sports Council : 7.1p
Rate per mile for casual user

* Includes Cadet Membership for 9-16 year olds

+ A new improved Proficiency Cloth Badge is offered to qualified Examiners at £6 for 10 for resale at above prices.

NOTICE OF APPOINTMENT

Development Officer

and Assistant

to the

Director of the BCU

Applications are invited from a self motivated person of high calibre and initiative, who is suitably experienced and qualified for appointment initially for a two year experimental period as Development Officer and Assistant to the Director of the British Canoe Union.

The Union is the Governing Body of the Sport of Canoeing with approximately 10,000 members and Headquarters situated at Addlestone, Surrey.

The successful applicant will be required to promote the sport by encouraging the recruitment of new members and by stimulating interest and greater participation in canoeing by the community. He/she will assist the Director in achieving the objectives of the Union and will particularly be concerned with publicity, promotions and press relations.

The salary scale for the post will be related to that recommended by the Sports Council for payment to Executive Officer Main Scale Grade, that is commencing at £4,200.00 per annum, and rising by five annual increments to £5,700.00 per annum. An increase of approximately 17% has been agreed in these scales from the 1st April, 1980. In addition, Outer London Weighting of £325.00 per annum will be paid. Normal conditions of service regarding leave and allowances are applicable.

Letters of application should be sent, together with curriculum vitae, and the names of two references to:

The Director, British Canoe Union, Flexel House, 45/47 High Street, Addlestone, Weybridge, Surrey KT15 1JV. (No application forms are issued). A copy of the job specification will be sent to all applicants. The closing date for application is the 1st July, 1980.

APPOINTMENT OF NATIONAL COACH

Applications are invited for the following position:

A NATIONAL COACH to develop the coaching of Wild Water Racing competitors

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 Coach carries out the above policy will be left very much in his/her hands, although being responsible to the BCU Council through the Director of Coaching and the National Coaching Committee in co-operation with the Wild Water Racing Committee.

Initially, limited travelling expenses will be paid. It is hoped that eventually the successful candidate will be employed part-time at a remuneration of £500 per annum, against which expenses may be placed from the point of view of Income Tax. Any further increments which may be earned as a result of the appointment will in no way affect the above arrangement.

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, Weybridge, Surrey, to reach him not later than 1 July 1980.

BRITISH CANOE UNION SUPPLIES

<u>GUIDES AND MAPS</u>	<u>NON-MEMBERS</u>	<u>MEMBERS</u>	<u>BCU ITEMS, BADGES ETC. FOR MEMBERS ONLY</u>	<u>EACH</u>
Guide to the Waterways of British Isles	£3.25p	£2.25p	Waterproof sew-on badge, red on white, logo design	70p
Canoeists Map of U.K. Rivers & Beaches	£1.30p	£1.00p	Blazer Badge (embroidered cloth, black background)	£1.20p
French River Notes	40p	25p	Tie - logo motif on blue background	£2.50p
Austria and Bavaria White Water Guide	£4.00p	£3.25p		
<u>BOOKS</u>		<u>EACH</u>	<u>CLOTHES</u>	
Canoeing Complete - 8 Skilling		£8.25p	BCU Long sleeve T/Shirt	£4.00p
Canoeing by American Red Cross		£5.50p	Slop Shirts	£7.00p
Canoeing down Everest by Mike Jones		£6.75p	Hooded Slop Shirts with pouch	£10.00p
			Hooded Slop Shirt with full zip and pkts.	£10.00p
<u>BOOKLETS: MATERIAL PUBLISHED BY B.C.U.</u>	<u>NON-MEMBERS</u>	<u>MEMBERS</u>	Track Suit Tops	£8.75p
Coaching Handbook	£3.25p	£2.45p	Track Suit Tops with hood and pouch	£8.75p
Directories with basic sheets	£2.50p	£1.75p	Track Suit Bottoms (flared)	£6.50p
Updated leaflets for directories	£1.00p	75p	Canoe '81 Hand Towels	£5.40p
Slalom poster in full colour	£1.25p	£1.00p	Canoe '81 Bath Towels	£8.00p
			P.V.C. Coverall Suit	£5.50p
			Tracker Athletic Shorts (Red)	£3.50p
<u>TERMS:</u> Cash with order. Prices include packing & postage in UK and VAT where applicable. To claim member rates, membership numbers must be shown.			Large sports grip with wet pocket	£7.50p
			Extra large sports grip in white	£7.50p

FOR SALE. Due to unavoidable growth of children: 2 Avoncraft Minnows @ £35. Quantity discount negotiable. Suitable 7 - 11 year old.

Also 2 High line 70cm Slalom C1s: 1 Hahn @ £35, 1 other @ £20. Apply Quaife, 70 Coopers Road, Birmingham B20 2JX. Tel 021 554 7116. Buyers collect.