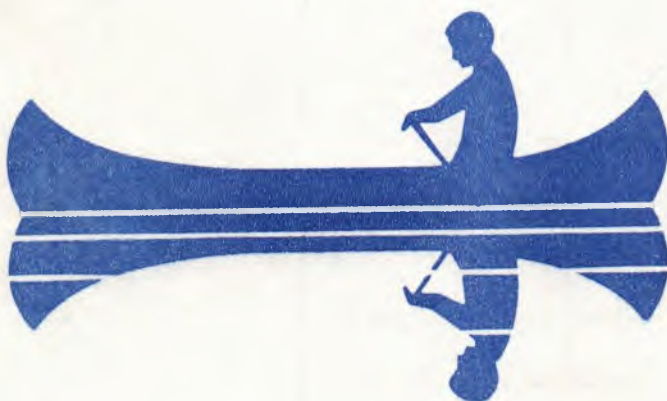


CoDe

Number 11

Summer 1981

**The Magazine of the
British Canoe Union
Coaching Scheme**



CAREL QUAIFE

Since 1978 Carel Quaife has been annually re-elected Chairman of the National Coaching and Development Committee. He has steered the Committee through this period, establishing the machinery which enables the National Committee to effectively monitor the increasing activity and development of the coaching scheme, without becoming bogged down with excessive costly meetings.

Carel possesses an ability to analyse and summarise a debate, and to propose a means of translating opinion and information into positive action. This gift has proved invaluable to the Coaching Committee in this critical period just passed.

By mutual consent, and with the greatest of goodwill by all concerned, Carel was invited to become Chairman of the Access Committee. This has enabled Peter Davies to become joint vice-Chairman with particular responsibility for devising a national campaign for canoeing to 'speak out'.

We are confident that Carel's abilities will be used to the even greater good of canoeing as he endeavours to lead the access committee into a period of more positive action. This potential has come about through the groundwork laid by Peter Davies, Oliver Cock and Ralph Tyas.

All members of the coaching scheme will, we are sure, want to assure those involved in implementing the BCU Access Policy, that they have our fullest support.

Graham Lyon, vice-Chairman, has taken over from Carel and will be standing for election at the Coaching Scheme agm in October. Well known as RCO with National Coaching and Development Officer status for West Midlands Region, Graham has a wide experience of the sport, and brings to the role a lively, original approach, and an awareness of the total implication of new ideas on the ability of the organisers and members 'in the field' to carry them out.

A COACHING RESPONSIBILITY?

Statistics gleaned from last year's coaching returns show some 160,000 new people put into canoes during 1980 through the work of members of the coaching scheme alone. This is based on a 42% sample and multiplied up to 2,000. CoDe No. 10 was circulated to 3,000.

Allowing therefore that this is a conservative figure, that some 3,000 'lapsed' members exist from the past 10 years, many obviously still active, and that many operate outside the 'system', it is a reasonable assumption that between a quarter and half a million people try canoeing for the first time each year in the UK.

A question that must arise, given that a proportion of the cost of running the coaching scheme falls on the existing members, is why do we not see a significant rise in membership each year as a result of the work of the coaching scheme?

No doubt answers - some unprintable - are already springing to your mind! But may I make two observations before you put pen to paper.

First, I personally believe that the average Senior Instructor makes a very good job of introducing people to the sport. Secondly, I believe that the involvement of coaching scheme members in every branch of the sport, in promoting activities, developing and safeguarding facilities, sorting out access problems, and so forth, is a major factor in the Union's work and progress to date.

However, unless we significantly increase the size of our membership, and thereby generate funds which make us less dependent upon grant aid, changing the 'hand to mouth' economy on which we have existed for so long, the 'Union' will never be in a position to support fully and properly the work of all those volunteers in the field whose efforts are the lifeblood of the sport.

Many ideas are being considered and acted upon at the present time, and optimism abounds. Although we are faced with massive problems, particularly in the field of 'access', I am convinced that we shall continue to develop and progress, and that in a short while every member will become aware of the strides that the sport has made and is making.

The way in which each and every individual member of the Coaching Scheme can best help this evolution, is by 'selling' the BCU at every opportunity.

There is no 'they' existing to do this, that and the other. We, collectively, are the BCU - the coming together of active paddlers for the betterment of the sport we enjoy. If you undersell the collective responsibility, you are merely putting the extra burden on yourself - allowing others to ride on your back.

Is 16½p a week really too much to ask newly created enthusiasts to pay to ensure the continuing credibility of canoeing?

CHAIRMANS CHAT

'Where will Carel Quaife lead me next?' I ask myself. Having followed him as RCO for the West Midlands and represented Coaching at various meetings where he previously sat, I now find myself as acting Chairman of the Coaching Scheme. Was it an Act of God or an Act of Quaife?

Geoff has already paid tribute to Carel's dedication and hard work and all that I can add is that as always he has left behind a very tidy patch.

One of the interesting things about being Chairman is that Geoff sends you copies of articles that he has written for CODE. It is then that you discover that he has written the article that you were drafting out. However whilst the theme is similar the detail is different.

Almost every canoeist hates the BCU. My recent interest in Marathon Racing is in fact one of self-preservation. I live in terror of being spotted on the water as a BCU man by other canoeists. There are places that a Coaching Scheme anorak dare not go. The better the canoeist you become the more you hate the BCU. It therefore does not surprise me that membership of the BCU is so low when the keen enthusiastic newcomer to the sport immediately comes into contact with this attitude.

What effect would the reverse of this attitude have had? Particularly if every member of the Coaching Scheme went round saying and really feeling, 'Thank goodness I am in the BCU.' I believe that unless we succeed in making Coaching Scheme members enthusiastic about the BCU no matter what anybody else does, membership growth will be slow or limited. Easier said than done when many Coaching Scheme members feel like conscripts, forced into membership, under threat of losing their qualification.

In the early stages the Scheme offers those interested in Coaching a very great deal. A progressive system of tests and awards put together in a comprehensive annual calendar. With time these benefits become less.

Now what do you think the Coaching Scheme should provide for its members that it does not at present? I have some ideas which I do not want to air at present because it might focus some people's minds in particular directions and good ideas may not surface.

Often when this question is asked the answers are impractical. Rather like my idea of half price BCU subscription to Coaching Scheme members as recognition of the services that they perform on behalf of the BCU. The theory was that this benefit would attract more and more people into Coaching each year and the services offered could be greatly improved and a larger membership would result. What a pity that the loss of revenue from the first year's reduction would put the BCU out of business and so the scheme would not be around to develop the next year.

However don't let this put you off. Send in all your ideas serious or otherwise to CODE. I should really like to see us take a fresh look not at our tests and awards but at what else we should be doing for the Union as a whole and the Coaching Scheme members in particular.

The views expressed in CoDe are those of individuals, and do not necessarily reflect the official policy of the British Canoe Union or the National Coaching and Development Committee.

Contributions for publication are welcome. Line drawings or good quality prints (either colour or b & w) can be reproduced.

Date of next issue: September. Final copy date 1 September

Jottings from the Director of Coaching

HELP - HELP - HELP - URGENT - URGENT - URGENT - IMMEDIATE - IMMEDIATE

The new CANOEING HANDBOOK, replacing the existing Coaching Handbook, is now in production, and due for publication in August. There will be a full announcement in the next Focus.

Your Help is needed on one section which has still to be finalised: Teaching Progressions, Games, and the Use of a Swimming Pool.

An appeal was made in a previous CoDe for ideas on games and techniques used in teaching an ongoing progression. Some have contributed, but not sufficient to give a really full and informative picture.

No one person can have all the best methods. It requires your thoughts - just a few jotted notes will do - on any particular ideas you have, or confidence games you employ, in your teaching.

PLEASE put pen to paper today in order that this chapter can be finalised in a way that will benefit us all.

Rolling has been covered, but what about a system for maintaining interest through a winter's use of a pool, once rolling has been learned. Too often these sessions degenerate into a general 'muckabout', and we do not have in print a total concept for keeping competent canoeists interested, challenged, and continuing to learn in this situation. Ideas also on ways of making pool rolling more realistic - ropes tied to the ends and helpers pulling the canoe along, type of thing. Please put pen to paper if you have any bright thoughts.

The cost of the new handbook is not yet known, but it is being produced specifically to give maximum information for minimum price, and it will be available in loose-leaf form for members of the Coaching Scheme for ease of updating, and for keeping with aide memoires in a file.

Various contributors have produced the material, aimed at providing the most comprehensive view of the sport ever compiled in one book, readable by and applicable to all canoeists, and yet particularly relevant to members joining the Coaching Scheme.

EMPLOYMENT OPPORTUNITY

Plas y Brenin, National Centre for Mountain Activities, are seeking a full-time member of staff, ideally holding a Mountain Instructor Certificate and a canoe coaching qualification or experience. Applications to the Director, National Centre for Mountain Activities, Plas y Brenin, Capel Curig, Betws y Coed, North Wales.

Closed Course Bookings

The Plas y Brenin calendar for 1982 is in preparation, and applications from groups requiring a course are required directly.

EXAMINER UPGRADINGS (again)

Recently I had cause to confess to a club secretary that we did, at head office, periodically rotate diminishingly until finally performing the proverbial! the other thing that happens is material does not get checked finally, and so there was a contradiction in the directions for upgrading examiners. The 'final solution' is:

The person recommending the new grading signs a Proficiency Test Form to this effect, and hands White, Pink and Green copies to the Examiner being upgraded. He (or she - of course!) sends the White and Pink copy to his/her LCO, retaining the Green copy as proof should anything get lost en route. The LCO signs them, presuming he/she is in agreement, and sends both on to HQ. We give the RCO 7 days to object, and then process the new grading or refer it back in the event of the RCO objecting.

ACCESS INFORMATION PLEASE - URGENT

After people have been canoeing on The Swale in Yorkshire, one of the angling clubs has started to "exert its rights". Will anybody who has ever canoed or boated on this river, however long ago, please let B.C.U. Head Office know, as a matter of URGENCY.

DECISIONS OF NCDC

Several recommendations regarding training and assessment courses were made by the Scottish Conference on standards, and reported in the last issue.

NCDC has endorsed the following recommendations, for advanced proficiency assessments, which should be taken into account by course organisers/examiners as necessary:

For advanced proficiency assessment purposes 'Leadership' is defined as: 1 - choice of route: 2 - rescues effected in difficult situations: 3 - candidate's awareness of situations; 4 - candidate's judgement.

For the purposes of the advanced test, it was agreed that whilst a candidate must be fully self-contained personally with the equipment listed in the syllabus, the supervision of an adequate supply of emergency equipment throughout the group should be accepted, rather than every candidate having to carry every last item individually; when on expedition.

It was agreed that failure to roll first time in rough water should not mean automatic disqualification. If there were good reasons for the failure, and the candidate demonstrated an ability to cope with the situation, discretion should be exercised. A roll at the assessors' requirement, in rough conditions, must be achieved subsequently.

It was agreed to delete the requirement for a 'knowledge of canals canoeing' from the syllabus.

It was not agreed that trainee instructors should have to purchase the Handbook as part of the assessment fee. The requirement that trainees should study the Handbook is, however, essential.

It was not agreed that there should be a standard system of marking, as this would eliminate the discretion of the examiners. The proposed system was, however, left 'on the table'.

ADVANCED (INLAND) ASSESSMENTS POLICY

A decision was taken at the last Coaching Committee meeting that advanced proficiency (inland) courses should be run to a national programme. The regions where the type of water exists on which these courses can be staged, should host them, but examiners will be supplied from a national 'pool' to ensure that the available expertise, and the testing standards, remain constant.

It is hoped, in this way, that the right number of courses will be staged, to prevent the last-minute cancellation, and then non-availability for a lengthy period, that has occurred previously.

Grade 3 Examiners, and Grade 2 Examiners who wish to work toward this level are therefore requested to register with the Director of Coaching, when an attempt will be made to offer a course in the autumn or new year.

Advanced Proficiency (Sea) courses are not included in this arrangement, as there is no restriction on the coast, or the time of year, when these may be staged, except that arrangements must still be made with the RCO of the region in which they are to be held, to avoid clashes of interest.

VIDEO ON CANOEING WITH DISABLED PEOPLE

Ron Moore has now produced a video tape (15 minutes) of canoeing with disabled people. This can be borrowed for £1 plus the cost of postage both ways. Apply to BCU Coaching Office, stating type of system on which the tape is to be played.

THE NEW COACHING AWARDS AIDE MEMOIRE (A1)

The requirement that all candidates for coaching awards, including the Instructor level, must first attend a Senior Instructor Training Course, was not detailed separately under each award in the new Aide Memoire circulated last time.

One or two people have asked whether Instructors have to have attended a course. The answer is YES.

No alteration has been made to the content or arrangement of Senior Instructor Training Courses.

Successful completion of the course is a pre-requisite for Instructor or Senior Instructor Assessment. The new award has received general acclaim. Notes for the guidance of examiners (A.18) are available from your LCO or HQ. Application for Instructor Award Assessment Forms (A.20) should be made to your LCO, or HQ in the event of any difficulty..

The Trainee Instructor Endorsement is NOT affected in any way by this new award. The Endorsement is merely a device to allow teachers or youth leaders (who have been 'assessed' through the award of their status by their particular authority as being suitable persons to be in charge of young people) to get afloat with small groups in a designated sheltered situation, in order to gain experience, and initiate the activity.

Trainee Instructors who wish only to operate on placid (grade I) water, may then proceed to the Instructor award, enabling them to operate anywhere on placid water. Those who seek to lead groups in wilder forms of canoeing, should proceed to Senior Instructor assessment.

THE NEW ARRANGEMENTS FOR BCU COACH AWARD

The new arrangements for the training and assessment of Coaches have been promulgated, and the Courses at Glenmore Lodge, 1-9 August, and Plas y Brenin, 17-24th October are proceeding. The fee has been subsidised making the full week's course available at £70.

An endeavour has been made to run the October Plas y Brenin courses during half-term week, but unfortunately this is not a standard period throughout the country. Perhaps members of the teaching profession could lobby their authorities to come to some agreement nationally on this.

Next year, we hope to run the Welsh based course at Plas y Deri in the Easter holiday period.

There is now no separate training and assessment requirement. Acceptance on the course indicates acceptance for assessment. Training is given during the week to bring candidates to a satisfactory level of competence and knowledge in the supplementary areas of the syllabus.

The main 'assessment' centres around personal competence, leadership, and ability to coach at advanced level, background knowledge and reading, and ability to communicate information and ideas.

Two full days will be spent working in an 'advanced' situation, and candidates are expected to contribute in those parts of the course in which they may have an expertise.

The pre-requisites are: aged 21 minimum: Senior Instructor: an Advanced Proficiency Certificate; the alternative Proficiency Certificate; produce a 1,000 word essay (min). Each course will, it is hoped, involve a 'project'. For this year these are: assessing performance of various amounts and types of personal flotation aid in a 'stopper' situation; and devising objective tests for the evaluation of the 'cockpit liner' concept.

The balance of the course involves concentration on introductory techniques to racing kayaks, open canoes, slalom dipping techniques and basic fitness training programmes. Theoretical work covers all aspects of the sport, and candidates will either speak to their prepared paper, or be asked to lead a session exploring a particular aspect of coaching.

CANOE SAFETY TEST - RATIONALE

This low-key test devised and administered by the Corps of Canoe Lifeguards is intended to make ALL canoeists aware of the elementary procedures necessary to help save a person from drowning, without placing undue risk on the rescuer.

Why do we need yet another new test, it has been asked?

The answer is that the Corps feel that EVERY canoeist, because he spends a lot of time on the water, is likely at some time in his or her canoeing career to be in a situation where doing the right thing at the right time could save a life. And so they devised a low-key test to encourage all canoeists to think about lifesaving situations.

With the advent of the new Instructor level award, it was agreed that this could be the minimum life-saving requirement, to match the lower level of canoeing and leadership requirements for this Award. All Grade I examiners may undertake this test by sending to BCU or their Association HQ for a book of Test Entry Forms.

BADGES AND Certificates ARE NOT available in advance.

BIOSOCIAL ASPECTS OF SPORT

This Publication, edited by Bruch Tulloh, M A Herbertson and Alan S Parkes, is available at £15 from The Journal of Biosocial Science, PO Box 32, Commerce Way, Colchester, CO2 8HP. The volume contains the record of a conference held in 1980 which included 150 participants, many of them outstanding in the world of sport, and included sportsmen, coaches, medical advisers, biologists, sociologists, physical education experts and sports commentators. The volume has more than 30 contributors, contains 14 major papers and 10 subsidiary ones. The central theme is the interaction of biological and social factors, and it is written as much for the general public as for the experts.

NEW MINI-FLARE PACK

Pains Wessex Schermuly have now produced a mini-flare pack which does not require a fire-arms certificate to operate, by the simple device of making the cartridge screw on the outside of the projector, rather than the inside - which made them technically a 'gun'. Although not likely to be so effective as a parachute flare in raising the alarm initially, the pack does provide 8 chances of attracting attention close to a position in the water, once a search has started. The 8 red aerial flares are shot individually to a height of 80 metres, and burn for 5 seconds at 5000 candela. Up to 5 miles visibility in daylight conditions, and up to 10 miles at night. 150.3mm long x 66.3 mm wide and 19 mm deep, the whole pack weighs just 269 gms. White and green cartridges are also available. Now at most dinghy chandlers.

1982 COURSES

Courses for inclusion in the Calendar and/or grant aid support, must be notified to your RCO by 31 August at the latest please. Forms will be circulated to all LCOs/RCOs/Affiliated Centres/Course organisers who appeared on the 1981 calendar, very shortly. Please apply to HQ for the appropriate notification form (A.2.82) if you are not in the categories listed and wish to stage Senior Instructor Training, Instructor assessment, SI assessment, next year. Also for any course that you wish to have appear in the national calendar. Courses to be staged before the end of April will, this time, be advertised in a supplement with the December issue of Focus. Courses from May onwards will appear in the main calendar which goes out with the pre-Exhibition Focus on 7 February.

LONDON & SE REGION COACHING CONFERENCE

Saturday 5 September. All members of the Coaching Scheme in the London & SE Region are invited to a one-day, practically based Symposium providing opportunities to gain insight into the teaching and acquisition of skills.

Open Canadian - the alternative Way.

Slalom - state of the art

Race training - basic provision

Race Canadian - introducing canoe racing

Plus film and open forum opportunities to debate topics relevant to coaching in the 80s.

Surrey Docks Watersports Centre. R Cowan, 44 Castell House,

Deptford Church Street, London SE8 4SD (01-691-3793)

RACING ENCOURAGEMENT TESTS

Have you seriously tried - and failed - to get youngsters into Kls?

Some will say that you just don't tell them that they are unstable, and away they'll go!

Ask what age-group is involved, and invariably it will be 10-12 year olds. I personally have yet to see 13s and over - apart for the odd exception who tests the rule - successfully master Kls in significant numbers, except in a racing based club where there is the example and incentive of the established paddlers to emulate.

The RACING ENCOURAGEMENT TESTS are designed to encourage a canoeist to overcome the first hurdle - paddle 100m without capsizing for a certificate! After that, the tests lead on in three more grades to the point where a marathon or regatta can be entered in an Espada or K1 with confidence.

The Espada Award Scheme, and the 10,000 metre award are further goals. If you have access to Espadas or other Kls try the Racing Encouragement Tests. It is simply administered - merely send £1 for ten certificates (supplied in multiples of ten, any mixture). Instructor or Competition Trainer is the minimum grade for issuing Racing Encouragement Test Certificates.

FLEXIBILITY EXERCISES FOR SLALOMISTS by Hugh Mantle

This article has been prepared because of the numerous requests for advice concerning flexibility exercises. Not all the exercises shown should be performed in a session, but exercises that are thought to be relevant to your particular needs used. It is also suggested that exercises are not used only prior to the start of an event, but are used to develop flexibility in training sessions at the waters edge or gym.

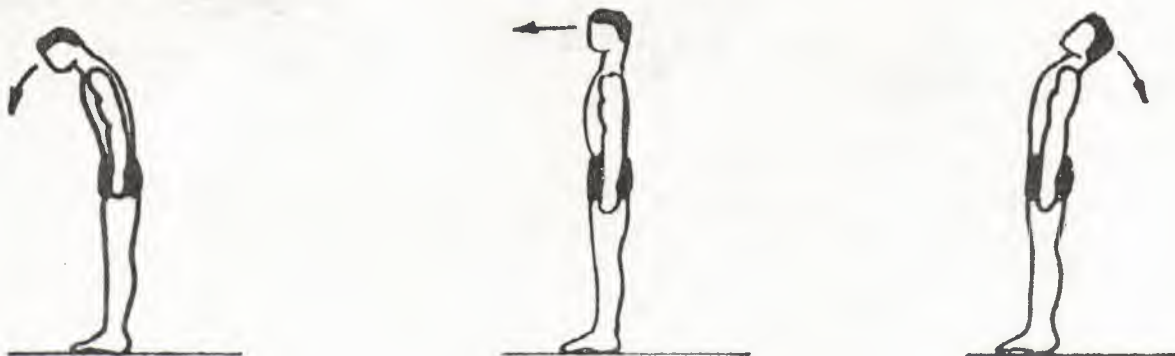
Introduction

Before commencing any stretching exercises the body should be warm and the circulatory system stimulated. This can be induced by hopping, running backwards, side steps, shuttle sprints, until the body is sweating. After this stretching can begin, but very gradually. Each of the exercises shown should be repeated four to six times.

Pre-Stretch Exercises

Neck:

Simple circling of the head in alternating clockwise directions. Pressing head forwards and downwards, upwards and backwards.



Shoulders

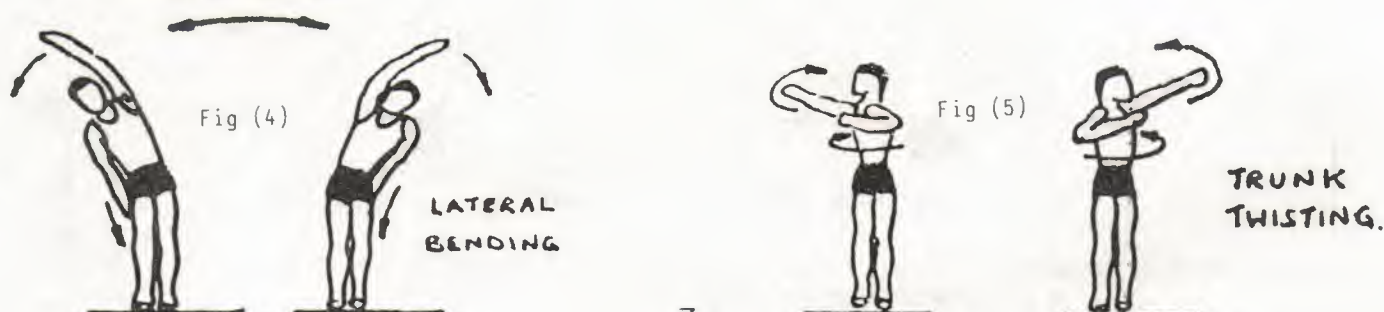
Free swinging, single and double arm circling forwards, backwards alternating and in opposite directions.

Wrists:

Roll wrists individually and clasped together and bend them forward and backwards in turn. Then loosen with exercises shown. In fig (1) heel of hand firmly on floor in gif (2) and fig (3) hands are gradually brought closer to each other.



Back and Spine:



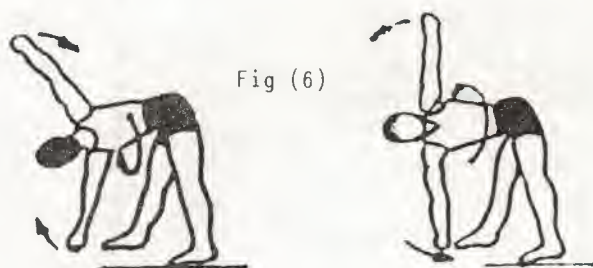


Fig (6)

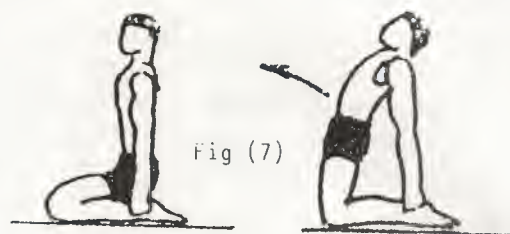


Fig (7)

In fig (7) the heels are held with the hands and shoulders pushed ahead of hands.

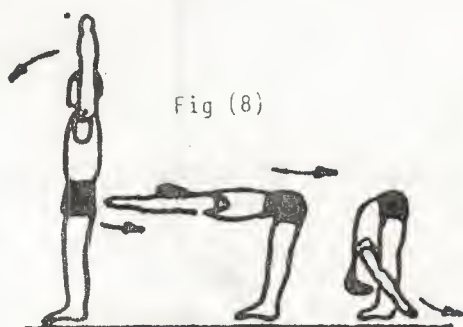


Fig (8)

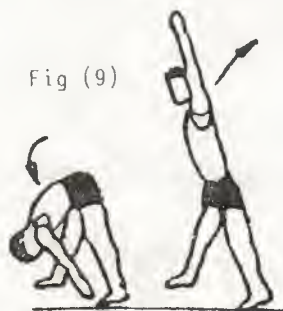


Fig (9)

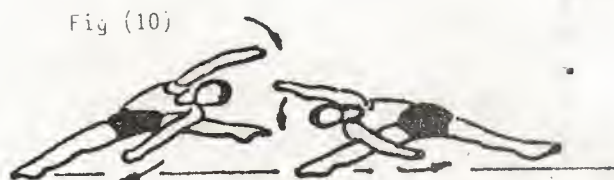


Fig (10)

Stretching Exercises for Increasing Range of Movement

Only extend the range the movement to the amount you think is required for the individual slalomist. Extension beyond onthis is inadvisable and may well weaken the strength at the respective joints.

Back and Spine:



Fig (11)

In fig (11) a medicine ball is placed behind the back, the gymnast twists his body to the left, picks up the ball, lifts it and carries it around his body, rotating to the right, deposits the ball behind himself and then returns to the other side (rotating left) to pick up the ball.



Fig (12)



Exercise (12) can also be performed sat in the boat.

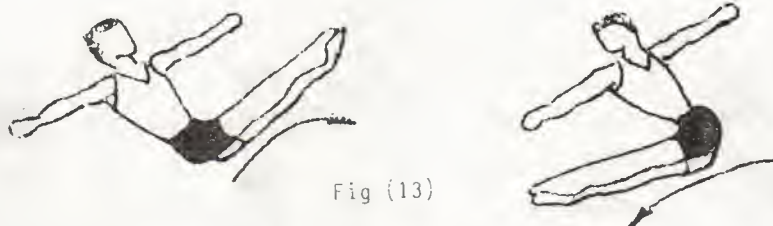


Fig (13)

In this exercise aim to keep the back flat on the floor the whole time.

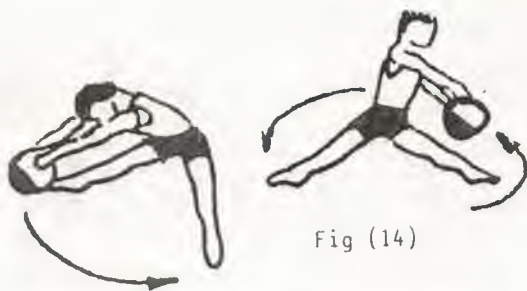


Fig (14)

Both hands should remain on medicine ball except when releasing and turning at the back.

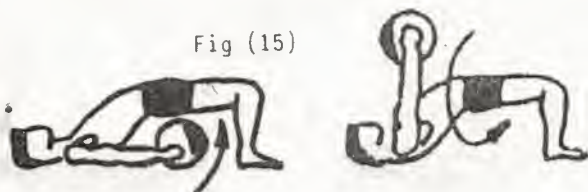


Fig (15)

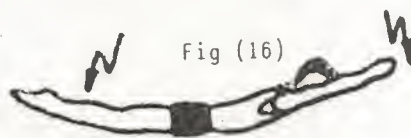


Fig (16)

HOLD 3 SECONDS
MINIMUM.

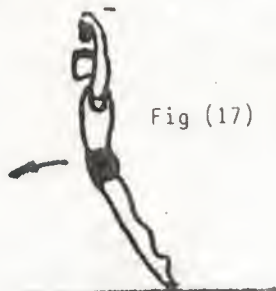


Fig (17)

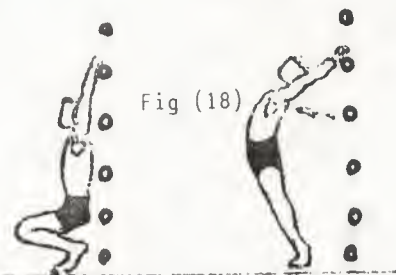


Fig (18)

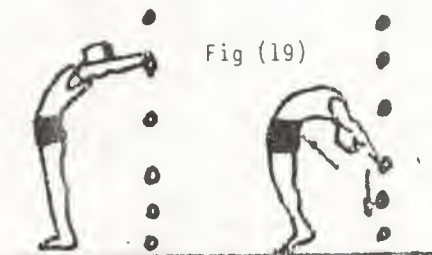


Fig (19)

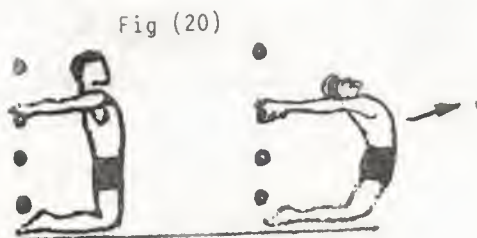


Fig (20)

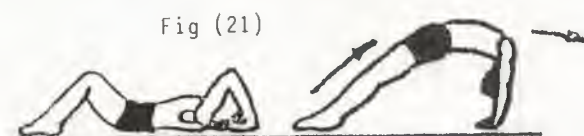


Fig (21)

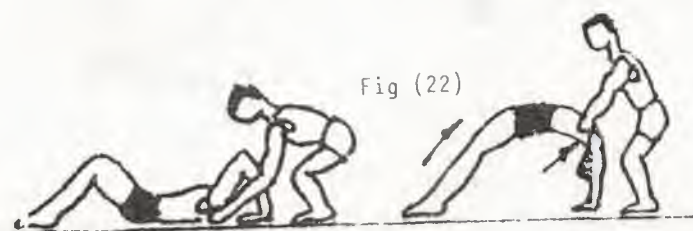


Fig (22)



Fig (23)

Exercises in figs (22) and (23) involve the use of a partner who creates the extra stretch. It is essential, in order to avoid injury, that the exercises be done very gently and gradually and that the partner being stretched gives the signal at the slightest feeling of discomfort.

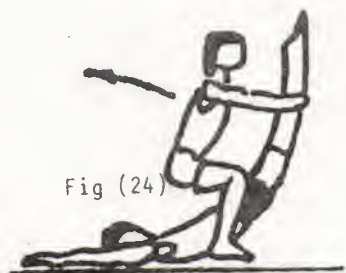


Fig (24)

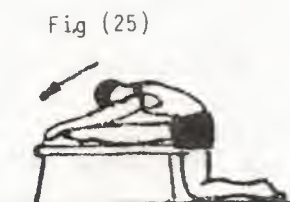


Fig (25)

Shoulder Exercises



Fig (26)



Fig (27)

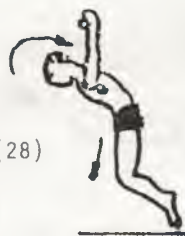


Fig (28)

In fig (26) hanging in overgrasp, pressing shoulder forward, fig (27) hanging undergrasp and fig (28), squatting the feet between the hands and back hanging develop shoulder mobility by body mass.

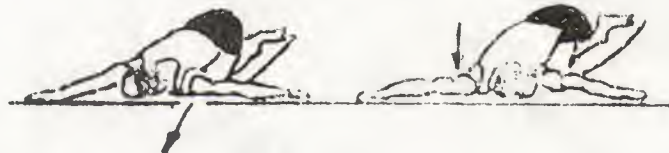


Fig (29)

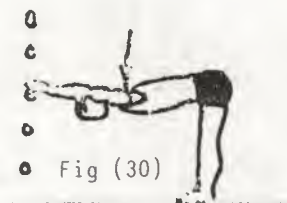


Fig (30)

In fig (29) alternate shoulders are pressed gently down to touch the floor.

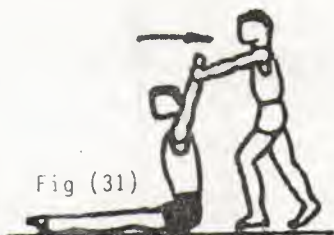


Fig (31)

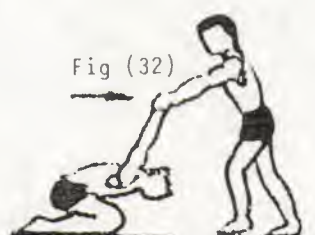


Fig (32)



Fig (33)

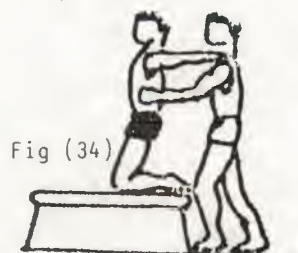


Fig (34)



Fig (35)



Fig (36)



Fig (37)



Fig (38)

I would like to acknowledge the help of Lloyd E. Readhead in providing me with the source material for this article.

SLALOM COACHING CLINICS

The Great Britain National Slalom Coach proposes to run a series of Coaching Clinics between September 1981 - September 1982. These can be evening sessions or weekends. They can be tailored to your local needs and can include:- practical demonstrations and Theory sessions

to cover such topics eg as

- Technique
- Psychology in Coaching
- Organizing Squads
- Coach Strategy for Premier Paddlers

so if your club or region would like a visit from the National Coach then write to him for full details at I M MARSH COLLEGE, BARKHILL ROAD, LIVERPOOL L 17 6BU

THOUGHTS ON STARTING A CANOE CLUB

by John Ramwell

There is usually a right and a wrong way of tackling any job and it occurred to me your readers might be interested in how we have learnt from our mistakes and have recently been successful in starting up a local canoe club.

Some years ago, a few enthusiastic canoeists joined me in launching a local canoe club. We based ourselves at a Youth Centre where we had a boat store, facilities for building, plenty of canoes and equipment and a ready made membership of youngsters from the centre.

It was not long before we realised our mistake, ie basing the strength of the club on a large number of children. The few adults found themselves 'looking after' these kids on a rota basis. It was hard work and it was a responsibility for which there was little or no return. There may have been some satisfaction in seeing the kids enjoying themselves on the water. In reality, they were more often IN the water, drifting helplessly over a weir with a water-filled boat, as the instructor blew hard on whistle, went blue in the face, at the same time screaming obscenities and not caring a fig for what he might have to tell the coroner! So the venture was doomed to failure. Back went the canoes into the boat store, and home went the instructors, disillusioned and determined to do their own thing and let canoe clubs get on with doing theirs.

So how about the right way. I think we have got it right this time. Since our previous attempts the area around my home has not had a canoe club. The nearest was Peterborough or Bedford and those in my area either paddled in very small groups, did not paddle at all or joined the nearest club. That this was the state of affairs became apparent last summer. Whilst coaching a local school group I was approached by parents and mature canoeists or potential canoeists who persuaded me to have another go at getting a canoe club started. It occurred to me that if we based a club on mature persons, ie over 16 years of age, it might succeed. Despite being rather pessimistic I place a notice in the local press asking those interested to meet me at a local Education Centre. I made it clear in my notice that the club was for those of 16 years of age or over. It worked!! On the evening of the meeting over thirty people turned up. I was surprised by the turn out, so much I was totally unprepared for such a large number and was lost for words (Who said "That's not like him"!!) I arranged a subsequent meeting and now I came prepared. Just as well as forty turned out this time.

We discussed the mechanics of actually starting the club, we elected a committee, thought about a constitution and prepared some future activities. Throughout I made my view clear, that is, our club should be based on adult members, that as soon as the club was strong enough we could see that groups of youngsters would be catered for, but in the meantime the youngsters would have to get their parents to join the club in order to benefit; and it is working. We have become known as 'Huntingdon Canoe Club' and the future promises well. We are searching for club premises, but meanwhile we have a large adult membership, an impressive recreational and coaching programme and a periodical newsletter.

Though this approach might sound selfish to some, I am firmly of the opinion that once adults discover enjoyment from the Club they will stay on, encourage friends to join and eventually be in a position to pass on their skills and enjoyment to younger members. Experience to date shows this opinion to be valid. Each week we are enrolling new members.....all over 16 years of age. Parents are joining and they see to it that their children gain. Instructors are always keen to coach kids if they can see that parents are doing their bit also.

I also think that a good canoe club should encourage a social aspect to its activities. This involves non canoeing parents, wives and girl-friends which of course makes it that much easier for the canoeist to paddle his or her own canoe. Insisting on a minimum age for membership, at least in the early days of formation is going to encourage a good non-canoeing social base for the canoeists. The youngsters will eventually benefit from a successfully run club where there will always be adults to turn to for coaching, transport and even equipment. First comes the horse, and then the cart!

FUN WEEKEND FOR MEMBERS OF THE COACHING SCHEME

Norfolk Coaching Panel's weekend course is now 25-27 September, NOT 10-12 October as previously listed.

Saturday am pool booked. Canoe films and guest speaker in the evening. Flexible programmes offering surfing, sea canoeing (with possibility of Wash crossing), river trips, or come and try it Canadian/Sprint. No formal instruction - self organising. Own catering, luxury youth hostel style accommodation.

Course fee /13.50. Applications: Mrs C Dean, 23 Meadow Rd, Heacham, Norfolk.
Home: Hexham 71301; Work: Kings Lynn 61144 X 212.

DON'T BECOME A 'STATISTIC'

A breakdown of fatalities which have occurred as a result of 'canoeing' activities in the 10-year period 1971-1980 follows. An in-depth study needs to be carried out to analyse these more fully, and to take stock of the 'near misses', the trends, and the type of person involved. If this work is undertaken, and a full report produced, its availability to members will be advertised in a future Focus.

One thing is clear from the outline. The vast majority of accidents occur in calm water where the wearing of a buoyancy aid and the ability to swim would almost certainly have averted a tragedy. Where no comment on the conditions is made, this fact applies.

Proper training, a building-up of experience in gradual stages, and the wearing of a buoyancy aid or lifejacket, reduces the risk of death through canoeing to a minimum. Only 10 - an average of 1 per year (although this is one too many) - have died, who were either competent paddlers or under competent instruction.

There is no room for complacency, but a factual survey of the members of the BCU Coaching Scheme alone has shown an annual canoeing involvement of 2.5 million student canoeing days. A separate 1980 survey, with a 40% sample, shows at least 160,000 new people being put into canoes annually. It is reasonable to assume, that with allowance for lapsed instructors who are still working, and all those who operate without qualifications, the very minimum must be 250,000 annually.

It is against this background that the accident statistics must be considered, for what is generally accepted as a 'risk' activity.

The survey is restricted to accidents occurring in the UK only.
BA - Buoyancy Aid. LJ - Lifejacket. NS - Non Swimmer.
PS - Poor swimmer.

1980 - 8 fatalities

Singles

1 on River
2 on Sea

Doubles

1 on River
4 on Lakes

Trapped against stanchion on Dee
1 soldier on adventure course off Blackrock
1 11-yr-old Scout. Winds 5-6

Thames in spate. PS NO BA.
2 soldiers on adventure course - Loch Nevis.
Severe gale warning in operation.
1 late night - illegal site. No BA.
1 Open Canadian - N Wales Lake. Force 7.
No. BA.

1979 - 5 fatalities

Singles

2 on Rivers

1 on Lake

Doubles

1 on Sea
1 on River

1 epileptic on calm water
1 experienced canoeist trapped on weir on Awe
Solo paddler.

NS. No BA
NS. No BA.

1978 - 3 fatalities

Singles

2 on Rivers

1 practising for Services marathon on flooded Tay. No BA.
1 epileptic during Marathon.

Doubles

1 on River

Open Canadian. NS. No BA.

1977 - 12 fatalities

Singles

1 on Sea
5 on Rivers

Group capsized. N Wales
1 Club paddler wedged under tree in flood on Trent.
1 top slalomist lost at Boulton Lock.
1 heart attack
1 hired boat. NS No BA.
1 trapped against bridge scaffolding at Builth.

Doubles

2 on Sea
1 on River
1 on Estuary
1 on lake

Man and boy. No BA. Force 7.
3 in double. No BA. NS.
Exposure
No BA.

1976 - 7 fatalities

Singles

2 on Sea
2 on Rivers

No BA. Force 6.
No BA. NS.

2 on Estuary

Doubles

1 on Estuary

Experienced canoeists. Extremely cold conditions

calm conditions. Verdict 'drowning', probably exposure. BA worn.

1975 - 6 fatalities

Singles

1 on Sea
2 on Rivers

Lone paddler crossing Pentland Firth
1 club member on Thames. River in spate.
Cold.
No BA.
1 from Open Canadian. No BA
NS. No BA.

2 on Lakes

Doubles

1 on Sea

3 in double.

1974 - 11 fatalities

Singles

1 on Sea
5 on Rivers

Canvas kayak. No BA
1 on Police training exercise - several NS in group of 17 on weir.
1 No BA on weir
1 heart attack
1 PS. No BA
1 2-year-old
Force 11. (eleven)

1 on Estuary

Doubles

2 on Sea

1 removed LJ to swim
1 No BA. PS
No BA

1 on Lake

1973 - 8 fatalities

Singles

2 on Sea

1 at English Activities Centre
1 at Scottish Activities Centre
No LJ. NS

1 on Lake

Doubles

3 on Rivers

1 on Thames. No BA. PS
2 on Lune. 'Wildfowling in 14' canoe'. No BA.
1 W Midlands. No BA.
1 Berkshire. No BA.

2 on Lakes

1972 - 16 fatalities

Singles

2 on Sea

4 on Rivers

3 on Lakes

1 Hypothermia. LJ with no valve.
1 No BA - 50 yds from shore.
1 club canoeist on horseshore weir at Downton on Teme. River swollen.
3 NS. No BA.
2 PS. No BA
1 experienced canoeist. Crossing Windemere alone.
No BA.

Doubles

2 on Sea

4 on Rivers

1 on Lake

1 PS. No BA. Offshore wind.
1 No BA. Strong tide.
3 PS. No BA.
1 heart attack
3 in double. Collapsed and died after swimming ashore.

1971 - 10 fatalities

Singles

1 on Sea
3 on Rivers

Stolen canoe. No BA.
1 club canoeist on Ure. Jammed against tree with feet past footrest.
1 NS. No BA.
1 experienced canoeist. Injured head during demonstration. BA on bank!
No BA.

1 on Lake

Doubles

1 on Sea
4 on Rivers

Inflatable canoe. No BA. NS.
1 hired canoe. No BA.
1 in party shooting weir. No BA.
1 NS. No BA.
1 No BA.

Olympic Slalom

Confirmation has come from the States that regrettably Slalom is definitely not to be included in the 1984 Olympics.

However, if Nagoya, Japan, wins the nomination for the 1988 Games, then it seems very likely that it will be re-introduced and the competition held on a natural course approximately 35 miles from the City.

It is now up to the National Olympic Associations, for on their vote depends the venue of the 1988 Olympic Games.

FRANK WAGNER – A PROFILE

One of the candidates on the first Racing Trainer courses to be held under the revised system was Frank Wagner. This would have raised a few eyebrows in his native Hungary, and speaks volumes for Frank's character. At home, he is still something of a national hero, having in the past won World canoeing medals and a Hungarian version of 'Superstars'.

Ron Emes, our present Director, came across Frank when running a slalom in the Birmingham area in 1956. He noticed some workers, who were taking an interest in his activities by leaping in the water and bobbing down the course. One turned out to be Frank Wagner, who was a refugee from the troubles in Budapest at that time.

Frank had won two medals at the 1954 World Racing Championships at Macon, in France, and it was not long before he was involved in the Birmingham Kayak Racing Club, and Worcester Canoe Club, competing in marathon and racing in this country, and winning several national championships.

It was in 1945, as a 16-year-old, that he joined Csepels Vasas Sport School Kayak Club in Budapest. His account of the Hungarian system is fascinating. Youngsters started in open Canadians with 4-up, progressing to doubles, and then the final accolade in being entrusted to a single C1 or K1. However, this was dependent upon regular attendance and training – 1,000 hours per year – and promotion to C1 or K1 could take three years! Upon reporting for canoeing it was likely that the coach would say: 'You want to canoe? First we run ten miles!' (The growth rate of the sport in this country might be retarded by this system!). Hungary however, with a population of 10.5 million, has 6,000 registered racing paddlers. Britain with 55 million, boasts under 1,000.

With the event of his son's recent interest in the sport, and since the course last year, Frank has become firmly established in the Cardiff area, working gently and gradually, bringing about a Welsh squad of racing paddlers. The WCA have a potential indeed, in obtaining the services of the only Racing world medal holder currently living in Great Britain as joint team manager and coach for their squad. Such was his performance at Macon in making up time in the relay, to allow Hungary to take the Silver, that the World Champion of the time, Frederrikson, demanded an enquiry, claiming that it was an impossible feat, and that Frank must have started 'early'.

Fully supported by his wife, Mary, Frank has become a familiar figure at races throughout the country, but is happiest when surrounded by his own countrymen at International events. Mary has been achieving stirring work for the sport as a result of all this, and recently organised the first Regatta to be held in Wales at Cardiff.

Frank's last appearance internationally was when he represented Great Britain at the European Championships at Duisburg in 1959. Long may he contribute his knowledge and skills to the development of racing in the U.K.

A CANOE INSTRUCTOR'S SESSION by John Kuyser

I walk down towards the canoe store, look at the sky and wonder if the wind will moderate – it is about Force 3 with occasional gusts of Force 4. A wind like this will add plenty of excitement to the first canoeing session for my group of 6 beginners. Where shall I start them off? We have a choice of an exposed beach or a partly sheltered creek. The creek may seem best but once we are a few yards away from the beach the offshore wind will find us. At least the group will get afloat without filling in the Kayaks in the process, so with tight control the creek is the better site. Outside the store six eager faces await the Instructor. I have a look at them and ask them their names: Jane a small girl well kitted out with wetsuit and 3595 Lifejacket who says she has her One Star, and Bill, Jane's father, a bit beamy (will he fit our Slalom cockpits?) but well equipped as requested in the pre-session information sheet. Steve a tall thin 15 year old wearing cut-off jeans old pumps and an enormous long walking Gaiter – I must watch him in case he gets too cold.

Carol and Martin, brother and sister, are sensibly dressed in polar sweaters, shorts and trainers topped with windproof anoraks, they seem to be a bit younger than the recommended minimum age of 12 I suggested.

Graham is rather older – he looks about retiring age but his blue face and hands may be due to cold not age! His old scout shorts, vest and Kapok non-windproof anorak may prove inadequate when we get wet later in the session.

I check the lifejackets. Are the straps properly worn? Is the inflation tube cap on? Is the tape secured safely? Is the whistle there? Carol is already testing her tube cap! Everyone has suitable shoes – they should not jam inside the Kayak, or come undone and will protect against glass on the beach. A quick word on the Slalom Kayaks and footrests then 15 minutes of wriggling buttocks as they are fitted. Now I demonstrate how to get into a Kayak – "Hands must be behind the hips for entry or exit" – and fitting spraydecks – "No, you can get out when wearing a spraydeck – see, like this".

Paddles next - left or right handed? The paddles are flat bladed so no problem of which paddles for left or right featherers. "Why are they feathered?" - "20,000 Kayakists say so, and they reduce forward wind resistance". I demonstrate the paddle skills - feathering, forwards, backwards, sweeping, let them try them before we near the water. Graham looks worried! No wonder! He is holding the paddle with his hand underneath. The loom on the left! Whilst they wrestle with feathering I give a quick check on the Kayaks. Holes, toggles, buoyancy, did they put the footrest in properly? Oh dear, Martin has not put his wing nuts on - we could easily lose a footrest in capsize drill! Out comes the Chinagraph pencil and the canoeists first names are on their Kayaks so that I can remember who's who. Interest in Canoeing on the shore begins to wane now and so I give a very brief outline of group discipline and what I have in store for them on the water before leading them down to the beach with their Kayaks.

My One Star paddler Jane is my choice for demonstrating how to use the paddle for outrigger during embarkation and her obvious skill at this encourages the rest of the group. As I have no assistant I get afloat myself now, explaining again how to do it. I have the Kayak just afloat for this - seal launches come later! I must be afloat now whilst the beginners get in, to keep the group together during their first tentative minutes, although it would be nice to stay ashore helping each individual. Jane is obviously happy and confident so my attention goes to Bill who is struggling to get himself into the cockpit - "What's the trouble?". A common problem. The footrest seemed just right on the shore but now it is too close for comfort so it is out with the Canoe and five minutes to be spent re-adjusting it. It is 40 minutes now since we started the session and coffee break is only half an hour away!

The rest of the group get afloat alright but most of them need another pair of hands for stretching on the spraydeck whilst they helplessly drift away from the beach. I help them with the spraydecks and whilst doing up Carol's I check the rest of the group. Four safely afloat and gingerly using their paddles - but where is Graham? He has drifted behind me and is visibly trembling "Brace under the deck with your knees". Too late! In he goes with a look of resignation on his face as he starts to flail his arms in the hope of getting out of the Kayak without getting his hair wet. As he goes down for the third time I have paddled to him and grab his lifejacket. "Lean forward, head underwater and forward roll out" I yell while he gets out cleanly leaving his canoe upside down as directed although his paddle has floated away. "Hang-on I will be back" I say and I round up the group before doing a swift 'T' rescue on Graham using the time to explain the technique to the group and assure them how easy capsize drill is if you lean forward, undo the spray-deck, hands behind the cockpit and forward roll out - after the Kayak has fully capsized.

By now we are about 50 metres from our beach and the wind is beginning to catch the Kayaks so I concentrate on turning the group to face the wind and paddling them steadily back to shore before the wind becomes unmanageable.

We are keeping together alright and I follow behind the group and talk about feathering with one hand, reaching forward to get a longer stroke and not using the back of the cockpit as an easy chair! Several Kayaks do involuntary circles as they broach in the novice's hands. "You must adjust your paddling strength on each side to correct the turning. Reach well forward to pull the bow back on course". Martin begins to drop behind the group and is clearly finding steering difficult whilst Jane and her father have reached the beach. I stay with Martin whilst the rest rejoin the first two. They are safe and in my sight by the beach whilst I help Martin. Martin's main problem is his size. He is sunk deep into the gunwales and has insufficient control to paddle back into the wind so we begin to drift further away downwind.

Towrope! I look in my Expedition Buoyancy Aid Pocket - No Towrope! I remember, I loaned it to Tom last session. What now? - The decklines on my Kayak are rapidly untied and I tie on to Martin's bow toggle. The deckline leads from an anchorage point beside my seat and is a bit short so I ask Martin to hold onto my stern toggle to keep our Kayaks together and I rapidly paddle back to the beach whilst Martin tells me it was his sisters idea to come canoeing!

By now Graham looks very pinched and cold and I lead the party for a warm-up short paddle along the beach, in its lee, giving the odd steering nudge to Martin's canoe as he gradually gains some control. Jane is doing very well so I get her to paddle backwards alongside me whilst the rest follow. Ten minutes to coffee break and time to get capsize drill over with, so, introducing sweeping strokes on one side only in process, we head back to the starting point.

I gather them around me and explain and repeat the Capsize Drill and then ask Graham, who has had recent practice at this and should get warm again as soon as possible, to do a demonstration. I could demonstrate myself and without the wind I might do so but I need to be afloat to round up any stragglers or go to anyone who has really got tangled up in his Kayak.

(continued at foot of page 15)

THE OPEN CANOEING PLAN

One of the reservations expressed about the new Instructor level award has been that canoeing on placid water is not really 'canoeing' at all. If too many people are content to operate on calm water, the end result will be a lot of recruits to the sport lost through boredom!

A visit to Fladbury Canoe Club in Worcestershire, would soon alter such an opinion.

Using only large-cockpit kayaks and open canoes, a 200-strong canoe club in this small village has built its own clubhouse, employs a full-time instructor/warden, brings together paddlers whose ages range from 3 (yes, three!) to 70, and whose ability is measured from dainty dabblers to British team kayakists and canoeists.

On a recent visit I spent a pleasant Sunday afternoon watching the weekly 'handicap' races. Kayaks and canoes, ranging from touring doubles to international racing Canadian singles competed, each endeavouring to better a previous time for the course. This was followed by technique training, and a lot of fun, with opportunities to paddle the 4-man kayak (K4) and 7-man Canadian (C7).

The Worcester Avon flowed gently past - no wild water in sight - and yet fun and excitement for all ages and all abilities was obvious.

There is a great deal to the 'Fladbury' concept and philosophy. David Train, the club leader has given much thought to the future of canoeing, and the potential for the 'mass market' through this type of development.

The Open Racing Scheme - have you staged a race yet, or incorporated a weekly Division 8 and 9 race in your club programme? - is part of the provision for the future, and the growth of canoeing on the hundreds of miles of waterway that are available to us without hindrance or hassle. (See the up-to-date leaflet on the Scheme enclosed).

David is willing to share his knowledge and ideas, and help others to achieve the full value of the sport in a placid water situation. The operation is not costly - there are now moulds available for the boats involved. The club structure is not complicated. The end result is a positive and meaningful programme of canoeing activity which allows everyone to enjoy the sport in his or her own way and to his or her own potential.

One-Day Course

Starting in October, a series of one-day courses have been programmed for all members of the Coaching Scheme - Trainee Instructor, Instructor, Senior Instructor, Competition Trainer or Coach - to spend the day at Fladbury and be introduced to the Open Canoeing Plan.

BOOK NOW by sending name and address to Mr. D. Train, Glen Villa, Fladbury, Pershore, Worcs, stating which date you will be attending.

The dates: 4 October 1 November 6 December 3 January 7 February 7 March

The cost: £5 Lunch available at local hostelry

(A Canoe Instructor's Session - cont)

Over goes Graham, a couple of staccato bangs on the hull and his head pops out alongside. "Well done! Best demonstration I have seen, Graham. No use the frog kick on your back. It is more effective than back stroke". Jane next and another good demonstration. She and Graham help each other empty out - "Up your end down your end. Twist it whilst you upend it or the cockpit will retain water".

The rest follow one by one with considerable reluctance and Bill has to do it again - "Banging on the bottom after you are out is not correct".

All are ashore now and I have rounded up the stray floating paddle so I can show them that I can still do the drill but I precede it with a roll to show them there is more to learn yet.

"Do it again?" "Time for coffee now" I say.

COACHING STATISTICS

Coaching records for 1980 were returned by app 860 members, representing a 43% return based on 2,000 registered Trainee Instructors, SIs, Coaches and Competition Coaches and Trainers. Currently, CoDe is sent to app 3,000 members.

Averaging the averages of the number of beginners put into canoes by instructors, and multiplying by 2,000 gives the figure of 166,000 quoted on page 1. What is not known unfortunately is the number of members per region. The number per region on which the sample is based can be found by adding the three totals for each section and dividing by the average shown.

The survey does not appear to have revealed anything unpredictable, but it has supplied us with the very useful facts of the situation, and I am grateful to all who took the trouble to supply this information.

G C Good

APPROXIMATE NUMBER OF DIFFERENT PEOPLE COACHED UNDER EACH HEADING DURING 1980

BEGINNERS

INTERMEDIATE

ADVANCED

REGION/ASSOCIATION	Under 16	Under 18	Adults	Av. per Instr.	Under 16	Under 18	Adults	Av. per Instr.	Under 16	Under 18	Adults	Av. per Instr.
SCOTLAND	2626	1377	1189	58	489	570	675	20	79	197	440	8
N. WALES	1758	478	754	157	297	126	428	33	20	40	222	15
S. WALES	2108	712	765	73	316	253	266	17	26	21	114	3
N. IRELAND	135	880	224	49	62	34	106	22		5	22	3
CHANNEL ISLANDS	55	35	10	25	12	47	20	20			4	1
CUMBRIA	2487	275	344	141	220	200	181	27	29	25	111	7
NORTH	1157	313	337	75	185	220	261	28	28	30	164	9
NORTH WEST	3207	826	790	74	527	370	514	22	33	58	124	3
YORKS & HUMBERSIDE	3959	1593	1288	127	754	428	389	29	100	115	89	6
EAST MIDLANDS	2731	552	603	77	250	270	598	22	27	41	122	4
WEST MIDLANDS	7550	1409	782	141	1322	982	378	39	60	96	79	3
EASTERN	3863	2418	885	80	709	1079	600	27	42	268	265	6
LONDON & S.E.	6786	2033	1441	81	1572	1006	996	28	121	207	254	6
SOUTH	3625	977	688	64	688	391	396	18	13	72	161	3
WESSEX	2901	1178	367	85	631	495	219	26	20	75	56	3
DEVON AND CORNWALL	1740	473	206	86	221	187	135	19	45	114	92	9

APPROXIMATE NUMBER OF DIFFERENT SESSIONS HELD UNDER EACH HEADING DURING 1980

BEGINNERS

INTERMEDIATE

ADVANCED

REGION/ASSOCIATION	Under 16	Under 18	Adults	Av. per Instr.	Under 16	Under 18	Adults	Av. per Instr.	Under 16	Under 18	Adults	Av. per Instr.
SCOTLAND	1053	592	632	26	495	401	247	13	168	175	212	6
N. WALES	260	88	256	32	49	23	181	13	5	3	101	6
S. WALES	956	447	296	35	259	257	211	15	69	15	80	3
N. IRELAND	80	25	47	17	46	39	60	16	16	11	22	4
CHANNEL ISLANDS	18	30	15	16	6	16	35	14			10	3
CUMBRIA	477	88	172	34	109	69	117	13	48	20	49	5
NORTH	431	212	175	34	239	200	171	25	104	112	124	14
NORTH WEST	1381	310	377	32	248	180	250	10	89	175	141	6
YORKS & HUMBERSIDE	1623	669	443	51	790	254	229	24	211	184	165	10
EAST MIDLANDS	1464	355	312	43	521	328	403	25	241	218	275	14
WEST MIDLANDS	1180	483	371	29	593	349	291		92	39	66	
EASTERN	1600	803	484	32	572	632	361	18	392	228	279	10
LONDON & S.E.	2819	960	950	38	1297	1024	765	25	111	283	336	6
SOUTH	2487	547	480	43	689	318	283	16	6	123	74	2
WESSEX	1492	500	266	43	519	284	191	19	67	54	67	41
DEVON AND CORNWALL	590	205	179	35	253	157	145	20	117	124	177	15

DIET by John D R Smith (Wolverhampton CC; LCO)

Introduction

A balanced diet is important for a healthy canoeist. The body requires a combination of basic nutrients, (a) protein, (b) carbohydrates, (c) fat, (d) vitamins and minerals, (e) water. The three main nutrients are protein, carbohydrates and fat. The amount the body consumes or requires is measured in calories.

Calories

All people in different walks of life engaged in different activities use energy. The amount they expend depends on the degree of physical effort involved in what they do. This energy can be measured and expressed in units known as calories. The more active the daily routine the more calories (energy) will be required. The calorie is also used to measure the amount of energy a given weight of food is capable of producing. The total calorific content of the daily diet must balance the energy used by the body in 24 hours. If the calorific value is above daily requirements the person will suffer from overweight (especially true for adults) but not for young people so much, as they are going through the process of growth and tissue building, have more muscular activity and expenditure of energy. If the calorific value is below daily requirement the person will tend to tire easily.

Daily Energy Requirements

This varies greatly depending on age, height, weight, sex, job, activities etc.,
A very rough guide is given below.

Sedentary	800-900 cals/day
Light (professional)	900-1400 cals/day
Moderate (medium manual work)	1400-1800 cals/day
Heavy (labourers, sporting acts.)	1800-4500 cals/day

NUTRITIONAL BALANCE

The average persons food intake contains approximately 10-15% protein, 40-50% carbohydrates, 40-45% fat. This is considered in some fields to be out of balance and tends to lead to a person being overweight. A more ideal balance would be approximately 43% protein, 34.5% carbohydrates, 22.5% fat. For active people in full training the balance should be 17% protein, 66% carbohydrate and 17% fat leading up to 10% protein, 80% carbohydrate and 10% fat the week before a major competition.

- (a) Proteins - are required for growth of cells, maintenance and replacement of tissues ie building and maintenance of muscles. Proteins are found in: meats, fish, poultry, whole meal bread, cheese, eggs, nuts etc.,
- (b) Carbohydrates - are primarily an energy source and are required as a fuel for the muscles to work. Carbohydrates are found in:- fruit, vegetables, bread, flour and various different sugars. Some carbohydrates digest very quickly (glucose) but others take up to 3 hours.
- (c) Fats - provide a concentrated source of energy. They furnish protection for vital organs and body, consumption of fats in excess is sure to result in weight problems. Fats are found in meat, eggs, dairy produce, poultry and nuts etc. There are two sources of fats and oils (a) animal, (b) vegetable. Fats as a form of energy are converted very slowly and take up to 5 hours to digest.

How nutrients are used in the body

Protein helps build muscle, carbohydrates and fats give energy. For the energy to be used there has to be a good supply of oxygen. This is received through the blood stream. So to achieve peak performance the competitor must be well nourished (balanced diet) and have a good oxygen supply (cardiovascular training).

(d) Vitamins and minerals

Vitamins are found in many different foods and play an essential role in keeping the body functioning properly. They promote growth and help protect the body from disease. Listed below are some of the important ones with the main sources of food from which they may be obtained.

Vitamin A

Aids growth and helps maintain healthy tissue especially moist areas such as eyes, throat and lungs.

Vitamin C

Is necessary for healthy skin and sound gums, helps cuts and abrasions heal properly.

Vitamin D

The 'sunshine vitamin' can be produced in the body by sunlight on the skin. Helps the body absorb calcium from food which is necessary for strong teeth and bones, finger nails etc.

Vitamin E

Helps maintain healthy blood and improves circulation.

The B. Vitamins

These are a group of vitamins that help in the release of energy from food, promotes healthy skin and muscle.

Iron

Helps the heart and blood system to use oxygen and aids conversion of food to energy.

Calcium

99% of calcium is found in bones and teeth etc. The other 1% is in the blood stream and used by the heart muscles.

Sugars and Mineral Salts

There are many sugars available, some are listed below with their source of supply:-

Glucose

Sucrose

Lactose

Refined Sugar

Supply

Butter, carrots, green vegetables, liver, margarine and milk.

Citrus fruits, green vegetables, and potatoes.

Butter, fish, eggs and margarine.

Cereals, eggs, vegetable oils.

Bread, flour, meat, milk, cereals, eggs, liver, fish, cheese, vegetables, lettuce.

Beef, cereals, spinach, offal.

Dairy produce and fresh fruit and vegetables especially watercress and parsley. (which are also a source of many other trace minerals).

Some fruits, honey

Honey

Milk

Sugar cane or beet

The advantages of the dextrose type sugars are that they are:

1. Easily digested and pass into the body system quickly.
2. Quickly supply the demand for energy.
3. Enable competitors or canoeists training who expend energy heavily to recover rapidly from exertion.
4. An ideal source of energy before and after training or competition.

Minerals Salts

The body uses many minerals and salts apart from common salt (sodium chloride). They include potassium, phosphates, sulphates and magnesium. Found in many fresh fruits and vegetables or available in concentrated form with glucose. They quickly replace body salt lost through perspiration.

Muscular cramp and sometimes headache is put down to a deficiency in mineral salt and glucose after long competitive events or training sessions where heavy perspiration has taken place especially in hot weather. Solutions of glucose and mineral salts can be taken during and after long events or training sessions. The solution should contain 2.5% glucose (maximum body can take up).

Glycogen Boost

This suffers from being in or out of favour. If used too often (more than twice a year) the body acclimatises to the process and no benefit is achieved. Although still considered favourable for sprint whatever sprint may mean. One definition is that sprint is an anaerobic activity lasting up to 45 seconds which means that all canoeing events are endurance activities (aerobic) and not sprint. It would appear that the occasional use of the Glycogen Boost may be beneficial to canoeists. A disadvantage of the Glycogen Boost is that psychological stress may be increased and may outweigh the advantages. This stress is caused by the "hitting a wall" syndrome which appears as all glycogen stores are used up.

The 'glycogen boost' is included below with a recommended alternative.

Glycogen Boost (boosting reserve carbohydrates)

This is a process of raising the carbohydrate (glycogen) reserves in the body to approximately twice the normal level. It is achieved by diet over a seven day period to an event. Extra energy is made available thus enabling a higher performance to be achieved for special events such as National Championships, International regattas, International team selection etc.

Method

4 days - controlled diet of protein only. No fat or carbohydrates. Food eaten includes: lean meat all visible fat removed before cooking, grill i.e. steak, chicken, turkey all skin and visible fat removed before cooking. Fish - cod, flounders, haddock, halibut, tinned tuna or salmon (oil drained off). Some vegetables although low in nutrients supply vitamins and minerals ie cabbage, carrots, cauliflower, celery, cucumber, lettuce, parsley, radishes, tomatoes, fresh lemon juice, vinegar. Take multi-vitamin supplements, and plenty of fluids.

Continue normal training programme

3 days - eat high carbohydrate foods including: meat cooked with fat, high oil fish herring and mackerel, bread, cakes, pastries, milk puddings, dairy produce such as milk, butter, cheese, any fruit and vegetables, as much as you like. This diet will boost carbohydrate level in body to well above normal, after having reduced the level after four days.

No training.

ALTERNATIVE

During the pre-race period of tapering off training, load body with carbohydrates to a ratio of 8:1:1 which is 80% carbohydrates, 10% protein and 10% fat. Expect an increase in weight of up to 3 lbs.

Pre-race diet

This is most important. The blood in the body can either be working for the stomach digesting food or working for the system transporting oxygen to the muscles and helping them work hard. It cannot be doing both. Thus it is vitally important not to eat for at least two/three hours before an event. Proteins are not of any value when eaten on the day of the race, they do not get into the body for sometime. Fats take a long while to digest and should be avoided on race day. Carbohydrates are quickly and easily digested but still must not be eaten two/three hours before the event. They give a good and ready supply of energy on race day. A typical breakfast should be:

toast and marmalade (no butter)
tea, sugar (no milk)
cereal, water, sugar (no milk)

Plenty of fluid can be drunk, a race can use up a lot of body fluid and it is important that the body does not become dehydrated.

Conclusion

The canoeist requires a good balanced diet that should contain:

- (a) Plenty of fresh fruit and vegetables (cooked and raw)
- (b) Protein
- (c) Carbohydrates
- (d) Fats

If you tend to be overweight (check against desired weight chart below), reduce carbohydrate intake, ie only eat wholemeal bread (contains more protein), reduce intake of anything made from white flour. Reduce fat intake, change from animal fats to vegetable fats for cooking and spreading on bread (polyunsaturates instead of butter), reduce intake of other dairy products, milk and cheese etc.

DESIRED WEIGHT (Approx. will vary with size of body frame)

Height	Weight (women)		Weight (Men)	
	Stns.lbs.	Stns. lbs.	Stns. lbs.	Stns.lbs.
4'10	6.7	- 7.0	6.11	- 7.7
4'11	6.9	- 7.4	7.0	- 7.10
5'0"	6.11	- 7.7	7.2	- 7.13
5'1"	6.13	- 7.10	7.7	- 8.5
5'2"	7.2	- 7.13	7.12	- 8.11
5'3"	7.7	- 8.6	8.3	- 9.2
5'4"	7.12	- 8.11	8.10	- 9.7
5'5"	8.00	- 9.00	8.13	- 9.12
5'6"	8.5	- 9.4	9.4	- 10.3
5'7"	8.10	- 9.8	9.7	- 10.8
5'8"	8.13	- 10.00	9.11	- 10.13.
5'9"	9.4	- 10.4	10.3	- 11.5
5'10"	9.9	- 10.9	10.8	- 11.10
5'11	10.00	- 11.00	10.12	- 12.00
6'0"	10.4	- 11.4	11.5	- 12.3
6'1"			11.9	- 12.11
6'2"			11.13	- 13.1
6'3"			12.2	- 13.6
6'4"			12.4	- 13.13



"Good news, Geoff. I'm moving you to a bigger desk."

by Brian

BASIC SKILLS UPDATE

Sweep stroke

A certain amount of correspondence has taken place concerning the description of the 'sweep stroke' in a previous issue, when it was emphasised that the paddle must be drawn in hard at the stern. Dave Coggins stated that greatest success was achieved when the effort was applied in the middle of the stroke.

John Sturgess makes the point that difference in boat design and whether or not the kayak is moving, must be taken into account.

Tim Monnow refers to the difference in 'pivot points' - older slalom kayaks pivoting forward of the cockpit, thereby allowing the strongest leverage when the paddle reaches the stern. For kayaks pivoting round a middle point, the strongest leverage is likely to be with the paddle in the middle of the stroke.

Mike Tynan makes the reminder that if the paddle is left trailing at the end of a corrective sweep stroke, this will have an opposite effect to that which is required.

Following discussion with Frank Goodman, and in agreement with these correspondents, I would propose that the following is the case:

Modern low-volume slalom kayaks, with their extreme rocker, will require the minimum of effort, particularly when applied from 45° ahead of midships, to 45° astern of midships, to cause them to spin almost right around in their own length.

High volume slalom kayaks will in the main, require alternate backwards and forwards sweep strokes to turn them in their own length when stationary. The opportunity should be taken when teaching the reverse sweep, to encourage students to turn the head, then the shoulders parallel to the gunnel, insert the paddle close to the stern, and obtain their power by unwinding the trunk.

For the sweep stroke, the paddle blade should be 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. Paddling-side arm should be extended, but not stiff (elbow slightly bent). The other arm pushed across body to allow blade to be pulled well into the stern.

For modern slalom kayaks, the stroke should be developed so that the top edge of the blade on a forward sweep stroke is ahead of the lower edge. The body can then be leaned further out, without tipping the canoe, by supporting the body weight on the paddle. Greater leverage can then be obtained.

When using sweep strokes to correct a kayak which is turning off course, particularly older 'general purpose' slalom boats, it is necessary to emphasise that the paddle must be pulled well into the stern. Once the rear end starts to 'skate' away, it is there that the effort must be applied to control it.

CONFERENCE 1980

The report on the 1980 Coaching Conference was regretfully omitted from the last issue. It is included here with the reminder that the next Conference is on 10-11 October at YMCA Windemere, Cumbria. See booking details at the end of this article.

Plas y Brenin, the Sports Council's National Centre for Mountain Activities, snuggling into the Snowdon Horseshoe, was the setting for the 1980 Conference of Coaching Organisers.

The theme that presented itself was 'opening up' and the Director of Coaching kicked off with the question 'What is the role of the Senior Instructor?' His answer: 'a window cleaner'!

Whilst accepting that everyone has his or her own particular enthusiasm and will develop around themselves a band of disciples for that enthusiasm, Geoff believed that the instructor's primary job was to clean the windows of the toyshop window of canoeing, to let the newcomer see what the sport had to offer. Once a choice was made, the instructor should help the individual in obtaining fulfilment from that choice.

He referred to criticism of the existing Senior Instructor syllabus, that it was geared to 'wild water' canoeing - be it sea or inland, and asked whether we were preventing meaningful activity by implying through our system that there was only one goal in canoeing - rapids or open sea. Was it any more 'right' - or for that matter, any more 'wrong' - for an instructor to lead everyone into open sea touring, than for an instructor to lead everyone into sprint racing? Honestly, the Director felt, lay in either providing a qualification for placid water canoeing in open cockpit kayaks and Canadians, or in stating that we did not recognise this as requiring a qualification.

DISCUSSION FOLLOWED

The debate which followed led to the question from Dave Evans of Calshot Activities Centre, as to whether the matter was merely going to be discussed again, or would the National Coaching Committee take note of the Conference vote the previous year for the introduction of an Instructor level award. Before the close of the Conference a firm vote was recorded that an Instructor level award should be introduced.

THE BCU COACH AWARD

The Working Party report on the new arrangements for the training and assessing of BCU Coach was discussed long and loud, with convincing arguments as to the reasons for maintaining the existing weekend course basis, and just as convincing arguments for the proposed change to a 'one-off' one week course staged only at National Centres. The main advantages were conceived as being that the maintenance of standard was more efficiently controlled, that courses could be 'tailored' to candidates needs and their quality guaranteed, and that the Director of Coaching and other key figures in the scheme could be involved and meet all Coaches personally, building a 'BCU team spirit' into the system. It was recognised that for practical purposes there was little reason for an individual becoming a coach. However, the Scheme, it was believed by the Working Party, needed people of this calibre to be identified and committed. For personal reasons it was likely that experienced Senior Instructors would prefer to obtain official recognition, through qualification, of their status. The matter was finally referred back to the National Coaching Committee without a firm recommendation either way. Subsequently NCDC decided to give a two-year trial system to the Coach Award being obtainable through attendance on a one-week national course only.

THE RACING C1

David Train, with son Andrew, demonstrated how easily a canoeist can learn to balance a racing C1, using the 'touring K1' - a Vardy Rapide, with moulds now available - which has been adopted by David for club use at Fladbury. Volunteers commenced by kneeling in the kayak with seat removed, and backside low. Once confident, the paddler rises by stages, still on two knees, until able to adopt the high kneeling position. Several senior coaching members took to the water, with varying degrees of success! The system was proved viable, however, and our thanks to David for the work he is achieving in the open racing scheme, and the development of open cockpit kayaking.

WHY FEATHER?

John Kuyser, Chairman of the Sea Touring Committee, presented a case for beginners paddles being unfeathered, with a set of slides, a questionnaire, and arguments which included the fact that unfeathered blades are easier to store and transport, and are less likely to precipitate tenosynovitis. A lively, good-humoured debate ensued!

EXCITING SWEDEN

Following the Moderating Forum, whose recommendations and subsequent endorsement are reported elsewhere, Dave Hellawell presented an illustrated account of a trip undertaken in Open Canadians by himself and Chris Hare on the rivers Liaino and Torne in Sweden.

The pair had carried out some preparatory training, but were surprised and enthused at the grade of water encountered on the trip, and the performance of their Huron 18' double in the conditions.

Although not a 'wilderness' trip as such, expeditioning in Sweden is far more committing than is possible in the UK, and their experience was worthwhile, repeatable, and recommended to others.

THE GEORGE STEED METHOD

Sunday morning saw every member of the Conference perched perilously on the elderly pontoon on the Plas y Brenin Lake, working through George Steed's method of introducing newcomers to open Canadians with a view to running grade II-III water within a 5-7 day course schedule.

Many useful coaching hints were obtained - for instance, when introducing a draw stroke George said 'turn the head first, then bring the shoulders parallel with the gunnel'. Try this, it really does enable the body to turn effectively in order to apply the stroke.

So successful was George's session that nearly half the course were keen to continue with the open Canadian skills into the second half of the morning session. Here, the skills were applied to a moving water situation using the small fall under the bridge. It was at the end of this period that the video captured the magic moment when George Steed and Chris Hare attempted an ambitious breakout, mis-cued, and the result can be predicted. It should be noted that George stepped ashore without getting his feet wet, although he had extinguished his cigar just prior to the trip!

WHAT IS A DISABILITY?

Ron Moore had brought a team of paddlers with varying degrees of physical impairment, who gave a most moving, but challenging and thought provoking introduction to the entire assembly, before allowing themselves to be used as 'gunea pigs' by members keen to work specifically with disabled people.

DOWN RIVER

Graham Lyon led those convinced white water kayakists who can never get their fill of the 'real stuff' down the Llugwy.

ANNUAL GENERAL MEETING

After lunch the Conference came to a close with the AGM of the Scheme, and agreements on the final recommendations of the Conference which have subsequently been acted upon and reported elsewhere.

Carel quaife was able to steer the meeting, as he had the entire Conference, through to a satisfactory conclusion.

A full copy of the minutes of this meeting are available to members on receipt of a stamped addressed envelope.

CONFERENCE 81 - 10/11 OCTOBER

Cumbria - YMCA Windemere - is the venue this year, and the Cumbria Panel have undertaken to devise a course with an even greater practical content relevant to the developments within canoeing.

The Conference is open, in order of priority to: RCOs, LCOs, Coaches, Centre Staff and other members of the Coaching Scheme. Please note that items for debate must be notified to the Director of Coaching by 1 august at the latest for publication prior to the Conference. Bookings can be made at any time to The Director of Coaching. Final notification will be posted during August and confirmation sent out during the first week in September. The fully inclusive fee for the Conference will not exceed £15.00.

COMPETITION COACHING SYMPOSIUM

A full report on this year's Symposium is still in preparation. The Sunday sessions with Einar Rasmussen and Dr. Per Blom have been described as the best Coaching Coaching session ever staged by BCU. Our thanks to Martin Bosher for programming it.

The first weekend of March annually has been agreed for this annual event. Please set aside 6-7 March 82 now.

DEAR CODE

I am interested in the cause and incidence of dislocation of the shoulder in canoeists. I should be very grateful if anyone in your club/centre who has dislocated their shoulder whilst canoeing would supply me with their name and address so that I might send them a questionnaire.

Clive H. Atkins, 28 Barclay Road, Leytonstone, London E.11.

Although a relatively new member of the Coaching Scheme, I would like to express my concern over the timing of the Capsize Drill in an instruction programme.

I have seen many a Senior Instructor command their pupils to perform the Capsize Drill on their very first outing. They quite gleefully sit in their neoprene wet suits watching the poor kids freeze to death while they struggle to the side.

If this is 'Canoe 81' when we want to promote enthusiasm amongst the public in large, then we should delay the Capsize Drill until the instructor has fuelled enough enthusiasm in his pupils, to overcome this at first, frightening although very necessary exercise.

My wish is to see a more dedicated drive to get pupils canoeing in a reasonably skilful manner. This would create enthusiasm and a dedicated force, rather than a group of bewildered people, disappointed by playing at ducks and dragging canoes to the side.

Please do not think I have forgotten the very important safety aspect. It is of course, up to the instructor to create a controlled situation.

DUNCAN EGLIN, Accrington Canoeists

Stanley Weir, River Tay, Perthshire

A recent nasty accident to a paddler at the above weir has highlighted the great amount of care which must be exercised by paddlers using this stretch of the River Tay.

The weir was blown up approximately 10 years ago, leaving three distinct chutes through which the paddler can pass. The weir was constructed of concrete reinforced with metal spikes, many of which still protrude from the rubble on the river bed, and are particularly dangerous in low water conditions. The right-hand chute is the one which is most badly affected by this hazard but ironically it appears to be the easiest for beginners to negotiate.

The Scottish Canoe Association is looking into ways of eliminating the worst of these hazards but until this is done groups and individuals should exercise extreme care when negotiating this stretch of river.

I noticed in a previous copy of CoDe that some concern had been expressed over release straps on spraydecks. I remember seeing a very good idea several years ago that could use a bit of publicity.

You glass a piece of thin webbing to the underside of the deck, just in front of the point of the cockpit. It is about 15" long, and has a toggle (or plastic golfball) on the other end. Before putting your spraydeck on, this is brought out of the cockpit so that the toggle lies on the deck. The spraydeck is put on the deck. The spraydeck is put on over the webbing. Pull the toggle to lift the elastic off the point of the cockpit, thus releasing the spraydeck. This is very efficient; does not damage the spraydeck; does not put much strain on the point of attachment and cannot rip away under too sharp a tug. You have to remember to flip it out before putting the deck on, but you have to do that with a lot of release straps as well.

VIC BROWN, Benmore Lodge



It MUST stay on! by Alan Byde

To revive an ancient argument: without naming names, or revealing my source, the following phone conversation took place yesterday:

.....' Did you know? He died last weekend of..... point. He was alone, and not suitably clothed for the water although the air was warm. Post mortem examination showed that he had drowned, although hypothermia must have been likely. The body was found quite soon after he set off to round the point alone. It was found floating face downwards with the main bulk of the lifejacket, a BSS 3595 design, at the back of his head. The straps were loose, and it actually was holding his face down into the water. How did that happen? Well, the hypothesis is this, that he came partially out of the canoe and was in trouble with his rather large spraydeck. It was probably partly attached to the canoe, and to him. He loosened the lifejacket straps to release the spraydeck, and the lifejacket then worked around in the turbulent water off the point, and got around behind his head and actually kept him face downwards into the water. The canoe was found, but the spraydeck had gone. It was known he had set off with one in place. It was also the case that he was wearing the lifejacket in its proper place, and it fitted him. He was a man of great experience on the water. Why didn't he pull the thing around into its proper position? We don't know. After all, this is conjecture. But the fact is that the fishermen who found him, reported that the lifejacket was on back to front, and the straps were loose.

Draw your own conclusions. Some seven years ago I was working with students at Atlantic College. These are highly intelligent people from all over the world. Persuading them on their first attempt to put on a BSS 3595 properly was a difficult thing to do, and took a lot of patience. In this they differed not at all from many youngsters I worked with in Oxford, previously. BSS 3595 can be put on incorrectly.

Once I recall paddling toward Flathclme from Barry, with a small group of strong paddlers. I was having problems with one young man of great power who was showing signs of leaving everyone else behind which is why I remember him. I also remember that his BSS 3595 was fitted with a quick release buckle. Repeatedly his thumb caught the buckle, and often he released it. If it were not for the fact that I was in loco parentis, I should have said, take it off, its useless. But he had to wear it and I had to insist that he do so, for my professional safety rather than his physical safety. He used a very high paddling action, taking the paddle shaft almost vertically past his body, which is why his thumb caught the buckle. That type is not now available even though once it was under the BSS 3595 specification.

Anyone who cares to could look up articles by me in the canoeing magazines in the sixties, in which I endorse the use of BSS 3595 lifejackets. When I took the job as warden at Riverside, Oxford, the young people of the place rejected any advice given to them by anyone in authority, on principle. They derided the lifejacket, as the 'BCU drowning aid' and would not wear it. It was necessary for me to insist that the BSS 3595 lifejackets be provided for and worn by people under my control. It was made quite clear to me that included anyone under the age of eighteen who entered the premises, whether or not I was present. An impossible requirement but cosy for councillors.

When I had responsibility for something like sixty lifejackets in regular use, for most of the year, you can imagine that wear and tear was extensive. Each month I went around the lot, they were in different places, and checked everyone against its book record. Each one was numbered. The main problems were, missing whistles, inoperative air valves, missing waist straps, covers weakened by UV light, leaking air bags, chafed at the corners. (NB when checking air valves, never put your mouth to the valve. I always used a short plastic tube after my first test. With many different people from many parts of the world using these, I found I had a most exotic variation on the trots that you can imagine. Montezumas revenge I should think.)

Well, maybe the young people of Oxford, twelve years ago, were not simply anti, but prophetic when they dubbed the thing the drowning aid. It has many faults. It can be put on wrongly, the permutations are many and some amusing; it can come loose in use when paddling. It doesn't function properly unless inflated, it can come loose when in the water and arrive back to front. It can give rise to all sorts of problems to do with air valves which get stuck, or infected.

The buoyancy waistcoat can only be put on one way. It's either on or off. It is possible that someone could devise, within the BSS 3595 standards that will combine the on-off quality of the waistcoat with the right-way-up-when-inflated quality of the 3595 at all times, and yet remain easy to use?

The BS committee which attends to these matters must give it more attention. A personal BSS 3595 to which the user is accustomed should not give the user the dysentery. It should be in constant use when on the water, but you know, it very often isn't. The lifejacket, like a parachute, is always a damnable nuisance until it is needed. And then on how it is needed.

At least that is what I thought until the phone call yesterday. That man would have been better off without it, the way it was.

WHY FEATHER? by John Kuyser

Remember the T.V. 'Superstars' paddles? I gave an illustrated talk to the British Canoe Union Coaching Conference on the topic of 'Why feather paddles' and circulated a questionnaire in advance to Conference Delegates.

The results of the survey are given below:-
 Approximately 40 questionnaire returned.
 17 questionnaire analysed.
 I did not complete

	YES	NO	DON'T KNOW
1) Do you consider having paddles improve muscle action in shoulder and trunk?	6	3	8
2) Do you consider that feathering weak wrist position on the hand during the push for power?	5	11	;
3) Do you consider that 'feathering' resistance when paddling a valid reason for feathering the effects of cross, wind conditions?	10	4	3
4) Do you consider that feathered blades, which require more effort on both right and left blades (if both blades are used)?	3	9	5
5) Do you consider that:- a) Tenosynovitis and b) The tendency for improvers to be more technically efficient on one side is contributed to by feathering?	1	12	4
6) Do you consider that storage and transport of paddles on racks, on the decks of kayaks, on car roof racks, temporarily on the ground etc would be easier with unfeathered paddles?	12	3	4
7) Many sea canoeists are changing to the use of unfeathered blades. Are their reasons for changing relevant to inland paddling?	4	10	3

Other factors considered relevant to the discussion by delegates on the questionnaires were:-

- 1) Centres are financially committed to their feathered paddles.
- 2) Cleaner entry and exit of the paddle is possible by feathering.
- 3) Some paddlers are already reducing the degree of feather from 90° to 85, 80, 70 or 60°.
- 4) Feathered blade can be put closer to the kayak.
- 5) A trial using K1 racing kayaks should be done.
- 6) Feathering is the 'pure' form of paddling.
- 7) That Regional and local Coaching Organisers and Sea and Inland Coaches polled were unable to give as useful an opinion as 'Top Canoeists and their Sport' could.
- 8) Unfeathered paddles should be a different shape to reduce the leverage exerted by air resistance as in the traditional Eskimo paddle.

I would be pleased to receive any further opinions in this discussion or to hear from paddlers who are already 'untwisted'.

John's very stimulating approach to paddling provoked a great deal of discussion/argument at the Coaching Conference - before putting pen to paper, perhaps readers would like to compare these thoughts with those by Colin Gray on paddling page four, C oDe number 7, Spring 1980. - Editor.

COURSES - DATES - COURSES - DATES - COURSES - DATES - COURSES - DATES

SENIOR INSTRUCTOR TRAINING (INLAND)

October 16-18 Askham Bryan College, York
R Pettit, Askham Bryan College, Askham Bryan, York

October 16-18 Offord, Cambridgeshire
J. Ramwell, 32 Glebe Road, West Perry, Huntingdon, Cambs

September 18-20 Oundle, Northants.
K Thompson, 23 Stalbridge Walk, Corby, Northants NN18 0DT
(sae please)

SENIOR INSTRUCTOR ASSESSMENT (INLAND)

October 16-18 Askham Bryan College, York
R Pettit, Askham Bryan College, Askham Bryan, York

October 16-18 Offord, Cambridgeshire
J Ramwell, 32 Glebe Road, West Perry, Huntingdon, Cambs

SENIOR INSTRUCTOR (SEA) TRAINING

25-27 September Tayside
OE Team, Ancrum OE Resource Centre, 10 Ancrum Road, Dundee, Tayside

SENIOR INSTRUCTOR (SEA) ASSESSMENT

25-27 September Tayside
OE Team, Ancrum OE Resource Centre, 10 Ancrum Road, Dundee, Tayside

SEA KAYAKING EXPEDITION

24-28 August 81 Anglesey - from Calshot Activities Centre
D Evans, Calshot Activities Centre, Calshot, Hants

SURFING

27-29 November Devon. Lead by Raymond Rowe, of Plas y Brenin, and John Ramwell
Courtlands Centre (CO), year Kingsbridge, South Devon (054 855 227)

WHITE WATER KAYAKING

6-8 November Brecon area - from Calshot Activities Centre
D Evans, Calshot Activities Centre, Calshot, Hants

SEA CANOEING SYMPOSIUM

The 4th Sea Canoeing Symposium will be held from 20-22 November 81 at Eurosports Village, Ipswich, Suffolk. R Ramwell, 32 Glebe Road, West Perry, Huntingdon, Cambs PE 18 0DG

CANADIAN SLALOM COACHES COURSE (OCTOBER)

Top coaches will be involved in training those interested in the secrets of paddling C1's and C2's. This will include, techniques, tactics, fitness, psychology and physiology.

This is a new course - make use of it and write for full details from

Pete Holloway,
111 South View Avenue,
Caversham, Reading.

Tutors

Pat Thorn GB Canadian Coach
Martin Hedges GB Paddler
Pete Holloway Slalom Coach
Kevin Nott Slalom Coach
Derek Looker Slalom Coach
Hugh Mantle GB National Slalom Coach

COACHING SCHEME FEES AND PRICE LIST

MEMBERSHIP FEES (1982) ADDRESSES

Full	£8.50	BCU, Flexel House, 45/47 High Street, Addlestone, Weybridge, Surrey, KT15 1JV
Youth	£4.00	CANI, c/o Sports Council, 39 Malone Road, Belfast, Northern Ireland.
Family	£3.50	SCA, 18 Ainslie Place, Edinburgh.
Cadet	£2.00	WCA, Croeso, 64 Belgrave Road, Fairbourne, Merioneth.

SIAR 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 50p)
PRICE FOR BADGE 50p) whether BCU member or not

Books of 16 test entry forms are issued free to Scheme Members. Instructor - 1 star only; SI - 1, 2, 3 Star.

Certificates and badges may be purchased by Scheme Members and by recognised Centres and Authorities at £3.75 per lot of 10 certificates and/or £3.75 per lot of 10 badges. Please state whether one-, two-, or three-star. Lots may be mixed.

An extra 10% discount is offered on cash with orders of £35 or more.

<u>OTHER TESTS</u>	<u>#Members</u>	<u>Non-Members</u>
+Proficiency	£1.20	£2.50*)
+Lifesaving	£1.20	£2.50*)

<u>LOG BOOK</u>	75p	£1.00
<u>COACHING HANDBOOK</u>	£2.75	£4.00

AWARDS (general)

SI Training (first course only)	£2.00	<u>AWARDS (Competition - first course only)</u>
Instructor	£1.00	Competition Trainer £2.00
Senior Instructor	£2.00	Competition Coach £2.00

CANOE SAFETY TEST

Books of 10 test entry forms are issued free to grade I (Proficiency) Examiners (EI) on application to BCU HQ. Certificate 40p; Badge 75p available to successful candidates only on application to BCU HQ.

BADGES

	<u>Members</u>	<u>Non-Members</u>
+ Proficiency Cloth Badge (available at discount to Examiners)	80p	£1.00
BCU Lifesaving Test Cloth Badge - see below +	80p	£1.00
Metal Lapel Badge - Proficiency, Bronze, Advanced, Silver	80p	£1.00
Waterproof Sew-on Badge (SI only, green on white, logo design)	65p	
Sew-on Badge (Instructor/Senior Instructor, logo, white on blue)	£1.00	
Competition Coaches (only)	£1.00	

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: Medium, Large, X Large) £7.50

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: £12.20p Patch pockets £1.00 Delivery 4-6 weeks.

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

(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 Rate per mile for casual user:	8.8p

* Includes Cadet Membership for 16 year olds and under

+ A new improved Proficiency Cloth Badge is offered to qualified Examiners at £6.00 for 10.

SCOUT ASSOCIATION Warranted Leaders are treated as members if they quote Scout Association Affiliation Number 000263. This does NOT apply to other Scouts.