

CoDe

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



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EDITORIAL

Our sport is flourishing. Participation is up in all areas. BCU membership is growing. Centres are springing up. Courses are fully subscribed. New initiatives are being pursued.

There are some ominous noises on the Access front, with several mountain-based Centres reputedly considering the future of canoeing in their programmes, in view of their particular difficulties. Clearly, this matter requires immediate and positive attention. In total however, we can look forward with optimism.

1987 is World Championships Year for Racing, Slalom and Wild Water Racing. Our best wishes go to our defending World Champions, Richard Fox (Slalom) and Jeremy West (Racing) and to all those who are following closely in their wake. May the dedicated grind of preparation pay off for you all.

Next year provides Olympic sport, and the first ever ICF recognised World Racing Championships - to be staged at Nottingham.

To all involved in the introduction, encouragement and ongoing training of paddlers, the provision of facilities, running and development of tours, events and competitions at all levels, well done, and a very big thank you for your efforts.

COVER PICTURES

George Steed, from Wolf River Lodge, Wisconsin, USA, demonstrated his 10-hour introduction to white water canoeing programme at an open canoe clinic organised by Stuart Briggs, LOO for Staffordshire, at Rock Hall, Bolton, in October.

A slalom course was included, plus the first British up-stream poling championships, which Adrian Pyke (centre right) won convincingly.

DIET FOR THE D-W

BRIAN GREENAWAY, BCU Assistant Director of Coaching for Competition, and Olympic Racing coach, offers the following dietary advice for the Devizes-Westminster Race. Brian has competed 12 times, first as an Air Cadet in 1965. In 1975 with John Fowler the record was broken and the 17-hour barrier beaten for the first time. In 1985 Brian and John Day were both the overall winners and first veteran crew.

Devizes-Westminster is probably unique as an event, in that it is actually possible to suffer heat exhaustion and hypothermia in the one race.

The two main problems to cope with regarding diet are firstly, dehydration, and secondly, fuel supply for the muscles.

Most support crews underestimate the amount of fluid their crew requires. You should work on a minimum of a half-pint of fluid per person every hour. For a crew taking 20 hours for the race it means that the support team will need to supply over 20 pints of liquid. The only way a crew will be able to ingest this fluid at the correct rate, i.e. a little and often, is with drink bottles. You will need at least three bottles per crew member in order to keep them continually supplied. At most, the body can only absorb about two pints of water per hour. On a hot day (not unknown on Devizes-Westminster) you can dehydrate at over three pints per hour, so heat exhaustion can be a real possibility. Two things can affect your water uptake. Firstly, the temperature of the drink itself. Cold drinks (5 degrees C, 41 degrees F) are absorbed from the stomach at a significantly faster rate than tepid drinks. The second factor to consider is that glucose inhibits water absorption, and very strong glucose solutions have an osmotic effect, i.e. they draw water from the blood to the stomach, thus exacerbating the problems of water loss. So you will have to decide during the race what is more important. On a hot day, water is the priority. On a cold day and at night, a glucose solution is more important. On race day, you should hydrate about a half-hour before you start with approximately three-quarters of a pint of water. Glucose drinks must not be ingested in the two hours prior to the start - reasons for this will be given later.

A useful guide to whether or not you are dehydrated, can be seen from the colour of your urine. It should be a pale straw colour - if it is darker, you require water.

The ideal glucose solution should be about 2.5% i.e. 2.5gm of glucose per 100ml of water (a half-ounce per pint). Flavoured with lemon or lime it helps alleviate the nausea many people feel when continually ingesting sweet drinks. However, everyone has their own tastes, and a variety of flavoured drinks will make for a happier crew. It is much cheaper to make up your own drinks, and it is not necessary to add salts to them. If you wish to use expensive electrolytic drinks make sure they are dilute enough. If your crew complain of nausea or stomach cramps, it is often because the glucose solution is too strong. In theory, you have adequate fuel supplies for the race in the form of stored carbohydrate (glucose), approximately 1.5 hours, and fat stores, over 60 hours. The fuel for high intensity effort is glucose, and for low intensity, fat. Although you should note that fat can never meet all your energy needs, you need a certain amount of carbohydrate in order to metabolise it. Fat also requires more oxygen than carbohydrate to release the same amount of energy, which is why your work rate drops when you have run out of glucose stores. If you run out of carbohydrate stores, in order to keep fat metabolism going the body will start to break down muscle proteins to get a source of carbohydrate. This is undesirable and something you should try to avoid.

It is important then that we maintain our carbohydrate stores for as long as possible. You can do this in two ways:

- 1) By maximising your carbohydrate stores prior to the race by rest and diet.
- 2) By ingesting carbohydrate during the race in the form of glucose drinks and snacks, e.g. jam sandwiches, etc. You should not eat fats or proteins during the race; they are not necessary and require too much digesting.

Your pre-race meal should consist of easily digestible carbohydrates with very little fat or protein. If you carry out the following regimen, which has been used by many winning crews, you ensure that you start the race with your carbohydrate stores at maximum. On the Saturday morning prior to the race, go for a very hard paddle, 2 - 2.5 hours duration; immediately after the paddle go on a diet of protein and fat only no carbohydrate. You will feel quite peculiar on this diet, but that is normal. On the Monday, revert to a normal diet, with an excessive amount of carbohydrate. Do not train - rest is more important. If you wish to do something, run instead of paddle.

The earlier you can get your fat stores to contribute to your energy demands the greater the sparing effect on your carbohydrate stores. It has been suggested that if you ingest a strong, unsweetened caffeine drink (coffee), one hour prior to an event, it will enhance your fat metabolism. However, a glucose drink prior to a race has the opposite effect. It reduces your fat uptake; during the race it does not have this effect. So, no glucose drinks immediately prior to the race. Sprint efforts also stop fat metabolism. There is no point at all in sprinting off the start line, and avoid such efforts during the race unless absolutely necessary! As well as inhibiting fat uptake, sprints burn off glucose stores very inefficiently - steady effort is the rule.

When feeding crews, make sure you do it when they are back in the boat after a portage. Running with the boat and trying to eat at the same time is very difficult. Make sure at night that your crew is adequately clothed, otherwise they will be expending valuable energy just maintaining their body temperature.

Never give alcohol - it upsets the body temperature regulation by opening up the surface blood vessels, and also causes dehydration. At night, warm drinks give a strong psychological boost, if nothing else.

It is recommended that you use siopel cream, which can be obtained from most chemists. It helps repel water, spread thickly it helps keep you warm, as well as containing an antiseptic to stop the infection of any cuts, stings and chafing. Normally, use on the tops of your legs, back, neck and anywhere there is chafing, e.g. groin area, arm pits, etc. If there is a strong head wind, some on the face will stop wind burn.

A list of carbohydrates is shown on the next page.

Appendix I Tables of food groups

HIGH CARBOHYDRATE FOODS	
Complex	Simple
Wholemeal bread flour and crispbreads Wholemeal pastas, brown rice Pulses and legumes: peas, lentils, beans - kidney, haricot, baked beans etc. - pearl barley Potatoes, sweetcorn, ¹ root vegetables Cereals: Weetabix, Shredded Wheat, Branflakes, Puffed Wheat, porridge, sugar-free muesli ² Nuts: peanuts (unsalted), brazils, hazelnuts, chestnuts, almonds, etc Fresh fruit: apples, pears, oranges, bananas, grapes Dried fruit: currants, sultanas, apricots, prunes etc Tinned fruit in natural juice	Sugars, syrups, jams, marmalades Confectionery: boiled sweets, chocolate toffee, fudge etc Sugary drinks: lemonade, cola, squashes, blackcurrant Drinking chocolate, malted bedtime drinks Sugar-coated cereals, sugary cakes, biscuits, pastries, fruit pies and crumbles, jellies, cheesecake, ice cream, fruit yoghurt, tinned fruit in syrup, sweet custard, milk puddings, sweet pickles

Certain foods fall between these two classifications. These include white bread, and flour, plain biscuits, cream crackers, white pasta and rice, cornflakes and Rice Krispies. These are not as sugary as simple carbohydrates but contain less fibre than the complex CHOs and less vitamins and

minerals.

¹ Because of high water content, these foods contain less carbohydrate than the others, thus being less carbohydrate dense.

² Nuts are also high in fat, protein and fibre.

FATS	
Visible fats	Non-visible fats
Butter, margarine, Outline Lard, suet, dripping Oils (vegetable, fish, etc) Fatty meat, pork crackling and scratchings Skin on chicken and duck	Meat, especially beef, pork, lamb, bacon, ham, duck Oily fish, e.g. mackerel, sardines, pilchards, salmon, herrings Meat pies, and pasties, sausages, burgers, pâtés, salami, pork pies etc. Cheese (except curd, cottage and low fat types) Whole milk, cream, creamy puddings, cheesecakes Nuts, olives, avocado pears Chips, crisps, fried foods Mayonnaise, peanut butter

Low fat alternatives

Skimmed milk; skimmed milk products; low fat cheeses, e.g. cottage, curd, Tendale, Shape; low fat spreads, e.g. Gold, Outline;

use natural yoghurt instead of cream.

White meats — poultry (remove the skin); white fish, e.g. plaice, cod, coley, sole, shellfish; crustaceans, e.g. crab.

PROTEINS	
Animal proteins	Vegetable proteins
Meat, poultry, offal Fish, shellfish Milk, cheese, yoghurt Eggs	Pulses, lentils, peas Beans, e.g. haricot, mung, butter beans, baked beans Nuts and seeds Bread, potatoes, cereals, pasta, rice, etc

1. Animal proteins tend to be high in fat and salt.

2. Vegetable proteins are high in carbohydrate and fibre.



Dear CoDe,

Whilst reading the Summer '86 edition of CoDe (No. 22) I came across a letter (page 3) suggesting a change in the prerequisites for Instructor and Senior Instructor.

- 1) I thoroughly agree with the suggestion about a first aid certificate. One point I believe is misleading is that the RYA do not have their "own" course. I, when attending a dinghy sailing instructor course, took the first aid test and was duly issued with a St. Andrews emergency first aid

certificate. The good point is that this is a nationally recognised qualification (e.g. it was valid for my British Association of Ski Instructors Licence). The RYA have gained concession that RYA personnel may instruct and assess this.

Perhaps the BCU could arrange similar.

- 2) With regard to the lifesaving test. I, to my own admission, am a weak swimmer. However, I intend to try for SI and therefore have been viewing the RLSS B Med and COCLG/S test. It seems to me that the COCLG/S test has a slightly unnecessary "non canoeing element". e.g. a) why, when it is accepted that a canoeist should always wear at least a buoyancy aid is it not used throughout the test, and b) why is resuscitation without a canoe involved, when to lose your canoe at proficiency or even 1 & 2-Star Tests means disqualification. Surely one can trust an SI or even TI to "hang on" or at least "grab hold". The whole test should most logically be carried out in "canoeing clothing" suitable to the conditions, including spray deck (which can be a real nuisance).

I hope these thoughts will be of value to you and others when considering what is necessary to be able to do for senior instructors (not general life saving).

DAVID D'ORTON GIBSON, Argyll.

Alan Rees, National Coach for the Corps of Canoe Lifeguards,

comments: The Assistant Lifeguard Award is aimed at being of the same standard as the RLSS Bronze medallion, thus being nationally recognised. It is also the award required by authorities if an SI wants to supervise activities at a swimming pool. Thus the rescues (swimming) without any aids must be a requirement for this award.

We all know that the Assistant Lifeguard Award is a harder lifesaving award to achieve than that of the RLSS, but it is much more relevant to canoeing.

Dear CoDe,

I was very interested in the article in the summer '86 edition, concerning the SI for women. I agreed with many of the points made and wondered if anything further had been arranged for women only.

One point which worries me is the weight of the canoe when packed with the required items. Being relatively small and light I find it difficult to carry the canoe and react quickly to instructions.

Do instructors, in practice, really carry all the equipment required for assessment?

ANNE S BERKSHIRE

Dear CoDe,

It would appear from the Summer 1986 Edition of CoDe that the BCU is about to encourage sex discrimination, or perhaps it is only the view of Sue, Jane and Ann that there should be 'Women SI Assessments'! Therefore 'Men SI Assessments'?

What is your real problem girls? Do you not feel up to standing beside the men as SIs?

There are plenty of people who go for their assessments ill-prepared or lacking in self-confidence - whether they wear a bra or not.

There are less females than males in canoeing for various reasons; the same can be said for most other watersports - sailboarding, sailing, water-skiing, etc. I strongly resent any suggestion made by other female SIs that we should be treated differently in any way. I prefer to be judged by my own abilities as an SI, not a female SI and I do not need any special training to achieve this.

Here in Scotland I have never come up against any type of sex discrimination amongst canoeists in or out of the coaching scheme.

The SCA Coaching Conference was held in Tayside in November. One-third of the members attending were female. Enough said.

MARY CONNACHER, Dundee (SI E2)

Dear CoDe,

As an avid reader of CoDe, I note with interest and sympathy (I to have been there!) the letter from Ralph Price of Plymouth regarding the confusion over standards applied for SI training and assessment.

Usually, letters are matched by an assuring reply from the Director of Coaching, but in this instance a deafening silence.

The points raised deserve a reply. Where and when were the new 'super standards' promulgated and why do some assessors consider that the NCC have got the standard wrong! Is it elitism, commercial pressure or the inability to judge other adults?

As an alternative, will the 1987 Yearbook indicate, in some way, which establishments are examining to the standards laid down in the Coaching Handbook and which are the ones to avoid?

ED CLYMER, Sea Cadet Corps, Birmingham.

Dear CoDe,

This letter is written to redress the balance created by ideas such as those cited by Ralph Price in CoDe 22 who says that assessment standards are too high for the SI Award.

Remarks such as these are not uncommon, but I have only heard them from the mouths of failed candidates. It is human nature to assume that targets have shifted when we fail to meet them and are, naturally, disappointed. It is not surprising that assessors fall into the same verbal trap, since it is very difficult to tell another person they have shortcomings and much easier to placate them with the idea that the test is very difficult.

Of course the standard is high, in some respects it should be higher! It should be remembered that the lives of (usually young) people are at stake; this fact can not be stressed too highly in my opinion. When SI candidates are examined their ability to safely lead people on grade II waters or open sea (both of these are potentially lethal environments) must be determined. It is not good enough to say that a person will only operate "within his/her own safe limits", because the SI award is an endorsement of competence to a given level. Assessment teams often include LCO's whose job would be much simpler if there were more SI's to call upon, hence there is a vested interest in preventing the creation of an elitist group.

For the mature person who can not match the standard required for some reason but still has a lot to offer, it is clear the SI is not the correct award. Possibly "Canoe Advisor" or some similar title could be awarded to acknowledge the wealth of experience that such people possess. It is, in my view, utter nonsense to suggest that the SI Award be moved up and the Instructor award take its place, because this will simply allow present Instructors to become SIs without meeting the standard. The present award of Coach seems to fit the bill for Senior SI's.

I recently attended an SI (Inland) assessment and weekend at Bedford at which seven candidates passed. None of them were professional canoeists and all of them were "ordinary blokes" (male and female) trying to hold down a job. Everyone enjoyed their weekend and gained a large slice of knowledge to add to their experience whether they passed or failed.

The present system is not perfect (name one that is) but to suggest the standard is too high, I believe to be sheer folly - no one can have too much knowledge or ability, and we should all continue to improve our safety awareness, pass or fail.

IAN STEWART, Milton Keynes.

Dear CoDe,

On a recent Placid Water Teacher Course, while modelling strokes to match a commentary given by a colleague on the bank, I got one of the strokes totally wrong. He had been talking about steering strokes used while paddling backwards, then asked me to demonstrate a bow rudder. I began to paddle forwards to perform the bow rudder - Inland Kayak Proficiency style - he of course had meant a rudder stroke performed at the bow as the boat goes backwards. These are two very different strokes in position, execution and effect, yet they have the same name. The same comment also applies to the stern rudder.

Canadian canoe paddlers term the stroke used in front of the paddler while going forwards a 'bow cut' and this seems to remove the anomaly. I should like to propose that the Coaching Scheme adopt a change of terminology so that we all call a stroke done near the leading end of the boat a 'cut' and one done near the trailing end a 'rudder'. Hence, forward strokes would be the Bow Cut, and the Stern Rudder, and reverse strokes would be the Stern Cut and the Bow Rudder.

Any comments on this proposal from other members of the scheme would be welcomed.

ROB HIGNELL, Canterbury Canoe Centre

GRANT AID FOR YOUTH EXPEDITIONS

Please note that the BCU has a small fund for giving grants to individual youths undertaking canoeing expeditions - the usual grant is £50 per person. Whilst there are no pre-conditions, the primary aim is to help youth canoeists "to do their own thing". Candidates must be under 20 on the date the proposed trip commences, and must be a BCU Member or a member of an affiliated club. The trip must have an element of adventure and self sufficiency, and the candidate must demonstrate he or she has sufficient experience, and has done sufficient planning to be reasonably sure of a safe and successful journey.

For full details of expedition grant for individuals and youth expeditions send sae to BCU Office.

Test Report

Introduction

Having led groups on grade III rivers, I fully appreciate the value of 'throw lines' in the party. I carry a throwing system that I have practiced with on many occasions and feel confident that I can achieve a fair degree of accuracy. However, I sometimes had the problem of deciding to whom I should entrust additional throw lines, and what type of system they should be given. The best solution is for the other members of the group to practice with a system until they are competent, but I decided to run a test examining the accuracy of three commercially available throw lines when used by canoeists who had no experience in their use.

The Test

Ten canoeists (seven male, three female) of 2-star award standard with ages of 16 - 18 years, were used for the experiment. The target was a hoop (85 cm diameter) ten metres away from the thrower and each person had ten attempts with each of the throw lines. The order of throw line used was varied between the ten people to prevent any system gaining an advantage.

The experiment took place in a sports hall, which provided a consistent and ideal environment. Obviously, any conclusions reached must allow for this as factors such as strong winds and unsteady stances on awkward river banks will influence the accuracy of the different systems. However, any experiment can only have reliability if it is executed in a consistent environment.

A 'direct hit' was awarded if any part of the throw line crossed the hoop, while other attempts were measured to see if they were within 1m of the edge of the hoop. The experiment catered for 100 throws with each of the three systems

Results

	Direct Hit	Direct Hit (Boys only)	Direct Hit (Girls only)	Direct Hit or within 1m	Direct Hit or within 1m (Boys Only)	Direct Hit or within 1m (Girls Only)
	%	%	%	%	%	%
GREEN SLIME 'POUCH'	18	29	7	47	53	10
GREEN SLIME EXPEDITION	43	59	7	67	83	30
WILD WATER EXPEDITION	26	37	0	56	70	23

A comparison was made between throws 1-5 and 6-10 with each of the systems. The only system that showed any significant improvement in the second phase was the Green Slime expedition.

Conclusion

This was not a perfect experiment and its value could be disputed because criticisms can be made, the sample size being too small for example. However, it has helped me to decide that I will carry a Green Slime Pouch on my person with a Wild Water Expedition in the boat (because of a personal preference) and it is the Green Slime Expedition Throw Line that I would distribute to other members of the group to use. Finally, I must stress that this test only measured accuracy in ideal conditions and leaders must consider other factors such as weight, bulk, length/breaking strain/flotation of line, cost ability to re-throw and environmental factors such as the effect of wind, before arriving at their final decision. Your own design might even be more suitable.

TONY PURSELL, Nottingham

PHYSICAL ACTIVITIES OFFICER,

The National Association of Boys' Clubs has a membership of some 2,000 clubs serving 190,000 boys and young men throughout the United Kingdom; some 75% of member clubs are actively involved in a very wide range of sport, recreational and adventure activities.

The position of Physical Activities Officer is now vacant and the Association is anxious to appoint a Physical Activities Officer to maintain the high standard of support and events for which the Association is renowned.

The successful appointee is likely to be between 30 and 40 years of age and should have a sound knowledge and background experience of Sport activities generally. It is equally important to have experience in administration and event organisation.

Good communication skills with people of all ages and a cheerful disposition are essential.

Based in the Association's HQ in London, the successful applicant must have a valid driving licence and be prepared to travel and work at weekends when necessary. An Association car is provided and the position is pensionable, salary dependent on qualifications and about, but not below, £12,000 per annum. Application form and detailed job description are available from the National Director. NABC, 24 Highbury Grove, London N5 2EA and should be returned by Friday 10 April.

ROLLING RATIONALE

These notes are intended for those with some experience of teaching the eskimo roll. Rolling is a very simple skill in performance. There are three important ingredients:

1. Hip flick
2. Positioning the paddle and body
3. "Striking" the water with the paddle blade in order to obtain leverage against which to hip flick the kayak upright.

There is little dispute about "hip flick". The drills listed in the Handbook, and widely used, quickly establish a smooth rotation of the kayak by the lower body in the vast majority of learners (see Handbook pages 197-198).

Confusion can reign however, once the paddle is introduced. Often the more a person seeks to "understand" what is happening the more difficult life becomes.

Immediate success is obtainable by commencing with a half-roll using a "put across".

The instructor supports the tip of the blade while the paddler capsizes, allowing his or her arms to the surface as he does so (Figure 11: 2a). What follows is really a recovery stroke performed when upside down. The trainee pulls down on the paddle blade and hip flicks the kayak upright. A roll performed in this way, with the paddler at right angles and pulled straight down is known as a "put across" roll (Figures 11: 2b and c).

Whilst it is a good idea for the instructor to support the blade's tip, to ensure that the paddle stays on the surface until required, he or she should, after the first couple of tries, be able to take the hand away before the canoeist "strikes" - the paddler is thus rolling. All that follows is merely variation and improvement.

Often the next progression is the "Pawlatta", whilst some prefer an "extended screw". Two misunderstandings are common.

1. The "wind-up" - It is essential that sufficient blade angle is achieved so that the leading edge will remain high during the sculling sweep.
2. The learner should NOT be instructed to hip-flick as soon as he or she starts to sweep the paddle!

To achieve sufficient blade angle the instruction is often given to "cock the wrist" of the hand on the shaft. This is pointless, and will in fact produce the opposite to the desired effect, unless the wrist is grasping the shaft to start with!

Then the wrist is rotated so that the blade at the bow is tilted with the edge furthest from the boat lower (nearer the water) than the edge nearest the boat. (This lower edge will be the leading edge when ready to roll). The paddle will obviously dive if this tilt is not achieved and maintained.

The instruction then should be:

1. "Sweep the paddle" (not "pull" on the paddle).
2. "When you have swept the paddle nearly half way round, hip-flick the boat upright again."

A very common fault is for the beginner to try and hip-flick upright as soon as the paddle starts to sweep. It's impossible! You cannot apply a hip-flick when the upper body is pointed forward as it is at the outset of the stroke.

Also, there is little support obtainable from the paddle while it is still close to the boat.

Once the paddle has swept to nearer 90 degrees an efficient hip flick can be applied, and the leverage obtainable from the paddle should render it almost impossible to fail to roll.

Provided the "feel" of hip-flicking up against a half-roll "put-across" has been well established, success should be guaranteed.

The instructor needs initially to stand at the bow and to hold the paddle blade in position during the capsize. At the outset of the sweep, the instructor should stand still and push the bow away from the paddle, letting go of the blade as he or she does so.



If this wrist 'uncocks' during the sculling sweep, the blade will be set at the wrong angle. It will undoubtedly cause a problem if it is 'cocked' before the hand grasps the shaft.

The put across half-roll



Figure 11:2a First, allow the arms to surface.

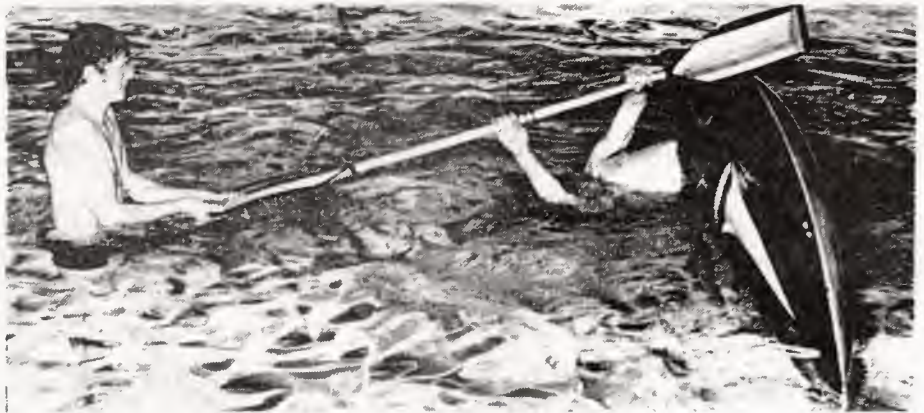


Figure 11:2b At the half way stage the head is still under water.



Figure 11:2c Notice the mobility at the waist.

The windward sweep ?

There is an adaption of the sweep stroke used when paddling general purpose slalom kayaks on the sea, that I have not seen described previously.

It is applied when the wind is on the beam, and in consequence the kayak is weather-cocking up into the wind.

On the windward side, the paddle blade is inserted as for a normal power stroke. Instead of sweeping the blade in a semi-circular track, however, it is taken diagonally out away from the bow with the top arm following as necessary to permit this.

A slight tilting and weighting of the kayak on the paddling side should accompany the action, and ideally the paddling rhythm should be timed so that the paddle blade commences its action in the water, each time, at the moment the bow of the kayak is beginning to lift onto the top of the wave.

Rubbish? try it and see?

I have not tried teaching the skill to novices, by the way.

The DRAW Stroke

John Hall, RCO for the Borders Region, has provided the following update on the draw-stroke:

When teaching draw strokes three important coaching points are -

- 1 Keep boat level (to ease its sideways movement)
- 2 Move blade towards Centre of Lateral Resistance (to move whole boat sideways)
- 3 Keep paddle as vertical as possible

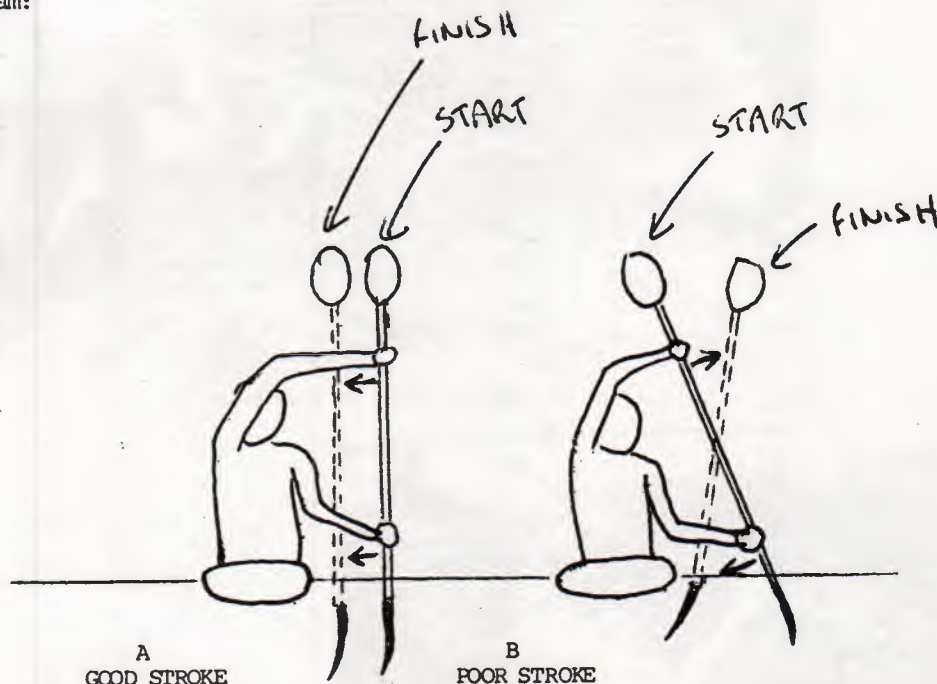
Point three is very interesting, and I will try to illustrate this:

The main factor is that in trying to keep the paddle vertical both hands move towards the paddler during the draw stroke, but this is not to say that the top hand does not push. It must push (I would prefer to say resist) for the stroke to be effective, but it can do this whilst moving towards the paddler as in diagram A.

I think that at the moment it is not clear from the BCU manual what movement the hands are making relative to the paddler and boat and I think that this should be made clear in the next edition. I would argue that technique A is a good one, for a variety of reasons.

I hope that this article is helpful and generates more light than heat.

Diagram:



I would point out that the arrows show only hand movements and not the forces applied to the shaft. It would seem to me an impossibility for the stroke to work without a push/pull effort being applied, but we must clarify the difference between forces applied and hand/arm movements

THE STERN DRAW-AN ALTERNATIVE TO THE SWEEP?

An alternative to the full sweep which can be used for correcting a kayak which is being effected by wind, is also used in slalom.

It is a matter of applying a draw-cum sweep stroke at the end of a power stroke, rather than employing a full sweep.

The blade is pulled parallel to the keel line, until level with the hips, when it is allowed to continue, and the blade turned by the controlling wrist so that the drive-face is towards the gunnel.

The top arm, which is extending ready for the "catch" on the opposite side, then pushes across the boat and the blade is pulled in towards the stern, so checking its desire to skate away. This position may be maintained as a 'rudder' effect until the required degree of directional control is achieved.

With practice, the blade can then be swiftly planted on the opposite side.

When pulling the blade into the stern, the foot on the same side needs to push hard against the foot-rest.

With this stroke, correction is applied swiftly in the area where it will achieve the strongest effect, whilst no effort is lost from the full power stroke.

The "stern draw" does not replace the "sweep" stroke. It has advantages in certain situations. An effective sweep is a vital skill for novices, and at all levels of ability, and has applications in a wide variety of circumstances.

Safety at Sea

Dick Richards, Regional Controller, HM Coastguard, Swansea, and BCU Sea Touring Committee / HM Coastguard Liaison Officer, has again supplied a very useful analysis of incidents involving canoeists on the sea during 1986.

His report details 37 incidents involving search and rescue, and 17 false alarms, during the year.

Two lives were lost. One, an inexperienced, untrained 17-year old, without a buoyancy aid, drowned whilst surfing at Saunton Sands, Devon, in May. The other, a 52 year-old man, attempted a 'charity' paddle from Caernarfon to Ireland, and set off against advice into an ENE Force 5. He capsized and died from cardiac arrest due to hypothermia.

Five incidents only appear to have involved experienced sea canoeists, or groups under experienced leadership.

Dick Richards comments that: 'the totals compare almost exactly with 1985 and although the popularity of the sport apparently continues to increase, the fact that poor weather during the summer months probably kept the less experienced ashore, possibly accounts for no increase in the number of incidents. . . . once again the serious sea-kayakers acquitted themselves well, and demonstrated mature professionalism'.

A copy of the full report is available upon receipt of SAE at BCU Office.

DO YOU NEED A FLARE FOR THIS SORT OF THING?

An Important Principle

The Coaching Committee received a report on two of the incidents in particular.

From one of these incidents, involving experienced paddlers and leaders, it transpired that not all of the group were carrying flares to locate their position in the water.

Discussion at NCC revealed that the attitude of Centres and experienced leaders concerning the carrying of flares was not positive and did not reflect the BCU recommendation of long standing. This is that the leader should carry two rocket flares for attracting attention in case of difficulty, and that the leader and each member of the group should carry a hand-held flare for pin-pointing the individual's position in the water once a rescue craft is clearly homing.

The packing of a flare is a requirement for the sea proficiency test.

What is of concern is that following a fatality off the Channel Coast of the Isle of Wight in 1973, a QC was engaged by the local authority to conduct an enquiry.

The issuing and carrying of flares by students on sea expeditions was a recommendation arising out of that enquiry.

The Centre involved pursued this policy, which had become part of the BCU recommendations, and it is surprising to find that the policy is not universally followed.

The comments of those involved, particularly from Centres, are welcomed, to enable the National Coaching Committee to re-consider the wording of its recommendations.

WOULD YOU TRUST THIS MAN WITH YOUR CHILD?

- | | |
|----------|--|
| Is he | A proficient paddler?
A good teacher?
A qualified lifesaver?
A competent lecturer?
A BCU member? |
| Does he | Collect and include all relevant information?
Make a plan that suits the group?
Include suitable contingency plans? |
| Plan? | Revise and update his plan as he gets new information?
Have confidence in his plan? |
| Provide? | Have the correct personal equipment?
Check his group's equipment?
Provide adequate land-based support? |
| Direct? | Communicate effectively?
Give directions at appropriate times?
Include the right information?
Check for understanding? |
| Control? | Stay IN CONTROL?
Have and use contingency plans?
Stay calm?
React appropriately to 'incidents'?
Ensure that the plan (as amended) is being followed? |

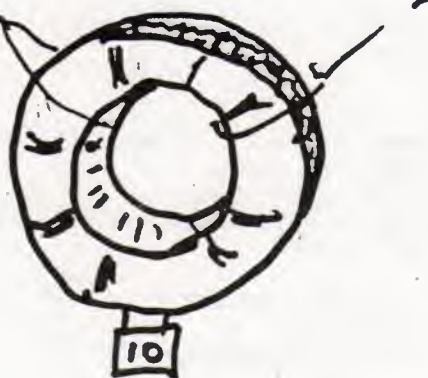
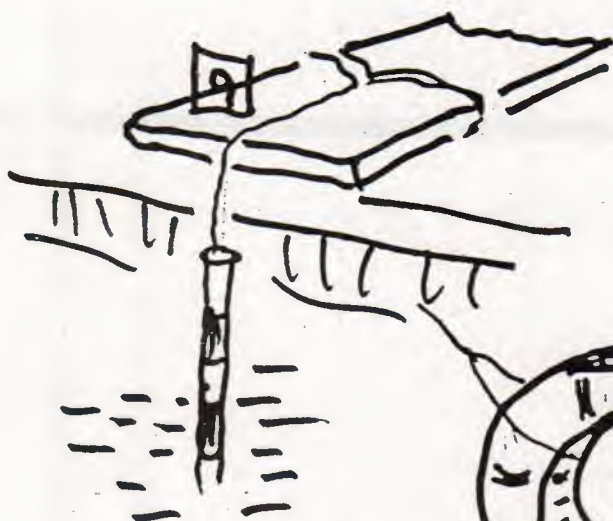
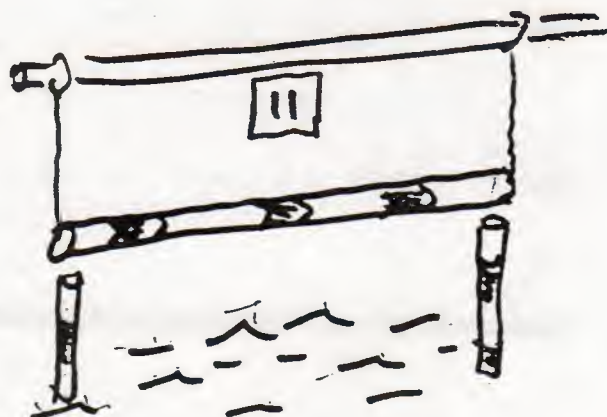
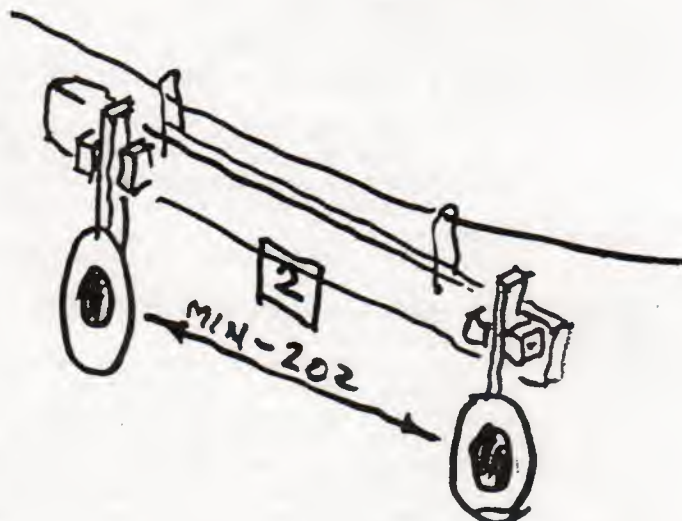
R.A. HIGNELL, Coach Course, 1986.

PADDLES AWAY

"Paddles-Away" is a competition designed and created by Keir Davie and Colin Moore as an alternative to the BBC series, "Paddles Up". Whereas the BBC series takes place outdoors on a prime site with only the top paddlers, this creation is for use indoors in a swimming pool, and for any level of paddler.

Twelve 'gates' are erected around the pool:

- 1 Slalom gate
- 2 Target bashing
- 3 Slalom gate
- 4 'S' weaving
- 5 Slalom gate
- 6 Single pole turn
- 7 Limbo gate
- 8 Roll gate
- 9 Pass paddle round pole
- 10 Thread paddle through tyre
- 11 Limbo gate
- 12 Finish line



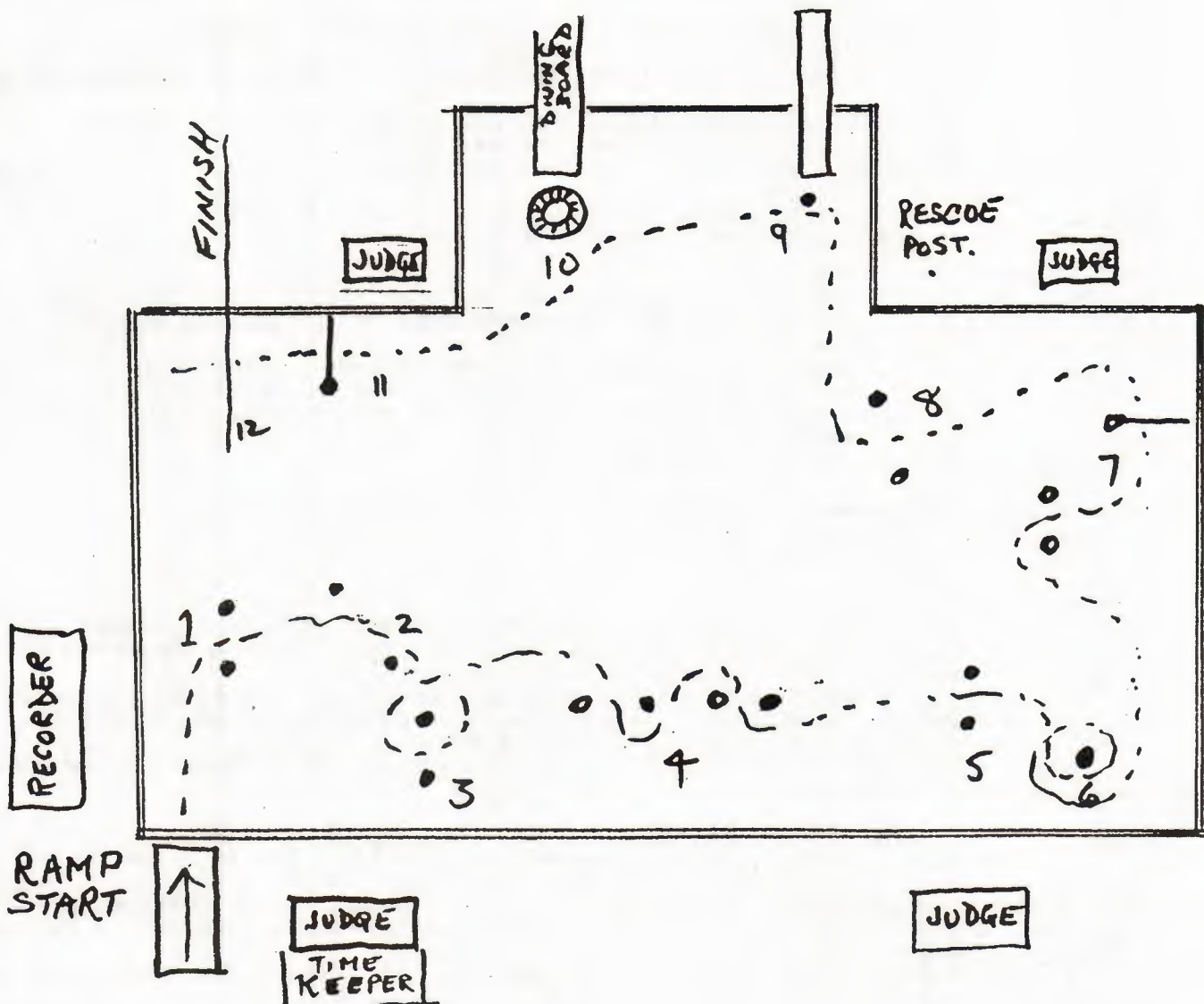
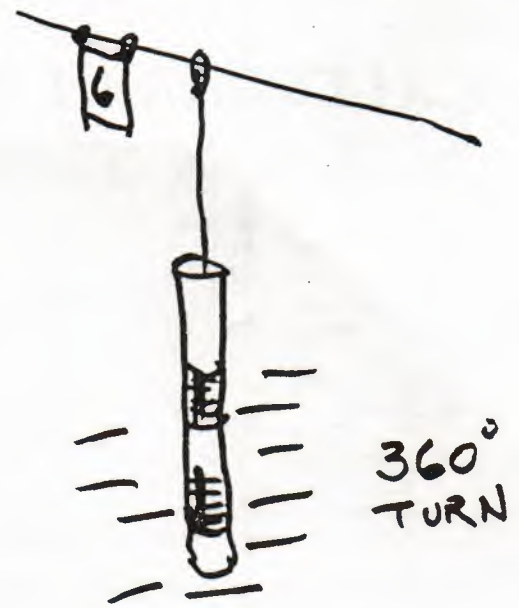
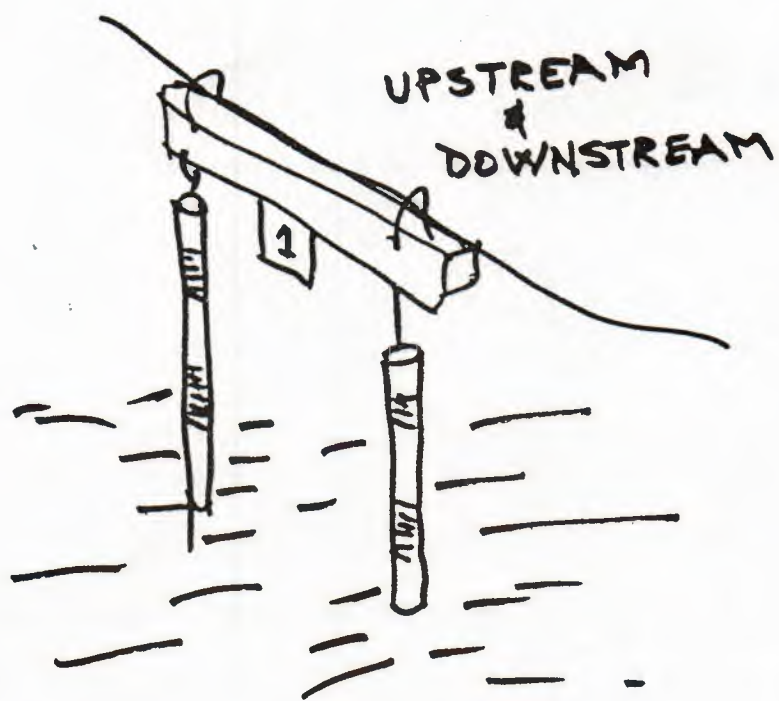
Paddlers start the course being launched off a ramp, the next one following when the first paddler is at gate 8. This allows continuous use of the course, thereby making full use of the pool time available. Only three boats are used and are all of the same kind.

Scoring is done on slalom type cards and each contestant is allowed three runs on the course. No practice runs are allowed prior to the contest.

When all of one age group have had their runs the results are fed into a computer (program available from Keir) and the final places are printed out and distributed.

All in all a very entertaining and worthwhile fun event in which you could invite your neighbouring canoe club to participate.

Keir Davie is ICO for South Humberside, 22d Legsby Avenue, Gormsby, S Humberside DN32 0AD.



CALENDAR UPDATE

OPEN CANOE RALLY

A major open canoe rally is planned at Nottingham from 23-24 October at Holme Pierrepont.

The weekend will include:

Basic Skills Clinic
Marathon Racing Clinic
Racing Clinic
White Water Skills Clinic
Open Tour
Marathon Race

Fun Events:

Fun Slalom
White Water Time Trial
Distance Time Trial
Up-River Poling

Full details in May Focus. Please reserve the date.

ALPINE CANOEING OPPORTUNITY WANTED

Keen canoeist wants to canoe in the Alps. Do you run a course or have you a spare place on your trip for this Summer? Ring Martin Burgoyne on 0909.564544.

SLALOM COMPETITION COACH TRAINER COURSES 1987

For further details on the courses below contact: The National Slalom Coach, 25 Crawshaw Avenue, Pudsey, Leeds LS28 7BT

9-10 May, Competition Trainer Course, River Washburn, Yorkshire

23-24 May, Competition Trainer Course, Llandysul, South Wales. ('Canoesport Llandysul Trainer Series'). NB If your club or region wish to apply for a sponsored course, contact the National Slalom Coach.

6-7 June, Competition Coaches Course (Canadian C1 and C2) Holme Pierrepont, Nottingham.

27-28 June, Competition Trainer Course, River Dee, Llangollen, North Wales.

15-16 August, Competition Trainer Course, Llandysul, South Wales. ('Canoesport Llandysul Trainer Series').

Also in August - Competition Coach/Trainer Course, Grandtully, Scotland (date to be announced).

26-27 September, Competition Coaches Course, Llangollen, North Wales.

10-11 October, Competition Trainer Course, Leicester, East Midlands. 'Canoesport Llandysul Trainer Series'.

21-22 November, Competition Trainer Course, Banbury and District Canoe Club, Bucks.

5-6 December, Competition Coach/Trainer Course (Venue to be announced)

COACH TRAINING - 3-4 OCTOBER

A TRAINING course for the Coach Award is available at Plas y Brenin. The course will concentrate on the requirement for the candidates for the BCu Coach Award to be able to coach individuals to a better level of performance on Grade III water.

The courses are open to all Senior Instructors of advanced proficiency ability (it is not necessary to actually hold the Advanced Certificate until attending for assessment). The courses are recommended for those who are attending for the one-week assessment for the Coaching Award, and are a requirement for those who are undertaking the modular road to Coach.

Please send sae to BCU Office for full details.

One-week assessment courses for the Coach Award are available for 1987 at:

Glenmore Lodge - 29 August to 05 September

Plas y Brenin - 24 to 31 October

WHITE WATER RESCUE TECHNIQUES

Please note the dates of the courses specialising in the practise of white water techniques. These courses have been highly praised by those who have attended them, and are strongly recommended for all Senior Instructors who specialise in white water leadership.

The Plas y Brenin courses cost £25 plus camping: June 27-28, July 04-05, August 01-02, September 19-20 at Tryweryn. Sae to: Plas y Brenin, Capel Curig, Betwsy Coed, North Wales.

Other approved courses on the Tryweryn, led by Graham Wardle are on: April 25-26, June 13-14, July 18-19, September 5-6. Sae to: G. Wardle, Leicester OPC, Loughborough Road, Leicester.

WOMENS TRAINING UPDATE

At the Coaching Committee Meeting in November a proposal for a one-day seminar to examine the training needs of women in the Coaching Scheme was accepted and a small budget agreed.

A group of women are planning this seminar for 3 October in London. We are interested in reaching a wide range of opinion and expertise. If you are interested in attending, speaking, or running a workshop please contact:

Sue Griffin, Bede Adventure Project, 351 Southwark Park Road, SE16 or Anne Tweedell and Sue Annett, Shadwell Basin Project, Glamis Road, London E1.

The aims of the seminar are essentially practical and its success depends upon input from delegates.

THE JOHN DREW MEMORIAL PADDLE

26 July - Round 'Pompey'

John Drew was the epitome of the hard-working unsung local canoeing and coaching enthusiast. He ran numerous courses, founded a thriving club, organised the district coaching panel into a cohesive unit, established canoeing in the local authority sailing base, ran a canoe club at his school, and somehow managed to remain a committed family man.

John died suddenly in 1984 at the early age of 43.

Such was the sense of loss felt by his club and all who knew him that it was decided to hold an annual 'memorial paddle' as a sponsored event. The proceeds go to the John Drew Memorial Trust and are used to help keen young persons who really cannot afford to pay their course fees for Senior Instructor training, or assessment, to do so.

This year's event will take place on 26 July, commencing at Eastney at 1000 for a 'paddle round Portsmouth'.

Full details from Shirley Lawson, 27 Broadlands Avenue, Boyatt Wood, Eastleigh, Hants (0703 618708).

Applications for small grants from the fund should be submitted initially to the Director of Coaching at the BCU Office.

RIVER NOISES

NATIONAL COACHING FOUNDATION - LOCAL COURSES

- 1 Structure of the body
- 2 Prevention and rehabilitation of injury
- 3 Developing and endurance
- 4 Nutrition and sports performance
- 5 Development of strength and speed
- 6 Developing flexibility
- 7 Introduction to sports mechanics
- 8 Use of video in coaching
- 9 Understanding and improving skills
- 10 Mental preparation for performance
- 11 The coach and the athlete: working as a team
- 12 How to plan your programme
- 13 Effective coaching

Courses covering the above subjects are being run local to your area in association with the local Sports Council. Each course is of approximately four hours duration. The fee is £5 which includes tuition and an information resource pack.

Full details of your nearest courses from The National Coaching Foundation, 4 College Close, Beckett Park, Leeds LS6 3QH. (0532.744802).

NATIONAL COACHING FOUNDATION - RESIDENTIAL COURSES

Residential courses of weekend, and week-long duration are offered at the University of Lancaster, and the University of Loughborough, during 1987. Send SAE to the National Coaching Foundation for full details.

DIPLOMA IN SPORTS COACHING

The Dunfermline College of Physical Education is to have its Diploma in Sports Coaching validated by the Council for National Academic Awards. Coaches with experience of higher education and with a number of years' experience at a minimum of regional level, who are suitably qualified within their own sport, or who are mature (over 30) coaches with extensive experience, are invited to apply for the October session to the Admissions Officer, Dunfermline College of PE, Cramond Road North, Edinburgh EH4 6JD.

THE GROWING CHILD IN COMPETITIVE SPORT - MARK II

An International conference is planned for Cardiff from 4-8 December. Full information from G R Gleeson, Oak Lodge, Theobalds Park Road, Enfield, Middx EN2 9BN.

WILLING TO WIN

The 'Old Bush Mills' International Sports Academy presents 'Willing to Win' an International Sports Psychology Course conducted by Dr Willi Railo from Norway. The course is at the University of Ulster, Coleraine, Northern Ireland from 11 - 13 April.

It has been the Institute's custom in the past to facilitate cross-channel visitors to the International Academy by arranging transport from their Northern Ireland point of entry to Coleraine, provided sufficient notice is given.

Applications to Sports Council for Northern Ireland, House of Sport, Upper Malone Road, Belfast BT9 5LA.

COACHING SCHEME UPDATE

STANDARDS - IMPORTANT STATEMENT FOR EXAMINERS

It is evident that a commonly held belief is abroad that too wide a disparity of standard exists between courses for the training and assessment of Instructors and Senior Instructors.

At the 1986 Conference it was over-whelmingly agreed that the National Coaching Committee should devise a system to achieve greater uniformity of standards.

Comprehensive Notes for Guidance for Examiners have been produced and circulated (A.7.87). These are available to all Examiners working on Senior Instructor Training or Assessment courses upon receipt of a 20p stamp.

The NCC has decided that there should be an annual National Conference to which RCOs would appoint up to three very experienced assessors from each region.

These Examiners would then run a Standards Conference in their own region.

Attendance at a Regional Standards Conference at least once every three years will now be necessary for the maintenance of Examiner Grade II status).

The dates for this year's Regional Conferences will be announced in the next issue of CoDe in August.

The format and intent of the forums will be to permit an exchange of views among examiners, as well as providing up-dates on specific requirements as agreed by the Coaching Committee following the annual Moderating Forum and National Standards Conference.

THE INSTRUCTOR AWARD - A RE-THINK

Both the SCA and the BCU Coaching Conferences voted over-whelmingly in favour of there being introduced a training course for the Instructor Award, separate to Senior Instructor Training.

This would permit the training courses to give more time and emphasis to the particular requirements of the Awards: more training, for example, on the use of games, methods of teaching skills, and confidence building exercises on flat water for Instructor candidates; and more time available for white water leadership training necessary for Senior Instructors.

The intent would be to maintain the pass standard for each award at its current proper level - not to inflate the requirements.

In debating the matter, the NCC decided to refer the issue to two working parties, one for kayak awards and one for canoe.

The Working Parties are charged with considering the detail of separating Instructor training from Senior Instructor training; to consider whether any 'coming together' or rationalisation of the Placid Water and White Water/Sea systems is desirable or possible at the lower levels; to consider the possibility of BCU endorsement of a low-key 'qualification' for those operating general purpose slalom kayaks in very sheltered waters only; and to ensure that the open canoe awards progression is based upon the philosophy of the canoe being a vessel intended for journeying.

The Working Parties will report back in April, and a final decision on any adjustments to the system will be made in November.

WOMEN IN SPORT

As detailed in the Calendar page, NCC agreed to support a Conference for Women aimed at discussing ways in which more women can be encouraged to pursue canoe coaching awards.

BRITAIN TO HOST INTERNATIONAL WHITE WATER SAFETY CONFERENCE

BCU Council has agreed that Britain should host an International White Water Safety Conference in September 1988, at Holme Pierrepont.

AGM AND NOVEMBER COACHING COMMITTEE

The Minutes of both of the above meetings are available to members on receipt of a stamped, addressed envelope.

FLEXIBILITY IN INSTRUCTING CANOEING

The Association of Wardens of Outdoor Education Centres proposed the following policy statement on its approach to the teaching of canoeing. The National Coaching Committee agreed that it shared this philosophy.

Traditionally the role of the canoeing instructor has been to teach skills and lead parties on inland and coastal waters. However, in recent years there has been an increasing tendency in schools, youth clubs and outdoor centres to "use" canoeing and other activities as educational vehicles rather than as ends in themselves.

The nature and format of any canoeing session will depend upon the needs and experience of the participants and the particular objectives of the organiser. For example, whilst a highly structured technical programme of coaching may be appropriate for a club or specialist canoeing course (and, indeed for committed novices) it may be totally inappropriate for a group of youngsters undertaking half a day of canoeing as part of a group development programme on a multi-activity course.

The reasons for introducing young people to canoeing, particularly in the context of educational establishments may vary enormously, each creating its own priorities. At one end of the spectrum emphasis may be placed on technical skills whilst at the other coaching may be abandoned in favour of experimentation, discovery or simply enjoyment of a group experience.

However, whatever the aims and priorities of the session the basic responsibilities of the instructor in charge remain unchanged.

1. To provide an enjoyable and safe experience appropriate to the needs of the participants and to prevailing conditions.
2. To encourage awareness and respect for the canoeing environment, other users of the water and the equipment being used.

Employment Opportunities

INSTRUCTORS REQUIRED

Qualified canoeist Instructor and S/I Grade Sailing RYA Tidal Instructor and Climbers. Experience in a range of activities and a clean driving licence essential. Min age 21. Plus a couple of vacancies for 18 - 21s, with proven experience certificates. Vacancies April-Sept, Easter, Whit, July-Sept. Apply with CV and photograph to Iain Garland, Courtlands Centre, Nr Kingsbridge, S Devon TQ7 4BN.

RAVENS AIT WATERSPORTS CENTRE

Energetic, enthusiastic and experienced Senior Instructors required to instruct and assist in running our varied Summer programme. Periods and dates of work are variable and includes some residential work so a flexible approach is required. We are particularly interested in those who also hold an RYA Instructor Certificate. Excellent rates of pay for the right applicants. For further details write to Richard Hayden at Ravens Ait Watersports Centre, Portsmouth Road, Surbiton, Surrey KT6 4HN giving a brief outline of your qualifications, experience and availability.

SKERN LODGE OUTDOOR CENTRE

We need qualified Instructors who have the ability to work with all different age groups on a variety of outdoor activities. Good pay and conditions for a five day week. Minimum age 21, drivers only need apply. Skern Lodge, Appledore, Bideford, North Devon (02372-75992).

HAWKHIRST - KIELDER WATER

A number of Instructors are required for the 1987 season at this Scout Association's Adventure Camp - please send full details to D. Langford, Manager, Hawkhirst Adventure Camp, Kielder Water, Hexham, NE48 1QZ.

INSTRUCTORS WANTED

Part-time and full-time instructors required at Liverpool Watersports Centre, from April. The posts are one year Community Programme ones and candidates must be eligible under MSC rules. Details from the Manager, Liverpool Watersports Centre, Unit 27, Britannia Pavilion, Albert Dock Village, Liverpool L3 4AA.

CANOEING STAFF FOR 1987 SEASON

BCU Approved Centre near BATH servicing AVON and neighbouring counties requires Instructors or Placid Water Teachers to conduct canoeing and holiday group activities. Particularly suitable to persons available for Community Work Project Employment offering 12 month contract with scheduled Leadership Training leading to assessment in various pursuits. Ideal opportunity for fully committed person looking to future pursuits employment potential. Single person accommodation available if away from home. Referrals from Club, Employment, Social Service Officers and similar welcome. Further information from Training Director: SARAS/Structured Leisure Services: SARAS Unit 2, Saltford, Bristol BS18 3HA or tel Bristol (0272) 775440.

HEADWATER HOLIDAYS: INSTRUCTOR/REP

We need a second instructor/rep to work in the Creuse valley from about 14 June to 6 September. Placid water. Over 21, very good French, and clean driving licence required. Good pay and allowances, all exes. Phone Christine Bass (0606) 782011.

CROFT-NA-CABER WATERSPORTS CENTRE - LOCH TAY, REQUIRES AN SI

The Centre is purpose built, well appointed and fully equipped to teach canoeing windsurfing and dinghy sailing. We require from about mid-May onwards, an SI to run our canoeing courses using the Loch and local rivers. The courses cater for groups and individuals. Other duties around the Centre would involve equipment hiring, safety and maintenance. The ability to windsurf or dinghy sail would be an advantage. For further details contact The Principal, Croft-Na-Caber Watersports Centre, Kenmore, Perthshire, PH15 2HW

INSTRUCTORS REQUIRED

Instructors and Senior Instructors are required for all disciplines by the Riverside Centre, Canterbury. Terms vary from voluntary work to pay at County rates. For further details please contact Rob Hignell, Riverside Centre, Kingsmead Road, Canterbury Tel (0227) 464807

TOPS AND DOLPHIN ADVENTURE HOLIDAYS NEED YOUR HELP

Dolphin operates exciting American Style Day and Residential adventure holidays for children, and TOPS is renowned for their activity courses for school groups. Combined we have over 25 centres throughout France, Spain and the UK, and we are looking for a large number of specialist watersports instructors who possess the qualifications, energy and commitment, to work through the Summer, teaching sailing, windsurfing or canoeing.

Tops; Travel & Outdoor Pursuits Services, 34-36 South Street, Lancing, West Sussex BN15 8AG.

CAMP CLAREMONT

Canoeing Instructors required at Children's Multi-Activity Summer Daycamp in Esher, Surrey (August 3-28, Mondays to Fridays). Minimum qualification BCU Trainee Instructor. Instructor required to teach groups of 9-14 year olds at Thames Young Mariners Base, working as an Instructor/Supervisor for other activities when not teaching Canoeing. Preference given to applicants living within the locality, although not essential. Salary according to age and experience. Write for further details and application forms to Recruitment Dept, Freetime Leisure Ltd, The Mayford Centre, Woking, Surrey GU22 0PP.

LAKE DISTRICT

For Instructional and Personal Development Courses. Full residential centre, internal staff training and development. All levels of staff required for seasonal and full time work. Apply in writing (including C.V. to Mr. K.E. Goik, Warden, Lake District Outdoor Pursuits Centre, Fallbarrow Hall, WINDERMERE, Cumbria.

LEASIDE AND BEAUCHAMP LODGE

As soon as possible applications are invited for two full time canoeing instructor posts at Leaside Young Mariners E5 and Beauchamp Lodge W2., Salary scale £7122 - £8751 per annum inclusive of London weighting. Minimum qualification BCU Senior Instructors Certificate. Application forms available from SB11 M. Murphy, Room 280A, County Hall, London, SE1. Closing date 17.2.86.

HAWLEY LAKE SAIL TRAINING CENTRE

British Canoe Union TI or above required from April - September 1987. Alternatively courses could be adapted to suit college vacations, i.e. Easter, Half Term, Summer, etc. For details contact: The Chief Instructor, HLSTC. Yateley 876622 Ext 341.

This appointment is particularly suitable to students who live in the Camberley, Aldershot or Farnborough areas.

INSTRUCTOR/TUTOR - SOUTHAMPTON

Canoeist - high calibre/experienced canoeist required - BCU qualifications TI applicants must be experienced in all aspects of canoeing and outdoor work. Genuine interest in young people and outdoor education and the willingness to work long hours essential. Apply Staff Tutor, Application Forms, YMCA National Centre, Fairthorne Manor, CURDRIDGE, Southampton, SO3 2GH.

INSTRUCTORS/DOMESTIC STAFF - LAKE DISTRICT AND FRANCE

QUEST requires qualified and/or experienced instructors in canoeing, dinghy and board sailing, waterskiing, climbing and outdoor pursuits to work with school groups at our Activity Centres in the Lake District National Park and the South of France. We also require cooks, assistant cooks, catering/domestic assistants and minibus driver. Short and long term positions available from early April 1987. Preferred age 18 to 30.

Please reply giving full details of experience to: Nigel Ragg, Summer Staff, Quest, 43 Belsize Lane, London NW3 5AU. Tel : 01.794.0427.

STAFFORDSHIRE

Instructors wanted for Summer term, May to July 1987 inclusive £50 per week plus board. Ideal for someone requiring experience in teaching novices. BCU qualifications preferred. Contact Les Stewart, Alrewas Outdoor Centre, Mill End Lane, Alrewas, Burton on Trent, Staffs (0283 790 397) for details.

CAMP WINDERMERE

BCU Senior Instructor to head Canoeing Department. May - September 1987. Applicants over 21 with clean driving licence. £50 per week plus full board. Apply with CV and stamped addressed envelope as soon as possible to Camp Windermere, Low Wray, Ambleside, Cumbria. Tel: Ambleside 32163.

AUSTRIA - RAFT GUIDES

Raft Guides wanted for Summer season in Austria, also driver and cook wanted to join the hard working feel free team. Apply with CFV and white water experience to: Feel Free Holidays, 6 Hawthorn Bank, Harwood, Bolton BL2 3JB.

CALSHOT ACTIVITIES CENTRE

For those wishing to improve or learn new skills with a view to a career in Outdoor Education. One month intensive training in Canoeing, Sailing, Boardsailing, Skiing, Climbing will be followed by a five month period as an Instructor at the Centre. For further details and application forms apply to D.K. Evans, Deputy Director, Calshot Activities Centre, Calshot Spit, Fawley, Southampton SO4 1BR. Tel: Fawley 0703/892077 enclosing an sae.

OUTDOORS UNLIMITED

At last, a national agency to serve as a link between Outdoor Pursuit centres and the instructor. The agency "OUTDOORS UNLIMITED" will register all the relevant details of instructors, covering their experience, qualifications and availability. This information will then be available to outdoor pursuits centres when they need staff at short notice, to cover their personnel emergencies. Offering professional instructors to centres when they most need them is a service that has long been overdue. OUTDOORS UNLIMITED will cover the whole of the British Isles and will also supply staff to companies based in Britain but working abroad. There is no fee whatsoever to register, the service is 100% free to instructors. Instructors of all outdoor pursuits are encouraged to register nationwide. For any further information please contact Nick Eve of OUTDOORS UNLIMITED, P.O. Box 75, Hereford, HR1 1NU, Telephone: 0432 279030.

YOUTH AFLOAT INSTRUCTORS - POOLE 27/82 JUNE 1987

Voluntary instructors required to staff a weekend of introductory canoeing for about 1000/1500 young people aged 10 - 16 years. Further information may be obtained from Murray Hodgson, Youth Activities Centre, Knightsdale Road, Weymouth. Telephone (0305) 784927.

VOLUNTARY COACH WANTED FOR NORWAY

A Coach is required to help assess six Outward Bound instructors for Advanced Inland Proficiency in Norway from 4 May for one week. Board and Lodging provided, plus possibility of fare and coaching fee. Please contact the Director of Coaching for details.

TESTING TESTING TESTING

Concern has been expressed from several quarters that Instructors and Senior Instructors are entitled to undertake Star Testing for disciplines in which they have no experience.

For example, a Senior Instructor (Inland Kayak) who has perhaps never sat in an open canoe, is entitled to assess for Canoe 2-Star whilst an Instructor may assess for 1-Star.

The intention of the National Coaching Committee, in permitting this, was to allow for a reasonable level of activity to occur, without unnecessary restriction.

The thinking was that many current kayak Instructors and Senior Instructors have, in fact, paddled canoes to a reasonable standard but may not wish to pursue the full award in the alternative discipline.

It is assumed that such members can read, are possessed of normal intelligence, and can therefore accurately determine the standards required at the levels permitted.

It was also assumed that if an Instructor or Senior Instructor had never sat in a canoe, had no clue as to the mechanics of the techniques involved, or any knowledge of the acceptable levels of skill required, then he or she would not attempt to carry out an assessment!

Hopefully this philosophy is based on reasonable assumptions as to the integrity and intelligence of members.

The alternative to the setting of reasonable bounds, giving discretion to the member, and so providing for the growth of activity, is the spelling out of every last detail, and the application of rigid rules which stifle endeavour.

The National Coaching committee continues to seek to apply the former principles in any guidelines which are constructed.

It is in everyone's interest for all involved to ensure that their application of the guidelines is in conformity with these precepts.

HERE AND THERE

On 5 February Sebastian Coe and David Hemery launched one of the most exciting developments in British sport for many years. Co-ordinated by the National Coaching Foundation, a network of National Coaching Centres is being set up throughout the United Kingdom.

The Centres, which are based at universities, polytechnics or colleges with a formal commitment to sports coaching, will play a crucial role in the NCF's aim to provide a comprehensive education programme and a range of support services to assist coaches from all sports and at all levels.

Fourteen Centres will be operational by May. They will concentrate initially in providing courses for coaches. Their programme will rapidly expand to include the development of a resource base and information service for coaches. The network will allow coaches to gain access to a wealth of knowledge and expertise in areas such as fitness, testing and monitoring, psychological counselling, match/movement analysis and nutrition.

SPORTS DISSERTATION AND COACHING STUDY OF THE YEAR AWARDS

The Sports Council make an award of £150 plus a small trophy to the best sports dissertation written during the year by college, polytechnic or university graduates.

The National Coaching Foundation make an award of £150 to a study substantially concerned with coaching. Submissions are welcomed from practising coaches, students and professionals working in sport and physical recreation.

The deadline for both the sports dissertation and the coaching study is 31 October annually. Full details from Sports Council, 16 Upper Woburn Place, London WC1H 0QP, or National Coaching Foundation, 4 College Close, Beckett Park, Leeds, LS6 3QH.

AQUASAC - The Waterproof Bag for all Seasons

The 'Jumbo' Sac (14" x 14") is proving popular for the carrying of cameras, cash, credit cards, documents, maps, charts etc. £5.20 from BCU Supplies.

ETHNIC CANOEING

Shadwell Basin in London is to receive two 33 foot traditional Bangladeshi Racing Canoes (Kannanao) for 18 paddlers and one helmsman; one traditional Bangladeshi passenger boat (Suranna Nauka) for a group and captain; and a number of Chinese 40 foot dragon boats, some of which will be traditionally made and others of glassfibre.

The boats are to provide a focus for the development of Asian watersports in the local Borough.

Asian organisations and individuals will be contacted with a view to implementing a programme of canoe training in the use of these traditional craft.

Mark Butland, Shadwell Pierhead, Glamis Road, London E1, would be interested to hear from any other members who have undertaken canoeing projects with ethnic groups.

ROLLING IN CANALS

BWB have drawn attention to the risks involved in undertaking capsize drill and rolling practice in polluted water.



THIRD PARTY INSURANCE

See third paragraph for important new development

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 to form part of your income, you should negotiate separate public liability indemnity.

A policy has now been negotiated with Furness-Houlder Enes Ltd, whereby an annual payment of £10 will secure third party indemnity for £500,000 for your 'commercial' activity. All that is necessary is for you to send your cheque for £10 together with your name and address to Furness-Houlder Enes Ltd, Granham House, High Street, Amblecote, Stourbridge, West Midlands DY8 4BZ. State 'for third party indemnity for BCU canoeing instructor'.

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 Centre 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.

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

"Public or Third Party Liability Insurance cover extends to all members and affiliated clubs, as well as registered club members of senior affiliated clubs. This is provided up to a maximum of £1,000,000 to cover possible costs involved in any action brought against them for negligence anywhere in the world, arising from injury or damage sustained by a third party, whilst a member is involved in a canoeing activity.

The cover includes all legal costs and damages awarded, if negligence is proven or accepted by the Insurance Company. The third party may also be a BCU member. Where clubs hire premises please note that damage to the hired property is covered by the liability section of the policy, but carries a £100 excess. This extension includes swimming pools."

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 WEEKEND ON THE HOLME PIERREPONT ARTIFICIAL SLALOM COURSE

The Coaching Scheme has booked the white water slalom course at Holme Pierrepont for the weekend 30-31 May. Bookings for this weekend can be accepted which are made on behalf of Coaching Panels. Time/zoning will be allocated on a first-come first-served basis. Panels must undertake specific training, which can include coaching techniques for white water skills, advanced proficiency training, and white water rescue techniques training. There will also be opportunity for free practise.

The fee for use of the white water slalom course will be £3 per head. Camping is available at £3.50 per day per large tent or caravan, and £2.50 per day per small tent (payable on arrival). Apply to the Director of Coaching with details of the programme required and Panel numbers expected.

1984 TRAINEE INSTRUCTORS. Trainee Instructors who undertook their Senior Instructor Training course in 1984 should have qualified during 1986 at the latest. If you have not yet qualified this is the last issue of CoDe you will receive as your name will now be dropped from the Coaching Register. Provided firm evidence can be given as to regular involvement with canoeing instruction and practise at suitable levels during the past three years an extension to your probationary period can be offered on application to the Director of Coaching (only) at the BCU office for 1987 to permit you to undertake Instructor or Senior Instructor assessment during this season.

1985 TRAINEE INSTRUCTORS. Trainee Instructors who undertook their Senior Instructor Training course during 1985 are reminded that their Trainee Instructor status expires at the end of 1987, and either Instructor or Senior Instructor assessment must be undertaken during this season.

CANOEING FOR DISABLED PERSONS TAMAR CANOE CAMP - Sunday 19 - Friday 24 July For people who are disabled to learn to canoe, and for others to learn to teach canoeing to disabled persons. BCU ENDORSEMENT will be available to those with appropriate qualifications. Details from Sharon Lambert, Mill Ford School, Rochford Crescent, Ernssett, Plymouth PL5 2PY.

ENDORSEMENT COURSE for teaching disabled persons to canoe is to be held at Bendrigg Lodge, Old Hutton, Kendal, Cumbria from 9-11 October. Details from the Centre. SEE ALSO p35 of BCU Members Handbook.

PICTURES FROM A CONFERENCE (see opposite page) The 1986 Coaching Conference took place at Holme Pierrepont in early November. From top left: Ray Rowe, of Plas y Brenin, who ran sessions on 'update on basic skills' found time to put them into practice; Sam Cook, of Bewerley Park, RCO for Yorkshire and Humberside, thought he was back on the surf; A member of the Northern Ireland Panel got right down to things on a hydro-ski; Derek Hutchinson, planning a sea-going canoe, listens while George Steed explains a finer point of white water canoeing technique to Robert Livingstone (left) RCO for Northern Ireland, and Barry Howell of YMCA Lakeside, and Chairman of BCU Northern Region; Alan Edge, Assistant Director of Coaching for Competition, with paddle and approved anti-frost-bite hat, puts the slalom group through its paces, watched by a disguised James Cornwell, Chairman of South West Region; Scenes from the rescue techniques sessions run by Graham Wardle, RCO for East Midlands; A white-water-designed and fitted-out Mohawk Canoe, flown in for the Conference by George Steed, is put through its paces by Trevor Haynes, LCO for Berkshire.

COACHING SCHEME FEES AND PRICE LIST

BCU MEMBERSHIP FEES		SCA	WCA	ADDRESSES	
Basic	£ 8.00	5.00	6.50	(does NOT include competition or coaching)	BCU, Flexel House, 45/47 High Street, Addlestone, Weybridge, Surrey KT15 1JV
Cadet	£ 4.00				
Introductory	£ 9.50	10.00		(includes competition but NOT coaching)	CANI, House of Sport, 2a Upper Malone Road, Belfast, N Ireland BT9 5LA
Youth	£ 9.50	8.00	8.00		
Full	£ 16.50	15.00	15.00		SCA, 18 Ainslie Place, Edinburgh.
Family	£ 9.00	5.00	7.50		WCA, 3 Gillian Road, Llandaff, Cardiff, Gwent.
Life	£265.00		265.00		

STAR TESTS

Instructor - 1+2 Star; SI - 1,2,3 Star.
PRICE FOR CERTIFICATE AND BADGE £1.50

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.
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 member-
Life Saving	£2.00	£5.00)	FEE for a FAIL	ship for 16 year olds and under.
Advanced Proficiency	£3.00	£5.00		

AWARDS (White water and Sea)

	Members	Non-Members	
SI Training(first course only)	£3.50	Competition Trainer	£3.50
Instructor	£2.50	Competition Coach	£3.50
Senior Instructor	£3.50		

AWARDS (Placid Water)

	Members	Non-Members	
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 1 (Proficiency) Examiners (E1) on application to BCU HQ or National Associations. Certificate and Badge £1.75 available to successful candidates only. Cheques payable to COCLG

BOOKS

	Members	Non-Members	
Log Book (loose leaf version will be supplied unless otherwise requested)	£1.20	£1.50	Continuation sheets - 75p.
Canoeing Handbook	£7.00 + £1 p&p	£10.95 +	(state whether bound or loose leaf - binder £2.80)

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)	£1.00p	
+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:Small, Medium, Large, X Large) £9.00

COACHING SCHEME ANORAKS

The all-new Coaching Scheme Anorak is now available to Coaching Scheme members at £17.50. Made from 4-ounce pu coated nylon in red or blue, with distinctive white/blue or white/red piping. The anorak incorporates a self-draining breast pocket, and soft (rip-stop) hood. This acts as a soft, leak-detering collar, or provides a face-moulding hood which does not impair all-round vision. Send £17.50 plus chest measurement, and state colour preference, to Coaching Supplies. All prices include VAT and postage and 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	£30 per day for the first two days - £15 per day thereafter
(b) Senior Instructor	£25 and £20 as above
(c) Instructor	£20 and £15 as above
(d) ALL	£10 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 Test and BCU Supplies only (not Coaching Awards). This does NOT apply to ordinary Scouts or Sea Cadets.