

CoDe

Number 12

Winter 1981

The Magazine of the
British Canoe Union
Coaching Scheme

jútdlime pivdluarite !
HAPPY CHRISTMAS ○ EVERYONE !



Articles and Comments in this publication reflect the author's thoughts and do not necessarily reflect the opinions of the National Coaching Committee.

CONTENTS

Page		
3	Seemed a Little Odd	Editorial Chris Hare
3	Report on Life Jacket Testing at World Championships	T. Haynes
4	Chairman's Chat	G. Lyon
4	Lifedeck Tests	J. Fazey
6	Orange Bottle Throw Line	G. Hobson
7	Statistics	
8	BCU Approved Drowning aid	
9	My Introduction to Disabled Canoeing	P. Pendlebury
10	Jottings	Director of Coaching
12	Letters	
16	From the NEDC	
16	A Dozen Keep Fit Fables	George Hodgson
18	Notes on Teaching Progression	Alan Bye

Articles and comments are invited from all readers please send to the

Editor:

Chris Hare

Northlands

Dalton Piercy

Near Hartlepool

County Cleveland

Canoe 81 Bala - the World Championships

The impressions I got of Bala were extremely mixed. Passing through the town on any evening you would be forgiven for thinking that you were in the middle of the Munich Beer Festival! On site the organisation chiefs outnumbered the paying Indians two to one!! Thus leaving the ironic situation that there were more officials than fee paying spectators and a lot of those officials were very young. One official aged about ten refused me entry into the course and asked for further payment.....it seemed a little odd.

The lasting impression I had of Bala was of mud and a glorious second run by Richard Fox to make him Champion of the World. The BBC saw it differently - they saw only Americans amassing medals - even though that country had to scratch around to get a mixed C2 crew from other countries to ensure competition and thereby gain three more medals.....it seemed a little odd.

For a world championship it was poorly covered by the media despite the claims of the BCU Press Office, and the TV coverage was spectacularly bad.

"So this is your.....I would like to buy it. I am an instructor with the...panel and would like to sell your boats to my church youth group what sort of discount can you give me?.....he seemed a little odd. The answer was NO there are rules about this sort of thing.

Oliver J. Cock, ex Director of Coaching and the man who trained Britain's first World Slalom Champion sitting in the auditorium for the medals ceremony when the world and his wife were on the platform.....seems a little odd.

I also heard that the Chairman of the ICF slalom and white water Committee was not allowed on the platform.....seems a little odd.

My great problem is that I don't speak Welsh, and for that matter neither does the majority of the world, but evidently Bala does - even to the extent of the petrol pump attendant, after trying me in Welsh, said, never mind, I spoke English quite well.....he seemed a little odd.

Coaching Conference, Cumbria - Liz Savage, giving an interesting talk about her solo experience and then asking the Coaching Scheme to approve solo canoeing. Surely if you are going solo you do not need anyone's approval, that is the whole idea.....seems a little odd.

Letters to Code - One letter referring to Coaches Award fees quoted £70. Compared to other voluntary awards it seems cheap. The Yachtmasters Offshore costs in total approximately £230 and has courses which last up to nine months.....that seems very odd!!!!

REPORT ON BUOYANCY AID TESTING AT WORLD CHAMPIONSHIPS - BALA '81

Method of Testing.

We used a 6kg. lead weight, 1 foot 4 inches long, which could be placed through the arm holes of a Buoyancy Aid, to test Life-Decks the weight was placed in to the deck area and secured tightly, they were then submerged in water.

Observations during testing.

We found that the main cause for Buoyancy Aids failing were that the Aids had been left in the bottom of wet boats. (After a period of time water seeps into the buoyancy causing deterioration) and general misuse. Jackets which were three to four years old showed a great deterioration when tested, with little life expectancy left in them.

Life-Decks.

If the buoyancy had been removed from the front and back panels the deck would fail.

Longbody Buoyancy Aids.

These were the best type by far, even ones which were old and looks damaged would pass due to the added buoyancy at the bottom.

Cojak type (Wild Water).

When the latest design was tested they failed but when older ones were tested they passed, has there been a change in materials?

Is it time the B.C.U. or the I.C.F. brought out a standard which all manufacturers should comply to?

Crash hats were also of a very poor standard, should the rules also apply to these?

T. HAYNES.

CHAIRMANS CHAT

When you are working within an organisation it is very easy to take things very much for granted. Organisers beavering away in their own area never really think about what the whole organisation adds up to. It took the World Championships at Bala to make me realise that we have a very great deal to be proud of. Although I found my command of the Japanese language a little limited I had the unique opportunity to talk to canoeists from all over the world about canoeing and coaching.

We seem to have something that is almost unique, a highly developed regional structure, a carefully considered system of tests and awards to cover almost all aspects of canoeing and a full time Director of Coaching servicing a scheme which is at its strongest in the recreational field as opposed to the competitive field. What a formula for success this has been.

Somewhere between a quarter and half a million people each year are introduced to canoeing. Most of these are taught in a Slalom type kayak and back up with a tradition and system of tests which has been very effective at encouraging them towards the moving water situation. A process of natural selection takes place and those who enjoy and have the ability in this area stick with the sport and 'play around' on white water. The natural progression when people get tired of just playing is into Slalom and so each year the base of the Slalom pyramid is topped up from a pool of up to half a million people. I therefore saw the outstanding success that we had in the World Championships in the Slalom Kayak events as very much a success for the Coaching Scheme. I wish in no way to detract from the skill of the competitors or from the excellent Slalom Coaches that we have in this country for I have nothing but respect and admiration for their brilliance. However every SI has played his part too.

A look at the results sheet indicates the strength of Slalom in this country and I should dearly love to see an international match take place between the top fifty competitors in this country and the top fifty of another great Slalom nation. There is little doubt in my mind where the overwhelming victory would be.

If we could over the next fifteen years develop the scheme to introduce half a million people each year to flat water kayak and Canadian paddling through the same recreational structure and also produce Competition Coaches in large enough numbers to cater for the inevitable demand we should become the greatest canoeing nation in the world. However what is perhaps more important is that along the way we should have provided a system that truly caters for all interests and provides people with a great deal of pleasure and satisfaction from their leisure time.

Graham Lyon, Chairman.

LIFEDECK TESTS

Using swimming pool tests three currently available buoyancy aids were compared on the basis of their success in a series of life jacket tests. The two jacket types (the Harishok Gold Label Competition Vest and a Wild Water Centre Self Righting Jacket) failed the test significantly more than the new design of spray deck incorporating buoyancy, irrespective of whether it was worn with or without thigh straps.

Further tests in field conditions are planned to check the performance of the Lifedeck worn in conjunction with a standard jacket.

INTRODUCTION

The International Canoe Federation has legislated that competitors participating in International slalom and whitewater events shall wear a garment which is capable of supporting a legalised 6 kilogram weight in water. Developments over the past ten years have led to a buoyancy aid of the type exemplified by the Harishok Competition Vest becoming the usual choice of competitors.

Harishok of Great Britain submitted a new design of buoyancy device for testing which they believe offers a number of attractive features for the paddler whilst maintaining a level of efficiency as a safety aid equal to that of currently accepted jackets. Its attractiveness is underlined by the instant popularity afforded it by the world's leading slalom exponents.

In order that the new garment's effectiveness as a buoyancy aid be established a number of comparative tests were undertaken. Comparisons were made between a Harishok Gold Label Competition Vest, a Wildwater Centre Expedition Jacket and a Harishok Lifedeck worn both with and without straps.

The devices tested were

i) Harishok Competition Vest

The Gold Label competition vest is a jacket type of buoyancy aid which contains sufficient closed cell buoyant material to support six kilograms of iron in water. It is fastened by a full length zip and has a cord to tie around the waist. Of the devices available it is a very common choice amongst competitors.

(ii) The Wild Water Centre Jacket

The jacket is a much bulkier item containing sufficient closed cell material to support six kilograms of iron in water. It is fastened by a full length zip and has a draw string at the waist. A section of the buoyant material is positioned below the draw string and is folded up to create a double thickness of buoyancy around the lower chest. A buoyancy collar is a significant feature of the design in that it was observed to provide some support for the head when the body lay motionless in a near vertical position. The purpose of a long loop of nylon material hanging from the back of the garment was not clear. It was therefore ignored during the tests.

(iii) The Harishok Lifedeck.

A standard production model of the Lifedeck was used. The deck will support up to seven kilograms of iron in water. The thigh straps presented little problem to the wearers who were able to put them on without instruction. The same garment was used for both the test with and without the straps in use.

The Subjects used were eighteen volunteers from the Physical Education Department, UCNW, Bangor. Males and females were used and their weights ranged from seven stone ten pounds to thirteen stone six pounds.

The tests chosen were similar to the performance tests detailed by the British Standards Institution for life jackets and those employed by the US Coastguard Service.

Three tests were administered. Each subject would don each of the garments in turn and follow the following testing regime:-

- a) Jump in feet first and relax.
- b) Swim three strokes breast stroke and relax, face down - repeated five times.
- c) Swim three strokes breast stroke then dive head first lifting legs clear of water and then relax - repeated five times.

Assessment

The device was judged to have failed if the relaxed body assumed a stable position which required a movement by the wearer to enable him to breathe freely.

Results

Test 1 - Jumping in

In seventy two entries into the pool only one fall was recorded. The subject was wearing a Harishok Competition Vest.

Test 2 - Swim and relax

The percentage of failures for each of the four aids is shown. The data were subjected to an analysis of variance which yielded the following table of means:-

1 - way ANOVA - Swim Test

N Mean fails/ Std dev
per 5 trials

Comp Vest	18	3.444	1.722591
WW Jacket	18	4.000	1.940285
Lifedeck + straps	18	1.9444	1.797784
Lifedeck + straps	18	1.056	1.211330

$$F = 11.52 \text{ p } (0.001)$$

Follow up tests reveal that the Lifedeck with or without straps scored significantly fewer fails than the traditional jacket designs ($p (0.01)$) but that there was no significant difference between the conditions where straps were worn and where they were not worn.

Test 3 - Swim and dive

The percentage of failures for each of the four aids is shown. The data were subjected to an analysis of variance which yielded the following results:-

1 - Way ANOVA - Dive Test

N mean fails/ Std Dev
per 5 trials

Comp Vest	18	2.00	2.169305
WW Jacket	18	1.889	1.811366
Lifedeck + straps	18	0.5556	0.983524
Lifedeck + straps	18	0.6111	1.95033

$$F = 4.300 \text{ p } (0.01)$$

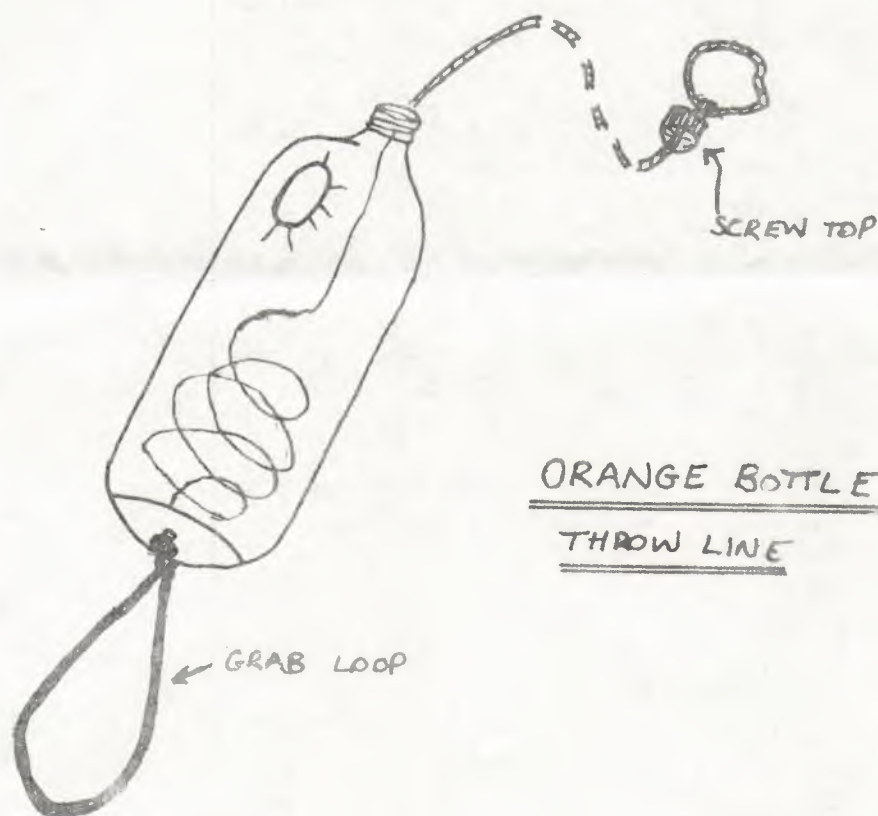
ORANGE BOTTLE THROW LINE

by George Hobson

Has this ever happened to you? A throwing line is needed quickly, you dig into your cockpit and pull out a tangled mass (I'm sure I coiled it up SO carefully"). Valuable seconds are wasted in a hurried and not too successful recoil ("I've practised this so many times ..."). Invariably the first throw misses - and so it continues.

Commercial container throwing lines are available but expensive. This DIY idea (I can't claim any credit for it - it has been around for sometime) uses the same principle. An empty concentrated orange bottle of the plastic type is drilled to take the rope. The rope can be polypropylene clothes line or 4mm painter line, and knotted as shown in the diagram. To load, the rope is pushed in bit by bit; a slight twist in the action coils it all neatly, and the screw top holds it all in.

To operate, simply pull out of cockpit (no tangles!), unscrew top and hold it, and throw the bottle. This will hurtle rocket-like with amazing accuracy. If you miss, there is no need to shove the rope back: loosely coil and throw. The plastic bottle acts as a float. In windy conditions, a little water can be put in to add weight to the throw.



SLALOM COACHING FOR CLUBS

From An 'Introduction to Slalom' to top level slalom coaching, courses can be run to your club's requirements.

A slalom coach is available during the week and at some weekends, including school holidays. Write for further details, and a sample programme of what topics can be covered in a 2-day course, to John Watson, 189 Longhurst Lane, Mellor, Stockport, Cheshire.

Statistics

Statistics	1979	1980	1981	Final 81 figures
Inland Proficiency	2,215	2,043	1,523	2,003
Sea Proficiency	611	354	384	408
Canadian Proficiency	46	1	7	
Advanced Inland Proficiency	33	41	27	28
Advanced Sea Proficiency	15	13	5	
Advanced Canadian Proficiency	0	3	1	
Life Saving	14	66	33	46
One Star	4,862	6,537	6,671	7,047
Two Star	822	1,951	1,537	1,703
Three Star	131	535	463	503
Four Star	1	10	3	
Five Star	-		12	
Instructor				68
Senior Instructor Inland			196	219
Senior Instructor Sea	100	363	41	47
Coach Inland	11	15	3	
Coach Sea	3	6		

Total numbers at end of year not total increases for year.

Competition Coach Racing	6	18	38	
Competition Trainer Racing	12	37	29	37
Competition Coach Slalom	3	35	49	57
Competition Trainer Slalom	7	50	60	69
Competition Coach Wild Water		1	17	
Competition Trainer Wild Water		3	1	
Polo Trainer		15	22	26
Polo Coach			3	5
Competition Coach Surf		3	2	
Competition Trainer Surf		6	9	

Financial Report - Coaching Scheme

Income	Budget	As at 1.10.81.
Profit on Handbook	5400	* 1679
Tests & Awards	9600	8022
Course Income	1875	1780
Badges, etc.	3500	* 3081
	20375	14562
Expenditure		
Coaches Salaries	4200	2500
Post, Telephone, etc.	6050	6075
A.C.O. Exes.	2000	1852
D.of C. Exes.	3000	2072
Courses	7500	7018
Committee Exes.	800	370
	23550	19887

*Estimate from income.

The profit on handbook is considerably down as you will note due to the late introduction of the handbook. The budgets were prepared anticipating the handbook would be available in February 1981.

It was agreed that future financial reports should contain greater detail on the breakdown of figures for courses. Prop D. Evans, Sec J.Cooper that the report be adopted.

BCU APPROVED DROWNING AID by G.C.Good

Many years ago at a major slalom I heard the commentator refer to a certain paddler as being distinguishable because he was wearing a 'BCU approved drowning aid'. This followed the case where a youngster was drowned in a stopper, whilst wearing a BSI 3595 lifejacket, with 20 lbs inherent buoyancy. As a result of this incident, representations were made, and the minimum inherent buoyancy reduced to the present 6 kg (13½ lbs). There is therefore now no difference between the lifejacket in its uninflated state, and a buoyancy aid, in so far as the amount of inherent buoyancy is concerned. Both conform to the ICF requirement for a minimum of 6 kgs.

The difference comes in the distribution of the buoyancy, and whilst SBBNF (Ship and Boat Builders National Federation) approved buoyancy aids have to pass an 'angle of dangle' test - ie the wearer should float tilted back, with the legs ahead of the body, the chances are that an uninflated lifejacket will do this more successfully.

However, this is fairly academic, because whilst a person is conscious and able to swim, provided the buoyancy is not all on the back, making it difficult to keep the legs ahead of the body facing forward, when swimming a rapid, the greater protection and freedom afforded by the good buoyancy aid, probably outweighs any other consideration. The ability to swim swiftly into an eddy or the bank, can be a significant safety factor.

It is a physiological fact, however, that if a human body is immersed beyond a certain length of time, the person will become hypothermic, go unconscious, and then die.

Keeping still is an important factor in conserving body heat in the water in this situation. Being prevented from accelerating down waves, having the head supported, and in the final analysis ensuring that the victim floats face up with the nose clear of the water, are the things which will prolong life expectancy.

Extensive tests over a great number of years, by the Royal Navy and the Department of Trade, have shown that a minimum of 35 lbs buoyancy, correctly distributed, is necessary to ensure this in open water situations. A well-serviced, correctly fitted and fully inflated lifejacket is therefore the only device known to man which will prevent him from drowning when immersed in open water. He may well die from exposure, but life expectancy, even when unconscious, is prolonged. When it is appreciated that some people will become unconscious within minutes, even in mid-summer, a lifejacket is a significant safety factor. In severe conditions it is now known that the amount of spume and breaking water around causes problems, and the services are equipped with lifejackets that have hoods to prevent inhalation of water through this cause.

There are problems with the maintenance and fitting of lifejackets that are well known to all who deal with young people. The perennial problem of the chewing of the caps on the inflation tubes. I have personally gone to the length of painting anti-nail-bite varnish onto 40 lifejackets weekly. Don't bother! The only problem this chewing causes is that it makes the lifejacket valve difficult to operate to deflate the jacket.

Water gets into the lifejackets when capsize drill is practised, and so forth. Water cannot get into the lifejacket once it is inflated however, because of the air pressure. The problem therefore is one of inconvenience. The closed cell buoyancy will not absorb water, and the materials used are all rot-proof. The likelihood of sufficient water being in the jacket to affect its performance is slight - the maintenance schedule would have to be non-existent for a significant period of time to allow this to happen. Work is being done to increase slightly the spring pressure in the valves to prevent water entering in this way, but there has to be a careful balance, between stopping water pressure on a temporary immersion overcoming the valve, and making the valve too resistant for normal oral inflation.

The real difficulty comes with the securing of lifejackets, which was highlighted in Alan Bye's interesting surmise, built on second-hand information and based on an assumption in the last issue of Code. Sorry Alan! But I do think your cockpit liner is a good idea!

The victim was 61. It was late April. He was canoeing alone, and would appear to have been capsized in a tide race. Clothing consisted of shorts, jersey and anorak. The lifejacket was half-inflated, and when found the casualty was floating face down, the fastenings being loose, and the life-jacket having worked its way around. A half-inflated lifejacket would not have held a conscious person face down. Once unconscious, a buoyancy aid would not have prevented the drowning anyway. The real lesson to be learned therefore, is that any form of safety device is only effective if it is properly secured. This applies to crash helmets, lifejackets, and buoyancy aids.

Highlighted in the analysis of the return from members concerning the use of buoyancy aids and lifejackets, were several instances of buoyancy aids being too large, and the wearer floating down inside; of poppers parting; of zips coming undone; and similar. An objective conclusion to be drawn from the analysis is that buoyancy aids are more difficult to 'size' than are lifejackets!

However, this is not to advocate lifejackets against buoyancy aids for inland use, or for groups under instruction - far from it. It is merely to draw attention to the fact that the problem is mutual.

I have raised with the BSI Committee the factor concerning the ineffectiveness of many of the approved fastenings systems. The snag is that there is no easy answer. How about those with inventive minds coming up with something that may well save lives!

In the meantime, it must be emphasized again that lifejackets, buoyancy aid and crash helmet fittings, must be checked. A lifejacket, like a flare, should never be needed. But if the day ever comes that it is, and it's not on, or it's insecurely fastened, it will never be needed again.

Please note that the standard for lifejackets now is BS 3595/81 and that work has started on a standard for international recognition.

MY INTRODUCTION TO DISABLED CANOEING

by Peter Pendlebury

This year during the little summer we did have, I was asked by a friend of mine to teach some people to canoe, not a strange request for a canoe instructor but this class was different. The pupils were a group of partial deaf and dumb young people from the London area, staying at Roughmore Farm, just outside Swindon and who had asked to participate in a watersports activity.

I arrived at the pool venue not quite sure what to expect and was greeted by some very happy, if not unsure youngsters looking forward to what the evening had to offer. Deafness does lead to problems as the BCU has not so far included sign language in the coaching handbook. After making sure they could all swim we proceeded with the delights of capsize drill. During the session the leaders asked if we could go to an open water venue. The evening progressed with paddling exercises and games and I decided they could cope with an outside session. I found myself being drawn to these youngsters' happy and smiling attitude and a desire to learn.

So the following Saturday we arrived at South Cerney Watersports Centre, a lake belonging to Gloucester Education Authority and a perfect place for these youngsters to improve their new found skills. With twelve lively young people who cannot hear very well you needed to have eyes everywhere and be prepared for anything. The swimming pool had given the youngsters confidence in my ability and that of our other instructors, but a few nervous looks were passed around as they were all kitted out in lifejackets. For deaf people with normal actions the type of canoe you use is not important, but I must admit I could have done with a loud hailer. Unfortunately the standard canoe does not allow room for such gadgets (unless you know better) so I had to depend on my voice which has come to the standard of a parade ground sergeant major as many of my past pupils have commented on. This worked with the partials but not with the deaf. Still the combination of a warm day, warm water and the fun we all had, made the time enjoyable for all.

I found these people interesting and being disabled does not mean being silly as they soon showed us. A few weeks after they left Swindon I received letters from each of them saying that a good time they had and also asked me for information about canoe clubs in their area.

So many people tend to ignore the problems of the disabled, generally I feel people are nervous of them. Somebody has to help so they can have as near normal a life as possible. Deafness is not in itself as great a disability, as with a person with no limbs etc, but I can assure you, all the pleasure I received from teaching this group gave me a thrill unknown before.

DATES FOR YOUR DIARY

SEA CANOEING CONFERENCE: 6/7 February 1982. Blairvadach Sailing Centre, Rhu, Helensburgh, Dunbartonshire. Send £13.80 to the Warden. Expedition lectures, practical canoe sampling sessions, open forum time.

ADVANCED PROFICIENCY (INLAND TRAINING)

8-10 Jan Kelso

C44 Rod Hellowell, East Barnby Outdoor Education Centre, East Barnby, Whitby, YO21 3S.A

30-31 Jan Devon

C60 Jeff Gill B.Sc, Outdoor Adventure, Forge Cottage, Clubworthy, North Petherwin, Cornwall.

30-31 Jan North Wales

C75 T. Franklin, 4 Tabernacle Street, Deiniolen, Caernarfon, Gwynedd.

ADVANCED PROFICIENCY (INLAND) TESTING

8-10 Jan Kelso 44

30-31 Jan Devon 60

30-31 Jan N. Wales 75

27-28 Feb Carlisle

Mrs. E. Savage, The Cottage, Birch Road, Ambleside, Cumbria.

PRICE INCREASES

Please note the following changes in prices with effect from 1 January 1982. The full list of fees currently charges is shown on the back cover.

STAR TESTS: The fee is now £1, which will include both a certificate and a badge.

Badges and Certificates purchased in advance remain at £7.50 per lot of 10, but will be supplied as units of 10 badges and 10 certificates.

Odd numbers of badges or certificates can be provided initially to those wishing to bring their stocks into line. The Conference felt strongly that the charge should reflect the input by the examiner, and this system of charging seemed the most manageable.

PROFICIENCY TESTS: Non members now £3.50 which includes Cadet membership for those aged 17 and under. Please ensure date of birth is shown. Members now £1.50.

SENIOR INSTRUCTOR TRAINING AND ASSESSMENT COURSES, and COMPETITION TRAINER AND COACH COURSES.

The relevant Assessment or Registration fee is now £3.00.

Please note that the Registration fee is payable on the first Senior Instructor Training course only - sea or inland; and on the first Competition Trainer or Competition Coach course only.

ADVANCED PROFICIENCY ASSESSMENT NOW £3 members and £5 non-members

THE ROAD TO COACH

Two courses have now been held under the new requirement that all candidates for the BCU Coach qualification attend a one-week course at a national centre. Both were successful in their own way, and have confirmed what those who attended one-week courses previously have said, that the opportunity the week-long course gives for in-depth consideration of techniques and topics, and the exchange of ideas among coaches of high calibre and experience, makes this the most worthwhile way of promulgating the award.

Although both courses had their problems, the programme formula proved workable and realistic. It has been refined in the light of the experience gained, and the positive feed-back from the members of both courses. This feature was probably the single, most worthwhile part of the process.

In total, 22 candidates attended, 10 were passed outright, and 7 were deferred, either to re-assess on their ability to coach at advanced level, or in two cases to attend a competition trainer course. The referral system allows the candidate to be re-assessed during an advanced training course, or to return during the last two days of the next convenient Coach course.

Conversion from Sea to Inland Coach for those who have attended a one-week course now necessitates the holding of the alternate advanced proficiency certificate and attending the last two days of a coach course, as above.

It became obvious to the assessors that candidates should be grade II examiners, prior to attendance, and have been involved with both training and assessment courses. This will not be a pre-requisite during 1982, but will be a recommendation to the Coaching Committee next November when the initial two-year trial period is considered.

Opportunities for 1982 are:

Plas y Deri, North Wales	- 17-24 April)	
Glenmore Lodge, Scotland	- 17-24 July)	Inclusive fee: £85.
Plas y Brenin, North Wales	- 23-30 October)	

Practical sessions include: the breakdown and imparting of the forward paddling skill*; Canadian canoeing skills; Rolling teaching techniques; basic slalom teaching techniques*; surfing skills and teaching; coaching advanced level inland or sea skills and techniques; consideration of logical progressions, and close analysis of basic skills. Topics arising from courses, several of which have laid the foundation for in-depth research in the immediate future include: personal and boat buoyancy requirements and swimming techniques for heavy water; performance of various-volume kayaks in heavy water; the application of 'inner game' theories to the teaching of canoeing skills; a scientific approach to the breakdown of canoeing skills by consideration and analysis of the levers involved; efficient rescue techniques from the bank; the relevance of the lifesaving awards; the necessity for junior canoes for junior people. Preliminary papers on some of these themes will appear in future issues of CoDe. The term 'telemark turn' has been dropped from star tests as a direct result of a recommendation from the first course.

A draft programme and background information is available on receipt of a stamped, addressed envelope.

* Where possible, sessions are run by the national coach concerned.

Follow up tests showed the smaller differences were not all significant. The Lifedeck with straps scored significantly fewer fails than the WW Jacket whilst the results of trials without the straps showed that the albeit smaller number of fails was not significantly different from the number of fails recorded by any of the other devices.

Discussion

The original grounds for testing the Lifedeck without the straps being worn, viz the expressed fear that improper use would render the garment useless and possibly more dangerous than traditional devices may now be rejected. The most surprising results of the tests is that in the most stringent of the tests, Test 1 (swim and relax), the improperly worn garment performed significantly better than traditional aids.

The differences in measured performance lead to the conclusion that in approximating to a life-jacket specification of supporting an unconscious body in a breathing position the best device is a Lifedeck. In the test which most closely resembles the body position after escape from an inverted cockpit (Test 3, swim and dive) the differences between the tested aids were not as great and whilst all the devices were more successful in bringing the body to a safe position the Lifedeck was demonstrated to be significantly less likely to leave the body face down in the water.

Examination of the data leads to some interesting observations. One subject (female, weight 154 lbs) was found to have a very low specific gravity and her ability to float high out of the water without a buoyancy aid seemed to be a contributing factor in rendering all the devices unable to put the relaxed body in a safe position. Only one trial, wearing a Lifedeck with straps was recorded as safe. The unusually buoyant arms and legs of the subject acted as outriggers effectively preventing any rotation of the body.

In sharp contrast, when the subject's legs sank rapidly either, apparently, as an inherent factor related to a high limb density or related to a greater distance between the centre of gravity and the centre of buoyancy (as with taller subjects) the devices were observed to function successfully more often. Sinking legs and a body rotation around a transverse axis indicates the way in which forces successfully act to bring the body to a safe position. The Lifedeck also operates in this manner on occasions but the buoyancy often simultaneously rotates the body around the longitudinal axis and lifts it to the surface so that it arrives face up though sometimes feet first after a deep dive.

A contributory factor in some of the recorded successes of the WW Jacket was probably the high attached collar. It appeared to offer a good deal of support for the head as it was lifted by the water.

A number of factors which need examination but were not included in this study relate to the suitability of devices with respect to impact protection and thermal insulation properties. Jacket type aids would appear likely to have much better performance in both these areas and collars will probably reduce heat loss by protecting a normally critical area of the body.

A further consideration is that of swimming in rough water. Consideration of the position of the body in the water leads to the rather speculative conclusion that the Lifedeck with straps will probably be the safest garment as it holds the body in a position of readiness for swimming down rapids. The legs are held high by the thigh straps and this should assist in protecting the lower limbs from impact and possibly becoming trapped.

An investigation of the viability of wearing a combination of devices is planned. It is suggested that certain combinations may be valuable for expedition paddlers. This study will be conducted early in the summer.

The current study was undertaken partly as a final proving test in a series of developmental studies of the new Lifedeck and partly in an attempt to check the detrimental effect of its improper use. Since the introduction of thigh straps at an early stage of development a number of changes in design have been made. These subsequent changes probably account for the currently greater similarity in performance between properly and improperly worn garments. It should be stressed however that the body positions, with and without straps, vary considerably and whilst both may be considered appropriate for a buoyancy aid (though not a life jacket) the position obtained with the straps facilitates feet first swimming and keeps the feet higher.

Overall, the Lifedeck was shown to be significantly better in achieving a safe position than the jacket type designs. Improper use without the thigh straps did not make any significant difference in the performance of the new design, indeed, unexpectedly, the device still performed significantly better than the other aids tested.

(Reproduced from White Water magazine)

DEAR CODE

Instructor Award

It has taken some twelve years for the NCDC to accept the error of its ways and to re-introduce the Instructor. It is regrettable that the result is worse than the original ill.

Many years ago we had an Instructor who was at Proficiency standard. Above him we had the Senior Instructor who was about Advanced Proficiency standard and was usually the canoeist first rather than the teacher/youth leader first which applied to the Instructor.

Having abolished the Instructor, because the rules for passing were too loose, we downgraded the S.I. to proficiency standard. Realising the foolishness of our ways and submitting to pressure from Education and Youth services we introduced the Leaders Award.

Now we have a Proficient Leader, Instructor and SI. Clearly the Leader will have to be abolished first. Now whilst I am quite happy with the new Instructor (who we could have had twelve years go) we are now left with the anomaly of the SI who can only be described as an experienced Instructor with a higher life saving qualification. You have retained for him the instruction of Three Star and, I suppose on paper, Proficiency and the examining of Two Star. He is also to be the expedition leader... if you really think that authorities will not permit the Instructor to do this then you do not know what their Leaders are doing now! The only suggestion that I can make is to abolish him as an unwanted illusion.

I have not mentioned Coach, because at £70 a time only those with the backing of a sponsor will afford that luxury.

Gentlemen, I must congratulate you on the re-introduction of the most important qualification of the lot, I must state that in my opinion the coaching structure that you have produced is inferior to that which, if my memory for names serves me adequately, many of you demolished years ago.

COLIN M.W. KEMPSON.

Director of Coaching writes: "I cannot agree with Colin's assertion that we have merely reinstated the old Instructor Award. Proficiency tests were at a much lower level, with greater disparity of standards 12 years ago. No training course was required - one merely did a glorified proficiency test with another Instructor. There was no Examiner grading system.

What local education authorities do with our recommendations is their responsibility - they are autonomous bodies. A few still do not require qualifications at all. However, our system is widely adopted, and we are shortly to re-state our position to all advisers. If an authority permits an instructor to work outside his terms of reference, then the liability is the authorities.

The synopsis of our awards, and the progression they represent, seems to me now both logical and reasonable.

Two out of three Coach courses under the new system have been held. A total of 24 have attended - the same as last year on the two-weekend system. 16½% were from commercial backgrounds. Less than 50% were grant aided.

Two members of the present Coaching Committee only, were involved in 1971.

GENERAL INFORMATION

General Information Leaflets available free from BCU HQ on request (sae please)

Introducing the BCU
Canoe Touring in Great Britain
Sea Canoeing
Canoe and Personal Safety
Canoeists Code of Conduct
Do's and Dont's for Canoeists (Smurf leaflets)
How to form a Canoe Club and Model Constitution
The Canoe and the Swimming Pool
Sailing the International 10 sq m Canoe

Open Racing Scheme
Starting in Slalom
Introducing competitive canoeing and coaching
BCU Film Library List
Trade List (list of manufacturer and suppliers)
List of River Advisers
BCU Supplies price list
BWB Licence Application Form
BCU Insurance Form

PROFICIENCY TEST FEE

I was amazed to read that candidates who fail the test are no longer to be charged the test fee. It seems to me quite ridiculous, there might just be a case for not charging a BCU member, but what possible reason can there be for not charging non-members? Is the BCU so wealthy that it no longer requires the cash?

Examining for the test can be quite time consuming, for the sea and the weather conditions are not always obliging, and tests often have to be re-arranged.

My recent experience shows that a high percentage of candidates presenting themselves are far from ready, and in particular their boats and equipment. Many who hold the Inland Proficiency Award, think the Sea Test is mere formality. One test I conducted last year, 7 out of the 9 candidates failed before they even got on the water. No deck lines or toggles, no footrest, spare clothing that consisted of a pair of nylon overtrousers, a small tin of Alpen for emergency rations, "Flares, what do we need them for?". One candidate when asked the state of the tide replied - "I think it is going out, or will be in the next five hours".

No test fee will just encourage candidates who have not bothered to prepare themselves or their boat, to have a go. After all it is only the examiner's time they are wasting!

P.J. LACEY Axe Vale District Youth Office.

Director of Coaching writes: "This seems to me a very pertinent point, and so I referred Mr.Lacey's letter to the November meeting of the Coaching Committee for possible re-consideration of the issue. The problem has been that from the returns we got it was obvious that very few examiners did actually charge for a failure, and so I recommended non-payment to achieve fairness."

Dear Sir,

First congratulations, the magazine has interested me enough to provoke me into writing to you/it.

Point one: I feel the assumptions used to arrive at the figure of 160,000 new canoeists are somewhat suspect. It is reasonable to suspect that the 43% SI et al who filled in and returned the questionnaire are the keen and active ones and it is unreasonable to assume that those lazy, illiterate,.....who didn't bother to return their questionnaires introduced as many new people to canoeing as the 43% with untarnished halo's! The other point on this matter is this: Question closely a class of 'beginners' and you are often surprised how few of these beginners have NEVER been in a canoe/kayak before. I'm sorry to pour cold water on your statistics but it is better to be critical 'in house' rather than have ourselves pulled apart in public!

My second point concerns John Ramwell's article on adult canoe clubs. I was interested in his point of view, as I belong also to an adult only club. The Kingfisher Canoe Club Abingdon, was formed in 1974 as an adult club. Ever since then we have had a policy of accepting youngsters only for specific courses or if a proficient adult agrees to be responsible for the youngster at all times ie that person, normally the father, also comes canoeing. The club has been criticised from time to time for this policy but has provided canoeing facilities for adults continuously since 1974 without outside help from either local authorities or the BCU (though at one time we were the only affiliated club in the whole of Oxfordshire!) Canoeing is not just a sport for youngsters and I've found that adults are much more at ease when learning in an all adult environment and little Johnny is not doing hand rolls while you are teaching his dad capsiz drill. Also there is no under-age drinking problem later!

It is knice to know that we're not the only selfish club around (many club canoeists do take kids out at other times, but club night is sacred) perhaps there are others?

MARTYN GREEN - Didcot

Director of Coaching writes: A 43% return on a questionnaire is reckoned to be very high indeed, and statistics gleaned therefrom should be reasonably accurate. A 6% nil return is sent in, and I do not accept that only the conscientious SI's return them. Many very conscientious and involved Instructors of my personal acquaintance did not return their forms! It would seem better to assume that nearer a quarter of a million than half a million are involved in total.

The questionnaire asked for three categories of people - beginners, intermediate, advanced. I would not think it unreasonable to assume that the vast majority of those recorded under "beginners" were just that.

The canoeing handbook includes advice along the lines that have lead to success with both John Ramwell's and Martin's clubs. The comment that interested me was that there has been "no outside help from the BCU." How can "the BCU" help, when until the members and the clubs come together, there is no "BCU"? Congratulations on all you have achieved and are continuing to do in Abingdon Martin. Long may the Kingfishers flourish!

Lifesaving and Instructor Awards

I would totally agree with Oliver Cock's letter in your last issue of Co-De, concerning the question of easier Instructor and Life Saving Awards. If people cannot handle the present tests, both Life Saving and Instructor, then they are not competent enough to take on the responsibility which goes with an Instructor award. Part of that responsibility is the training and ability to handle situations if they should get out of hand, and this of necessity involves swimming ability.

This is why I believe Life Saving should be an integral part of any water sport Instructor Certification, where swimming is a basic pre-requisite to participation. This should not just be a test of technical competence as the R.L.S.S. Bronze Medallion is, but a thorough test of the potential Instructor's capabilities in the type of water on which he/she intends to instruct, and certainly renewable after a specified period. It wouldn't be a very good reflection on instructors in general to have to stand up at a sudden deaths enquiry and say:- "I forgot all the Life Saving I ever learned because it was 10 years ago, and anyway I've never tried it in cold water".

Perhaps this sounds very harsh, but let us not delude ourselves into thinking we could handle the situation because we have a Bronze Medallion, a perfectly acceptable award for heated waters. The real crunch comes when we have to do the same thing in cold rough water, as in the B.C.U. Life Saving Award, or the R.L.S.S. Canoe Bronze Medallion and new Bronze and Silver Cross. It's not easy, but it is necessary to at least practice what we learn in cold water, because unless we all suddenly become pool canoeists, it is in these conditions that accidents are likely to occur; and to avoid multiple drownings, instructors must at least know their capabilities in cold water, as these will be much reduced from those in a pool.

Because of these reduced capabilities, a much higher degree of fitness is required to perform Life Saving competently in such conditions, but should this fitness not be one of the by-words of an instructor anyway.

Having said all this, perhaps I can put forward some possible suggestions to help remedy this situation, which I hope other readers will comment on.

- 1) a) Make the Canoe Life Saving Award an obligatory pre-requisite for S.I. assessment.
At the moment the R.L.S.S. Bronze Medallion is by far the easier of the two to obtain:-
and
- b) Make the new Bronze Cross a pre-requisite for the new Instructor Award.
- 2) Leave the choice as at present, but include in the S.I. assessment provision to test the Life Saving skills in cold water of those without the B.C.U. Life Saving Award.
- 3) Introduce a third level of Instructor Award requiring a higher standard of proficiency both in and on the water, viz the B.C.U. Life Saving Award and more advanced stroke and rescue work, including the ability to roll.

Whatever people think of my suggestions, I feel we should be looking closely at the swimming and Life Saving qualifications and abilities necessary for Instruction. After all, at present a candidate can pass an S.I. assessment, and only have to prove he can swim 50 m in cold water (part of the Proficiency test).

DONALD S. THOMSON (Strathclyde West)

In my canoeing career I have attended five SI assessments either to be assessed myself or to assist in some way.

However this weekend run by Tony Cook of Tayside OE was the first I had witnessed with a group of Adult novices living in with the assessment. The difference in atmosphere was obvious from the start. They helped without being aware of it, to relieve the tension which always exists at an assessment of any sort. From the novices point of view they gained a very large amount of experience and help in their own canoeing abilities over a short but hectic weekend.

The S.I. I. and II's together with the novices exchanged views, advice and coaching stories late into Saturday night, and at every opportunity during the day's activities when not actually at work. I am sure from my observations of this particular weekend assessment it is by far the best way to obtain a sane and sensible balance between the unavoidable tension, and an enjoyable hardworking canoeing weekend's assessment.

MARY CONACHER, Dundee.

COMING SOON

FEBRUARY - AT THE CRYSTAL PALACE

AN IN DEPTH VIDEO BY EASTERN REGION SLALOM COACHES
FOR CLUBS, SLALOM TRAINERS & COACHES

The film deals with the basic slalom strokes and skills, and shows the Slalom Celebrities in action. It is aimed at paddlers up to Division III but may help those in higher Divisions

The Video will be available in VHS/BETAMAX

or

ANY OTHER FORMAT you may require

COME ALONG TO THE CRYSTAL PALACE IN FEBRUARY - SEE THE EDITED HIGHLIGHTS

Monies raised from the Film go toward the development of
the Artificial Slalom Courses at Bedford and Nottingham

For further information phone Chris Davis,
the Regional Slalom Coach, on Maldon (783140)

Dear Sir

Canoe Safety Test

When the Instructor Award was being drawn up a "lifesaving" award certificate namely the Intermediate Certificate of the RLSS, was listed as a pre-requisite for all candidates. Clearly the Corps of Canoe Lifeguards as the Lifesaving arm of the BCU ought to be able to devise a test of a suitable standard, therefore I as Secretary of the Corps and Bill Reed as the training Officer worked out the details of this new test which in due course became the Canoe Safety Test, as an alternative pre requisite for the Instructor Award. It has proved a very useful test. It broadens the experience of a 2-Star paddler, is an award in the Duke of Edinburgh Award Scheme, it can be awarded to a paddler who has failed to reach the standard of an "Assistant Lifeguard".

A Canoe Instructors Session

If John had listened to his former Club Chairman he would have carried a two line that was attached (in a releasable way) to his canoe, in addition to the one in his buoyancy aid pocket. This year I have carried, and on one occasion used, three tow lines! Detached towlines are great, but they can be given away or left in the car.

Conference 80 *

A talk was also given by the Training officer about the Corps, its Award Scheme and plans for expansion. A copy can be obtained if a stamped addressed envelope is sent to me.

It Must Stay On

I have already designed a lifejacket that looks like a buoyancy aid, that wears like a buoyancy aid, but that works like a lifejacket. The problem is that it would cost a little more, and today who wants to pay more than the minimum?

Finally, a new topic for the sake of argument.

Should we award passes to men who wear glasses - in particular SI Sea?

A man who normally wears glasses probably cannot see too well at the best of times. In the gathering gloom and rain he can see very little. However this is often the situation at the start of an epic, and our SI, the only man with real experience, is half blind! Approaches have to be worked out long in advance, and it is very disconcerting to the group if the leader is the last to see that the chosen landing point is not feasible. Now we have the Instructor Award, should we award passes to men who wear glasses? What do you think?

BRIAN SHEEN, St. Austell Canoe club and Corps of Canoe Lifeguards.

* My apologies for the omission, Brian - Geoff Good

DECISIONS OF THE MODERATING FORUM

The Moderating Forum meeting at the Coaching Conference in October, made the following decisions; which have subsequently been endorsed by the National Coaching Committee:

Proficiency Tests! Spare Clothing It was agreed that the following definition should be added to the syllabus 'Adequate spare clothing must be carried, applicable to the prevailing conditions, and suitable for use in an exposure bag to prevent hypothermia'. Waterproofing of gear. It was agreed that the following definition should be added to the syllabus: 'The above equipment must be carried for the test, suitably waterproofed, and must remain dry. The examiner may well fail a candidate whose kit becomes unduly wet following the capsizing'.

Proposed requirement for advanced proficiency candidates to demonstrate swimming ability in a grade III rapid: It was agreed that: 'A test of a candidate's ability to swim in a rapid should not form part of an advanced assessment. When training for advanced tests, and where suitable, controlled conditions exist, it may be helpful for candidates to be taught, and practice, the principles of swimming in heavy water'.

Removal of the Low Telemark turn as described, from the 2-Star Test: It was agreed that the following skill should replace the low telemark turn, as described, in the 2-Star Test: 'Low paddle brace on the move: The canoe is moved at good speed, and a turn induced by placing the paddle blade flat on the water just aft of 90° from the paddler. The canoe should be leaned slightly towards the paddle. Low brace turns to the left and right'.

Feathering skills: It was agreed that no additions should be made to the Tests syllabus.

Check List for the Guidance of Relevant Authorities: It was agreed that under item 7c the definition should read: 'To undertake proficiency level expeditioning, grade II or above, surfing or open water canoeing activities: Senior instructor of the BCU'. Under item 8 it was agreed that the following definition should be added: 'Instructors and Senior Instructors are trained to recognise when circumstances allow these guidelines to be safely exceeded, or when lower limits should be applied. The person in charge should always be allowed to exercise discretion'.

FROM THE NATIONAL COACHING & DEVELOPMENT COMMITTEE MEETING 14 Nov 81

Appointment of National Coaches A policy change means that National Coaching and Development Officers will be replaced by Regional Development Officers. The committee are to monitor this, as they felt that regionalisation had not led to a significant increase in membership, could not see how the officer was to be funded, nor what servicing could be offered to the coaching scheme. There was a feeling that regionalisation had led to an increased demand upon coaching organisers and members, from those who were not contributing to the system. The vacancy created by Graham Lyon when he resigned to become Chairman of the committee will therefore not be filled by a National coaching and Development Officer in a region, but will be allocated to the Wild Water Racing Committee, for the appointment of a Part Time National Coach.

Instructor Award A proposal for the age limit to be lowered for this award was rejected by the committee after a considerable discussion.

Proficiency Test Failures The now hot potato, of not charging for a fail in the proficiency test, was discussed at length and a proposal to re-introduce a fee was rejected by 8 votes to 7.

Awards of Honour and Merit An appeal was made from the Chair to all panel members to give consideration to these awards, and to put forward members who are worthy of them.

CoDe It was reported that the Finance Committee were recommending to Council that the format of CoDe should be re-considered with a view to decreasing the cost of its production and circulation, currently approximately £1.80 per head per annum. After discussion with the Editor as to how to make savings - eg to introduce advertising - the NCDC agreed unanimously the following resolution: "Any proposal that would detract from the current size and scope of CoDe would be received with dismay by this committee. CoDe is absolutely vital in its present form for the running of the Coaching Scheme, and the continued insistence upon Union membership by holders of coaching awards".

Swimming Recommendation In order to allow for the participation in the sport of disabled people and others, who were confident in water, but often unable to physically move the recommended 50 metres through the water, the following definition was agreed: "Normally canoeists should be able to swim 50 metres in light clothing. Discretion may be exercised, however, in accordance with the Coach's training and experience, where special circumstances exist". Further guidance would be given to instructors in the interpretation of this.

Much more was discussed, but this will come in later editions. The minutes of the annual meeting of delegates, and the national coaching committee, are available from headquarters upon receipt of a stamped addressed envelope and a request to that effect.

COACHING NOMINATIONS TO COUNCIL Gordon Ray, Regional coaching Organiser for London and South East, is standing for Council. Please support him in particular, and Geoff Saunders, Chairman of Council and past Chairman of the coaching Scheme. Both represent the wider interests of canoeists, and are worthy of our votes.

A DOZEN KEEP-FIT FABLES by George Hodgson

EVERYONE HAS THEORIES ABOUT PHYSICAL EXERCISE - WHEN TO, HOW TO, HOW NOT TO AND WHY. MANY OF THESE THEORIES ARE PART OF THE FOLKLORE OF CHILDHOOD, LEARNT FROM OUR ELDERS AND PASSED DOWN TO OUR CHILDREN - AND MANY OF THEM ARE WRONG. HERE ARE A DOZEN OF THE MYTHS THAT HAVE SURVIVED.

1 NEVER DRINK WHILE EXERCISING

That couldn't be more incorrect. Don't even wait until you are thirsty; if you feel you are losing water, replace it immediately. Drink a glass of water before exercising. When you are dehydrated, body cells can't function properly, your muscles can't keep up the work they are doing, and your heart receives added strain.

2 SUGAR TAKEN BEFORE EXERCISE RAISES THE ENERGY LEVEL

Extra sugar gives no particular extra energy. Indeed, sugar indigested before a contest or exercise can, in some people do more harm than good. The only time you need to replace sugar is after an hour and a half of steady exercise, such as a long-distance race or an extended tennis match

3 AVOID CERTAIN FOODS BEFORE ATHLETIC ACTIVITY

Extensive tests at the Human Performance Laboratory of the University of California, Los Angeles, have yet to prove that the kind of food you eat makes the slightest difference in your athletic performance.

We conducted an experiment giving athletes "forbidden foods" - heavy, gas-producing and spicy dishes. Neither players nor researchers could distinguish differences in performances.

4 TAKE SALT TABLETS TO PREVENT FATIGUE

Never. Unless you sweat profusely, salt tablets are worse than no salt at all. A salt tablet is a solid piece of brine, and resting on the mucous membrane of the stomach it can cause nausea and vomiting. If you feel you are going to perspire, take a little extra salt with your food beforehand.

5 EXTRA PROTEIN MAKES YOU FIT

Many athletes believe this, and many food-supplement salesmen encourage the belief. But extra protein is a waste of money. An every-day diet that includes animal and vegetable protein supplies all your body needs. There is no super diet for super performance.

6 GET EXTRA HOURS OF SLEEP BEFORE AN EVENT OR WHEN YOU'RE VERY TIRED

You can't store sleep, or catch up on it either. If you sleep 12 hours, you will be worse off than if you just slept 8. Prolonged bed rest causes body processes - heart rate, metabolism, circulation - to slow down and the body itself to lose tone. The longer you remain in bed beyond a maximum of nine hours, the weaker you become.

7 WORK UP A SWEAT BEFORE AN EVENT

You'd be better off taking a cold shower. Going from complete rest to all-out exertion in a few seconds can cause a failure in circulation to the heart, which may be dangerous if your heart is weak; but if all you're going to do is step up your activities gradually, then working up a sweat is useless. A skill warm-up, as distinguished from a sweat warm-up, is all right, but a prolonged sweat warm-up depletes nutritional stores and saps energy.

8 PUT ON A SWEATER IMMEDIATELY AFTER YOU FINISH EXERCISING

No. Help your body to recover its normal state by leaving your sweater off; there is no point in prolonging heat by encasing it in a garment - and you don't catch cold by changing temperature.

When you no longer feel hot, and your sweating has subsided, put on your sweater to stop getting chilly.

9 TAKE A COLD SHOWER AFTER A HOT ONE TO CLOSE YOUR PORES

Totally unnecessary. It does no good, and could endanger your life. Cold water can cause a constriction of the blood vessels in your heart as well as in your skin - and pores don't have to be 'closed'.

10 AVOID SEX BEFORE ATHLETICS

The popular notion that abstinence somehow stores strength has no scientific foundation. Athletes, in fact, seem to do better after sexual intercourse. Enlightened coaches now encourage players to bring their mates along with them on athletic trips.

11 WOMEN WHO TRAIN LOSE FEMININITY

On the contrary. They become lithe, and they move with greater strength. Those who lift weights and do gymnastic exercises develop firm muscles, but they don't form the bulges that men do. The body retains its female contours, and the hips and thighs are slimmed by the exercise.

12 BIG MUSCLES MAKE YOU STRONGER

Big muscles are not necessarily strong ones. Today we know that you can get stronger without enlarging your muscles, and that you can enlarge your muscles without much increase in strength. Big muscles can even be a detriment to performance, since carrying all that extra weight around is, in a sense, like being obese.

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.

STAR TESTS: There is NO charge for the test itself. Successful candidates can be given a form by the examiner, by which they may apply to purchase a Certificate and a Cloth Badge, and also for BCU Membership if they so wish, all from BCU Head Office.

PRICE FOR CERTIFICATE AND BADGE £1 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 £7.50 per lot of 10 Certificates and Badges. Please state whether 1,2 or 3 Star. Lots may be mixed.

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

OTHER TESTS	#Members	Non-Members
+Proficiency	£1.50	£3.50 *)
+Life Saving	£1.50	£3.50 *)
		There is NO FEE payable for a FAIL
Log Book	75	£1.00
Canoeing Handbook	£5.75	£7.75 (State whether bound or loose-leaf - binder £1.75)

AWARDS (general)

SI Training (first course only)	£3.00	<u>AWARDS</u> (Competition - first course only)	
Instructor	£2.00	Competition Trainer	£3.00
Senior Instructor	£3.00	Competition Coach	£3.00

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

	Members	Non-Members
+ 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) £3.00

COACHING SCHEME JUMPERS (Award holders only - green with "BCU Coaching" in gold letters on left breast - Please state size: Medium, Large, X Large) £7.75

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: £15.00 Patch pockets £1.50 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 - please show age on form.

+The Proficiency Cloth Badge is offered to qualified Examiners at £6.00 for 10.

#SCOUT ASSOCIATION Warranted Leaders are treated as members for Proficiency Tests and BCU supplies only (not Coaching awards) if they quote Scout Association Affiliation Number 000263. This does NOT apply to other Scouts.