

CoDe

Number 15
Spring 1983

The Magazine of the
British Canoe Union
Coaching Scheme



Playing's better than watching and it'll bring out
the best in you. You're never too old to start, so take
up something now, you've got all to play for.



CoDe is the official organ of the BCU Coaching Scheme.

Members are free to express their views within it. Articles and comments therefore reflect the authors' thoughts and do not necessarily state the policy of the National Coaching Committee.

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EDITORIAL

'nuff said

Here we are, back on course again, in the original format as promised. It would take longer than it is worth to explain all the circumstances surrounding the production of the 'broadsheet of the diminutive type-face' which was the last CoDe.

The letters on page 8 express adequately the consensus opinion of the membership concerning the attempts to economise with CoDe. Those opinions have been endorsed by the Coaching Committee, who have expressed to the BCU Council the gravity with which they view any attempt to detract from the form, content, or circulation of CoDe directly to Coaching Scheme members, separately from Focus.

Please note the revised schedule, published in the last Focus Extra, for CoDe.

Wanted - a Treasurer

Our Chairman is very concerned that there is no Treasurer, as such, for the Coaching Scheme. The funding of Coaching is very much part of the central system, administered through the BCU office.

Whilst this has some advantages, it also has disadvantages, and it is felt that a Treasurer, able to understand the complexities of accounting, would be able to identify areas of current weakness, suggest remedies, and make representation where necessary to ensure that the contribution which Coaching Scheme members make to the system, is taken into account when rates and prices are fixed.

If you, or anyone known to you, would be willing to stand for election as Treasurer, please write to the Chairman, via the BCU Office.

IMPRESSIONS

of my first Coaching Conference

by JIM CORDINGLEY

As a comparative newcomer to the sport, having started canoeing (pardon, kayaking) in 1978 and first SI'd a hectic two years later I felt it was time that I enlarged my experience to include a Coaching Conference. Having craftily deposited my four year old daughter on her elder sister's boyfriend some two hundred miles from home (the elder daughter having herself inconsiderably gone on a weekend course) I travelled the remaining eighty miles to Holme Pierrepont, arriving ten minutes before the bar closed. The few course members in the bar appeared not all to know each other and but for the two green coaching sweaters I might have supposed I was in the wrong place until a well remembered voice boomed out. You cannot keep a good kayaker under, especially if it happens to be Ron Moore and we were soon swapping tales of our experiences since last we met. The chance to swap news and views with fellow enthusiasts is a conference bonus but not the least of its values.

The following morning started with lectures after the chairman's introductory 'aunties' and it was soon apparent that one problem of the organisers of such courses is to cover, in too little time, enough subjects to interest everyone and include as many subjects as possible which are currently important, while at the same time giving enough depth to each subject to avoid superficiality and making each one worthwhile.

I found Graham Lyon's more serious contribution on the 'Sporting Body Mind' intriguing but could not keep pace with him. I wonder if he has been persuaded to put it in print?

Nigel Foster and advanced assessments I found absorbing. I had previously thought that the objects of the various tests were agreed. Judging by the debate this was a naive view and during the weekend there were other aspects of coaching which I had previously believed to be almost as fixed as the laws of the Medes and Persians, about which members of the scheme had very different views. Time ran out on the debate and, as a new boy, I don't know what happens next*but Nigel had clearly put a great deal of time and effort into his paper, and while I do not personally accept the view that the standard of the advanced level should rise dramatically, there was a clear interest and need for the debate to continue.

A further problem for the organiser is to avoid the mental indigestion consequent on too high a concentration of lectures and discussions and to provide the right mix of theory and practice. The canoe poling certainly provided a change. I do think the poles should have been long enough to reach the bottom! but even here one learned. I was surprised at the efficiency of the poles when used as paddles - have I discarded Geoff Blackford's paddles too easily? But how about support strokes? Material for further experiment here.

From lunch back to the lecture room. Canoe safety included some interesting ideas and then I had to think again about my rolling.x I do lean back both in still water practice, in the sea, including surf and in rough rivers. And I teach my pupils to lean back as part of rolling technique. Have I been lucky? I lean forward as I go over and sweep my body round to the rear as I surface, so is my face really more at risk? Leaning back certainly needs less hip flick from a tired paddler with a heavy boat at the end of the day. Oh well! back to the pool next week and a careful study of the action of those I taught last session.

The beautiful lady who was volunteered to learn rolling in those conditions in front of us lot deserved a medal (and not one of Graham's cardboard ones).

I simply could not believe the reaction to "Should the SI be able to roll?" Certainly in sea canoeing, as Derek pointed out, the unexpected can always happen and the ability to roll can be critical to the safety of the group. And yes, I have known it happen. Certainly also rolling is not a skill which is difficult to learn - easier in my experience than a good sculling for support. Even an awkward fellow like me can learn to roll in cold water in a few lessons and I have yet to meet anyone on my courses who has failed to learn. Apart from anything else it does remove the common beginner's fear of capsize. True the racing boys do not need to be able to roll but their instructors can become Competition Coaches: an appropriate qualification which they can choose if they do not wish to become 'general purpose' SI's. Different but not inferior. Enough on that, but I was astounded and still have not grasped what serious objection there can be.

The discussions on proficiency testing and the after-dinner moderating forum were interesting, in again illustrating the divergences in opinions which exist, and in demonstrating the importance of moderating forums and coaching conferences to keep the various standards within reasonable limits. I liked the way that, largely thanks to a skillful chairman, a consensus of opinion was gradually reached on most issues - quite like a Quaker meeting.

I thought Sam Cooke's slide show was absolutely superb. Even sitting behind him I completely forgot about his ingenious contraption and his hazardous and uncomfortable position near the ceiling, in my absorption in his colour and music. Magnificent, Sam. Very many thanks.

Peter Knowles presentation was - under-statement of the year - different. I know now that I do not wish to paddle the Frazer River.

Reviewing day one; a good balance of ingredients to hold our interest, to stimulate and to make us think. In fact to improve our coaching. Enjoyable too. Full marks.

I shall not bore you with Sunday in detail. In brief: I experienced some interesting moments in investigating "Can you paddle it?". I was surprised how few games people came up with, and I was interested in the further discussions, particularly the one on Coach training and assessment. As with Sea Proficiency standards so with Coach standards I felt that it would be wrong to put these tests and awards out of reach of, or should I say, within the reach of only the exceptional few.

And personally I would prefer not to see a further proliferation of tests and awards, nor the module system with its multiplicity of badges which George Steed decried. I did all that in the Boy Scouts a long time ago, which brings me to a point of contention. At what age does senility, a word, which kept cropping up, strike a kayaker? The anxious-faced thirty plus's I saw wincing when the word was used need not worry yet. I did my first slalom two years ago at the age of sixty and I've yet to declare veteran, so look out Plas y Brenin, I may yet go for that coach award.

So much for one person's impressions of the conference and some of the reactions it provoked. Thank you Geoff, Graham and the committee of the Coaching Panel for putting on such a profitable interesting and entertaining weekend, and thank you to all my colleagues for your conversations, your ideas and your friendship; it was grand to meet you.

* A small working party has been established to consider the syllabus of the advanced sea proficiency test in detail. It is NOT intended or anticipated that the standard will be deliberately raised.

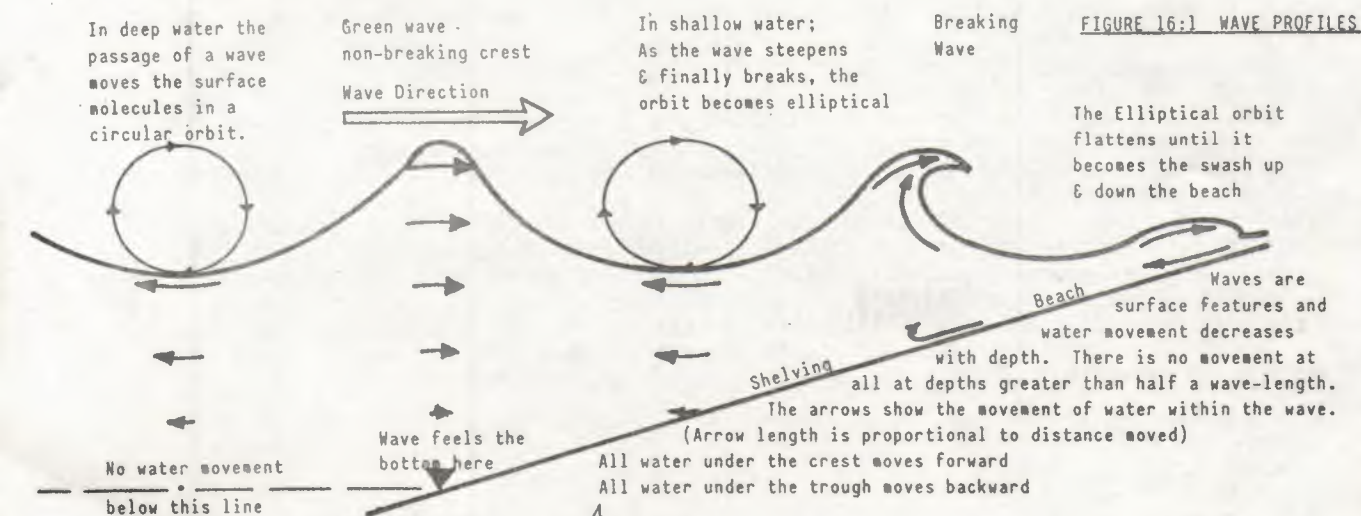
x Ken Langford, for many years one of our top slalomists, and latterly one of our leading coaches, insists upon the body remaining upright, with head and shoulders tucked forward throughout rolling, to avoid risk of injury to face and forehead exposed to rocks when lying back. This view is very much taken by paddlers in North America. Joe Morris of Merseyside, who took this session, is also an advocate of teaching rolling from the outset without any reference to lying back.

AMENDMENTS TO CANOEING HANDBOOK

The amendments package, drilled for entry into the loose leaf version of the new Canoeing Handbook, is available from BCU office. Please send stamps to the value of 40p.

Following is a list of the significant changes:

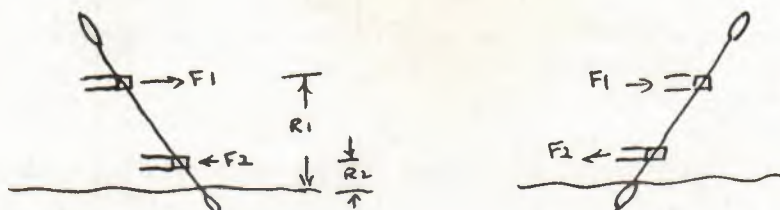
- p71 'Hypothermic temperature' is 35°C (95°F) not 68°F. Temperatures have been changed to Centigrade with Fahrenheit equivalents throughout section.
- p73-76 Note added concerning hyperthermia. 'Dealing with injuries' added as priority 3 (p74) Reference to lifting victim at the waist to drain water from lungs before EAR, deleted. RLSS recommendations concerning EAR procedure inserted, particularly that 'mouth to nose' is first priority. External cardiac compression recommendations changed.
- p88 Explanation of law concerning over-hanging loads on vehicle roofs re-written. Previous information not accurate.
- p93 Note added concerning lifting and carrying a kayak.
- p118 Figure 6:2 changed to show currents at bank spiralling anti-clockwise.
- p133 Caption corrected to read: 'The opposing forces have taken the canoe to the left hand bank'.
- p269 Figure 16:1 changed, but according to Frank Goodman is still wrong - see diagram below, which will be used in next re-print.
- p285 Reverse riding of surf is discouraged for all.
- p286 Shoulders. A 'left shoulder' is a wave breaking from right to left as viewed from the sea, looking towards the beach, and vice versa.
- p322 The new adult introductory category of membership has been added.
- p323 Insurance benefits explanation updated.
- p324 The Committee for English Affairs has been added as a full management committee of Council.
- p330 Canoe Building is a choice in the DofE Awards Scheme 'Skills' section.
- p332 Information added concerning the Guide Association and the St. John's Ambulance Association.
- p342-3 Bibliography updated.



FORWARD PADDLING WITH A LEVER

by KEITH ROBINSON

My original ideas about what was happening in forward paddling were quite simple. If the paddle was viewed as a lever then the fulcrum is in the water and during the stroke the blade pivots about there. It seems to be a little known fact that the lower hand actually moves forward during the stroke, most people think it moves backwards. The forces on the paddle are a) the top arm pushing it forward, b) the bottom arm pulling it back and c) the water resisting the backward movement of the blade. If the top arm is pushing forward with a force of F_1 and the bottom arm pulling back with a force of F_2 then there is a net force of $F_2 - F_1$ forwards on the body (and therefore the canoe). This is due to a backward force of F_1 (action equals reaction) on the shoulder holding the pulling arm. Thus the harder one pulls, the greater F_2 is and hence the greater the effective forward force.



During the stroke the paddle pivots forward so the force F_1 must be great enough to accomplish this over the resistance of the backward pulling force of F_2 . Working in terms of moments and assuming the arms to be working horizontally, i.e. pushing and pulling parallel to the water then $F_1 \times R_1$ must be greater than a quarter of F_2 . This ends the basic description.

It was at this point in my thinking that I began to have my doubts about all that advice one gets about pulling rather than pushing ("The top arm just moves forward as a guide"). On face value the harder you pull the faster you go since you maximise $F_2 - F_1$, but what would happen if you were to push harder? This would increase the leverage of the paddle forward and tend to pull the paddle out of the lower hand. The pulling arm would experience an extra force resisting its pull. Would this not make the lower arm work more effectively? It would be able to exert a greater force, not by the muscles having to contract faster, but by them having to resist the stretch being placed on the arm by the increased push of the top arm.

Back to the lever idea. If in the middle of the stroke the blade is moving uniformly, i.e. constant speed, then the two moments $F_1 \times R_1$ and $F_2 \times R_2$ are about equal.

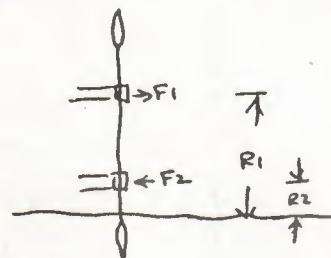
$$F_1 \times R_1 = F_2 \times R_2$$

$$\text{or assuming that } 4 \times R_2 = R_1$$

$$F_2 = 4 \times F_1$$

The net forward force is $F_2 - F_1$

which equals $F_2 - \frac{1}{4} \times F_2$ (or $\frac{3}{4} \times F_2$)
or $4 \times F_1 - F_1$ (or $3F_1$)



Suppose an increase in effort is made. If F_2 increases by f_2 then the net increase in forward force is $\frac{3}{4} \times f_2$. If F_1 increases by f_1 then the net increase in forward force is $3f_1$.

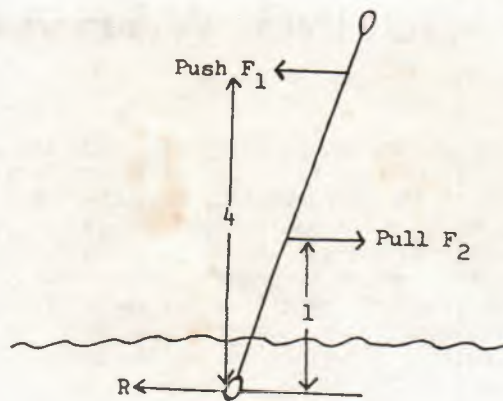
From my experience the arm that is working least is the top arm. Is it therefore easier for the top arm to produce the 'kick' to increase the speed by it pushing harder (thus forcing the lower arm to work harder by making it resist the increased forward movement of the blade) than for the lower arm to pull a bit harder (which will force the upper arm to work harder in order to overcome the greater resistance to its job of moving the paddle forward) ?

I have not come to any conclusion about my push/pull dilemma but I hope the first part of this section describes what is going on in forward paddling.

George Cooper is a member of staff of the Physical Education Department of Birmingham University. He is currently Racing Coach to the West Midlands Centre of Excellence, and was previously Coach to the Olympic Squad.

Keith's article was sent to George for comment, and he has kindly replied as follows:

I am sure that there is general agreement with the basic description in the first part of Keith Robinson's account. The forward paddling stroke can be regarded as a 2nd class lever system with the pull as the load, the push as the effort and with the fulcrum as the centre of effort of the blade in the water.



Basically: $R = F_2 - F_1$

The harder you pull the faster you go because you maximise the force of the blade on the water. Also, so long as we maintain rotational equilibrium:-

$F_2 \approx 4 F_1$ (Taking moments about R)

i.e. The pulling force will four times the pushing force.

If F_2 is increased by f_2 , to achieve a net increase in forward force of $\frac{3}{4} f_2$, F_1 would have to be increased by $\frac{1}{4} f_2$. The increased push is only $\frac{1}{4}$ of the increased pull. If F_1 is increased by f_1 to achieve a net increase of forward force $3f_1$, the pull F_2 has to be increased by $4 f_1$.

Any increase of push has to be matched by a fourfold increase in pull.

We may also consider what might happen if it was possible to increase the pull without also increasing the push and vice versa.

$$R = F_2 - F_1$$

$$R = F_2 + f - F_1$$

$$R = F_2 + f - F_2/4$$

$$R = \frac{3}{4} F_2 + f$$

i.e. If we increase the pull by f without increasing the push the increase in resultant force is increased by f .

$$R = F_2 - F$$

$$R = F_2 - F_1 + f$$

$$R = 4F_1 - F_1 - f$$

$$R = 3F_1 - f$$

$$R = \frac{3}{4} F_2 - f$$

Similarly if we increase the push by f without increasing the pull the resultant force is decreased by f .

Each of these lines of argument lead one to the conclusion that it must be the pull that is the most important and dominant factor.

To what extent an individual might purposely increase the push to provoke an increase in pull must be severely limited by the strength of the paddler. Ultimately, the physical limitation of the paddler must be taken into consideration as well as the pure mechanics of the situation. If every increase in push provokes a fourfold increase of pull, just how much stronger can one pull?

As soon as we cannot keep up with this equation increased push leads to a decrease of resultant force coupled with a disturbed state of equilibrium which may cause a change or increase in stroke rate. This leads us into another dilemma - the stroke rate/force/speed argument. However, generally speaking stroke rate does not relate to boat speed.

Even so it is recognised that weaker sprint paddlers use higher rates than stronger paddlers; K_2 and K_4 paddlers use higher rates than K_1 ; White Water Racers use higher rates than Marathon paddlers.

The comment re the pulling muscle not having to contract faster to exert a greater force ... etc is very dubious - it would have to exert the greater force!

TRYWERYN - it's all yours

The answer-phone system on 0678 520826 tells you the state of the water. If it's running, you can paddle the Tryweryn - £1 for the day per member.



Life Saving Requirements

I would like to make a few comments on Mr. Cochlin's very reasoned reply to my initial letter, in which he shows a sound knowledge of Life Saving, particularly by reminding us of the rhyme "reach, throw, wade, row (canoe), swim (with aid), swim and tow".

However, I was slightly surprised at his final paragraph where he sets out his suggestions for pre-requisites for Senior Instructor Assessment, namely either a canoe Life Saving Award or Bronze Medallion plus RLSS Silver Cross and a First Aid Certificate.

In my initial letter I wanted to emphasise the point that Senior Instructors should know their ability in cold water, and be able to judge this. In my view the RLSS Bronze Medallion does not do this and the Canoe Life Saving Award does. However, I feel it is unreasonable of Mr. Cocklin to expect all Senior Instructors to sit a RLSS Silver Cross, especially as an Award of Merit is required before it can be sat. His justification for asking for this seemed to be to test rescuers cold water swimming experience. This is already tested to sufficient degree in the Canoe Life Saving Test, both in canoeing section, test 2b (swimming canoe and patient 100m ashore while giving resuscitation), and the swimming section. It seems a bit extreme to test this twice.

On the point about making a First Aid Certificate a pre-requisite I would agree and see from "Jottings" that other members agree, but that the National Coaching Committee are resisting this, as they feel it is increasing the demand on candidates. They, therefore, propose to include a short section in the Senior Instructors assessment on First Aid instead.

In my initial letter I proposed a short Life Saving Test as part of the Senior Instructor assessment if the candidate did not have a Canoe Life Saving Award, and it may be possible to incorporate this and a First Aid Test. The problems may be the shortage of time during Senior Instructor assessment in which, even at the moment, assessors find it hard to fit everything in and spend enough time to gain a proper impression of the candidates.

With more outdoor education and a general move towards higher standards there is increasing pressure in all sports to up coaching qualifications. What I feel now needs to be done by the BCU is to decide finally on pre-requisites for the Senior Instructor Award, and then define more clearly the remit of Senior Instructors once qualified. In view of the recent introduction of the Instructor Award, my personal view is that since the Senior Instructor is our top instructing award the Canoe Life Saving Test and a Junior First Aid certificate should be pre-requisites.

One last point brought up by Mr. Cochlin is the renewal of Life Saving and First Aid Certificate every 3 years. This is a long standing problem which can get very involved. Apart from the extra work load for both the BCU and the individual, it would be unfair to exclude an older paddler from the coaching scheme because she/he couldn't put up with the cold in the Canoe Life Saving Award or the 3 minute timed swim in the Bronze Medallion, and yet might still be making a valuable contribution to the coaching scheme. One would hope that persons responsible enough to gain Senior Instructor status, would also be responsible enough to realise their own changing limitations, and keep themselves as fit and knowledgeable as possible so that they can carry out their Senior Instructors responsibilities. However, there may be a case here for closer contact to be kept with Instructors by RCO's and LCO's so that they are better aware of the capabilities of people within their area.

Donald S. Thomson

Director of Coaching comments: The acquiring of basic life saving skills has been an established requirement since the inception of the BCU Awards. However, I have no account on record of a serious accident or a fatality occurring because the instructor did not possess a sufficiently high level of life saving ability. Nor has it ever been mentioned, to the best of my knowledge, in any account of a normal daily canoeing incident, where an instructor undertakes a routine rescue.

Perhaps, those who advocate the possession of higher levels of life saving ability, and a re-assessment system, should produce some evidence that such is a vital aid to safety in a deteriorating system. At present there is no reason to believe that such is the case.

A small first aid booklet is currently being produced by Brian Sheen, Vice-Chairman of the Corps of Canoe Lifeguards, which will be issued free to all existing members, and to others as they join. It will be of a size to fit in the instructor's first aid kit.

Time to Update?

Do you think it would be a good idea to get your old hands together to put them through the various tests all over again? I think it was 1962 when I took my RLSS Award of Merit, and 1963 when I took all my proficiency awards, gaining the second 'gold' award. Geoff Blackford gained the first. Its all a long way off. This would apply to many others too, wouldn't it? What do you think? Maybe that could be mooted in CoDe? Love to see Derek Hutchinson doing his sea prof, or Chris Hare his Canadian Inland. Its a bit ludicrous I suppose but its an idea which must have been tried out before?

Should a Senior Instructor be able to roll?

As an aged mariner of some sixty summers, plus a few years when there was no summer(!) it seems to me that within the modern sport of canoeing teaching the roll is "Paramount to a beginners confidence and safety". The exception being of course sprint racing in which the boat pre-empts a roll.

The coaching scheme has always been firmly based on slalom and deviated into other disciplines afterwards. This seems a good concept, since we must train for the worst situations to be a meaningful scheme.

Obviously a senior instructor must be able to roll if he goes on the water with his pupils. If he does not go on the water what on earth is he instructing?

I would agree a first time roll should not be mandatory since it is difficult to specify for each and every situation and a good survival attitude may be of more value. Twice this year I have been thrown out of my canoe by heavy seas and no doubt age may play a part in this but my pupils and companions would be very upset if I could not roll 99% of the time, and I would fail to appreciate the joy of one of my young scout pupils who, looking a bit puffed, confessed he could only just manage 16 hand rolls! My hand rolls are uncertain and only in my Snipe or similar canoe!

The 3-star test expects a roll, or the beginnings of a good technique attitude towards a roll, so who has taught him? Surely you are asking about an examiner, not an instructor?

In any case an SI will have been taught on his training course will he not? Maybe if we face up to it and have training meets, or refreshers for fun, the situation would never arise that an instructor could not roll. The only question therefore is what wording should be used on the test form. This should be: "instructor will roll his canoe"

SANDY BUTTLE, 1st Batch of 'Coaches'

What No CoDe?

At a recent meeting of canoeists someone was heard to comment about the recent issue of CoDe. "What CoDe, I haven't had mine yet," I thought. "Yes that's right, the one that came with Canoe Focus," came another comment. I'd certainly received Focus, but did not remember seeing CoDe. Surely I would have remembered it. There must have been some mix-up when mine was sent and I had not received it with the Focus. Then someone else mentioned that there was some double sided sheet inside, and then the penny dropped. Yes, I did remember having one of those, but just thought that with that size of print it must have been the small print on the reverse of the BCU Insurance Policy.

On arriving home I pulled out my copy of Focus, and sure enough there was a sheet with what looked like the bottom half of the word CoDe. I looked harder, and sure enough this was it. I can hear the John McEnroe of the coaching scheme saying "You cannot be serious man", but as I read further, it was sure they were. Perhaps someone at HQ had a reducing copy machine for their birthday, or was it that it was an exercise the print the lords prayer on a postage stamp.

Then I remembered a recent circular concerning the National Coaching Conference about a special surprise item. Perhaps I should try to read all the paper as this could be an ingenious way of finding out if members of the coaching scheme were in need of spectacles.

I have now done my duty and ploughed through the double sided sheet with a lasting wish of not wanting to do it again with information presented in this form.

To be serious though, I always thought that if you want information to be read, enjoyed and digested, then it needed to be interesting and readable to the recipient. In this case the presentation was to my mind B.....?! Even one good issue of the usual CoDe would be better than ten of these awful things. It is all very well trying to save money and time, but if you fail to put the information across to the reader then the whole exercise has failed, and in my view it has. Perhaps if you can spare the space to print it at a reasonable size, you might like to print this letter to see what other members of the coaching scheme have to say.

DAVE COGGINS - RCO Eastern

CoDe

You may like to use the following in your next issue. And since we were asked to comment, may I say that I do not like the change in format. I would prefer to pay a little extra for my copies of CoDe on the old lines rather than suffer the unreadable, unfileable sample of the new look I received last time. I believe that a little market research would reveal that the struggle to read the badly reproduced small typescript in which the B.C.U. seem to specialise (e.g. Focus Extra) is a turn-off for many people and does nothing good for the Union's image. I am aware of the economy argument and reject it; there is little point in sending out material which few people will bother to read.

JIM CORDINGLEY

CoDe

Along with my subscription for 82-83 membership may I include a comment upon CoDe.

Frankly, I do not recognise this one sheet as in any way being a replacement for the magazine of and forum for the Coaching and Development side of the BCU.

I can see that great savings would be made by continuing in this way, but surely this can only be in the quality of discourse and authority which CoDe should carry.

Sirs, good husbandry of resources is of course right but not at such an extent as to remove a valuable instrument from the Coaching Scheme.

KEN TETMAR

Sea Kayaking

Thank you for another action-packed edition of CoDe.

With reference to Lt.J.R. Crawford's article about a cockpit canopy, how does one magic the canopy into existence when required? I certainly would not like to paddle all day in a cross wind with a canopy such as the one described lashed on to the afterdeck of the kayak. It seems almost inconceivable that anyone would, on the onset of a storm attempt to ride it out by trapping oneself inside a glassfibre canopy, sea anchor or no sea anchor.

I have on occasions produced a small umbrella, which, if nothing else, creates a little light relief during a long wet trip!

Over the years I have examined many sea kayaks. One question which still remains unanswered is why, with technology which puts men on the moon can we not design an economic, efficient hatch cover which actually stops water entering the sealed compartments? Perhaps because otherwise poly bag manufacturers would go out of business?

An Electric Bilge pump for the Nordkapp

On most sea kayaks you can have either a foot pump or a hand pump, or both, but neither do the job effectively. I have yet to meet the man whose foot pump, with the passing of time, has not sprung a leak or fell apart at an inopportune moment.

The hand pump, in my opinion, is a potentially dangerous piece of equipment. Fine, in a nice calm estuary, you do your underwater re-entry, roll up and pump away, then off you go, convinced that kind of single handed rescue will work in anger.

Have you ever tried pumping a waterlogged kayak out with one hand on your paddle, breached to a minimum of a force four sea?

The conditions which would have dragged the unfortunate paddler from his kayak, or at least filled the cockpit with water in the first place, would certainly not allow him to play at single handed support strokes while he operated a pump.

A solution costs about £12 in the shape of a 12 volt submersible bilge pump, obtainable from any large boat chandler. It is held in place by a pair of glassed-in elasticated straps against the hull, immediately in front of the seat. Cable and outlet pipe are held out of the way by a velcro strap, easily released if the pump is needed to empty someone else. The soft plastic pipe I used squeezed neatly inside the existing outlet connector. The electric cable divides, one wire goes to a waterproof single pole switch (in the event of it shorting out the pump would merely be set running - a sort of accidental water-sensor!). The switch is fitted behind the cockpit, the toggle on the outside of the deck.

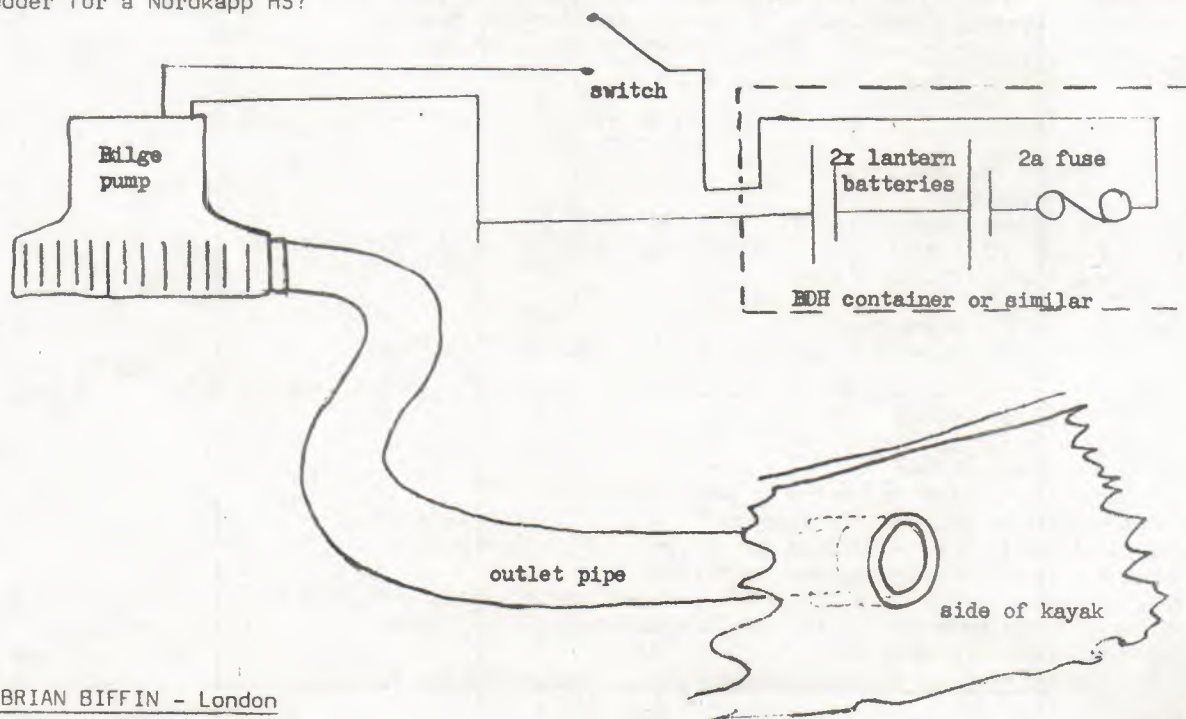
The other wire, plus the other wire from the switch go through a waterproof 'o' ring sleeve in the bottom of a BDH. This again is held in place with glassed in straps. The cable is designed for underwater use, being round in section and covered in soft rubber, so as to make a good seal.

The BDH contains an in-line 2Amp fuse plus two 6v lantern dry cell batteries wired in series. The switch, cable and ring seal came from Greenaway and Morris (Camera Housings) of Swindon. A cheap, in fact free alternative to a BDH was found in the shape of a chlorine tablet container, obtainable from your local friendly swimming pool!

Meanwhile, having glassed up the hole left by the handpump, I must decide what I shall fit in the deck space now available!

Brief revival of a very old argument

Why is there a purist attitude of so many British sea canoeists over rudders on sea kayaks? There is such a thing as evolution. The eskimos never covered the distances we attempt today. Having paddled an ageing Atlantic with rudder in a variety of seas, I am convinced the advantages far outweigh any disadvantages. Before I start experimenting, has anyone any bright ideas on a DIY rudder for a Nordkapp HS?



Senior instructor training

At the SI (training) course we had a splendid weekend. We tried several new things but the most interesting item which we all (including the trainees) agreed worked was inviting the help of a number of our local SIs. In all 2 of us officially ran the course and 6 other SIs came and gave lectures and generally helped out. It was almost an update for our local people as well as an interesting SI session for the trainees.

Because of the different lectures by the SIs the programme kept exactly to time and well prepared information was put over in an interesting way.

Also it meant that there was plenty of opportunity to see different methods of presentation by these SIs and for people to swap ideas.

We also put more emphasis this time on real training. So often the training weekend seems to have become an assessment situation with very little guidance given to the trainees as to how they would cope with the situations.

Anyway we all enjoyed it and now have 5 more IIs in the Scheme.

JOHN DREW, Portsmouth

River Side Rescues

I was in Austria during the summer and noticed that a number of canoeists were wearing windsurfing harnesses over their buoyancy aids. This is just a combination of belts, a quick release mechanism and a hook. On Grade IV, and above if you are unlucky enough to take a swim there is very little chance of a rescue, but a swimmer may be able to hook onto the deck lines of a rescue boat.

Also at Augsburg I saw a group testing the quick release on different harnesses. They had a rope around a pole and tied to the back of a harness. Then the 'mug' jumped into the course and was promptly pinned to the bottom before trying the release. It looked like an interesting exercise.

The harness seems to be a good idea for big water and I am sure there are other uses.

IAN GILLESPIE

Editorial Note: Please see announcement covering the BCU Safety Conference on page 14.

Expedition Exchange

I have just returned from a trip to Alaska, where I did three specific kayaking trips, 1 - Glacier Bay, 2 - John River, 3 - Kobuk River. I did these trips in my Klepper, and my experiences in this area might be of interest to other members wishing to undertake such a trip.

I would like to know of any members who may have been on similar trips to places other than North America, especially Asia involving a floating trip, not in excess of Grade II white water.

I would also like suggestions on rivers in Europe in this category.

Thanking you in anticipation.

E B SEEMAN, The White House, The Green, Old Dalby, Leicestershire

Coach Course Essays

Essays produced by candidates for the BCU Coach courses are available on application to Nigel Timmins at Plas y Brenin, Capel Curig, Betws y Coed, Gwynedd, N.Wales.

Please send 50p (per essay) to cover postage and the cost of reproduction, plus a large addressed envelope.

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so what's so special about BEING A CANOEING COACH ?

by JOHN RAMWELL

An article provoked by a lecture from Colin Mortlock at the 1981 Coaching Conference .

Have you ever thought seriously about your society, your place in it, what's wrong with it and what you can do to improve it. Maybe you think that there is nothing wrong with it and that it's best left alone. Well, perhaps you're right. Personally I do think there is something wrong.

Solzhenitzen, when speaking at the opening of Harvard University in 1977 was as scathing about western society and culture as he had been about the Russian. His speech took little publicity, but in effect he said that the western and Russian society was in it's own way as bad as each other. He said that in the west we relied almost entirely on the LAW to prop up our civilisation rather than each other. We are, he said, as materialistic as it is possible to get. We put too much value on our goods and chattels and not enough on human relationships, on caring or loving our fellow man.

In short western society is in an incredibly sick state and we need to ask ourselves, each and every one of us, what can we do about it? Government spends large amounts of its revenue on arms for defence. I am not saying that this is not necessary. I am saying that it says something about ourselves.

The biggest growth industry today is burglary. The greatest amount of petty crime is committed by young people under the age of 21. In 1979 over £15 million worth of damage was done by vandalism to schools.

What is wrong and what can we do about it? Leave things as they are and mankind will fill the world with discontented and unhappy people until eventually it blows itself into kingdom come. What can we do?

First let's look at the education system. In the main it concentrates on the brain rather than the mind. It is competitive and examination orientated.

"Stand up Class 3A". Thirty souls stand erect in the large school hall in which the whole school is assembled. "Sit down as I read out your names. Bill Bloggs - first with 95%". Bill Bloggs sits down to polite applause. This works right down the class; only the top three merit the polite applause. Someone has to be last, always, every time, there has to be a last one who is bottom of the class. How lonely he must feel; what damage, irreparable damage is done to his personality by this barbaric and savage system of encouragement. It is not only the last one, but all those who are made to feel losers by one method or another, made to feel that they are not ever going to realise their true potential. "Go on like this and you'll end up a dustman". What's wrong, for God's sake, with being a dustman. I'd much rather know a good dustman than an arrogant Lord. What matters is the PERSON.

I'll tell you what this system of education does. It undermines self confidence; it breeds competitiveness to the extent that the survival instinct predominates. Arrogance and ruthlessness prevail in the natural survivor or the talented intellectual. An undermining and damaging effect on the weak. The stronger get stronger and the weak get weaker.

A competitive and examination orientated educational system, both at school and at home, is ultimately responsible for the sort of society we find ourselves in today. Even competition in sport often lacks the ingredient we call 'sportsmanship'. To win at all cost is the message often put across to our young athletes to the extent that drugs are abused and cheating practices creep in. I once saw two paddlers ignore cries for help from a competitor who had taken a bad swim and had lost his boat as well as his nerve. No doubt they both went on to gain placings which they needed to climb the Division but at what price? "No greater love has any man than he who will lay down his life for another." These guys wouldn't even stop to help a fellow stranded canoeist!!

There is no getting away from the fact that we are the product of our upbringing as well as our inherited genetical makeup. Genetically we are ruthless and selfish. Witness a young baby's anger and frustration when feeding time is late. These characteristics cannot be 'educated out'. Nor is it wise to try. The feelings they engender must be channelled and harnessed into socially acceptable attitudes and emotions, like for example friendliness, understanding, compassion, care and love.

When the basic survival instincts come to the fore as demonstrated during football match riots - and this includes those on both sides of the law - it needs to be understood, in my view, that educationalists, parents and society are failing in some way in coming to grips with an all round training approach to the young. Needless to say I am generalising and that there are many exceptions.

There is no getting away from competition, nor from the necessity of acquiring credentials to prove intellectual and academic competence. Industry, commerce and society demands that the best man gets the best job. Whether or not it always achieves this is debatable; but it does rely on this system which is infinitely better than that which allowed birthright to take precedence.

I am submitting that from birth to full maturity we should be concerned in educating the full man, the complete individual so that everyone has the opportunity to reach full potential. How often have we heard that each one of us has a special inherited gift or skill. How many of us ever have the chance of discovering this. Precious few. Obviously those with any outstanding ability will demonstrate it, and often with little assistance. I am really referring to the ordinary man, who, in one form or another, has not benefited from all round and all embracing education that allows or at least encourages, the realisation of full potential.

For quite some time I have realised that something went sadly wrong with my own education as a boy. For years I have blamed my own lack of ability, my own lethargy. But when looking back on my life since leaving school I am pleased with the way things have worked out for me. The point is that what I have done with my life, the experiences, the relationships, the achievements (as humble as they might be) have been gained despite my education and not because of it.

Not only do I now realise that something went wrong, I think I now know what. My school, like the vast majority of schools today considered only intellectual ability. How well did you do in your examinations? Not 'how can we motivate, how can we interest'. At no time did the school concern itself with the 'also rans'. The only thing that seemed to matter was how many places could they acquire at university. Few ever stopped to consider helping the losers, and remember, only a small percentage can be winners. Don't they require some of the advantages of winning? Damaged egos, a lowering of self confidence and damaged personalities these are the results of losing or losing too often.

To win takes a certain amount of natural ability as well as a certain amount of ruthlessness and selfishness. Each quality being in proportion to the other. The more the natural ability the less the other qualities are important. Everyone loves a winner. Often the losers having little to fall back on. And let's face it, most of us have to be losers most of the time in our society. There is usually only one winner!!

I am not saying there is no place for competition nor for acclaiming and recognising success. I am submitting, that in life, in our relationships, in our work, where-ever we are, what is important is the generation of feelings akin to success. A feeling of worth and of value in ALL of us.

There are, of course, other human qualities like humility, compassion, fairness, justice, understanding, sympathy and selflessness. All those require encouraging and developing and I am submitting that a competitive, examination orientated educational system can only bring out the more undesirable qualities I have previously mentioned.

Man is genetically a selfish animal. He has a strong survival instinct which brings with it some necessary and useful qualities. But it is up to parents, teachers, society, you and me, to encourage and develop these characteristics that usually require developing and that make the person the finished mature individual nice to know, to relate to and to get on with. Too idealistic, I don't think so. In other words we should be concerning ourselves with the emotional, moral, educational and physical development of young people.

I worked in Borstals for many years in both the tough and the open more relaxed Borstal, and often when I took these lads out of the establishment itself on canoeing or athletic events, people who knew where we were from would remark with regularity, "How come these lads are ever in Borstal - they're so well behaved". Then I started thinking that perhaps something might be wrong with society because these lads were well behaved. They weren't psychopaths, they weren't bad, they had done something bad, but they weren't bad.

If you agree with me so far we must ask ourselves the question 'What are we going to do about it?'.

How many parents involve themselves in their childrens activities; how many parents even care? If the parents don't care, why should the kids. Life father, like son. How many youth clubs, scout groups and other similar organisations are NOT in being simply because there are no adults to support, to motivate, to guide or even to care.

Schools, parents, Government and society must do more to educate the young; to teach them to care for each other. Bertrand Russell in his book 'Can Man Survive' suggested a world government as the only solution to man's long term survival but he submitted that even this on it's own could not work unless we all cared for each other to the extent that we became anxious that those around us had equal shares. This requires a whole new attitude. Too idealistic - maybe, but unless we work towards it the future will look like the past wars, want, suffering, greed.

What is needed by the young is OPPORTUNITY. Opportunity to find itself and to discover the world about them and where they fit into it, into the whole scheme of things. They need answers, they need experiences, they need adventure and they need challenge.

Outward Bound and the Duke of Edinburgh Award Scheme both go a long way to providing these challenges, as do many other youth organisations as well as some schools. But they are fighting a losing battle. We are locking up more and more young people. There is more vandalism than ever before. Football hooliganism, Toxteth riots, cause bewilderment in the old, anger in the not so old and frustration and despair in those youngsters taking part.

We should realise the enormous natural potential of young children. We do not give them sufficient credit for their ability to be self-sufficient, and to relate to one another in such a way that they will collectively survive quite arduous adventures. I am afraid that 'Lord of the Rings' has a lot to answer for!

But having said this, it's up to us, to all of us to measure up to our responsibilities, whether a parent or not, and find or even manufacture the way of offering kids the opportunity. The opportunity to see a wonderful sun-set, a snow capped mountain, a nest of bird chicks, a river running wild and shimmering in the sunlight, a sea set alive by a storm. We are all part of this perfect natural environment. It is essential that we are all given the opportunity of realising it and of realising our own place in it and so discover that there is something out there much bigger than all of us put together.

This is why I am proud to be a coach of canoeing which has allowed me to have the privilege of introducing so many to canoeing over the years.

1983 CONFERENCE 8-9 OCTOBER

The 1983 Conference is now to take place at Crystal Palace National Sports Centre, London. The main pool will be available for practical sessions.

A full programme is being devised, and will be available in August. The Conference is open, in order of priority, to: RCOs, LCOs, Coaches, and other members of the Scheme. Please reserve the date. A booking request will be included with the July CoDe.

THE ROAD TO COACH

The new system of direct entry to a one-week course for the Coach Award has proved successful, and will continue in its present form.

The dates for this year are: 9/16 July at Glenmore Lodge, Scotland; 22/29 October at Plas-y-Brenin, North Wales. Full details from Director of Coaching at BCU Office.

Reservations have been expressed by a number of members, however, mainly on three scores:

1. The one-off cost of a week at a national centre
2. The commitment faced by the family canoeist with a restricted holiday allocation
3. The possible long-term problems which could occur with the involvement of a restricted number of assessors.

An important end has been achieved by the establishment of the one-week courses, in that the purpose, content and standard of the coach award has now been clearly established.

The only real problem that has highlighted itself is the difficulty many candidates have had in knowing what was required of them in the practical coaching of advanced skills.

The purpose of the coach award as defined is to identify within the system a cadre of competent, experienced, reliable, motivated persons with a depth and wealth of knowledge, who can be relied upon to provide practical coaching, information and guidance up to a high level.

In order to encourage more experienced senior instructors into the award, and provide for the reservations expressed above, it has now been agreed that an "alternative route to goal" should also be introduced.

This will consist of completing the modules, and the training course outlined below. Those who successfully undertake this complete programme can then be assessed on a 4-day (long weekend) course as outlined.

The entire programme can be operated in the regions, with the prior approval of the Director of Coaching.

Before assessment the following pre-requisites must be met in all cases:

1. The minimum age of 21 years
2. Be a full individual member of the BCU (or National Association)
3. Hold a current Senior Instructor Award
4. Hold the relevant advanced proficiency certificate
5. Hold the alternative proficiency certificate
6. Hold examiner grade two status
7. Produce a 1,000 word essay (minimum) on some aspect of the sport or coaching techniques. The article may explore new ideas, concern itself with refining existing definitions, discuss design or construction of equipment, or rescue techniques and aids, or any aspect of the sport or its organisation which interests the candidate or which he/she believes worthy of consideration.

The training weekend is not compulsory for those opting to take the one week course. Candidates may, however, if they wish, undertake the training course to prepare themselves for the vital "coaching of advanced skills" section of the assessment. The modules will continue to be offered in the one-week course as a package deal, and so it will be unnecessary for candidates attending the one-week course to work through these.

. . . continued on page 14

FALCON TUTOR

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MODULES

Forward paddling - 1 day (Racing Trainer exempts)	Analysis of skill. Coaching of skill. Developments within racing. Types of craft. Systems for learning to balance. Tactics.
Canoeing - 1 day	Type of open craft, and association of skills. Progression through skills. Other forms of canoe: slalom, WWR, racing etc.
Slalom - 1 day (Slalom Trainer exempts)	Basic progressions and coaching methods
Rolling -	(Optional, but warning that ability will be assessed)

2-DAY TRAINING COURSE

Friday evening	Introduction to course - aims and methods - scope of written paper - etc.
Saturday evening:	Training in coaching of related skills How to Lecture - related theory
Sunday pm:	Training in coaching of related skills Advisory session (personal interviews)

4-DAY ASSESSMENT COURSE PROGRAMME

Thursday 9 pm	Introduction and aims of the course
Friday am:	Forward Paddling/Rolling
pm:	Canoe Skills /Basic Skills (kayak)
evening:	2 Lectures
Sunday am/pm	Coaching skills assessment/Organisation session
evening	2 Lectures
Monday am/pm	Coaching skills assess (cont) / Results (final interviews)

TRAINING COURSE DATES FOR 1983

SEA: Whitby, North Yorks: 9-11 Sep 83
Calshot Activies Centre: 16-18 Sep 83

INLAND: Hexham, Northumberland: 14-16 Oct 83
Outdoor Adventure, Cornwall: Nov 83

All applications to the Director of Coaching at BCU office.

Please register with your RCO if you wish to undertake the modules. A regional programme will be devised, and candidates notified of the dates.

Four-day assessment courses will be arranged for 1984 and advertised in the main calendars. Candidates for training courses need only be 21, current senior instructors, and competent on grade three water.

APPOINTMENT OF NATIONAL COACH

Applications are invited for the following positions:

1. A NATIONAL COACH to develop the coaching of Slalom Competitors
2. A NATIONAL COACH to develop the coaching of Wild Water Racing Competitors.

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

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

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

APPLICATIONS

No application forms are being issued. Letters of application, which should include a summary of relevant experience and qualifications, together with the names and addresses of two persons to whom reference may be made, should be sent to:

The Chairman, BCU National Coaching Committee, Flexel House, 45/47 High Street, Addlestone, Weybridge, Surrey, KT15 1JV, to reach him not later than 1st June, 1983.

STANDARDS

The Coaching Committee reviewed the working of the arrangements which it was hoped would have led by now to a more satisfactory levelling of standards for Senior Instructor training and assessment.

The definitions written in to the Proficiency Tests; the introduction of the examiner grading system; the provision of notes for the guidance of examiners; and the introduction of the annual moderating forum, were the four factors involved in this process.

Considerable discussion of the current situation was enjoined at the March meeting, with suggestions including the provision of particular courses for examiners. However, the conclusion was reached that the situation was containable simply through closer monitoring of courses where problems arose.

A letter has been circulated to all course organisers reminding them of the necessary standards, and this will shortly be followed by a revised and complete set of notes for guidance for the running of Awards courses.

AWARDS COURSES

Notes for the guidance of organisers of Awards and Advanced Tests courses (0.1) has been updated and distributed to all organisers. If you are intending to run a course involving Senior Instructor Training or Assessment, and have not received a copy, please contact BCU office

INSTRUCTOR AWARD - its use on the Sea

The following definition concerning the use of the Instructor level award on open water has been agreed, and copies of the revised notes for guidance for examiners circulated to all LCOs:

The Instructor level is not regarded as of a sufficiently high standard for the safe supervision of canoeing activities generally on the open sea. It should not normally be awarded where the candidate's main area of activity is to be centred on the sea. However, where quiet, slow moving estuaries or tidal rivers only are involved, it may be appropriate. Or where an Instructor is visiting coastal areas that have known sheltered bays or holiday beaches, he or she would not be working outside the terms of reference to go afloat with small groups close inshore. Due regard must always be paid to the prevailing and forecast conditions, and the greatest caution exercised where even the lightest of offshore breezes is blowing.

INSTRUCTORS TEST FOR 2-STAR

Please note that Kayak INSTRUCTORS may now test for 1 and 2 Star (Kayak) and 1 Star (Canoe). And vice versa.

RESOURCES WORKING PARTY

A small standing working party has been established to determine a programme for the development of our resources, and to pursue the projects to fruition.

Currently in hand is the production of a new film on basic skills, scheduled for shooting in August, and the production of large skills flow charts for wall display.

Under consideration are: a film on 'reading water', a promotional film on the sport; research groups to determine more objectively the definition, analysis and teaching progressions of the basic skills.

MINUTES

The minutes of the meeting of the National Coaching Committee held on 12 March are currently being circulated to Coaching Committee members and LCOs. They are available on request accompanied by a large, stamped, addressed, envelope.

1983 CALENDAR

The 1983 calendar was published in two parts. Events 1 January until 30 April were notified with the December Focus, and the remainder of the season appeared on the main calendar, published with February Focus.

For 1984 it is planned to produce the pre-Christmas special calendar as above, but to replace the existing wall chart with a 'BCU Year Book'. This will be circulated with the February Focus as before, and will contain the full calendar for the year, starting from 1 March (thus repeating the March/April courses and events). The Year Book will, however, provide considerably more information, covering such subjects as services and standard leaflets available, names and addresses of coaching and regional organisers, how to enter events for the first time, accidents and disciplinary procedures, the amateur rule and its effects, sources for grants, and so forth.

Dates for courses for the main calendar will be required as usual, to RCOs by the end of August. Forms will be circulated in July.

HELP !

During the weekend of 23-24 September, the British Schools Canoeing Association is staging a rally on the Wye between Hay on Wye and Monmouth.

Tours, Duke of Edinburgh Award training, Relay events, and a Time Trial are planned.

If you are free that weekend, and would be willing to help out, please let the Director of Coaching know immediately.

PGL are sponsoring the event, and kindly providing free board and lodging for helpers. Marshalls and Instructors are needed.

The response is not, as yet, known, but several hundred participants are anticipated, and a good number of coaches therefore required.

If you are free, and willing to help, please let the Director of Coaching know.

HUGH STEPS ASIDE

To the great regret of the Coaching Committee, Hugh Mantle has decided to resign as National Competition Coach (Slalom) with effect from October. Hugh will continue to coach within the squad structure for as long as the Slalom Committee require him.

The very deepest appreciation was expressed by the Coaching Committee at their last meeting for the way in which Hugh has developed a structure of an Assistant National Coach, and Staff Coaches to run a comprehensive programme of courses. The slalom coaching establishment now reads 7 senior coaches, 7 staff coaches, 6 regional coaches, 65 coaches and 85 trainers. Although not all of these are newly created, an integration of the scheme has been achieved, which is of great value.

Hugh has some very pertinent views concerning the urgency with which funds are needed to consolidate the progress made. His successor will, however, have a good foundation on which to build.

A Slalom Coaching Conference was staged by Hugh at Holme Pierrepont in January, which was very well received. A report will be included in Focus. Date for the 1984 Conference is 4-5 February. Full details will be advertised in due course.

A BUOYANCY AID STANDARD

This statement is designed to help dispel confusion over the current situation with regard to the suitability of personal flotation devices - life jackets and buoyancy aids.

The BCU and the BCMA (British Canoe Manufacturers Association) are currently engaged in producing a 'Standard' for buoyancy aids. This standard will be monitored jointly. Devices bearing the appropriate label will conform to agreed minimum standards of manufacture and performance related to inland canoeing situations.

A draft of the Standard is available for comment - see to BCU HQ please. Once the comments are received, and if all goes well, the final document will be produced, and tests carried out. The list of approved aids will then be published in Focus - hopefully in late August.

The BCU recommendation for the use of Lifejackets and Buoyancy Aids would then have to be amended to read:

'Lifejackets to BS 3595/81 with inherent buoyancy (min 6kg inflating to 16 kg) are recommended for sea and open water expeditioning.

Buoyancy aids to BCU/BCMA (or SBBNF) standards with a minimum inherent buoyancy of 6 kg, are suitable for river canoeing and other situations where close supervision is being exercised.

Buoyancy aids to BCU/BCMA (or SBBNF) standards (as above) are recommended for rapid river work, surfing, canoe polo, and other situations where a risk of collision is involved'.

Please note therefore that there is no change in the BCU recommendation except that the Standard to be applied to buoyancy aids will be primarily that of the BCU/BCMA Standard rather than that of the SBBNF.

Buoyancy Aids (and also lifejackets) which are not incorporated in a continuous garment are unlikely to be accepted for international Slalom and Wild Water Racing, and could well be banned shortly from use in domestic competition.

Buoyancy Aids conforming to the new Standard, which are made in the form of a vest or jacket will be acceptable for use in Slaloms and Wild Water Races, as the Standard is likely to be adopted by the ICF (International Canoe Federation) as the expanded definition of their new rule for Slalom and Wild Water Racing. This states that:

A buoyancy aid shall consist of non-absorbent flotation material equally distributed in a jacket or vest worn about the upper torso front and back. It must have buoyancy sufficient to float a 6 kg legalized lead weight, and should be designed to keep a conscious person floating in a face-up position in the water.

WHITE WATER SAFETY CONFERENCE

A full white water safety conference is to be staged at Plas y Brenin from 14-15 January 1984

The planning group will meet shortly to finalise the programme, and the following subjects will be pursued in depth; with an emphasis on practical testing and experiment:

Factors leading to entrapment in kayaks, methods of prevention, and rescue

Paddler to paddler rescues

Riverside rescues, and efficiency of throwing lines

Equipment in use - its application and improvement

Use of quick-release harnesses

Effectiveness of attachments on boats

Applications direct to: National Centre for Mountain Activities, Plas y Brenin, Capel Curig, Betws y Coed, Gwynedd, N. Wales.

river noises

THE FLADBURY PHILOSOPHY

David Train has been extremely busy in recent days rounding off his plans for a massive promotion in the area of placid water canoeing.

His 'Fladbury Philosophy' is well known, as outlined in chapter 14 of the Canoeing Handbook. He is currently publishing his own book expanding this theme, and has been endorsed by the National Coaching Committee to run a pilot scheme. This is aimed at creating instructors trained to promote canoeing and clubs within a comprehensive framework of progressions into canoeing activity on placid water.

Within this plan, David proposes to write to all members of the Scheme, outlining his plans. He will be offering short courses to enable current instructors to implement the system, backed up with the availability of suitable craft.

EMPLOYMENT OPPORTUNITY

16 July until 13 August. Dave Constance Sports Holidays are seeking instructors for the above period. D. Constance, 50 Holdenhurst Ave., Boscombe East, Bournemouth, Dorset

Maidenhead, Berkshire. Manpower Services Commission are sponsoring the employment of a team of instructors for a youth club project in Maidenhead. An opportunity exists for a Senior Instructor who has been unemployed for a year if over 25, or for 6 months if under 25. Applications to Mr. Shaw, Manpower Services Commission, Maidenhead, Berks.

Information concerning full-time and part-time vacancies often comes through headquarters, sometimes from employers seeking staff urgently. Any member of the Coaching Scheme known to us is informed.

If you are seeking employment at any time, please drop the Director of Coaching a line, and you will be notified of any vacancy which occurs.

CANOEING FOR DISABLED PERSONS

Ron Moore is to run a course for those who wish to become involved as instructor, organisers or helpers to enable disabled persons to canoe.

20-22 May 83, Mill Ford School, Plymouth. All-in course fee: £10.

Register of helpers

As information comes to light concerning those who are involved, or willing to be involved, in the provision of coaching or facilities for disabled persons to canoe, the name is added to a file at the BCU office. In this way, enquirers can be helped.

Would you please inform the Director of Coaching straight away if you are willing for your name to be recorded in this way. It is planned to include this interest on coaching scheme renewal forms from October on.

Calvert Trust

The Calvert Trust is an Outdoor Pursuits Centre providing full facilities for handicapped people, including those in wheelchairs.

The Centre is based on Bassenthwaite Lake, near Keswick in Cumbria. For full information send to: The Calvert Trust, Old Windebrowe, Keswick, Cumbria, AC12 4NT.



One of the Centre's seasonal instructors taking the overseas group through their paces before setting out on Bassenthwaite Lake.
(Picture - C.O.I.)

Courtlands Centre

CANOEING COURSES ACTIVITY AND HOBBY HOLIDAYS

Advance Sea Training and Assessment 29th April - 1st May
Beginners Week end 5th - 7th Aug
Beginners Week 13th - 20th Aug
Proficiency Course 20th - 27th Aug
Surf Training (Sea) 7th - 9th Oct
Multi Activity and Hobby Holidays 16th July - 10th September
(054 855) 227/675 Courtlands Centre
Nr. Kingsbridge, South Devon
TQ7 4BN

COACHING SCHEME FEES AND PRICE LIST

MEMBERSHIP FEES (1983)

ADDRESSES

Full	£11.75	BCU, Flexel House, 45/47 High Street, Addlestone, Weybridge, Surrey. KT15 1JV.
Youth	6.00	CANI, House of Sport, 2a Upper Malone Road, Belfast, N.Ireland BT9 5LA
Family	5.25	SCA, 18 Ainslie Place, Edinburgh.
Adult Introductory	4.00	WCA, Pen-y-Bont, Corwen, Clwyd, LL21 0EL.
Cadet	2.50	

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 or Association 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+2 star; 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 *)	There is NO FEE payable for a FAIL
Life Saving	£1.50	£3.50 *)	
Advanced Proficiency	£3.00	£5.00	

AWARDS (general)

AWARDS (Competition - first course only)

SI Training (first course only)	£3.00	Competition Trainer	£3.00
Instructor	£2.00	Competition Coach	£3.00
Senior Instructor	£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 and Badge £1.25 available to successful candidates only on application to BCU HQ.

BOOKS

Log Book	75p	£1.00
Canoeing Handbook	£6.00p	£8.00 (State whether bound or loose-leaf - binder £1.75)

BADGES

	<u>Members</u>	<u>Non-Members</u>
+ Proficiency Cloth Badge (available at discount to Examiners)	80p	£1.00
BCU Lifesaving Test Cloth Badge	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) £8.50

COACHING SCHEME ANORAKS Discontinued until further notice

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: 7.1p

* 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 per 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.