

# CoDe

Number 20

Summer 1985

The Magazine of the  
British Canoe Union  
Coaching Scheme



CoDe is the official organ of the BCU Coaching Scheme. Members are free to express their views within its pages. Articles and comments therefore reflect the authors' thoughts and do not necessarily state the policy of the National Coaching Committee.

CoDe is programmed for publication on 15 April, 15 July and 25 November annually. Due to the lateness of this number, the next edition will be published on 15 August. Final copy date 1 August.

Contributions, including pictures, are welcome. Send to: The Editor, CoDe, BCU, Flexel House, 45 High Street, Addlestone, Surrey KT15 1JV.

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## Editorial

Once again I am in the happy position of being able to report on exciting and worthwhile new developments for our sport.

Two full-time Assistant Directors of Coaching have been appointed with effect from 1 November 1985.

Alan Edge is well known to slalomists as a recent British Slalom Team Captain and Team gold medalist. Currently he is the senior team coach.

Brian Greenaway has a distinguished record in both sprint and marathon racing. On Sunday 9 June he collected the trophies for both the first senior crew and the fastest veterans for this years' Devizes to Westminster, in partnership with John Day.

As Olympic squad coach Brian saw his team reach ten out of twelve finals at Los Angeles, following the achievement of first-ever places and medals in previous world championships.

The appointments have been made possible through close co-operation of the Marathon, Racing, Slalom and Wild Water Racing Committees with the Coaching Committee.

Alan and Brian will have a prime responsibility for the training of coaches at all levels for the four disciplines concerned.

Their expertise will be added to the foundation established by previous part-time national coaches to whose work we must pay full tribute.

We are confident that the Union can look forward to the further development of a sound coaching structure to help maintain, support and improve the present outstanding performance of our paddlers.

## Resource material

The production of resource material for coaching is another important priority for our new appointees.

We are very short of ideas in this respect in relation to the introduction to canoeing, and the imparting of basic skills.

CoDe rarely carries in-depth articles discussing approaches to instruction. What is written in the Handbook falls far short of providing a comprehensive blue-print to the teaching of our sport.

Do you feel strongly about "skills-based" approach, or an "adventure" based approach to the introduction of canoeing? Do you have specific ideas for getting students to perform a given skill? Have you experimented with "inner game" or similar teaching methods.

Why not put pen to paper and share your views or experience?

# DRUG ABUSE IN SPORT - Symposium report

At a Conference held on 27 March, the Sports Council re-stated its determination to stamp out the mis-use of drugs in British sport.

Dicky Jeeps, the Chairman, stated that since 1979 £500,000 has been spent on this purpose. However, only twenty five governing bodies of sport had, in fact, carried out any testing even though the Sports Council is willing to pay all the costs involved.

The reasons for the Sports Council's stand were that fundamentally sport is about health and honesty, whilst drug abuse is unhealthy, and is dishonest.

Those who take drugs to artificially improve performance are putting their long-term health at risk, at times they are putting themselves and other competitors in danger, and they are using unfair methods to achieve success - they are cheating.

## History and Philosophy of Drug Testing

Sir Arthur Gold, Chairman of the Sports Council's Drugs Abuse Advisory Panel narrated the history of drug abuse and testing in sport.

The serious application of drugs started on West coast of America in the late sixties, where coaches of football teams, whose jobs depended annually on success, turned to drugs to obtain an edge over opponents.

From there, Eastern Europe and then Europe as a whole followed suit. Between the 1964 and the 1968 Olympics, the average weight of finalists had increased by 1 stone.

Serious testing did not commence until the 1976 Olympics, when wholesale disqualification of weight lifting medallists occurred. Only eleven women appeared in the discus final through fear of being tested.

The Norwegians were the first to introduce domestic testing, and other nations have since followed suit. Stimulants were easily checked because they had to be used on the day of performance. Steroids are of benefit prior to events, and cannot be detected later, so random testing became essential.

The British Olympic Committee is pressing for a requirement for athletes to submit to drug testing to become part of the eligibility rule.

## Question Time

Professor Raymond Brooks of the International Olympic Committee Drugs Advisory Panel answered the problem posed by the proscribed list, which meant that a medical practitioner's freedom to choose a patient's treatment was curtailed, by stating that a "hot-line" existed, where advice could be given as to alternative treatment which did not include banned substances. He also stated that a small working party should look at mitigating circumstances where banned drugs had been taken inadvertently for therapeutic purposes.

It was important that a positive finding was not declared on the testing of a first sample. The individual must have the right to have the second sample tested, and only after that right had been exercised or declined, should the positive finding be declared, and the governing body apply the necessary long term disciplinary measures.

## Anecdotal Evidence

Professor Beckett, the Director of The Drugs Control and Teaching Centre at Chelsea College, spoke of the difficulties of drawing the line between protecting the sport and being fair to the individual.

It was not possible for a definitive list of banned substances to be compiled. With the speed of development in the drugs market, this would be too easy to get around through the use of related chemical agents.

The major problem at present was the application of anabolic steroids, testosterone, and human growth hormones, all of which are used well in advance of the actual competition. Testing at events had successfully checked the use of stimulants and narcotics.

## Long-term Effects

Professor Brooks then outlined the possible adverse long term effects of certain drugs, which were a cause of concern. These included the stunting of growth in young people, and infertility in men, from testosterone; affects on liver function, and association with cancer and coronary heart disease from the taking of anabolic steroids.

## Testing Procedures

Dr. Cowan, Deputy Director of the Drug Control and Teaching Centre, the only laboratory in Britain accredited by the International Olympic Committee, showed how the urine samples were treated in order to identify the presence of banned substances.

The measures which would control the problem, in his view, centred around the application of sensible rules and sanctions, the testing of an adequate number of subjects to provide a deterrent, reliable sampling and analysis, and the evaluation and approval of the governing bodies' rules and sanctions.

## Final Session

There was a final question and answer session. At this, the doubt was raised that other countries, particularly the eastern bloc nations, would be seeking to control drugs abuse in their sport, with quite the same degree of commitment as Sports Council were exhibiting.

Professor Brooks did not accept that the eastern bloc in general maintained a sophisticated system making use of drugs in such a way as to avoid the consequences of detection.

He promised to enquire into a complaint that the Italian modern pentathlon team had all been prescribed Beata Blockers - a drug used in the control of high blood pressure, which gives shooters a distinct advantage - and that subsequently to the detection of these drugs at the Italian-run Championships, the second samples for analysis had been mislaid, and the report forms had all been inadvertently shredded!

## Conclusion

The Chairman stated that all governing bodies were required by June to inform Sports Council of the arrangements and rules which they were instituting. (A copy of the Sports Council Resolution on effective anti-doping regulations and procedures can be obtained from the BCU office - see please).

# IS "SKEG" A DIRTY WORD? asks Dave Ruse

When you mention skeg to some paddlers they seem to look down their noses as if you are a bit of a walley. There are many uses for a skeg, and people who might use them. Basically, a skeg makes a canoe or kayak that turns easily, go straight. Putting any arguments aside like 'why not use straight-line types of boats', I see four main areas for the use of a skeg.

1. New Paddlers. If you have a group of new paddlers who want to learn canoeing then then I wouldn't use a skeg as you will have time to practice going straight. But as always, you have just finished teaching a group to go straight, and a late member turns up just as you were all off on a distance paddle to practice this new found skill. Rather than slow the group down, or send the late member home, put a skeg on their boat so they can go straight and still have fun with the whole group. You can spend time with that person later. You might have a group who do not want to take up canoeing as a sport but would like to have a paddle along the canal or river, just put some skegs on their boats and have a paddle.

2. Towing. I'm not sure about you, but I always have trouble towing people using a tow rope. They go from side to side and my patience wears thin. I try two methods, one is a bow-grab tow where no ropes are used, and the other is to stick a skeg on, which I carry in a BDH bottle. It's much easier to tow a boat that has a skeg on.

3. Disabled Paddlers. Most disabled people can do as much as any other able bodied person if given a chance. Mind you there are some whose physical or mental ability gives them trouble in going straight. A skeg will help them get over this problem and put their efforts on moving forward and really enjoying the whole experience rather than getting upset.

4. Sea Work. No matter how good a paddler you are, if you have a long crossing and you do not have a sea kayak, a skeg will help you keep your compass bearing, and allow your arms to last longer, as you do not need to steer so much every time you climb up a wave. Lots of instructors use skegs on the sea. Also, if you come across a lot of sharks, just turn over, and they might think you are a friend!

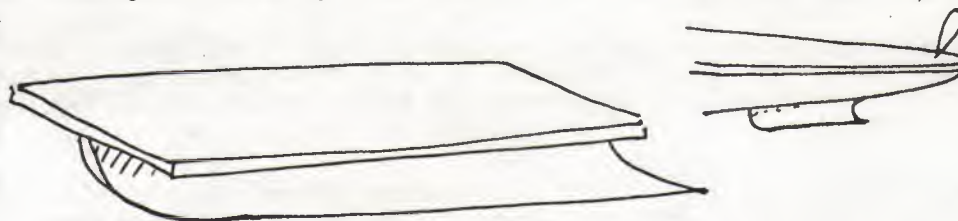
There are disadvantages with using a skeg. They do not help you learn all strokes properly. They have to be taken off if you are seal launching, otherwise you risk its loss. They can make passage over shallow waters difficult. And a shark does come along it might try to make love with your boat.

There are many types of skeg to use:-

Fibreglass fin matched to the shape of the canoe that can be taped on land or tied.



Small stick-on emergency size skeg that fits in to your survival kit. Just tape it under the canoe.



Broken branch or footrest. If you are out on a paddle and need a skeg. Tape a branch, or take your footrest out and tape it under the canoe.



Rope skeg. Just by letting your tow rope dangle in the water from the back loop will help the boat go straight.



There are different positions for a skeg for different water conditions. If it is right at the back, the canoe will go very straight but will be harder to turn. This is good for flat water on long straight rivers.

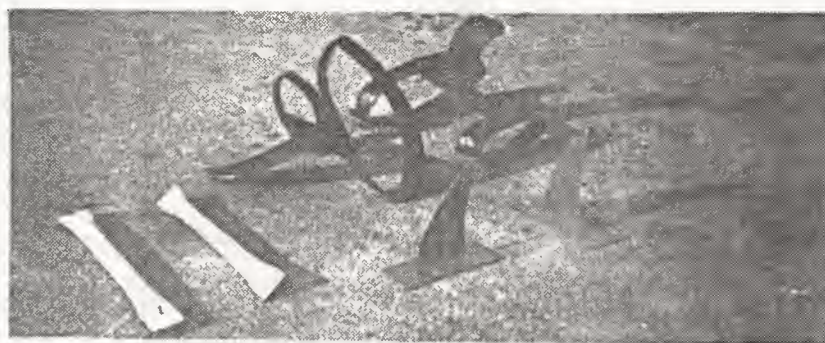


For choppy waters, with the need to turn a bit when needed, the skeg should be about 2 feet in from the end so the skeg does not come out of the water.



Using a skeg on shallow water with a branch or footrest, fix it on the hull behind the cockpit area where the hull starts to curve up, so it will have less risk of getting knocked off. Maybe you can try the dangling-rope method.

Not every paddler wants to go straight. Sometimes it's good to let people go around in circles and bump the wall just to get the feel of a canoe. You can also have a silly skeg put on at an angle so the boat doesn't go straight - this could be used in a fun race. Common sense is needed when to use a skeg and when not to. This article might seem obvious to some paddlers, but I feel there are lots of people who think a skeg is a dirty word and would never use one whatever!



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# SEA KAYAKER

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Dear CoDe,

The points raised by Franco Ferrero (issue 19) in his article Revalidation? in which he discussed the subject of re-appraisal of Senior Instructors and Coaches methods and abilities are so very true. Indeed these very points were discussed in the Coaching Committee some ten or twelve years ago and may have been, for all I know, repeated since. As he so rightly states other activities require this as being part of their responsibility towards their members, particularly beginners in their sport and of course the life saving and first aid organisations have always required holders of awards to be updated.

I would suggest that his argument that feelings might be hurt is not valid. If SI's and Coaches know that their status is subject to review at given periods it is up to them to ensure that they keep themselves au fait with the latest teachings and techniques. Anyway are members of the Coaching Scheme so thin skinned?

The titles of SI and Coach are earned by competent, hardworking canoeists. But having been earned are not sacrosanct. Indeed the weeding out of SI's and Coaches who through advancing years are not up to the physical demands of their jobs will provide staff for the checking of logbooks and revalidating panels. Indeed I have often wondered why such experienced people have not been used for carrying out assessments for all the coaching awards instead of the SI's and Coaches who already are working flat out bringing students up to assessment level.

Perhaps the Coaching Committee should make it clear to all its members that the end of active instructing is certainly not the end, for retired or revalidation-failed SI's and Coaches, of their usefulness to the sport of canoeing. There are many committees and youth organisations where their experience can be an asset.

If revalidation becomes a fact of life, as surely it must, it can but enhance the reputation and standard of the BCU Coaching Scheme.

JACK TRAVERS, London.

Director of Coaching Comments Jack seems to be advocating that those who are no longer competent at the sharp end should become the "re-validaters". He also suggests that such persons should be the trainers and assessors of Senior Instructors.

I am sometimes complained to about the "father figure" type of examiner, who is never seen on the water except for once or twice a year when he or she turns up to train or assess other coaches!

From the tone in which this observation is made, I can only assume that the active examiners would not be impressed with that system, and would not feel that such "elder brethren" were sufficiently in touch to perform this vital function.

Insofar as re-validation as a part of the system is concerned, the view which has been adopted by the Coaching Committee traditionally has been that the requirement for continuous membership is, itself, a monitoring system. Very few, it is felt, continue to maintain membership at the current rate, unless they are reasonably well involved.

Those who, through increasing years, or perhaps the level of activity at which they are invariably teaching, drop below the current performance standard for awards, tend by that time to have sufficient experience to know their limitations, and thus do not over-commit themselves.

There is left, the objection that for a highly competent young paddler to observe a "seasoned" Senior Instructor whose personal ability is not up to expectations brings the Coaching Scheme into disrepute.

It is surely unnecessary however, for the whole Coaching Scheme to be geared to a further administrative system, to attempt to prevent this particular problem arising.

Would not the end product merely be the wholesale loss of still meaningful, even if perhaps slightly less effective, activity?

Dear CoDe,

Effective revalidation as stated by Francis Ferrero in CoDe 19, New Year 1985 cannot be implemented with a 'big stick' attitude within a voluntary scheme such as ours. Any status within the BCU Coaching Scheme is attained voluntarily (excluding HQ staff of course, who are employed to administer not instruct). This is the starting block (and stumbling block) for any further discourse about revalidation.

I feel the emphasis should be taken away from the annual revalidation argument and be put on HQ supporting the County Coaching Organisers whose role at present could be better defined by the BCU. They must be encouraged to take a more positive role in promoting the safety standards and improving the skills of their Coaching Scheme members and disseminating information within their County and beyond. The majority of Coaching Scheme members know their own instructing parameters and generally restrict most of their time and skills to their own clubs and groups. Those Coaching Scheme members who come back to instructing after a defined period of absence or move to another County, should contact their County Coaching Organiser prior to re-commencement of Coaching activities to discuss up-dated insurance cover and procedures, any new practices within the various disciplines, County/Regional involvement and intentions and their own re-training in first aid, moving water skills, teaching methods and the topography and access situation of their proposed coaching locality.

Any grievances or doubts concerning any Coaching Scheme members should be expressed as soon as is possible to the County Coaching Organiser who in turn can investigate the validity of the claim and make report to and be advised by their RCO and HQ for further action.

Drop the revalidation argument - make better use of your County Coaching Organisers.

CLIVE GRITTEN, Norfolk Coaching Organiser.

Dear CoDe,

Having read CoDe No.19 New Year 1985 I notice from the inside cover that the next copy will be published on 25 November. In the editorial I read 'it is intended that the April number will be produced on schedule! Has someone dropped a clanger or does it mean that the next issue will be published on 25 November 1985 and distributed for April 1986? Only 14 months between issues!'

On a more serious note however, I was most interested to read the article on 'Revalidation' by Franco Ferrero and agree wholeheartedly with what he is saying with one reservation.

In the third to last paragraph he states:- "The major problem as I see it is deciding who deals with checking log books and organising revalidations. It isn't something we can palm off on RCO's, mainly because RCO's aren't necessarily coaches or SI's. They have no need to be in their present role."

My only comment here is that at present RCO's and LCO's are responsible for approving and recommending examiner status at present.

If we read the Aide Memoire for Coaching Organisers:-

Duties of LCO: 3) The vetting of Examiners and their recommendations to the RCO, are the initial responsibility of the LCO.

Duties of RCO: 9) The RCO approves 'Examiners' and notifies their status to headquarters.

I believe it would be an impossible task for a 'panel' appointed by the Director of Coaching to check the log books of the entire coaching panel every two or three years as Franco suggests.

The LCO should however know his coaching panel, be able to check log books and 'know' the practical involvement of his panel.

It therefore seems a practical suggestion that LCO's should be responsible for checking their panels log books and 'referring' what the LCO CONSIDERS TO BE 'dead wood' or those with examiner status that should no longer be considered 'valid' to their RCO who in turn 'recommends' to the 'panel'.

LCO's in turn may be checked by their RCO's who again 'recommend' to the 'panel'.

The whole system may in turn be subject to 'sport checks' by the 'panel' appointed by the Director of Coaching.

The process of organising and running revalidations as Francis suggests should be the responsibility of the 'panel'.

I feel that the system that I have outlined is more practical and may be subject to less 'abuse' than a system of 'log book checking' by a panel who can only make judgements on what they see 'written' in the log book.

One further suggestion: Is there any mileage in limiting the number of SI's who hold examiner status in each county? There is a limit to the number of examiners needed to ensure a smooth running of the system and further this would put examiners under more scrutiny by all, which can't be a bad thing! This would however create minor problems for people requiring examiner status to acquire jobs in centres, however I'm sure these could be overcome by the discretion of the 'panel' and the Director of Coaching.

It would also appear that there is a 'trend or tendency' for SI's to treat examiner status as the next rung of the ladder from SI.

This should not be the case, the next rung is surely the alternative SI award ie Sea or Inland, Canoe or Kayak and Advanced awards.

I trust that Franco Ferraro's paper does not simply remain a paper produced for a coach assessment but is discussed and acted upon.

DAVE CRAWFORD, LCO Bedfordshire.

Dear CoDe,

I was interested to read Frank Goodman's explanation of weathercocking, it was something I had experienced before but not understood - thank you!

However, surely the forces involved are small? Paddling speed will stay the same at about 3mph, while the sideways drift rate due to the wind will be of the order of 5mph in a force 8.

Applying the theory summarized in the vector diagram the boat, (in this case the HM Nordkapp), will run true at 90° to the wind for only one combination of wind strength and paddling speed. Perhaps, since the forces are small, the variation in course with different wind speeds will be slight and not discernable because of developing waves. This would explain why the HM Nordkapp is claimed to hold to a cross wind course until the wind is extreme. (The relationship between sideways drift rate and wind strength must be of geometric form eg., the wind speed might have to quadruple to double the drift rate (an engineer perhaps could help with this one) ). When the Nordkapp paddler wishes to travel in a direction other than at 90° to the wind then presumably steering effort has to be applied as the boat will attempt naturally to take a course at 90° to the wind.

This raises a second point - Mr. Goodman's omission of the variable or retractable skeg. This device, when fitted to a basically manoeuvrable canoe, enables the paddler to adjust the underwater profile to make the boat run true, certainly in any cross or downwind direction the paddler wishes to go. The weathercock effect is noticeable, especially in a stern quating wind, but exposure of more skeg area will correct any 'weathercock' turning when the canoe is paddled forward.

I have used such a canoe for a year now (a Sea Tiger) and the effect is at times magical - the boat seems glued on the set course and will, in my experience, resume a parallel bearing when deflected by a wave making steering effort hardly necessary. At rest, with the skeg fully up, the boat will point downwind when the skeg is fully down. In a following sea with the skeg fully down there seems to be no tendency to broach. When paddling, weathercocking is automatically taken care of by suitable adjustment of the skeg.

In short, it seems to me that with the introduction of the variable skeg, the traditional concept of a long, straight-keeled sea canoe is now out of date.

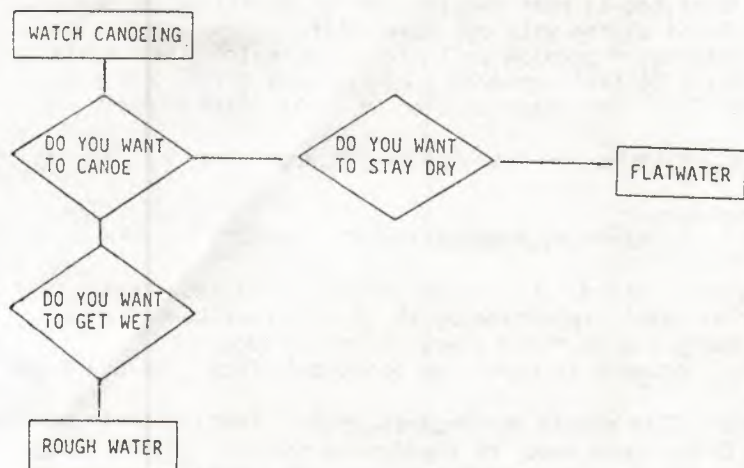
PETER LAMONT, Isle of Luing, by Oban.

Dear CoDe,

A comment on the article by Mike James which I think classically describes a large body of lack of thought in canoeing.

In 'Canoeing made easy by computer' canoeing is synonymous with getting wet. This is not so. Canoeing is about moving a small boat around.

The diagram should have had extra options, i.e.



If flatwater is to fulfill its rightful place in canoeing -ie for the majority (some think) then I feel the coaching scheme must try very hard to dispel this ridiculous myth that canoeing is about getting wet, which I believe loses us many potential canoeists.

ROLAND LAWLER, Elmbridge

Dear CoDe,

Reading P C Pendlebury's letter (CoDe 19, p9 1985) brought back memories of the bad old days. Days when journeys to canoe meets had regular stops to check on the tightness of the ropes used to tie on the kayaks; days when you drove with a 'bomb aimers sight' consisting of ropes between the car front bumper and the front toggle of the kayaks on the roof (these could cause strange effects at night as shadows pulled tight by two hundred miles of travel; days when you broke your finger nails trying to undo unknown knots down. Can it be that there are kayakists and canoeists still struggling with ropes and knots to tie their frail craft onto their personal transport systems? Maybe the idea of using an elastic bungee to tension the ropes has still to reach the more remote tribes inhabiting the banks of British Waterways. But even that clever trick is obsolete. Surely the word has spread, the bush telegraph done its job - alas both the letter and the reply tell me no.

So what is this wonderful invention? It is the humble nylon webbing strap, available from all good kayak, canoe, board shops as well as many car accessory shops, for a modest sum. They are strong, a pair will hold two heavy white water kayaks on a car roof for the 800 mile trip to the alps at speeds over 100 mph (no limit on German autobahns!) without the need to re-tighten en route; they are quick and easy to use, 5 mins is ample time to tie on two boats and the paddles; they are easy to inspect for wear and tear and can be replaced when fraying becomes apparent; they spread the load more evenly on the kayak, since the wide webbing has a larger contact area on the boat than a rope and you don't need to tie or untie knots! - they come with quick fasten and release buckles.

So come on all you frustrated, ten-thumbed, knot tying canoe carriers, throw away your scruffy bits of rope (or use it for a drying line) and forgo a few pints of beer and buy yourselves a pair of luggage straps each. You'll be amazed how much quicker you get home (or to the pub).

MARTYN GREEN, Didcot

Geoff Hammond, LCO for Coventry and Warwickshire has requested clarification of the system to be applied when a Basic or Introductory member attends a Senior Instructor Training course.

In order to convert an Introductory or Basic member to the Full Individual category required for membership of the coaching Scheme the following formula should be applied:

1. Ascertain the month of joining
2. Determine how many months of membership year there are still to run  
e.g. Candidate joined in August. It is now March. Therefore five months of benefit remain.
3. Establish fee paid  
e.g. £4.00 Basic membership
4. Establish class and cost of membership required
5. Then, divide months remaining by 12 (eg 5 ÷ 12) and multiply by fee due  
(eg £13.50) less fee paid (eg £4)

$$\frac{5}{12} \times £13.50 - 4) = \frac{£9.50 \times 5}{12} = £3.96 \text{ to pay}$$

6. Send balance (£3.96) to BCU or National Association

Please note that the figures in brackets are examples only. Always refer to current CoDe for up to date charges.

Please note also that ALL membership categories now run for a full year from date of joining. Renewals will of course always back date to original month of joining.

ALTERNATIVELY, explain to candidates that an extra payment will be required. Forward all forms as normal, and leave it to Sylvia to sort out the mathematics, and to obtain the extra payment.

Your assistance in obtaining the necessary fees at source, would however, be greatly appreciated.

## CANOEING WITH THE VISUALLY HANDICAPPED

Dear CoDe,

In the last issue of CoDe I wrote an article on some tips for meeting and guiding the blind and partially sighted.

Some readers may have thought the article didn't mention the problems when it came to the canoeing. The canoeing is the easy part, the main hurdle is to let the blind people know you are there and welcome them and then you don't feel incapable or clumsy in their presence. A visually handicapped person could walk past your club every day and not know you are there. If you want to let a few of your local blind people know where you are and what you as a club are about, there are a few ways of doing it.

1. Ask your information services where your local blind clubs are, if any. Then, fix up a talk with them.
2. Find out about talking books and tape information services, get an address for them.
3. Write to your local Social Services for the Visually Handicapped, or the Royal National Institute for the Blind, and ask for help.

When canoeing with the blind you use the same equipment as for a sighted person. I was asked once, "Do you need a special canoe for the blind?". They have lost their sight only, nothing else!

You can use singles, doubles or open Canadians. If you are using flat general purpose blades with round shafts it is a great help to stick a thin lump on the shaft where the control hand is, and a piece of marking tape, for the other. This is so that the hands can be located exactly and they know where the blade is by the feel of the lump.

On their first visit introduce the blind person to the club surroundings, and where the gear is. They can become self sufficient after a while. Point out any dangers, like long boats sticking out at head level, or ledges and drops around the ground.

Show them how to choose gear and let them feel the canoe so they know the front from the back, eg the front deck might be higher than the back etc.

Try not to keep touching and pulling them apart when showing them a stroke or how to get in. You will have to guide them a bit but don't over do it. It is not necessary. Not all blind people are in total darkness. Some may see a blur or bright colours, so ask if they can make out anything around them.

Blind people vary as much as sighted people in that you have to adapt yourself to their personality. Some will be very nervous and you will need to take it in small steps. Then there will be some who you will have trouble keeping up with.

If you have a large group of blind paddlers, and it is their first time, get them into straight line boats, or put skegs on, so that it is fun and not too over-powering going straight with nothing to aim for. General purpose boats are fine but you need time for each individual.

Some blind people may have a little sight to fix on so they can paddle towards something. Some can go straight by the noise of your paddle entering the water as you paddle along the inside of them. You can get beepers to stick on the back of your boat so they can follow, but it can become very irritating, so why not put a small radio with some music on instead.

One thing you will have to do is to get instruction on strokes a lot clearer. You can't say "hold the paddle like this" or "sweep from here to here" as they will not see what the hell you are doing. You will need to think about it, and then say something like "hold your paddle about 4" from each end of your blades" or "put the paddle in the water on the left side at the front and sweep away from the boat as far as you can until the blade is level with your hips". If you make a mistake don't worry, try again, you will both laugh at some mishaps. You are bound to say "watch me" or "see that". Don't feel silly as they say these things as well.

Try and work one to one if possible. Don't put your restrictions on their capabilities. You will be impressed. You may start in a pool and progress on to the canals, rivers, sea and even on to white water or competition. I know a blind paddler who paddles down the Upper Wye grade 2/3.

What about the coaching awards. We have a blind paddler who helps with teaching. How far can they go - Proficiency, Instructors?

Avoid over-crowding in the swimming pool, so its no fun for anyone. Guide Dogs can be taken into some pools if you ask permission. There is more risk of a human toileting in the wrong place, than a guide dog. When you run trips, can you take the dogs. Or, is there a friend who can look after it? You can't take the dog abroad.

The most important thing is not, how long is it going to take us to teach a blind person to roll, or to go straight, but rather letting them know where you are. Maybe you can show them how to get to the club the first couple of times. The fun of getting into a boat, and the acceptance of them into a sport, is a great start.

Ask yourself, are you open to the whole community? Even disabled of any sort. If you do decide to try it, start small with one or two people. Below is a useful address. If you have trouble or would like advice you can ring me at home on 01.272.0356 in the evenings. I am no expert but with a few friends took the trouble of trying it from scratch.

Royal National Institute for the Blind, 224 Great Portland Street, London, W1N 6AA. Phone 01.388.1266.

DAVE RUSE, Islington.

## CANOEING FOR DISABLED PERSONS

RON MOORE's booklet CANOEING FOR DISABLED PERSONS has been re-written. It covers starting a special group, with advice on identifying and coping with various disabilities - equipment - training students, giving a progression of practical canoeing exercises - training instructors - and advanced activities.

Available from BCU Supplies at £1. Flexel House, 45 High St, Addlestone, Surrey KT15 1JV.



Mr EDWARD COMPTON is a Fellow of the Royal College of Surgeons. A keen canoe sailor, Mr Compton is a member of the BCU's voluntary Medical Advisory Panel. He has studied a paper on Tenosynovitis produced by James Moore and David Taylor, which they presented at the 1984 Coaching Conference.

Following are Mr Compton's comments on the subject of Tenosynovitis in a paper which he has entitled:

## HOW'S YOUR WRIST -mark II

The Hand is a necessary connector of the canoeist to his propulsion. The insults to the wrist and its associated structures are basically of two types: excessive repetitive cycles and sudden angulation, usually under stress. To establish the causes of the various problems the canoeist has to look to comparable problems in industry and other sports.

repetitive movement under strain The classic is that of the poultry trade where manual workers have to process cold carcasses with plenty of water about, using sharp knives and shielded chain mail gloves. The workers are usually young, new to the job and not accustomed to repetitive work.

In a factory of 2,200 staff unsupervised by a physiotherapist 69 cases of acute tenosynovitis presented in a year. After educational programmes and early treatment by the physio this rate dropped to 13.

Thus here is a preventable disease.

The canoeist has a similar problem in long distance or sea work.

The other industrial group are the hammer and chopper users of various types who will approximate to white water types who have sudden and usually angular strains and sprains.

To all intents and purposes there are two common presentations of tenosynovitis:

1. traumatic inflammation of the tendon sheath giving grating noise (crepitus) over the contained tendon
2. triggering where the sheath scars and entraps the tendon which then swells locally so that movement becomes jerky.

Inflammatory tenosynovitis is well treated by rest in a splint and avoidance of the insult. This does not suit the sportsman who wants to continue insulting his body! So the alternatives are

(a) Physiotherapy consisting of Ice Pack; Massage; Ultrasound and gradual reeducation back to the previous level.

(b) Failure suggests that a steroid injection locally would follow, but there is a slight risk of rupturing the tendon!

(c) Where there is a triggering, surgery is probably the best answer. People who fail to respond to any of these measures have only one "out". That is to drastically reduce their programme for a long time (e.g. a year) or become someone else.

Tenosynovitis usually occurs in the extensor tendons of the thumb where they go under slings (the extensor retinaculum) on the back and thumb side of the wrist.

Swelling of a tubular shape will be seen under the watch strap. Less commonly the flexor tendons will be affected and then little swelling will be seen but there is a risk of carpal tunnel syndrome, namely compression of the nerve supplying sensation to the thumb index and middle fingers.

In my experience this is very rare.

The sudden strains of white water canoeing will easily give damage under the slings because of the stress and angulation at the same time.

A review of photos in the magazines show the wrist is always in some degree of radial deviation (towards the thumb).

The 30° angulation at the wrist and the bent elbow can cope with this at joint level. Slight slackness of the grip does the rest.

Putting a joint through its complete range of motion is not dangerous but healthy. Exceeding this by stretching the capsule and thus setting up inflammation is not so good. The art of training is to learn to exploit the full range and develop slightly more range by gradual stretching. Speed and sustained intensive activity also come with training correctly.

For the dedicated amateur, I suggest that treatment of the condition starts, and an embargo for one week is imposed. In the second week a return of about half the programme is advised; this means halving the length of each session, not, attending half the number. If this is successful then a gradual build up to the full programme over the ensuing month is about the right pace. Obviously in less severe cases then a faster programme is reasonable.

I strongly advise against the use of anti-inflammatories AND continuing the sport at the same time. Damage will be done which will not be appreciated by the sportsman.

For the canoeist more specific information is required about incidence of wrist problems and a comprehensive survey is required. In the meantime train correctly, recognise your own limits and don't try and exercise the problem away.

## ED COMPTON

### FIRST AID FOR CANOEISTS - by Brian Sheen

If you have not yet obtained your free copy of this valuable guide to practical first aid for canoeists please send SAE to BCU Office. When you receive it, or if you already have a copy, please note the following amendments.

Weaver Fish Stings (p5 of text)

The poison in the sting of these fish is destroyed by heat. The affected part should therefore be placed in hot water, as hot as the victim can comfortably bear. Left in for 5-15 minutes the poison will be destroyed, the pain will go and hospital is not needed.

# river noises

## NATIONAL COACHING FOUNDATION SUBSCRIPTION SERVICE

For £5.00 per annum you can become a registered user of the National Coaching Foundation's Information and Advisory Service, and receive full details of the Foundation's comprehensive range of courses, seminars, publications and audio visual productions.

Every six months you will receive COACHING FOCUS, which is sponsored by National Westminster Bank. This well-produced eight-page bulletin takes an in-depth look at matters of current concern in sport.

Send your £5 subscription to: Coaching Focus, 60 Bradford Road, Stanningley, Leeds, LS28 6EF.

## PATH OF THE PADDLE

Tim Ward Canoes and Kayaks, Unit 2 & 3, The Common, Stokenchurch, High Wycombe, Bucks, are stocking the very comprehensive and excellent book on the open canoe, "Path of the Paddle" by Bill Mason. The price is c£15.00.

## ARCTIC CANOE RACE

Any would-be competitors for the Arctic Canoe Race are invited to contact Dave Hellawell, 79 Greenfield Drive, Eaglescliffe, Stockton on Tees. Dave is willing to offer advice concerning preparation for competitors in the Arctic Canoe Race.

## NEPAL

Duncan Richards has written to say that he has amassed a good deal of experienced information on the rivers of Nepal, during his time there as a white water raft guide.

There is no need for "expedition paddling", or death defying canoeing. The country has huge potential for the competent paddler with beautiful scenery, friendly people and good rivers. Contact Duncan at 25 Nelson Road, Leigh on Sea, Essex, if you are interested in visiting the area.

## EXPEDITION MEDIC AVAILABLE

Dr. P. Schur is a keen canoeist, and a practising doctor keen to visit foreign places. He is happy to work as a medic, paddler, or driver.

If any expedition is interested in obtaining the services of Dr. Schur please write to him at 4 Carrisbrook Close, Wistaston, Crewe, Cheshire, TW2 8JD.

## SOJOURNING IN THE SEYCHELLES?

Any BCU Instructors visiting the Seychelles are welcome to visit George Chang-Tave at the Sail Training Scheme.

## SORRY, CHRIS

In the last issue a letter was published concerning the production of a booklet to cover sea proficiency and senior instructor (sea) training. The author of this was Chris Nagle, of the Dockland Scouts Project. My apologies to Chris for having missed his name out.

## ROUND BRITAIN LECTURE AVAILABLE

Jon Moore, and his Wife completed the circumnavigation of mainland Britain in aid of the Royal National Lifeboat Institution, last year.

Jon is available to present a slide lecture on his journey. Direct expenses and a contribution to the RNLI are requested. Contact Jon Moore, 14 Deer Park Crescent, Wingerworth, Chesterfield, Derbyshire (0246 33603).

## COACHING SCHEME MEMBERS AND THE NEW BWB LICENCING SCHEME - IMPORTANT NOTICE

From 1 August, members joining or re-joining the BCU will obtain the automatic right to paddle on all BWB rivers and canals without further payment. Notice to this effect was given in the last issue of Focus.

BCU CLUBS and Junior Clubs joining the BSCA, will receive three licences for CLUB BOATS upon payment of the Club affiliation fee. Further licences for CLUB BOATS can be purchased at £6 each. This represents a saving on the cheapest rate currently available from BWB for youth organisations.

MEMBERS OF THE COACHING SCHEME may have legitimate reasons for requiring several licences for taking groups afloat. There are two ways in which such members can take advantage of the system.

1 The 'Event Ticket' scheme will include the right to use BWB waterways, and also provide for third party insurance cover for the participants.

Books of 'Event Tickets' may be obtained from the BCU Office. FIRST-TIME participants ONLY can, on payment of £1, be issued with an 'Event Ticket' which covers ONE DAY only. The same person, however, cannot be accommodated by use of an Event Ticket on a subsequent occasion.

2 If regular use of BWB waterways is involved, the Coaching Scheme member concerned should register as a Junior Club. In this way he, or she, as the named leader, will receive all individual membership rights as at present, plus three boat licences. Further licences for use on COMMUNAL BOATS ONLY can then be purchased at £6.

# NATIONAL COACHING COMMITTEE – March meeting

Notes from the meeting held on 9 March 1984.

The minutes are circulated to the Committee, LCO's and approved Centres. Copies are available to members on receipt of a SAE at BCU Office.

Financial Report. The Treasurer outlined the new budgeting system whereby the coaching scheme would be responsible for agreeing and fulfilling targets. The Director of Coaching drew attention to the growth in tests and awards which indicated a two-fold increase in the total work load since 1979. (See below).

Centres Approval Scheme. At present there were two levels of approval, which were intended to differentiate between courses where learning to canoe was the main aim, to those where the emphasis was to enjoy a holiday, with canoeing as an adventure activity. It was agreed that in future there would be only one level of approval, with guidance given to the consumer concerning the nature of the courses through an explanatory key.

Sex Discrimination in Sport. It was agreed that "positive discrimination" was a device which was necessary at certain transitory stages in social development. Organisers should be encouraged to run courses for women only, perhaps including Senior Instructor training courses.

Manslaughter Charge It was agreed that to pursue the concept of seeking legislation to prevent unsuitable persons from operating as instructors, was likely to interfere with a great deal of legitimate, meaningful activity, and probably still not prevent a recurrence of the tragedy which had initiated the charge. Action would be taken when relevant through trading standards, or through HM Inspectorate for Schools.

Buoyancy Aids on the Sea. It was agreed that practical tests should be undertaken at the October Conference to determine the performance of buoyancy aids and lifejackets in a variety of situations and when related to the wearing of full wet suits and similar, prior to making a firm recommendation on the suitability of buoyancy aids for sea touring purposes.

Endorsement for the Teaching of Disabled Persons. A working party to consider whether it was desirable for a specific endorsement for the teaching of disabled persons to be developed.

BCU Coach Award. A report by a working party of examiners was considered. It was agreed that candidates for coach should hold E2 status, and that the modular system should be encouraged. There was disagreement with recommendations of the working party that incentive needed to be built into the system, including a suggestion that only coaches should be able to recommend the appointment of grade two examiners.

Safety. An expanded safety policy document was considered and agreed. Concern was expressed regarding the low level of protection which appeared to be afforded by certain helmets in common usage. NCC felt that the report issued by the BSI should be simplified to make the findings more understandable.

Proficiency Test Results. It was endorsed that only the green copy of the proficiency test entry forms should be passed to the candidate. Examiners should always submit the other copies and fee themselves.

Any Other Business. A request by COCLG that the lifesaving test should be examined only by COCLG examiners, was deferred to an early stage at the next meeting, together with discussion on whether or not the recommendation concerning the necessity for all candidates for canoeing to be able to swim 50m, could be moderated, or waived in certain instances.

## 1985 ANNUAL CONFERENCE

Plas Menai, the Sports Council for Wales' extremely well-appointed purpose-built outdoor pursuits centre, located on Menai Straits, is the venue for this years annual coaching conference to be held from 12-13 October.

The conference is open to RCO's, LCO's, Coaches, Centre Staff, and all other members of the Coaching Scheme, in that order of priority. A full and balanced programme of activity and debate on matters of moment to the Coaching Scheme, are on the menu. Franco Ferrero, who is in charge of canoeing at the centre, has undertaken responsibility for the implementation of a very full programme. This is largely sea-based, and includes:

A practical assessment of the relative performances of buoyancy aids and lifejackets, related to various combinations of clothing.

Assisted rescue and self-rescue techniques

The specifics of coaching basic sea kayak skills

Helicopter rescue and flares demonstration

Comparative performance of sea kayaks

Debates include:-

The advanced sea award with specific reference to the section on solo re-entry

Can buoyancy aids be officially recommended for sea expeditioning?

Should senior instructors (sea) have to show minimum logged experience in sea touring kayaks?

The coach award - is it relevant to the needs of the sea tourist?

Annual dinner and guest speaker

The implications of marine nature reserves for sea canoeists

Annual moderating forum.

The fully inclusive fee is £32.00. For provisional booking and detailed information send sae to: Director of Coaching, BCU, Flexel House, 45 High Street, Addlestone, Surrey, KT15 1JV.

# **SURF TRAINER** the Award for Surf Party Leaders

SURF TRAINER courses are designed for those who take groups surfing.

Surf Trainer is an ideal endorsement for an Inland Senior Instructor. Many do not wish to get involved in sea touring, but do often take groups to the surf.

Many Sea Senior Instructors have not had that much experience of surfing as an end in itself, and would benefit from such a course.

You don't have to be a Senior Instructor to attend a course. You do, however, have to be of 4-Star surfing ability.

Courses are practically based, and are staffed by coaches who are among the country's leading surfers. They provide the knowledge and experience vital to the full and safe enjoyment of this thrilling and exciting branch of the sport, covering the following subjects:

## **Syllabus**

- Beach Identification
- Beach Marshalling and Safety
- Waveology
- Surfing Skills and Introductory Techniques
- Competitive Surfing

**14-15 SEPTEMBER 1985 - Cornwall**

Full details from: John Hermes

The Cottages, Tregrehan Mills, Tregrehan, St Austell, Cornwall PL25 3TH (sae please)

## **WHITE WATER RESCUE TECHNIQUES**

A practical weekend course on the Tryweryn for those who want to explore and improve their rescue techniques on white water. Staffed from Plas y Brenin.

13/14 July

Book now by sending SAE to the Director of Coaching or telephone (0932 41341) for full details

## **THE ROAD TO COACH**

Direct-entry composite one week courses, including assessment for the coach award this year are as follows:

|                            |                      |
|----------------------------|----------------------|
| Glenmore Lodge, Aviemore   | 17/24 August, 1985.  |
| Plas y Brenin, North Wales | 19/26 October, 1985. |

The fully inclusive subsidised fee for the course is £145.00. Direct entry to these courses is available to candidates with the necessary pre-requisites:

- Senior Instructor, minimum age 21
- An advanced proficiency certificate
- The alternative proficiency certificate
- Hold E2 examiner status

Produce an essay (minimum 1,000 words)

Send to Director of Coaching, BCU for full details.

## **DIARY DATES**

### ONGOING TRAINING

A SEA CANOEING WEEKEND is to be held from 5-7 July 1985 by the "Ongoing Training" organisation for the further training of members of the BCU Coaching Scheme. For full details contact Neil Shave on 0923-776655 (office) or 0442-214296 (home). The course will be based at Calshot Activities Centre.

### IRISH CANOE UNION TOUR

A canoe-kayak tour is to be held on the River Barrow from August 3-5. Camping available at Graignemanagh. Contact David Farrell, 9 Woodlawn Park, Mounttown, Dunlaoghaire, Co. Dublin.

### SENIOR INSTRUCTOR INLAND AND CANOE TRAINING AND ASSESSMENT

Senior Instructor training and assessment courses for both inland kayak, and canoe, are to take place from 6-8 December, 1985 in North Devon. Contact J. Hilton, The Pill, Bideford, Devon.

### AMENDMENT TO CALENDAR

Please note that the telephone number of the Adur Centre is Shoreham 62928, NOT 62938 as in the BCU Yearbook.

# EMPLOYMENT OPPORTUNITIES

## THANET OUTDOOR CENTRE

Senior Instructor required, to work in fast growing Outdoor Pursuit Centre. The Centres Activities include, Canoeing, Board Sailing, Sailing, Rock climbing, Orienteering, Archery and Expedition.

Experience/Qualifications additional to canoeing, in any one of the above activities would be advantageous.

Training Opportunities exist in the above activities for the successful applicant. Wages £5,000 p.a. Contracts are for one year only. Applicants should have been registered unemployed for six months if under 25. For details contact: Mr. J. Hatton, Thanet Outdoor Centre, Zion Place, Thanet, Kent. Telephone Thanet (0843) 292927.

## MSC VACANCY IN N WALES

GENERAL OUTDOOR PURSUITS INSTRUCTORS. An M.S.C. sponsored vacancy exists for a suitably experienced person at Oaklands Outdoor Centre in North Wales. The Centre is run by Wirral L.E.A. Applicants should have been unemployed for 6 months or more, and be able to offer skills in one or more of the normal outdoor pursuits. Please write for application forms to The Warden, Oaklands, Capel Garmon Road, Llanrwst, Gwynedd. LL26 0RB. (06902) 500.

## A HOLIDAY JOB YOU'LL REMEMBER FOREVER

Dolphin Adventure Holidays are the UK's leaders in children's summer adventure with over 35 centres nationwide.

If you are BCU qualified and want to be part of a young, dynamic teaching team this summer then ring NOW on 0444 457911 or write to Recruitment Department, Dolphin Adventure Holidays, Grosvenor Hall, Bolnere Road, Haywards Heath, RH16 4BX.

## DAYBREAK HOLIDAYS

BCU trainee or above commencing July 29 until August 30 at a Summer Camp in Potters Bar, Herts. £70 to £80 per week. Non residential but transport available from pick-up points within 20 miles of site.

Andrew Bird, Daybreak Holidays, 15 Park Street, Windsor, Berks, SL4 1LU. Telephone 07535 50456.

## SEA CANOEING IN NW SCOTLAND

Fancy a few days in beautiful scenery in the far N.W. of Scotland giving some canoeing instruction to a family who would accommodate you in seaside cottage and pay reasonable expenses. Sea canoeing only. Please write Mr. R. Campbell, 5 Arlington Square, London, N1 7DS.

## OTHER EMPLOYMENT OPPORTUNITIES

PGL Offer opportunities to work with children or families for long or short periods as activity (outdoor, sports, creative) Instructors, Group Leaders, or in a wide range of supporting domestic and administrative roles at residential activity centres in the U.K. and France. Details and application form from Personnel, PGL Yough Adventure, 820 Station Street, Ross on Wye, HR9 7AH. Telephone (0989) 64211.

NORTH LONDON RESCUE COMMANDO Two Senior Instructors are required for the period 30 April to 1 September, ILEA Youth worker rates. Accommodation. Send brief personal history and details of canoeing qualifications and experience to: NLRC, Flat 40, 35 Queens Avenue, London, N10 3PE.

### WORK AND TRAVEL IN THE USA

BUNACAMP requires counsellors (min. age 19½) to teach many activities to children on American childrens' summer camps: all sports, music, drama, arts and crafts, dance, amateur radio, photography etc. The work is hard but great fun, and, for those who enjoy the outdoor life, and who have patience and a genuine love for children, it offers a challenging and rewarding experience.

For full details contact: Susan Clough, BUNAC, 56-60 Berners Street, London, W1P 3AE. Telephone: 637.7686/7

# PRICE CHANGES repeat reminder

Please note the following new prices: (and see back page)

**STAR TESTS / PLACID WATER TESTS £1.50**

**PROFICIENCY £2** members; **£5** non-members (includes automatic Cadet Membership for 16 year olds and under)

REMEMBER BASIC MEMBERSHIP is only £4.00. For an extra £1.00 therefore, on top of the £5.00 fee, an adult taking a Proficiency Test can become a Basic Member and receive the following benefits:

- Regular Focus
- Third Party Insurance
- Discounts on Licences
- Discounts on goods and services
- Discounts on canoe and personal insurance

It's an offer they can't refuse!

Joining is simple. Please ensure that the relevant section of the Proficiency or Star Test or Placid Water Test form is completed.

For the new scale of Coaching Awards charges please see back cover.

## CANOE SAFETY TEST

The fee for the canoe safety test is now £1.75. Completed forms should be sent direct to M. Windsor, 65 Harwood Lane, Rossett, Clwyd, LL12 0EU.

## Third Party Insurance

Third Party Indemnity for members of the Coaching Scheme, provided through payment of your membership fee, has been negotiated on the understanding that you are a voluntary instructor operating within the voluntary sector. This may include the receiving of out-of-pocket expenses.

If you receive a fee from a commercial or statutory body, such as a centre or school, it is the responsibility of your employer to possess public liability insurance on your behalf. Should you sell your services as a freelance instructor, even if you only undertake a few sessions per week, you should negotiate separate public liability indemnity with the insurers.

This is likely to cost in the region of £20 per annum, and a levy should be included in the charge you make to employers, to cover this commitment.

It is still necessary for your 'employer' to be covered, however. It is possible that an apportionment of blame could be made following a successful action for negligence on your part which resulted in the death or injury of a student. It could, for example, be determined that whilst you had made an error of judgement, your employer had neglected to pass on some vital information, and this fact had contributed to the problem. The business or private school would then have to find the money to meet its share of the cost of the damages awarded, from its own resources. You would be covered for your part of the award, through your policy, negotiated as recommended above.

If you sell your services therefore, in any way other than through the receiving of reasonable out of pocket expenses, you should contact our insurers - 0205 65505 (Weller and Co), or another company, in order to ensure that your particular liability is being met.

The BCU/CANI/SCA/WCA membership fee includes third party insurance against claims, under the following terms:

"The limit of cover provided in any one claim is £500,000. The insurance policy indemnifies the British Canoe Union and/or its officials, and/or members and/or affiliated clubs (insofar as concerns canoeing and social activities) against claims for legal liability (personal injury and property damage - but not property held in the custody or control of the insured) to third parties. Indemnity against third party risks required by many local authorities before canoe surfing is permitted, is covered by this policy. All canoeing and related activities are included and there is member to member liability. The policy also covers members of the Coaching Scheme for legal liability arising out of or caused by wrongful advice."

For a claim to be valid, an instructor would have had to be shown to be negligent in some way. Should personal accident insurance be required, which provides a payment to the injured party, where the accident is either his or her own fault, or is a pure accident where no-one else is to blame, then a personal accident insurance policy is required separately. BCU members are covered in this respect, in accordance with the terms set out in the standard leaflet.

Copies of the policy are available, if required, upon receipt of a stamped addressed envelope at the BCU office.

# COACHING SCHEME FEES AND PRICE LIST

## BCU MEMBERSHIP FEES

|              |        |                                            |
|--------------|--------|--------------------------------------------|
| Basic        | £4     | (does NOT include competition or coaching) |
| Cadet        | £3     |                                            |
| Introductory | £7     | (includes competition but NOT coaching)    |
| Youth        | £7     |                                            |
| Full         | £13.50 | CANI/SCA/WCA fees will be notified by your |
| Family       | £6     | Association.                               |

## ADDRESSES

BCU, Flexel House, 45/47 High Street,  
Addlestone, Weybridge, Surrey, KT15 1JV.  
CANI, House of Sport, 2a Upper Malone Road,  
Belfast, N. Ireland, BT9 5LA.  
SCA, 18 Ainslie Place, Edinburgh.  
WCA, 3 Gillian Road, Llandaff, Cardiff, Gwent.

## STAR TESTS

Instructor - 1+2 Star; SI - 1,2,3 Star.

PRICE FOR CERTIFICATE AND BADGE £1.50 (NEW PRICE FROM JANUARY 1985)

Certificates and badges can be purchased by Scheme members and by recognised Centres and Authorities at £12.00 per lot of 10 certificates and badges. Please state whether 1, 2 or 3 star. Lots may be mixed. £57.50 per lot of 50. Alternatively, books of 16 entry forms are issued free to Scheme members, from which the candidate can be given a form, on which he or she applies to BCU or National Association Head Office for certificate and badge. There is NO FEE payable for a FAIL.

## PLACID WATER TESTS

PRICE FOR CERTIFICATE AND BADGE £1.50 whether BCU member or not. (NEW PRICE FROM JANUARY 1985)

PW Teacher - grades 1 and 2; PW SI - grades 3 and 4

Certificates and badges can be purchased by Scheme members and recognised Centres and Authorities at £12.00 per lot of 10 certificates and badges. Please state carefully grade or distance, and whether kayak or canoe. Lots may be mixed. £57.50 per lot of 50.

Alternatively, books of 16 entry forms are issued free to Scheme members, from which the candidate can be given a form, on which he or she applies to BCU (in all cases) for certificate and badge.

There is NO FEE payable for a FAIL.

## OTHER TESTS

|                      | #Members | Non-Members |                                                                                                        |
|----------------------|----------|-------------|--------------------------------------------------------------------------------------------------------|
| Proficiency          | £2.00    | £5.00 *     | ) There is NO * Non-Member fee includes Cadet membership<br>FEE for a FAIL for 16 year olds and under. |
| Life Saving          | £2.00    | £5.00 *     |                                                                                                        |
| Advanced Proficiency | £3.00    | £5.00       |                                                                                                        |

## AWARDS (White water and Sea)

|                                 |       |
|---------------------------------|-------|
| SI Training (first course only) | £3.50 |
| Instructor                      | £2.50 |
| Senior Instructor               | £3.50 |

## AWARDS (Competition - first course only)

|                     |       |
|---------------------|-------|
| Competition Trainer | £3.50 |
| Competition Coach   | £3.50 |

## AWARDS (Placid Water)

|                   |       |                                                                      |
|-------------------|-------|----------------------------------------------------------------------|
| Teacher           | £2.50 | (Half price if candidate is already a member of the Coaching Scheme) |
| Senior Instructor | £3.50 |                                                                      |

## CANOE SAFETY TEST

Books of 10 test entry forms are issued free to Grade I (Proficiency) Examiners (E1) on application to BCU HQ or National Associations. Certificate and Badge £1.75 available to successful candidates only, on application to M. Windsor, 65 Harwood Lane, Rossett, Clwyd, LL12 0EU. Cheques payable to COCLG.

## BOOKS

|                   | Members  | Non-Members                                                       |
|-------------------|----------|-------------------------------------------------------------------|
| Log Book          | £1.00    | £1.50                                                             |
| Canoeing Handbook | £6.00    | £9.95 + £1 p&p (state whether bound or loose leaf - binder £2.00) |
|                   | + £1 p&p |                                                                   |

## BADGES

|                                                                             | Members | Non-Members |
|-----------------------------------------------------------------------------|---------|-------------|
| + 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       |
| Sew-on Badge (Instructor/Senior Instructor/PW Teacher (logo, white on blue) | £1.00p  |             |
| Competition Coaches (only)                                                  | £1.00   |             |

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

## 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 & packing. (Except where stated). Please address all orders to the Coaching Office and allow 14 days delivery. Cheques and postal orders should be made payable to the British Canoe Union, and crossed.

## RECOMMENDED SCALE OF MINIMUM FEES

Fees should normally be paid in accordance with the established scales of the employing authority concerned. In other cases where fees are appropriate, the following are the recommended minimums:

|                       |                                                             |
|-----------------------|-------------------------------------------------------------|
| (a) Coach             | £20 per day for the first two days - £15 per day thereafter |
| (b) Senior Instructor | £15 and £10 as above                                        |
| (c) Instructor        | £10 and £6 as above                                         |
| (d) ALL               | £6 minimum for lectures, with or without slides             |

\* Includes Cadet Membership for 16 year olds and under - please show age on form.

# NB SCOUT ASSOCIATION Warranted Leaders and SEA CADET CORPS Officers are treated as members for Proficiency Tests and BCU Supplies only (not Coaching Awards). This does NOT apply to ordinary Scouts or Sea Cadets.