



Number 26

AUTUMN 1988

THE MAGAZINE OF THE
BRITISH CANOE UNION
COACHING SCHEME

ACCESS

NEWS

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LETTERS



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 thoughts of the author and do not necessarily state the policy of the National Coaching Committee.

CoDe is programmed for publication with Focus.

Contributions, including pictures, are welcome. Please send them to: BCU, Flexel House, 45 High Street, Addlestone, Surrey KT15 1TU.

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EDITORIAL

It's good news week !

Commencing with this issue, CoDe will be produced and circulated to Coaching Scheme members with every issue of *Focus* - ie at least five times per year.

The savings obtained by taking advantage of 'postal contract' rates make it possible to achieve two extra editions at no greater cost over all.

After the 'on-off' situation of the last two years, it is hoped that you will welcome this improved service. It is also hoped that you will respond by putting pen to paper to ensure sufficient contributions continue to be forthcoming.

Because of the comparatively cheap reproduction costs of CoDe, space is not at a premium, and full cover can usually be provided to letters and articles submitted.

Censorship is not applied, although we do ask correspondents to maintain objectivity - and we also have to be conscious that we are subject to the laws regarding libel ! In other words, you are free to 'slate' the system - but not each other !

And now for the bad news . . .

It had been planned - and hoped - to produce and circulate with this edition, a revised, all-singing, all-dancing, up to date replacement Directory.

Several major problems arose during the summer, however, which militated against the completion of what is, in itself, a large undertaking.

The full, rationalised, revised, referenced, well reproduced Directory, will be forthcoming - the target date now is April.

ACCESS INFORMATION

LET'S BE REALISTIC ABOUT ACCESS!

Says CAROL QUAYNE, National Development Officer.

To state the obvious, there is no point in teaching people to canoe if there is not enough access to water.

Therefore, all members of the coaching scheme need to be well informed on access matters and must pass on this knowledge.

Newcomers to canoeing do not expect such difficulty in gaining access to water. Until they understand the basic facts they can be their own and the sports worst enemies.

There is a lot of mis-information being given and there are also those who incite canoeists to break the law. Members of the Coaching Scheme have a vital duty to ensure that their groups get the right information and act responsibly within the law.

Now down to the serious business of making sure that all members of the Coaching Scheme are well informed! This is what the BCU central organisation is doing:

The new Canoeing Handbook that is being prepared contains a completely new and comprehensive chapter on access.

Regular updates are given in CANOE FOCUS on the access situation. A major article called "Face the Facts" appeared in FOCUS 49 in February 1987. The article sets out the BCU policy and explains the reasons for it. This is available as a free leaflet (Title: Access to Water). This and a copy of the full access policy is available from me at Holme Pierrepont by sending a stamped addressed envelope marked "Access Policy".

Regional and Local Access Officers have been provided with the updated Access Workers Guide. If you need more information of a specific nature your RAO or LAO will be able to help.

I am based at the Elms, National Watersports Centre, Adbolton Lane, Holme Pierrepont, Nottingham NG12 2LU (Tel: 0602 455423) and can help with information on national issues or put you in touch with your LAO.

There is a lot of criticism flying around about what the BCU does about access and also about what it is perceived what the BCU is not doing about access. The BCU access policy is determined by the BCU Council made up of your elected representatives. It is to be hoped that members of the Coaching Scheme as responsible canoeists will give the Council credit for considering issues with great care and in depth before making decisions. If your instinct is to be critical, do your homework before voicing that criticism.

The Council is there to look after your best interests. It is not there just to say what members want to hear if that cannot be achieved.

The Council makes decisions based on the actual situation and not based on a position from which one might prefer to start. Make sure you really know what is the true base line.

Think through your ideas very carefully. What would they cost to implement in terms of manpower, money and other resources or should these resources for more important and achievable purposes?

To achieve its access objectives the BCU will need a lot of support from other organisations and agencies with the power to help and who will only support the responsible and the law abiding. Do your ideas pass this test? Canoeing is not big enough to go it alone.

PLEASE REMEMBER STAR TEST PRICE NOW £2.20

If your ideas pass these tests then feed them into the BCU's democratic policy making process by discussing them with your Regional Access Officer (National Access Officer for Northern Ireland, Scotland and Wales), who sits on the BCU British Access Committee. Hopefully the committee will regularly receive well reasoned ideas from members in this way.

If canoeists are seen publicly to be divided it undermines the confidence of those who might enter into agreements with the BCU. It would be worse still if any members of the Coaching Scheme were public critics or supporters of policies contrary to the BCU policy.

IT IS NOT ABOUT STIFLING OPINION - IT IS ABOUT DIRECTING OPINION THROUGH THE RIGHT CHANNELS SO THAT THE RIGHT POLICY DECISIONS ARE TAKEN AND THE POLICY IS ACTIVELY SUPPORTED.

CANOEING RELIES ON ALL COACHING SCHEME MEMBERS GETTING THE RIGHT MESSAGE ACROSS TO NEWCOMERS TO THE SPORT.

AWARDS UPDATE

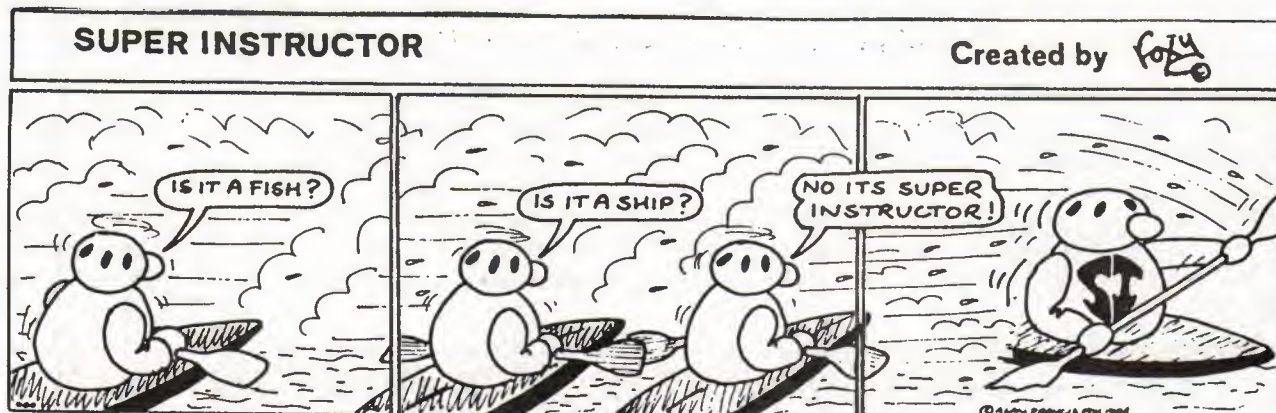
AMENDMENTS TO THE AWARD STRUCTURE: HOW THEY WILL AFFECT YOU!

various enquiries have been made concerning the effect of the revisions to the Award Structure on existing members. There is a standard policy that changes shall not be retrospective. Therefore, any right which exists for a current award holder will continue. This means that those who have attended a Senior Instructor Training Course may attend Senior Instructor Assessment until two full years have elapsed after the year in which the SI training course was held, ie until the end of 1990 for those who attended SI training during 1988.

Those who have attended a Senior Instructor Training course and have become instructors, or become instructors during the validity of their Trainee Senior Instructor status may attend for SI assessment at any-time in the future.

From the 1st of January, 1989 new entrants to the Coaching Scheme will normally have to first attend Instructor Training Course (entry level, three star) and then become an Instructor, before proceeding to Senior Instructor Training and then Assessment.

Exception from the instructor award can only be given to candidates with sufficient teaching and white water experience (confident on grade 2 water) and on the recommendation of two current examiners. From the 1st of January, 1989 there is to be no exemption from Senior Instructor Training.



THE ADDLESTONE ERA

The letter arrived in July 'out of the blue'. Move out by Christmas, it invited, and your liability for repair costs will be waived.

As these were likely to be in the region of #30,000 it seemed to be an 'offer we couldn't refuse'. However, it did throw into disarray the planned orderly withdrawal to Nottingham which was to have been effected in autumn 1989, on termination of the present lease.

The finding of premises, discussions over revised staffing requirements, advertising for, appointing and training new staff, are not insignificant details, and have caused further disruption to an administration which was, at best, in tenuous control.

The intention is to move initially to rented premises in the area of Holme Pierrepont, with the aim in the longer term still being to move to purpose-built accommodation on site.

The move should certainly improve the present unsatisfactory state of affairs, with financial matters, 'supplies' and 'development' being administered from Nottingham, and everything else from Addlestone.

It is anticipated that an improvement will occur in our ability to attract ancillary staff, for insufficient support services within the Secretariat has been a major cause of inefficiency for a decade. The situation has deteriorated further in recent months due to the uncertainty of tenure allied to the uncompetitive nature of the salaries on offer.

Administrative inadequacies have not been the fault of the staff involved, one must hastily add. Over the years they have willingly taken on responsibilities and work loads far in excess of any reasonable requirement.

The Staff

Until very recently, Beryl Bentley, employed as a part-time typist, was having to cope with the requirements of seven executive staff, besides carrying out background administration for BCU Supplies and the Exhibition. Apart from this, Beryl and her husband have generously made available accommodation both for staff and equipment over the years, which would have cost the Union dear, had it had to have been purchased on the open market.

Helen Tremlett and Bernie Smith, our membership secretaries for the past ten years, now process a register double the size it was when they commenced. They have had to cope with a disastrous breakdown of computer hardware, besides further dramatic changes occasioned by the need to change programmes to deal with growing numbers of records. When they commenced, the records were maintained on a card index system which was in considerable disarray. In order to establish the system they took the records home and contributed an entire weekend to sorting out the muddle. I was a voluntary organiser at the time, and remember well the significant improvement which occurred then, although I was not, at the time, aware of the reason.

Problems have occurred since, but these have been due entirely to the difficulties with the computer systems enumerated above.

Those familiar with computers will know that the promises of the suppliers and programmers as to what can be achieved leave out the rider "provided you spend enough money" or "given sufficient time". Although we have had our problems, we have also heard horror stories from other organisations, who have spent considerably more than the BCU, and after several years have still not achieved mastery of the problems. This does not help the operators, however, who have had to cope with a very unsatisfactory state of affairs for long periods of time, during their term of employment.

Sylvia Lunn, the Coaching Assistant, handles the routine administration of the tests and awards, which in volume terms alone is now over three times what it was when she commenced nine years ago. Besides this, the scheme has increased in complexity, and various developments have occurred which have added further to the work-load, such as the servicing requirements of the 'Centres Approval Scheme', to mention but one. Sylvia also has had her ability to service the needs of the Scheme seriously disrupted by the various computer problems, and has coped with this, as with all her myriad tasks, quietly, efficiently and conscientiously. Her service to the Scheme has been exemplary.

New staff have joined in recent months, and have also accepted the unreasonable nature of the demands upon them. Members should be aware, however, that the staff are their employees - they are not members, or even canoeists* - and yet have shown loyalty and conscientious application to their jobs well beyond the call of duty.

The Future

The simple fact is, that the Union has never been able to afford to employ enough support staff to cope with the demands made upon headquarters. Over the years, the annoyance of members who have often justifiably felt themselves to have been inadequately serviced, has been matched by the frustration of the staff who, in spite of all efforts, and excessive hours, have had insufficient resources of time and person-power to meet the demands.

A very big thank you needs to be said to 'the workers' who are leaving us as we move into a new era, with new horizons and new hopes. A rationalised approach to the requirements for support staff within the Union's budget, which 'the move' has permitted, give cause for optimism.

If the staff can be found with similar willingness to work and shoulder responsibility, to fill the vacated posts, then members can enjoy greater efficiency in the future.

Geoff Good

* Sylvia paddled K1 for Britain in the Mexico Olympics.

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LETTERS TO CoDe

Dear CoDe

With regard to Rob O'Regan's suggestion to lengthen the period of time between training and assessment for Sea SI, I raised the matter for discussion at a recent meeting (25.6.88) of the Sea Touring Committee, just to sound out reactions. It was the general feeling that this would not be a good idea. However this is clearly a matter for the National Coaching Committee to discuss, which they no doubt will at their November meeting. Meanwhile, Rob, I would pose you this question: If you don't have the time to get the necessary teaching opportunities and logged experience on the sea in two years, is the Sea SI an appropriate award for you to be pursuing at this time.

Martin Meling

Sunderland (Secretary Sea Touring Committee)

Dear CoDe

I casually mention the number of BCU members in this part of Wales, and since reference was made in CoDe, I had better clear up; there are three three Coaches (not four), but also two SI's in a street of thirty four cottages.

I suppose one could develop all sorts of interesting nonsense from that; if approximately 14% of householders are instructors, how many millions would that equate to nationally? Think of the membership revenue!

Drew Delawey, Mynydd Llandegai

Dear CoDe

As a Senior Instructor I have the pleasure of receiving the CoDe Magazine. Imagine my horror when on opening it I found that we are all about to be saddled by a new coaching awards structure, apparently only voted on by a committee and to my knowledge with no individual lobbying of the Senior Instructors who have to administer the system.

The logic appears to be " (1) that many candidates on S.I training courses have not been familiar with the whole repertoire of 1 - 3 Star & Proficiency skills". If they are not up to proficiency standard they should not have received the award and furthermore should fail the course, which is what is stated in the regulations. The next excuse "(2) Candidates who only require the instructor award are having to perform on white - water" if a candidate cannot personally paddle on grade two, I am very dubious on their ability to safely lead on grade one.

It would appear, reading between the lines, that the people who will really profit are those taking the courses. Now to become a Senior Instructor you have to do four courses instead of just two, hence doubling the fee's. The losers are the canoeists where few amateurs will want to go to all this bother.

" But I hear the committee say " an exemption from the instructor Award can be granted,.....upon the recommendation of two grade 2 examiners". This only complicates the issue. When I sat my Senior Instructor I did not know one grade 2 examiner let alone two yet I had just returned from paddling Grade Three abroad. I am sure many other Senior Instructor were in a similar position.

I also have a jaundiced view of "the Supervisors Award", it makes an utter farce of the high safety standards needed to instruct. If we must have something like this could it not be incorporated within the award of Trainee Instructor. (I still hope we can escape the Instructor Training and trainee Senior Instructor threat).

If one has looked at the chart of coaching up to date it is incredibly tangled. The new structure, while making it that much harder to obtain the higher awards in terms of sheer hassle (not skill), Can we not do the "amateur Senior Instructor", (and canoeing) a favour by scrapping this ridiculous system before it is fully implemented.

J.B. Duncan Henderson
Scotland

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Director of Coaching responds

Due to the unfortunate absence of CoDe, these matters were not aired as much as usual amongst the membership generally.

However extensive debate did take place over a two year period with all LCO's and RCO's and was subject matter for discussion at local panel meetings during that time.

Considerable and comprehensive feedback was obtained from the field, and a copy of the analysis of these comments, which was circulated back to organisers as part of the dialogue, has been sent to Duncan (also available to any other member who is interested, on receipt of a sae).

Debates then took place at both the BCU and SCA coaching conferences, although not in such great depth in Scotland. At both conferences, however there was virtual unanimity on the need to separate Instructor training from Senior Instructor Training.

The introduction of the 'Supervisors Award' was more controversial. However, a majority were in favour, both north and south of 'the border' and the National Coaching Committee subsequently endorsed the concept and agreed the detail. Several of the RCO's involved gave evidence regarding identical courses they were already compelled to run on behalf of their employing authorities. Apart from the obvious desirability of the governing body having a direct influence on these courses, the simple choice existed of catering officially for this level of activity, or ignoring the problem, and being increasingly ignored by the LEA's and others who would merely continue to run their own schemes. It seemed eminently desirable to take a realistic look at the requirements for this level of activity, and hope to influence and improve the training offered, at the same time establishing essential links between the main stream of the sport and the periphery users, to the long term advantage of all.

To respond in sufficient detail to do justice to the fundamental disagreements expressed in Duncans letter would require a whole article.

Suffice to say that I believe the Awards structure now reflects the whole range of requirements for the different disciplines and traditions of canoeing. We have a diverse activity, and many of us enjoy the diversity of experience that is offered by it.

It is acknowledged that the Awards Structure is complex, as a result of the inherent complexity of the sport. An attempt is being made to simplify the explanation of the system. To simplify the structure itself requires a policy decision to cater only for certain aspects of canoeing, or to say, in effect "sorry, but you must learn to coach rugby before you can be allowed to teach soccer"!

No instructor, or examiner, need get involved in any aspect of the Awards for which he or she is not equipped, or in which they have no interest. To say, however, that a structure should not exist to cater for the differing needs of those with an interest in other aspects of canoeing, because it is inconvenient to those whose interests are well catered for, seems a little 'parochial' to say the least!

THE AWARD SCHEME - RATIONALISATION BEFORE COMPLETION

The recent Coaching Conference was addressed by Pete Midwood, of Plas y Brenin, with a plea for an attempt at simplification and rationalisation of the system before the final administrative moves are made on the changes agreed.

This plea received considerable support, and it was agreed that a working party should have a final look at the scheme in the light of the proposals outlined, with a view to ensuring that everything is ready for March 1989.

All RCOs have been circulated with a draft paper, for consultation and discussion at panel meetings. A copy is available to members wishing to contribute, on receipt of a sae to P Midwood, National Centre, for Mountain Activities, Plas y Brenin, Capel Curig, Betws y Coed, Gwynedd, North Wales.

The suggestions do not affect the status and scope of the awards existing and recently promulgated. Organisers should therefore continue to run courses in accordance with current guidelines and requirements.

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USEFUL MODIFICATIONS TO A SEA KAYAK. by N. LAYBOURNE

During the ten years I have been paddling on the sea, I have tried a wide variety of slalom and general purpose kayaks and most of the sea kayaks. I have not been able to find a commercially produced sea kayak that I would find suitable for instructing from and be satisfactory for expedition work as well.

As an Senior Instructor Sea, living inland I find myself taking groups of proficient inland paddlers on the sea and find a sea kayak the best craft to paddle myself in these circumstances. The usual arguments about sweep and draw strokes being difficult to teach still apply and I agree that manoeuvrability is limited and it is difficult to play 'mother duck'. However, I believe this is more than compensated for by the sea kayak load carrying capacity, speed and general sea worthiness.

For maximum turning ability I now paddle a Nordkapp H.S. Cape Horn, bought without a hand pump. I cannot use a rudder very easily as a thirty six inside leg measurement and size eleven feet make the steering mechanisms difficult to operate. Frank Goodman and his staff were extremely helpful in the tailoring the craft to suit my lanky frame.

They lowered the rear edge of the cockpit rim as close as possible to the rear deck before fixing the seat and left out the knee grip to allow easier access. They also made a special front that is set at an angle against my feet and 'glassed' it into position whilst I sat in the cockpit! This gives more space in the front compartment, a more comfortable footrest and as there are no footrest brackets, more space for my feet.

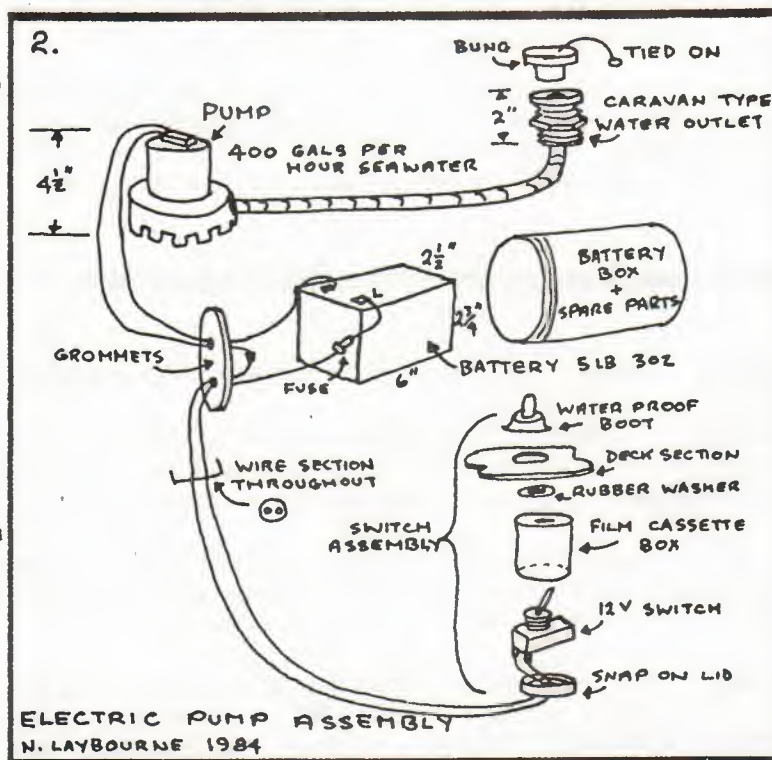
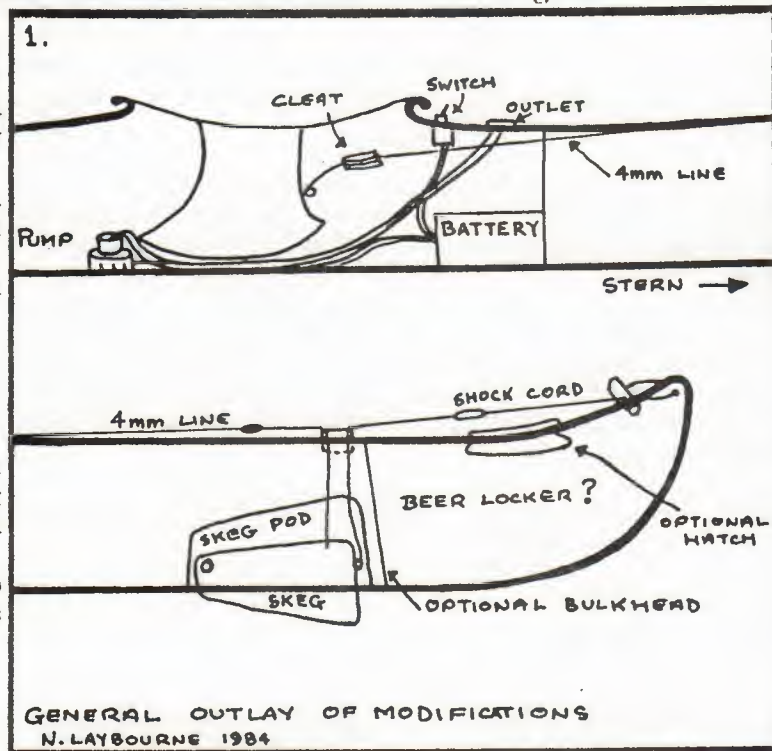
Over the past 15 months I have made further modifications, not all of them are original, but some parts of them I like to think as my own ideas.

First of all I made a recessed towing point as shown on page 161 in the B.C.U. Canoeing Handbook. I have used this method on

five previous kayaks and it has never failed me even with two kayaks in tow on a rough sea. I thought I had invented this tow point!

Before I describe the other modifications I refer you to the first sketch which shows the general layout of things.

When considering a pump I have found through experience, that both hand and foot pumps are to slow in operation and in the case of the hand



varities, very difficult to operate alone in heavy seas. I was surprised to find that for about thirty pounds I was able to fit an electric system. At this point I refer you to the second diagram.

The power pack I use is a twelve volt six amp hour, sealed for life, lead gel battery that is rechargeable. The only difficulty is that a one hundred milli amp maximum charge is advised, but the physics department at school soon produced a circuit for a current limiter. Now I can recharge from a car battery charger or from the cigar lighter socket in the car so long the device is in circuit. I brought the battery from the burglar alarm shop but I am sure there are other applications for it. To prevent contact with sea water the battery is placed in a screw top waterproof container with grommets for the round section wires to pass through. The junction of the wires from the switch, pump and battery are all housed in this box, as are the fuseholder, spare fuses, spare container and spare switch.

The pump is a twelve volt, one and three quarter amp submersible, self priming unit that has a built in filter. It was brought from a ship's chandlers and is the smallest model available, to my knowledge. It picks water up through its base and the outlet pipe goes up to the deck in the usual way. I used a caravan type waste or fresh water connector for this purpose as it is sold with a tight fitting bung that can be easily tied on to prevent loss. This is necessary because there is no one way valve in the pump, need I say more? The pump is positioned directly in front of the seat and you always know when it is switched on! Both the battery box and the pump need fastening down with loops of shock cord 'glassed' into the hull.

The switch is special as the thread for the fixing nut must match the thread on the waterproof boot, which prevents leakage above deck. I housed the body of the switch in a transparent film cassette container, so that the size is important too. The round section two core wire from the switch leaves via a rubber grommet in the snap on lid. The clear container gives 'at a glance' checks for leakage. The grommets, switch and waterproof boot were purchased from Bradwells Electronic Supplies in Sheffield. The beauty of this pump arrangement, is that an occupied, fully waterlogged sea kayak, fitted with bulkheads, can be emptied in five minutes with both hands free for paddling or assisting others. The pump will run for well over an hour before flattening the battery, so extended expeditions are a possibility.

During my experiments I discovered that it is extremely 'inadvisable' to feed the outlet pipe from the electric pump into the pick up for the hand pump, as the orifices in the 'chimp' greatly reduce the water flow. Also, the pump handle must be in the raised position or no water flow is possible! If you want the back up of another pump, I suggest you keep the two systems separate.

My next modification came about because I did not want a sea kayak with a 'directional hull' for reasons already mentioned. Also, I do not know of any sea kayak that is directionally stable in all wind and sea conditions and with different levels of trim caused by the loads being carried. Consequently I have fitted an adjustable skeg three feet in from the stern of the kayak. Lowering is achieved by releasing the rope in the jamming cleat by the cockpit and raising is just a matter of pulling on this line. Anything from a quarter of an inch to six inches of skeg may be used to suit differing conditions.

Construction of this unit may appear complex at first, but regular reference to the third diagram should help you.

The skeg pod is laminated in Glass Reinforced Plastic using a three piece sandwich of hardboard as a mould. The hardboard is prepared with grooves that will form anti-friction ridges on the inside of the pod and will help stop sand or other foreign bodies jamming the skeg.

Drill ten millimetres diameter holes in the pod to accept the ten millimetre stainless steel pivot and relay bars and cut the bars so they are flush with the outside of the pod. Drill a ten millimetre hole in the top of the pod to accept the stainless steel ten millimetre diameter, threaded tube, and obtain two matching nuts.

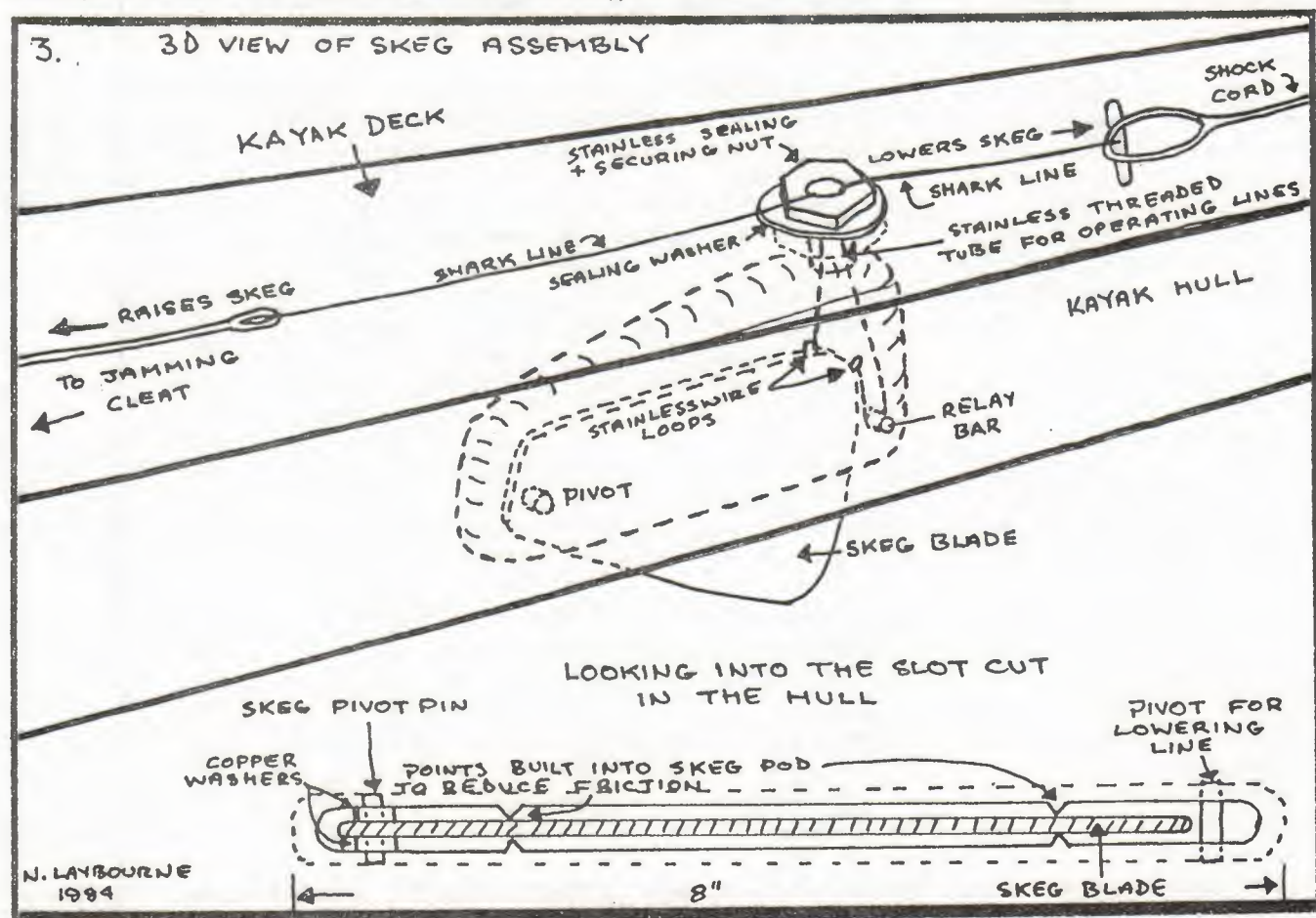
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Cut the skeg blade from a four millimetre hard aluminium so that it fits into the pod without fouling the relay bar and will fully retract. Drill holes for the pivot bar and operating line wire loops. Assemble the blade into the pod, after fixing these wire loops, and after putting the copper washers on the pivot bar. Laminate glass reinforced plastic over the exposed ends of the bars and around the base of the operating line tube. You now have the complete unit ready to assemble into the kayak. Carefully mark and cut the slot in the hull and the hole in the deck to accept the pod.

Place the unit into position through the hatch, but ensure you have one nut threaded on the operating line tube before you do this. Again working from the inside of the hatch, laminate the pod into the hull with glass reinforced plastic, and when cured tighten one sealing washer between the deck and the two nuts on the tube.

finally, clean any excess resin of the skeg blade and around the slot in the hull. Fill any small holes with gelcoat so that the rear hatch should remain watertight. Thread the shark lines as shown and attach shock cord to the rear one and polyester line to the front one. If you have the lines the right way round it should work!

In use this skeg is extremely effective, especially in a rear quartering sea or strong cross winds. Since fitting the unit I have not had to use a sweep stroke to assist with straight line paddling.



One drawback is difficulty in retrieving gear stowed behind the pod but this could be overcome with another bulkhead and hatch as shown in the first diagram. This is quite easily done but I will save the construction details for another article, as hatches can be made in any deck profile using this method.

Some paddlers argue that these modifications are too complicated, unnecessary or liable to go wrong. However with regular maintenance there should be few problems, and you could always carry a few useful tools and spare parts so that lunch or night stops could be used for repairs. All of the modifications mentioned could be carried out on any general purpose or sea kayak, perhaps making it safer, more versatile or maybe easier to paddle when the weather conditions produce an eventful sea.

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PRICE INCREASES

Please Note That from The 1st of January, 1989 the fee for star tests and placid water tests will be £2.20, including badge and certificate. Badges and certificates purchased in advance will be charged at £18 per 10 badges and certificates (re-sale value £22.) - cheque with order please. Bulk purchases of 50 or more badges and certificates will be charged at £87.50 (re-sale value £110).

Examiners Forums.

Grade 11 examiners are reminded that they must now attend an examiners forum in their region at least once every three years in order to maintain grade 11 examiner status.

The forums are also open to grade 1 examiners who have assisted on Senior Instructor training or assessment courses, but are not mandatory.

To assist examiners, it has been agreed that R.C.Os will try to establish 'standard dates' for these forums, and these will be promulgated in CoDe. If it is more convenient, it is in order for an examiner to attend a forum in an adjoining region.

Dates notified so far.

Yorkshire and Humberside 26 February 1989.

West Midlands Last weekend in October annually

BCU COACHES SYMPOSIUM

7-8th Jan 89 All BCU Coaches (Teaching branch - not directly applicable to Competition Vales Coaches although such are welcome to attend) are invited to attend this general forum on the Award. Topics. The Future of the Coach Award; The National Coaching Foundation and its links with the BCU; The Sea Coach Award - what are we looking for?; Coaching Techniques. Full details : G.Wardle, 39 Heatherbrook Rd, Ansty Heights, Leicester LE4 1AJ.

Coach Assessment Course Norway.

An assessment course for the BCU coach award was held in early June of this year at the British Outward Bound Centre, Kristiansand in Southern Norway. The course offered the opportunity for servicemen and civilians to come together at this very high level of assessment. The coach course involves a training dimension and this was undertaken by Alan Edge, National Slalom Coach and George Oliver, one of our Olympic Racing Coaches. Southern Norway is a beautiful scenic area offering an outstanding variety of white water paddling. Contacts within the services made it possible to control the flow on the superb Syrtveit rapids on the river Ottra. It is doubtful if a more perfect place exists on the earth for developing white water coaching.

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NATIONAL WHITE WATER SAFETY CONFERENCE

It is proposed to hold a National White Water Safety Conference, following on from the recently successful International Conference. It is intended that feedback from the recently successful International Conference will be available, together with a wider discussion on topics related to Britain.

Accommodation has been reserved at Holme Pierrepont from 29-30 April, but numbers are limited and priority will be given to representation from each region and National Association.

Further details: Sam Cook, Bewerley Park Centre, Bewerley, Pateley Bridge, Harrogate, North Yorks HG3 5JB. Please state name, address, telephone and association, region or other interest.

WOMEN IN SPORT

Ray Rowe has undertaken to pursue the staging of a conference to consider ways in which canoeing in Britain can attract a greater number of female participants. A working party has met, and will report in due course. Anyone interested in becoming involved in heading up this initiative please contact Ray Rowe, 12 Tan y Bwlch, Mynydd Llandegai, Bangor, Gwynedd LL57 4DX.

EXAMINERS' FORUMS

Grade II Examiners are reminded that they must now attend an examiners' forum in their region at least once every three years in order to maintain grade II examiner status.

The forums are also open to grade I examiners who have assisted on Senior Instructor training or assessment courses, but are not mandatory.

To assist examiners, it has been agreed that RCOs will try to establish 'standard dates' for these forums, and these will be promulgated in CoDe. If it is more convenient, it is in order for an examiner to attend a forum in an adjoining region.

Dates notified so far:

Eastern - Saturday 21 January 89

East Midlands - Sunday 26 February 89 - Leicester OPC

North East - Saturday 28 January 89

South - 2nd weekend in November annually (13th - 1988)

South East - 9 February, 8pm Walderlade Sec Boys School, Bradfields Avenue, Chatham

South Wales - January - date to be confirmed

Yorkshire and Humberside - 26 February 89 and annually

COMPETITION COACHES

Please reserve the date ****** 4th - 5th FEBRUARY 1989 ******

The annual conference for competition coaches will take place at Holme Pierrepont on the 4th - 5th February 1989.

Commencing at 0930 hrs on Saturday morning with overnight accommodation available if required, the fee will be £30 all inclusive, plus £10 Bed & Breakfast if required for Friday night.

A detailed programme and booking form will be sent direct to all competition coaches shortly.

MEMBERSHIP FEES	BCU	SCA	WCA	ADDRESSES
Intro Youth+		5.00		
Basic*	9.50	5.00	7.50	BCU, Flexel House, 45 High Street, ADDLESTONE, Surrey KT15 1TU
Cadet+	5.50	3.00	4.00	
Introductory+	11.00	10.00	9.00	CANI, House of Sport, Upper Malone Road, BELFAST, N.Ireland
Youth	11.00	8.00	9.00	
Full	19.50	16.00	16.50	SCA, 18 Ainslie Place, EDINBURGH, EH3 6AU
Family	10.50	7.00	8.00	
Life	300.00		300.00	WCA, Pen y Bont, CORWEN, Clwyd LL21 0EL

*(does NOT include competition or coaching) +(includes competition but NOT coaching)

STAR TESTS - PRICE FOR CERTIFICATE AND BADGE 2.20 - Instructor: 1, 2 Star; SI: 1,2,3 Star

Certificates and badges can be purchased by Coaching Scheme members and by recognised Centres and Authorities at 18.00 per lot of 10 certificates and badges. Please state whether 1, 2 or 3 star. Lots may be mixed. 87.50 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 2.20 - PW Teacher: grades 1, 2; PW SI: grades 1, 2, 3, 4

Certificates and badges can be purchased by Coaching Scheme members and recognised Centres and Authorities at 18.00. per lot of 10 certificates and badges. Please state carefully grade or distance, and whether kayak or canoe. Lots may be mixed. 87.50 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.

CANOE SAFETY TEST - PRICE FOR CERTIFICATE AND BADGE 4.00 - CERTIFICATE ONLY 2.20

Books of 10 test entry forms are issued free to Grade 1 (Proficiency) Examiners (EI) on application to BCU HQ or National Associations. There is NO FEE payable for a FAIL. Cheques payable to COCLG

OTHER TESTS	Members	Non-Members
Proficiency under	3.00	* 6.50
Assistant Lifeguard (Life Saving)	3.00	*Fee includes Cadet membership for 17 year olds and
Lifeguard Resuscitation	3.00	5.00 There is NO FEE for a FAIL for Proficiency or COCLG ALG
Advanced Proficiency	3.00	5.00

COACHING AWARDS

White water boats / Sea Kayaks		Competition	
+SI Training (Registration fee)	4.00	+Competition Trainer	4.00 (registration fee)
Instructor (assessment fee)	3.00	+Competition Coach	4.00 (registration fee)
Senior Instructor " "	4.00	+first course only	

SUPERVISOR 15.00 registration (valid three years)

Placid Water boats		
Teacher (Registration fee)	3.00	(Half price if candidate is already a member of the Coaching Scheme)
Senior Instructor	4.00	

BOOKS	Members	Non-Members
Log Book	1.20	1.80(Please state whether bound or loose-leaf)
Log Book continuation sheets	75p	
Canoeing Handbook (inc p&p)	7.00	10.95 (state whether bound or loose leaf - binder 3.20)

BADGES	Members	Non-Members
++ Proficiency cloth Badge (available at discount to Examiners)	1.00	1.50
Metal Lapel Badge - Proficiency, Bronze, Advanced, Silver	1.00	1.50
Sew-on Badge (Instructor/Senior Instructor/PW Teacher)	1.00	
Competition Coaches (only)	1.00	
Assistant Lifeguard Chevron	2.00	
COCLG member's badge	2.00	
++The Proficiency Cloth Badge is offered to qualified Examiners at 6.00 per 10		

COACHING SCHEME TIES (Award holders only - green or maroon) 3.50

COACHING SCHEME JUMPERS (Award holders only - green or maroon, with 9.00 (Please state size: S, M, L, XL.) 'BCU Coaching' in gold on left breast)

COACHING SCHEME ANORAKS

The Coaching Scheme Anorak is 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 - 25 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

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