
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, Mapperley Hall, Lucknow Ave, Nottingham NG33 5FA.

THE AIM OF THE BCU COACHING SCHEME IS:

To promote the sport and recreation of canoeing and to ensure that newcomers are introduced to canoeing in a safe and enjoyable way and that they and those already in the sport are assisted to progress to whatever level and in whichever discipline within canoeing suits them best.

THIRD PARTY INSURANCE

Third party insurance for those who 'sell their services' is now available at a cost of £5 per annum - see final paragraph.

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 direct 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 privately to form part of your income, you should negotiate separate public liability indemnity, and insurance for this purpose is now available at a cost of £5 per annum - please see below.

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 and 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/SWA/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.

Third party indemnity is available against claims arising out of accidental bodily injury occurring to anyone in your charge, or for accidental loss of or damage to material property (but not material property in your custody or control) in Great Britain, Northern Ireland, the Channel Islands, or the Isle of Man, for an annual premium of £5. This has been negotiated by the National Coaching Foundation.

To register, send £5 to BCU OFFICE together with your name and address and coaching qualification printed clearly on a blank sheet of paper.

If you wish to receive more detailed information first, please send sae to the BCU Office.

Those registering, will receive direct from NCF confirmation of their acceptance.

Information concerning other available insurance can also be sent on receipt of sae.

STAR TESTS - test fee, including badge and certificate now £2

The Star Tests provide a useful teaching progression, and indicate when particular milestones have been reached in a paddler's development. Purchased in advance, the discounts on badges and certificates can provide a useful source of income for a Centre, or help to offset an instructor's direct costs - see back page for details.

Progress charts are available for 1-Star, to enable continuous assessment to occur, obviating the need for a 'one-off' testing session. In production is a 'Star Test Progress Card' which can be issued to candidates to enable them to undertake all three Star Tests on this basis - sae to BCU office for details.



COACHING THOUGHTS



WHY COACHES SHOULD SUPPORT KAYAK RESEARCH

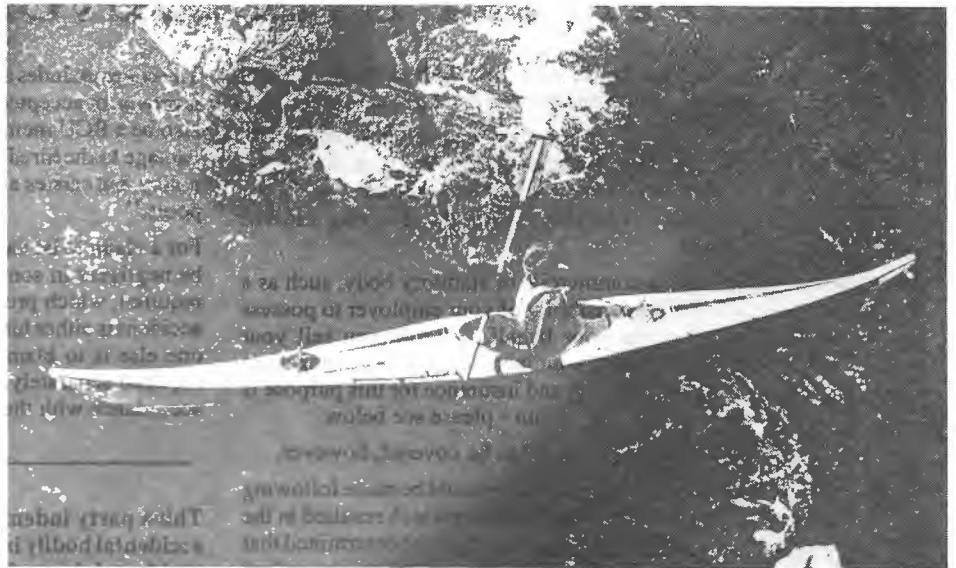
JOHN BRAND lives in Essex. He is an eminent kayak researcher, having studied extensively examples of original kayaks of the Inuit peoples mentioned in British Museums

It is assumed that all coaches wish to improve canoeing. Why become a coach if that is not true? Canoeing accessories and what might be termed the canoe engine have received a great deal of attention in recent years but little has been done to improve the design of canoes particularly those intended for salt water.

Coaches have a wide experience of canoeing and learning methods: this puts them in an excellent position to judge the worth of kayak research. In addition they can ensure that what they think sensibly becomes part of canoeing. Two conclusions are open in the present debate: (a) that kayak research is mainly sensible and that intelligent study would raise canoeing standards or (b) kayak research can have no beneficial effect on canoeing, now or in the foreseeable future, because our hull designs have already surpassed the best that Eskimo's achieved.

In the last twenty-five years modern materials have been the only major contribution towards better canoes in the United Kingdom. Further progress has been stifled partly because of the enormous costs of producing the first useful moulds and partly because of the need to design to rules imposed by committees whose ideas are now beginning to look out

of date. On the other hand, it has been left to a few talented individuals to design the winners, all subject to the solutions imposed



commercially of course. Its all a bit of this and a bit of that and most canoeists accept the ad hoc administration unfortunately between fifty and one hundred years of modern canoeing and still no classic tradition emerging.

Is it simply because canoeists are a happy breed, too easy going and gullible enough to accept all the sales talk without asking for any performance figures? Or are they genuinely ignorant of the superior performance of the Eskimo's in their skin covered boats? It is a pity that most people are unwilling to admit that progress is not a consistent, upward curve. How long have we been canoeing in large numbers? Since the early 1930's? And how long has it been urgent to canoe for psychological reasons? since 1945? How long since the Glass reinforced plastic breakthrough? since the middle of the 1950's and how often on average do most canoeists take to the water? Once a week?

By contrast how old are kayaks? In the forms known to us, 2,000 years. In older kayaks 5000 years. In the pre kayak phase of floats, towed baskets, baskets, rafts, coracles and small umiaks, - as far back as anthropologists can find evidence of organised living in Asia. Hence the main question: because their environment was too harsh for agriculture and because umiaks and kayaks were essential hunting tools, is it not likely that Eskimo's have left us something of value? How does their 5000 years of collective experience compare to our 50 or 100 years? Each Eskimo boat was modified as it was made and each northern winter removed the slow witted so the survivors became a kayaking elite. That is

in contrast to our increasing apathy. Do we force on every possible improvement on hull design? How often do the manufactures receive any feedback from the vast middle layer of canoeists?

In the kayak areas that produced the fastest and most versatile of designs, the shapes were developed by specialists who kept their ideas and techniques secret. Constant testing, evaluation and refinement led to a different kind of superiority and our canoes are probably unable to achieve this level as things stand. Each stage of skin-boat progress was complete in it's self where as ours is all fits and starts. When it comes it is mostly 'chop, slash, cast and see if it floats! The west eskimo sea kayaks are an exemplification: The approach was more Hi-tec than we can manage, the hull features are not only more advanced but they are all compatible and consistent with the main shape. From the minute amount of testing that has been done in the last twenty-five years, it looks as if the old description that the whole kayak was greater than the sum of its parts, has a valid application, ie, a baidarka has increased efficiency, or a superior kind of efficiency in comparison with conventional sea canoes of recent years. As is their right, the strong and the stupid will want to go on pushing great logs of fibreglass around but the lazy, the crafty and the intelligent will want to learn from the eskimo masterpieces.

Top coaches and instructors can do much to promote the necessary research: in the first place they can ensure that all the kayaks in our museums are well preserved. A few places do look after their kayaks but this is unusual. It is suggested that canoeing organizations locate the kayaks in their areas and visit them officially. Ask about their history and conservation officially until complete records have been made and then send the records to the central co-



ordinating committee of the BCU. When, and if all is satisfactory visit the kayaks every six months. It may not be as conscience salving as shouting "Save our whales" but saving dusty kayaks is a better job of work in canoeing terms.

Secondly coaches can insist on a better historical understanding of eskimo kayaks. Most canoeists have only heard of examples from East Greenland and think that is all the kayaks there are. Unfortunately for UK canoeists, those East Greenland kayaks are the most primitive in evolutionary terms and the hardest to adapt to our uses. If God had intended the British to paddle East Greenland kayaks he would have given us eskimo type legs. The quantity and quality of information about kayaks is lamentable at present and it can only be rectified by canoeists pooling the result of their researches.

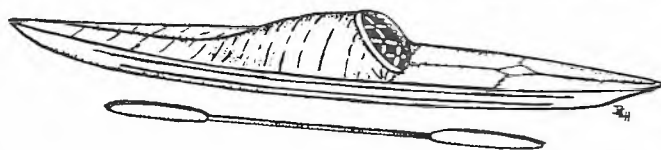
Thirdly the terminology employed in canoeing must be clarified to enable our new ideas to be served by simple, standard and traditional words. Canoeists must come back to the real world and use words as defined in our better dictionaries. The ICF/BCU terms must be abolished because they are inaccurate. Inaccuracy creates confusion and misunderstanding. Words create reality in our brains and although the current mis-uses may have been innocent, the door has been opened to the deliberate use of careless terms to conceal the real intentions of administrators. It must be emphasized by official bodies the word 'canoe' covers anything paddled, from a BAT to a hundred person pacific war canoe. It is a

There are the conventional touring, slalom, white-water and racing canoes cannot be compared. Kayaks are skin-covered canoes built by Eskimo's. There are ten main types, divided into six sub types depending on how the preliminary classification table is interpreted. For the purpose of current research the different types are usually divided into WESTERN which is mainly Aleutian, Islands and Alaska but is also made to include Alaska for convenience; CENTRAL, - Canada from the Alaskan border to the west coast of Hudson's Bay and EASTERN, - eastern Canada and Greenland, west and east Greenland forming one of the ten main types. Each main type is a markedly different shape to any of the other. We know very little about kayaks more than 1,000 years old and nothing definite about those more than 2,000 years old. The areas of use were probably more extensive in antiquity but in historical times the use of Aleutian Kayaks was extended from latitude 51½' down to California, USA, and Mexico, approx latitude 33'. Within each group and sub group kayaks were varied to suit a collection of uses which included fishing, whaling, seal and walrus hunting, hunting sea otters for their skins, fast travel, commerce, war raids, scouting ahead during long migrations, racing and, since contact with white men, lighterage and exploration. Performance standards were set by the use's required and the local water conditions, either rough seas, seas damped down by ice, fiords, estuaries, inland rivers or lakes. Thus all surviving kayaks have to be assessed individually, by definition a generalization about any group of kayaks is a failure. 'Kayak' is an eskimo word that straddled several language barriers and we may have no right to the word unless we intend to further the kayak tradition. Then and only then, is there a permissible secondary use of 'kayak'. In his book CANOEING Percy Blandford superior scholarship enabled him to write that we should keep the word for craft modelled on genuine eskimo kayaks. That was in 1957 and about 15(?) years earlier Birkett-Smith had recorded his polite disgust that some strange barges in Europe should be honoured with the name. The idea of calling any decked canoe a kayak is scientifically absurd, it was a major blunder and now, because of the growing interest in real kayaks it is pretentious to continue with the error.

Fourthly, coaches can encourage the building of semi-replicas from museum kayaks. Modern materials are obvious improvements over seal skin and timber frame. Each replica would be based accurately on the best individual kayak available, not on averages of the many different kayaks. Although the Danish Government has given some kayaks to Greenland, it is worth emphasizing that worlds best kayaks are in European and North American museums. At least one has been in the UK for 375 years. Our record of kayak conservation may not be perfect but collecting kayaks was a fine thing to do. As to the question of what kayak types ought to have priority in a building programme the most obvious point is that the majority of British kayaks come from Greenland so we have the the widest choice there. Greenland kayaks are often very beautiful and are wonderful things to hang in a living room. But there must be some strong teenagers and teenage shaped adults in the kingdom who

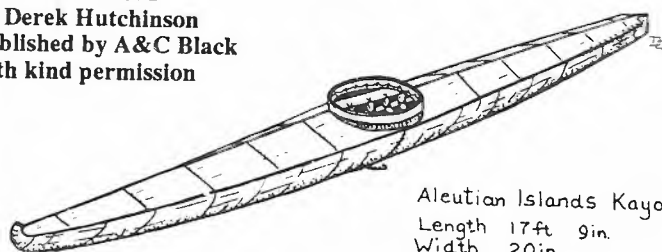
could get in them and use replicas on calm water. It is a long time since John D Heath advised recreational paddlers to bypass the difficulties of Greenland kayaks and reproduce kayaks from Arctic Alaska, reference his article in American White Water magazine, August 1961 in which he summed up his early researches. Kayaks from Arctic Alaska have long, slim multi chine hulls with small steeply raked cockpits that allow paddlers to get in and out without breaking their legs. It is fortunate since it is the youngest branch of our sport, that sea canoeing stands to

gain most from kayak research: any of the west Eskimo types are valuable models both the ancient and the modern versions of the King Island kayaks would suit the roughest



Kotzebue Kayak
Length 17-18 ft. Width 18 in.

reproduced from
SEA CANOEING
by Derek Hutchinson
published by A&C Black
with kind permission



Aleutian Islands Kayak
Length 17 ft 9 in.
Width 20 in.

conditions; Kodiak Island kayaks would have a wide appeal with their bifid stems, Sea touring dimensions and choice of single or double blades used kneeling or sitting, (the King Islanders employed only a single paddle). The Aleutian Islands were the home of the true ocean racers and like the Kodiak kayaks came with 1,2, or 3 cockpits. Their shapes and features have been noted but not analysed. What should make them especially attractive to Europeans is that they were evolved in rough, windy conditions, their performance especially their high speeds, was reported to be exceptional and the standing of the reporters was scientific, Cook, Stellar, Venianinov, Landsdorff, ect. It seems essential to reproduce Aleut kayaks in large numbers, the ultimate goal is to see how fast one can circle the globe, legend says that it has already been done. Fifthly, coaches can enthuse talented designers so that all the accumulated data from testing semi- replicas is turned into new super kayaks. It will be important to have as many points of comparison as possible, racing canoes, tourers, conventional sea canoes as well as kayaks.

Lastly coaches can play a prominent part in forming area research groups. The methods of bringing about a new kayak era will come quite naturally if the central body fosters a corporate sense of purpose. Certainly Kayakers will become an elite over and above conventional levels of canoeing because great discipline is needed to pool energy and ideas. Although they marvel at them, it must be accepted that the general public, museums curators, marine historians, ethnologists and navel architects all see kayaks as dead history. We must ensure that kayaks are seen as live history: It may be that the coaches vital role is that they, having understood the importance of the Eskimo bequest in relation to their own natural advantages, wish to raise the level of canoeing by acting dynamically.

HELMETS FOR WILD WATER

REPORT ON SURVEY

This survey originated from the concern over the inadequacy of design of some canoe helmets, in particular their lack of facial protection. With the trend towards paddling rocky becks and extreme white water on the continent, many canoeists have been experimenting with the use of full face motor-cycle helmets which were not originally designed for this purpose. there was also a concern that enough thought is not always given to the protection of beginners - who are even more likely to end up bouncing along a river head down! The questionnaire sent out with CoDe was an attempt to gauge the extent and range of the problem rather than a strictly statistical survey. Out of the approximately 5,000 questionnaires 230 were returned containing details of 282 incidents and mentioning 54 other incidents of which no details are given. Many pointed out that they had only suffered one incident in several years of canoeing. General results are given below. For the purposes of this survey accidents occurring to canoeists not wearing helmets have been ignored.

Several points need to be born in mind when considering the results of this survey.

1) TYPE OF HELMET : (Question 4)

High incidence of injuries to wearers of ACE helmets (both plastic and fibreglass). Many of these incidents occurred over a period where this was in standard use and indeed the only option available. Many paddlers had since changed to Wild-water / Protec / or Romer helmets and declared themselves happy with this alternative.

There were a surprisingly high number of accidents (of a comparable level of severity) to wearers of BCU recommended standard Wild-water helmets. This must be balanced against the fact that these are the probably the two most commonly worn makes of helmet.

Serious injuries were also occurring to those wearing more expensive helmets, although these canoeists were often paddling more extreme water and many felt that their injuries could have been more severe had they been wearing ACE type helmets. Clearly it is impossible to know how many injuries have been avoided by people wearing a helmet (of whatever type), or if injury would have been less severe had they been wearing a better quality helmet.

2) TYPE AND LOCATION OF INJURY (question 5, 6, 7.)

The overall impression is that the type of injury sustained were largely non - serious (in the respect of being non - life threatening). Most common were grazes / cuts and bruises and only just over 50% of casualties visited a doctor or hospital - many of these for stitches to cuts. The majority of these occurred around the eye socket both on the lower forehead and the cheekbone. NONE of the helmets had a good record in protecting this area, possibly because chin straps tend to allow the helmet to ride back on the head under impact, particularly if the helmet is poorly fitted. This illustrates the efficiency of the bodies defences. The eye socket prevents a great number of eye injuries! The number of fractures to the nose was surprisingly low and injuries to the chin and mouth area not as high as might have been expected.

Although many of the injuries were not serious, there were ten cases of unconsciousness and 46 cases of concussion. All cases of unconsciousness resulted from through - helmet compression injuries due to blows to the front or back of the helmet, mainly on grade 2 - 3 water. 8 casualties were wearing ACE helmets - the exception being a Romer on grade 5 water and WW playing canoe polo. The poor cradle design of many of the cheap helmets was blamed for their inability to absorb the shock of a heavy blow. Similar under - helmet injuries were reflected in the accidents resulting in concussion - 36 to wearers of ACE helmets; 10 to WW / Romer and Protec users.

3) CAUSE OF INJURY:

Predictably the majority of casualties bounced their heads along the bottom of rocky rivers - although several were hit by boats in the surf or by flailing paddles. One unfortunate was pecked on the nose by a Swan.

4) TYPE OF WATER ON WHICH INJURY OCCURRED

Largely clustered around grade 2 - 4 water, no doubt reflecting levels of experience and the number of people paddling these grades - and possibly also the type of helmets worn. More experienced canoeists being more prepared to slash out on expensive helmets.

5) OPINIONS ON EXISTING HELMETS:

Many of those who responded clearly had an interest in the improvement of standards of helmet design for white water and 124 expressed an interest in face guards as opposed to 39 who would not wear one. Obviously the majority of those who are not concerned about facial protection did not have the interest to return the questionnaire.

Many expressed concern over the the possibility of face guards snagging and causing further injuries, possibly to the neck.

Several requested a removable chin guard so that the same helmet could be used for several purposes. (the timing of the survey was such that many would not have seen the new Romer helmet with the removable chin guard).

Several had used motorcycle helmets or various home made face guards (American football type ect) and found them very satisfactory,

Finally some of the recurrent comments of those who completed the questionnaire are worthy of mention.

1) The need to balance safety with experience "having ones head in a box may be safe but its not much fun!" Canoeing helmets need to be light, comfortable and not restrict the vision.

11) "Canoeing is a risk sport. Take away the fear, take away the fun". This concern over the escalation of protective gear needs to be balanced against the awareness that beginners may not realize that their equipment is unsuitable, and therefore not being aware of the risks they are taking. However, there is a concern that local education authorities ect, could quickly insist on the use of full face helmets for all canoeing without regard to the type of water being paddled.

111) " Better gear does not make a better paddler". Many bemoaned the demise of the support stroke and felt that the proliferation of pool sessions has resulted in many resorting to rolling as a first option. Paddlers could be coached to tuck forward in the event of capsize in order to protect the face.

CONCLUSION

Although some incidents are occurring as a result of paddling extreme whitewater, beginners and intermediates are by no means immune to serious injury and the cheapest helmets on the market are clearly not adequate for protection on whitewater. The BCU needs to give some thought to producing a standard and recommending particular helmets for particular purposes, as is done with climbing helmets.

Fit is of vital importance in preventing the helmet riding back / or forwards on the head. Instructors should ensure that helmets are properly adjusted. Complaints of the lack of alternative sizes in the Wildwater helmets were rife. Considering that the identical helmet is produced in different sizes for skate-boarders this seems unnecessary. Why are they not made more readily available to canoe suppliers? Would not an inter-disciplinary approach to helmet research and supply be more economically viable? (BMX, Skateboarding, Wave jumping, American football ect, all have similar helmets)

Cost is always a thorny issue. Groups in particular tend to use inadequate ACE helmets because they are cheap. £5 compared to £40 for a Romer. Many compromise with the standard Wildwater helmet because the price is slightly more reasonable.

Particular areas of Vulnerability

1) Lack of shock absorption in cheap helmet designs resulting in through helmet impact injuries.

11) Vulnerability of eye socket area in most designs.

111) Tendency of helmets to ride back resulting in forehead injuries. More research into chin strap design / forehead protection needs to be carried out by manufacturers to help alleviate these problems.

Since many European paddlers are wearing face guard helmets of various types, research into continental designs by the BCU might be useful.

RESULT OF HELMET SURVEY

1. Have you ever suffered head or facial injury whilst kayaking or canoeing?

NO 18 YES 134

2 Has anyone in your party suffered head or facial injury whilst kayaking or canoeing?

YES (details provided) 148

YES (details not provided) 53

3 Was the injured person wearing a helmet at the time?

YES 265

NO 17 (No further details included in survey)

4. Type of helmet

ACE 160 WILDWATER 52 PROTEC 20
ROMER 16 OTHER 17

5 Type of injury

Cuts 168
Stitched cuts 91
Fractures (nose) 14
Concussion 46
Unconsciousness 10
Broken teeth 9

6 Did they visit the doctor or hospital?

YES 140 NO 125

7 Location of injury

Eye socket	109	Front of Skull	57
Eye	15	Top of Skull	12
Cheekbone	25	Back of Skull	11
Nose	37	Mouth	12
Broken Teeth	12		

8 Cause of injury

Paddle 30
Boat 16
Rock 219
Tree 5
Other 9

9 Type of water on which injury occurred

Swimming pool (Polo)	6
Sea (Surf)	15
Flat water	5
River Grade 1	15
: : 2	70
: : 3	93
: : 4	46
: : 5	7

10 Do you think existing helmets give adequate protection

	YES	NO
Pool	18	22
Sea	116	21
Flat Water	49	4
White water	36	115

11 Would you consider wearing a helmet with a face guard?

Yes 124 NO 39

COMMENTS FROM WILD-WATER

As a major manufacturer and distributor of all types of safety equipment Wild-Water is keenly supportive of any kind of customer/ user feed back. This feed back, positive or negative, is sifted through in order to make products better. A survey of this kind is most useful as is the opportunity to make comment.

Survey mis-statement

The sizes adjustment to the Wild-Water helmet and its reference to a BMX look alike (Page 5). The BMX helmet has identical sizing strips to the Wild-Water Canoe Helmet and vice versa - ie There is no difference. Could not the researcher have contacted us to check this out before publishing this misstatement ? We recommend for Centre use that the sizes are coloured: ie strips are placed inside white small, yellow med, red large, blue ex. small or ex.large etc.

Interdisciplinary

The interdisciplinary approach is not viable or accurate as stated. For example an American Football helmet is very heavy, so heavy that the players take it off at every opportunity when not in play. It has an inflatable foam inside and is used as a battering ram. It fits heads though.

Within reason, interdisciplinary approaches can be considered. Care has to be taken particularly with the ears and environmentalisation.

For example, Water Ski-ing helmets must be designed to avoid water entering through ear holes or slots into the ears and perforating the ear drums when the user tumbles into water at high speed.

Parachuting helmets, on the other hand, have to be designed to avoid wind whistle in the ear slots. BMX and other land based sports can make use of plated rivets which would corrode through frequent contact with water and could become dangerously weak very quickly.

The old adage still holds good though - a person who commits suicide off a tall building doesn't die till he hits the floor. A paddlers head and helmet, are fine until they come into contact with something.

A Paddler's head is slow moving into objects and so are most heads involving non engine powered sports. A paddler needs full hearing and balance so do other non engine powered sports. A paddler needs the materials to be non corrosive, so do windsurfers.

Combi

We have used this 'within reason' interdisciplinary approach to our new Combi or Combination helmet which by chance was launched last November after 2 years of work. The Combi also addresses the problems of forehead and temple protection.

Thank you for the opportunity to comment.

COMMENTS FROM AC CANOE PRODUCTS

As stated in the report (page 4-5(1) canoeing helmets need to be light, comfortable and not restrict the vision and I feel that the Ace Helmet adequately meets these criteria. Coupled with a reasonable price and the range of adjustment achieved via the internal headband/harness arrangement these are the main reasons for its continuing popularity over the years and its use throughout the world by the majority of national Slalom and Whitewater Racing team members.

It was not designed for some of the more far fetched forms of "canoeing" now being attempted such as bridge jumping, waterfall shooting and rocky beck running where full-face motorcycle helmets are more appropriate.

Together with Palm Canoe Products Ltd. and after a great deal of careful research into the protective requirements of today's rough water canoeists and how best these can be achieved, we have developed a new helmet - to be available in two versions - the AP2000 and the AP 3000. Both have a tough polypropylene outer shell giving maximum protection to the head, forehead, temples, face, ears and nape of the neck whilst still permitting good visibility. Adjustment of fit and shock absorption (sic) is achieved via a headband/harness arrangement similar to the existing Ace helmet with extra protection for heavy whitewater paddling in the AP 3000 model having additional foam between the outer shell and inner harness.

This new helmet, specifically designed for the canoeist, is reasonably priced. We hope that it will meet with both the paddlers' approval and the BCU's recommendation.

COACHING COACHES

by WILLIAM T ENDICOTT

This paper was presented to the international slalom coaching symposium held at Augsburg in 1988, by Bill Endicott. Bill is well known for his books *To win the Worlds* and *The Ultimate Run*. He is currently coach to the American Olympic Slalom Team.

Of the past books and articles I have written on slalom, there have been only two chapters geared specifically towards coaches, in my book "To Win the Worlds". In this paper, I attempt to explore this topic further. I feel that nowadays there really aren't any secrets to winning the worlds, and that any athlete who wants to make the effort can quickly learn how the top paddlers train. From there it is a matter largely of how hard he wants to work. But, based on comments I have heard from all over the world, I do feel that more able coaches could help our sport to grow faster. And from what I've seen, it's just plain easier for someone to get good if he has a structured environment in which to work and a shrewd person observing his training.

There are in my opinion four main areas in which a coach has to be effective: knowing and teaching the principles of training; knowing what is good technique and how to communicate this to the athlete; helping the athlete to cope psychologically; and managing the training so that it all goes smoothly. Many other things spin off from these -- coaching style, for example -- but these at least seem to be the essentials. Besides winning, a main objective for the coach should be to ensure that the athlete learns all of these things, so that one day he can operate completely on his own, if need be. The objective should not be to use the information so as to dominate the athlete.

PRINCIPLES OF TRAINING

Since I have written about these in my books "To Win the Worlds" and "The Ultimate Run", I won't go into the details here, but comment instead on how to teach them. I think it is essential that any aspiring coach seek to understand these things. After all, one of his main aims must be to explain them to the athlete so that the athlete can understand how they relate to his training. The athlete should be able to explain why he is engaging in a specific type of workout, and not doing it simply because someone told him to do it, or he once saw someone else do it.

Well, can't the athlete just read about these things and learn about them that way? Unfortunately, not always. In the first place, many people don't read very much. Secondly, a lot of athletes tend to pick up information better by observing or taking to someone rather than by studying a book. And finally even in a school any written material is usually better understood if there is a teacher who also explains it and comments on it.

I have found the best way for the athlete to truly master these principles is through discussing his own training with a coach. Thus, the coach for maximum effectiveness, has to take the time to understand them first.

Anaerobic event

Another problem in attempting to understand training principles through reading about them is that there is little literature specific to canoeing. While canoeing is an arm and upper body sport, most good sports training literature comes from running, a lower body sport, and is adapted to canoeing. This would work well if the physiology of the two areas is the same, but I don't think is entirely. Thus, a direct adaptation of running training to canoe training would lead to some mistakes. The largest one of these, I think, has been in the past to treat canoeing as a primarily aerobic event, when in fact I think it is primarily an anaerobic event, although aerobic endurance is needed, too. There are three main reasons for this:

* Slalom is not a matter of getting the boat up to speed and then simply maintaining it there. It is a matter of constantly exerting bursts of power, starting and stopping, reaccelerating the boat, all of which are anaerobic.

± The muscles of the upper body, especially on the arms and chest tend to have a larger proportion of fast twitch muscle fiber in them, thus making them more responsive to anaerobic training.

Swimming training has some bearing on canoeing training, but key differences exist among them the much greater external resistance that the canoeist has to overcome and the fact that the water supports and cools the swimmer.

Thus, while a coach can urge an athlete to read training literature from other sports, I think the coach must also caution the canoeist that a direct transfer is not always appropriate. I have found that the main implication of all this is that proper slalom requires a great deal of anaerobic power training all year round.

Another implication, I believe, is that largely through the constant windmilling of the arms, kayaking is more aerobic than canoeing and this means that the training of a kayaker should vary somewhat from that of a canoeist, to the extent that the kayaker should get in more aerobic training. But even the kayaker should pay the most attention to anaerobic endurance.

Over the last few years I have been interested in learning about the differences in the physiological responses to exercise between the upper and lower body. In the appendix of this paper is my summary of the best study I have ever read on the subject.

Train as specifically to the event as possible

I believe any coach of slalom must constantly evaluate his program by asking himself whether his athletes are training as specifically to the event as possible. Any exercises the athletes do should conform to the following principles:

* The exercises should duplicate as closely as possible the stroke mechanics the slalomist will use in competition.

It has been shown that strength developed in one type of movement does not necessarily transfer to other dissimilar movements.

* The exercises should be performed at competition speed or above. Research has shown that the speed of movement is crucial to the success of the training. It has shown that strength developed at slow speeds does not improve power at faster speeds.

* The resistance must be greater than that encountered in competition and there must be a provision for increasing the resistance as the athlete's power increases.

Since kayaking and especially canoeing movements are so unique physically, for me, this argues for doing most of the work in the boat. Another argument for this is because the technical requirements of the event are so unique. As most of you know, my belief is that taken together, the physical and technical requirements of the sport mean that the athlete should be in the boat, in the gates, all year round!

* Especially with the new rules, the event is short enough so that it is basically a long sprint.

1988 Scottish Coaching Conference

EXPERIENTIAL LEARNING = COACHING ?

The Conference got under way on Saturday morning with three very interesting and varied speakers dealing with the subject of "Experiential Learning = Coaching?"

Nick Halls, Deputy Principal at Ardentinn Outdoor Centre: He saw learning as being greater than coaching, after all, whilst the learner does not require a coach, a coach requires a learner. However, the learner can become a potential subject for coaching once he is motivated to learn. The role of the instructor is therefore to get the beginner to accept the role of coaches.

Alan Kimber, a freelance outdoor education instructor: He compared the experience of learning canoeing in a club with that at a centre. He felt that the club had a higher potential for good coaching - they have lots of time to really get to know the requirements of the learners, to brief before and review after sessions, and to encourage dialogue as coaching is very much a two way process.

However, the centre is very much at a disadvantage because of the time scale and group sizes involved, although has the advantage of good equipment which may be a problem for clubs. Centres should work with clubs by directing the children they have motivated at their course towards their local clubs.

Peter Lamont, involved in canoeing with West Coast Adventure, a company which operates on and around the Island of Scarba: He used canoeing as a medium for personal development of, in the main, young offenders. The advantages of using this medium are many - it produces immediate feedback, the negative feedback is impersonal, social responsibility is emphasized. There is a sense of freedom and independence and the subjective risk level is easy for the staff to create and control. Peter then explained his philosophy on equipment design. This resulted in his advocating the use, by all, of unfeathered paddles and short hulled, skeg controlled boats.

The next session took the form of a prioritisation exercise on the topic of "Why We Coach". Much to the disappointment of the newly appointed Development Officer, promotion of the sport was generally seen to come last!

PRACTICAL SESSIONS

The aim of the two practical sessions was to show some aspects of safety equipment by trying out and comparing different "systems".

Sea Kayaking - Safety Equipment

The sessions were run on Loch Eck and the participants were able to take part in the following:

- 1 Towing - Different towing systems were attached to kayaks and could be used to bring moored boats to shore.
- 2 Solo Re-entry - Paddlers had to be prepared to get wet but were able to try sole re-entry using split paddles fixed to the sides of the kayaks and re-entry using a specialised float attached to a paddle.
- 3 Pumps - Using kayaks on dry land, the speed of using different types of pump was compared (by emptying buckets of water). Both hand and electric pumps were available.
- 4 Old flares were also on hand for people to try out. 1978 parachute flares worked well and were effective. 1989 mini-flares did not work at all.

Smoke flares were seen to be more practical than pinpoint. If you kept them dry and undamaged, it appeared that the more expensive flares worked well. You get what you pay for!

In addition, Lendal Products, George Kerr and Ardentinn and Benmore Outdoor Centres supplied different types of sea kayak to try out. This was very well received by all concerned, especially the new plastic sea kayaks.

Another feature well received was a homemade but effective buoyancy aid flotation tester. For those whose buoyancy aids failed it was a real "eye opener". It also showed the importance of taking care of buoyancy aids (storage, etc) and of regular (annual?) testing by the manufacturers.

Participation levels in all the sessions was high and was seen to be a new experience for the inland paddlers and a good refresher for the sea paddlers.

The sessions were intended to introduce different types of sea safety equipment and compare their advantages and disadvantages. Therefore, overall the sessions appear to have been successful.

A continuing theme throughout the sessions was one of "friendly" competition - with each entrant being timed. At an informal prizegiving at the end of the Conference the winners were presented with inexpensive, silly, yet relevant and memorable prizes.

Introducing Slalom to Beginners

Sue Burns, a member of the British Ladies Slalom Team and coach to the Scottish Ladies Junior Squad, organised and ran the sessions. Discussion sessions at which Sue had to dodge a certain amount of "flak" concerning the organisation of Novice slaloms were followed by practical sessions where she was able to "get her own back" by enthusing many of those previously unconvinced!

Besides the still active in slaloms, many of those present at the Conference had taken part over the years but had become disillusioned. There was a general feeling that at Novice level there was too much waiting around between runs and that this was likely to put off many beginners. Comments were also made concerning the application of the ICF restrictions on boat size and shape to Novice slaloms. Several made the point that most clubs and schools are "general purpose" slalom boats and that many of these fail to conform to slalom regulations. These rules therefore preclude the majority of clubs and schools. For these reasons many of those present said they would not take beginners to slaloms as they could make better use of their time in "recreational" river trips, surfing, etc. Several ways to improve the situation were suggested:

- 1 International restrictions on boat size should be relaxed in Novice slaloms.
- 2 Novice runs should be closer together (10-20 mins apart).
- 3 Practice gates should be hung up of downstream of the course.

Sue will be reporting her findings from the discussions to the Slalom Committee for their consideration.

The practical sessions took place on a grade I stretch of the River Echaig within 2 km of Benmore. Groups of 6 or 7 took their turn whilst the remainder observed from the bank. Sue generally concentrated on a set of 3 gates, advising that technique is best developed in this fashion, with the middle of the 3 gates being used to coach a particular manoeuvre, the function of the 1st and 3rd gates being mainly to provide a definite entry and exit point. For this reason, she advised against coaching on a single gate. Groups were coached in the more straight-forward stroke combinations used for negotiating downstream and upstream gates. Participants learnt stroke sequences rapidly and met with a high degree of success and satisfaction.

The sessions were generally well received. Interest was stimulated in canoeists with all sorts of backgrounds, ranging from those who have spent their paddling career on the open sea, who experienced a previously unheard of degree of precision in boat handling, to ex-Division 1 paddlers who felt the stirring of dormant passions!

Standards Seminars

Ray Rowe, Special Projects Officer with the BCU, had been invited to report on the above but unfortunately had been unable to attend due to a back injury only days before the Conference. Geoff Good stepped in to do this session.

Geoff explained that it had been agreed by the BCU that Grade 2 Examiners and above (in England and Wales) are required to attend a minimum of one seminar every three years to maintain their Examiner status. He then outlined the content of these and answered questions. After some discussion a vote was taken and a clear majority supported a decision for the SCA to run Standards Seminars. The Coaching Committee should look towards organising this. It was agreed that these should be separate from the Conference.

Amendments to the Awards Structure

Geoff presented an explanation of the development of the Awards Structure. Aide memoires, notes for guidance, etc, should be produced by the BCU by March 1989. Discussion followed on the various awards and the prerequisite pertaining to each of them.

Questionnaire

A questionnaire was completed by all delegates at the commencement of the Conference which revealed some interesting statistics (available from BCU office on receipt of sae).

The Conference was once again well attended and we thank Benmore Outdoor Centre for hosting this, and Strathclyde West Coaching Panel for all their work in the organisation involved.



"Now Rule No. 1 — Don't panic!"

EMPLOYMENT OPPORTUNITIES

FREETIME LEISURE LIMITED

BCU qualified instructors (minimum TI) required for 5 week period during July-August at well-organised children's watersports centre in Surrey. Residential and non-residential vacancies. £75-£100 per week plus full board.

For further details and an application form contact: Linda Butcher, Freetime Leisure Ltd, 149-151 Goldsworth Road, Woking, Surrey, GU21 1LS. Telephone: 0483-740 242.

MENDIP OUTDOOR PURSUITS

MENDIP OUTDOOR PURSUITS Instructors and Trainees, preferably multi-skilled, required for immediate start. Permanent contract for right applicant. Ring Jim Haywood on 0934 87610.

OUTDOORS UNLIMITED

Have you registered with the National Staffing Bureau for Outdoor Pursuits Instructors yet. We offer all instructors a free job finding service for employment opportunities at all levels of instruction in Britain and Abroad. The service is totally free to all instructors. We are experienced outdoor pursuits instructors ourselves and know the industry well. We wish to register instructors of all outdoor activities, at all levels of experience and qualifications. We deal with all types of vacancy; seasonal, permanent, freelance, temporary and holiday. Centres throughout the country are seeking staff NOW! Contact Mick Eve now for a registration form: Outdoors Unlimited, 2 Wye Terrace, Bridge Street, Hereford, HR4 9DW. Telephone 0432 279030.

WESTER ROSS

WESTER ROSS Self-catering, heated, 19-bed bunkhouse complete with male and female shower and toilet facilities, overlooking Summer Isles at mouth of Loch Broom. Drying facilities available. Excellent sealochs and open sea canoeing in vicinity. Telephone: Achiltibuie (10854 82) 215.

ALPINE OPTIONS FRENCH SUMMER CANOEING & SKIING HOLIDAYS

Chalet bed & breakfast May/June £49 pppw.
Studios for 4, May/June £70pw; July/August £120pw.
All in the Durance area of the French Alps.
From 24 June - Summer skiing & multi activity holidays
in Deux Alpes in chalet bed & breakfast £80pppw.
Ferry bookings with Sally Line.
Car breakdown insurance 10 days £27.50 18 days £29.15.
Personal Insurance inc WW canoeing 10 days £11.65; 18
days £13.35.
FOR DETAILS: ALPINE OPTIONS 0703 893502.

MELIN MELOCH

Comfortable Water Mill close to Bala Lake. B+B. Drying room and canoe lock ups. Instruction available. 0678 520101.

THE AMENDMENTS TO THE AWARDS STRUCTURE

This article should be read in conjunction with leaflet A.8/89 which is reproduced on pages 37-42 of the BCU Members Year Book circulated in February.

The major changes to the Scheme, which have recently taken place, are:

- 1 The introduction of a low key award called 'Supervisor' which is aimed at TEACHERS and YOUTHLEADERS who wish to introduce canoeing to others in general purpose, closed cockpit boats, at a 'taster' level only, using small, sheltered, simple-water sites only.
The Award also covers the use of open cockpit kayaks, and open canoes under the same terms of reference.
It is not a suitable qualification for those introducing others to the sport in canoe clubs or centres where canoeing is a main stream activity.
- 2 From 1 January 1989 all entrants to the Coaching Scheme will normally have to undertake an Instructor Training course, followed by Instructor assessment, prior to Senior Instructor training.

What is the effect on current members of the Coaching Scheme ?

All who have attended a Senior Instructor Training course, and are therefore currently Trainee Senior Instructors, can proceed to Senior Instructor assessment within 3 years as previously.

(Trainee Instructor or Trainee Senior Instructor status is valid, as before, for the year in which it was obtained, and 2 whole years following).

Those who attended an Instructor Training course during 1988, and are therefore Trainee Instructors, need to obtain the Instructor qualification before the expiry of the probationary period, as stated.

The Instructor Award can continue to be assessed on a half-day course by local arrangement as previously.

Once the Instructor Award has been obtained, candidates may proceed to Senior Instructor Training at any time, provided they hold both the 3-Star and the relevant Proficiency Test.

What are the entry qualifications for the Awards from now on ?

SUPERVISOR

Minimum age 18 (16 if so permitted by employing authority)

Full membership, or payment of registration fee, is required

2-day course

Hold the 2-Star test or be of equivalent ability

1-day course

Hold the 2-Star Test and the Canoe Safety Test (or Assistant Lifeguard - but not other life saving equivalents because of the necessity to have covered kayak rescue techniques).

TRAINEE INSTRUCTOR

3-Star Test*

Minimum age 16

Full membership is required

Candidates with the above entry qualifications may attend a 2-day Instructor Training course. Successful completion of the course gives the candidate Trainee Instructor status.

*For 1989 discretion may be exercised in permitting candidates who hold a Proficiency Test (either sea or inland) but who do not hold the 3-Star Test, to undertake a course. It is important, however, that the full range of skills covered in the 1-3 Star Tests, are well practised, and candidates should be encouraged to hold the certificate.

From 1 January 1990 the 3-Star Test will be mandatory for Instructor Training, and 3-Star plus the relevant Proficiency for Senior Instructor Training.

INSTRUCTOR ASSESSMENT

Trainee Instructor Status

Canoe Safety Test (or equivalent)

Minimum age 18

Full membership is required

TRAINEE SENIOR INSTRUCTOR

Instructor+

3-Star Test and relevant Proficiency Test

Minimum age 16*

Full membership is required

+Exemption from the Instructor Award for direct entry to Senior Instructor Training may be obtained upon the recommendation of a grade II Examiner. All applications for exemption to RCO or Director of Coaching. **There is no exemption from Senior Instructor Training unless another Senior Instructor Award is already held.**

*This lower age limit assumes that the occasional candidate under 18 may be eligible for exemption from Instructor level.

SENIOR INSTRUCTOR ASSESSMENT

Trainee Senior Instructor

Assistant Lifeguard Award (or equivalent)

Minimum age 18

Full membership is required

What affect does the Trainee Instructor course have on the Trainee Senior Instructor course ?

Instructor Training will concentrate on the breakdown and teaching of the 1-3 Star Skills; on progressions and exercises using closed cockpit kayaks, open cockpit kayaks, and open canoes; on simple journeying; and on background information on the sport. It will emphasise the relevance of the Placid Water progression to this level of activity.

Senior Instructor Training will reinforce, consolidate and progress the analysis and teaching of the 1-3 Star skills; on progressing knowledge and understanding of the whole sport; and will give greater emphasis to safety and leadership requirements for white water touring (or sea touring).

Why does a candidate for the Senior Instructor (Sea) Award have to become an Instructor first ?

Because, apart from the particular aspect of sea journeying, for most there is no essential difference in the teaching progression for canoeing, between instructional programmes for those learning on fresh water, and those learning on salt water.

The Instructor Award is not, however, intended for use on the open sea.

Where established sea canoeists, with teaching experience, wish to obtain a qualification, exemption from Instructor level is available through the recommendation of a current grade II examiner (sea).

Can a current Trainee Senior Instructor (Inland) proceed directly to Senior Instructor Training (Sea) and vice versa, without the need to become an Instructor first?

Yes. Provided the candidate's status is still valid, and the alternative Proficiency certificate is held, it is not necessary to undertake the Instructor assessment first. Obtaining the Instructor Award through successfully undertaking the half-day Instructor assessment, however, means that the candidate can proceed to Senior Instructor training at any time, provided the relevant Proficiency test is held.

Does a Senior Instructor (Sea) have to attend an Inland Senior Instructor Training course in order to become qualified in the other discipline, and vice versa?

Yes, except with the express recommendation of a current grade II Examiner in the discipline concerned. All applications for exemption from training in the alternative discipline to RCO or Director of Coaching.

Where do 'Placid Water' Awards now fit in?

The 'Placid Water' progression continues as before, and will be actively promoted in an endeavour to widen the attraction of the sport.

'Placid Water' canoeing is about open cockpit kayaks (and canoes) only. It is about travelling, fun racing, trials, achieving marathons, and marathon and sprint racing.

'Open Cockpit' kayaks are boats designed for straight line touring or racing, where the legs are not engaged under the deck. In the less likely event of a capsize the paddler falls freely out.

Many instructors now find it desirable to start novices off initially in open cockpit kayaks, before moving on to general purpose boats. Experience has shown, however, that this does not necessarily promote this form of the sport, as an end in itself. The purpose of the 'Placid Water' Scheme is to provide a complete progression for this form of canoeing, which is the basis of the activities of many of the oldest established canoe clubs in the country.

Why do we need 'Open Canoe' Awards separately from the 'Placid Water' Awards?

The difference is essentially one of philosophy. The 'Open Canoe' Awards are designed for those who wish to promote that vessel as a traditional means of self contained journeying in a 'wilderness' context. The repertoire of handling skills necessary is wide, and includes techniques such as linink and tracking, sailing, and poling, unrelated to the interests or needs of the 'racer' or the family tripper on the local canal.

What else is new?

Trainee Instructors and Trainee Senior Instructors who are 18* and who hold the Canoe Safety Test (or equivalent) are automatically regarded by the BCU as competent to be in sole charge of groups under the same terms of reference as Supervisors, in order to gain the necessary teaching experience.

*Under 18s may also be so endorsed only at the discretion of their 'employing' authority - eg lea, Scout Association, etc.

Are Examiner Grades Affected?

The Examiner Grade system for E1 and E2 continues as before. A Senior Instructor needs to work with an established Proficiency Examiner to be recommended as a grade I Examiner. He or she then needs to work widely on Senior Instructor training and assessment courses until their breadth of knowledge and experience is such as to be recommended for grade II Examiner, able to lead a training or assessment team, and moderate between the other examiners.

When an examiner obtains a further qualification, grade I Examiner status is transferred automatically.

For Grade II level, however, it WILL be necessary for examiners to re-qualify in the new discipline as outlined above.

Grade III examiner status will, in future, only be available to those who hold the relevant Coach Award. Existing Senior Instructor grade III examiners continue to hold the status, and are not affected by this ruling.

DIARY UPDATE

NATIONAL COACHING CONFERENCE AND SEA TOURING SYMPOSIUM

Plas y Brenin - 7-8 October 1989 (see notice in Yearbook Update)

'OPEN CANOE' RALLY

Holme Pierrepont - 14-15 October 1989 (see notice in Yearbook Update)

SURF COURSES

Surf Trainer

23-25 June

29-1 October

Ski and Slalom Surf Clinic

14-19 August

(see notice in Yearbook Update)

HOLME PIERREPONT

3-4 June

The white water slalom course is available for use by coaching panels during the above weekend.

Please contact Graham Wardle, Leicester Outdoor Pursuits Centre, Loughborough Road, Leicester, for details of white water coaching techniques clinic, safety and rescue sessions, and self contained use by Coaching Panels.

BCU COACH COURSES

The Coach Course dates this year are:

Plas y Brenin: 25-29 September

Glenmore Lodge: 5-12 August

Please send sae to BCU office for full details

UK SPORTS ASSOCIATION FOR PEOPLE WITH MENTAL HANDICAP

8-10 September - University of Warwick

The Conference is a forum for all those people who are interested in sport for people with a mental handicap. We hope to bring together voluntary workers and professionals from a variety of situations and would encourage applications from Education, Recreation, Social Services, Area Health Authorities, Gateway Clubs etc. We would also be happy to discuss with interested persons, the inclusion in the Conference of people with a mental handicap.

Mark Southam, Training Conference 1989, UKSAPMH, First Floor, Unit 9, Longlands Industrial Estate, Milner Way, Ossett, WF5 9JN.

DIARY UPDATE

RIVER NOISES

ADVANCED PROFICIENCY TEST (INLAND KAYAK)

A revised syllabus is now available. This was agreed at NCC on 11 March following drafting by an SCA working party led by Sam Crymble and after consideration and comment by the SCA Coaching Conference and the Forum of Coaches held in January. Copies of the syllabus have been sent to course organisers, and are available of request - sae please.

COCLG TESTS

Please note that all correspondence for Alan Rees, Corps of Canoe Lifeguards National Coach, should in future be sent to: Barking OPC, c/o Delta AC, Eastbrook School, Dagenham Road, Dagenham, Essex.

RETENTION OF GRADE 2 EXAMINER STATUS

Grade II Examiners who have not yet attended Regional Examiners Forum should note that their status will lapse unless an Examiners' Forum is attended this year. Please contact your RCO for information concerning the date of the forum in your region, and for any other enquiry regarding retention of the status.

North West - 7 October 1989

EXAMINER FORUMS REPORT

Ray Rowe has produced a comprehensive report on the Examiners Forums so far held, of which he has attended the majority. The report is currently being circulated to Coaching Organisers and is available on request - sae please.

COACHING UPDATE

The National Coaching Foundation announces a specialist service which helps you the coach to keep up with the ever-growing range of coaching literature.

Coaching Update is a current awareness bulletin which opens the floor to an astonishingly large amount of material from all around the world. Details of journal articles - books - conference papers - magazines - they're all in Coaching Update. Soon videos and other audio-visual material will also be included. The information is carefully presented to make it as easy as possible for you to find the articles which will advance your coaching skills: there is a detailed subject index and the entries are arranged under clear subject headings. In addition, subscribers will receive a cumulative subject index annually. And we can supply you with photocopies of the articles you're interested in (a small extra charge is made to cover the cost of photocopying).

A subscription to Coaching Update will help you keep track of information published in the English language which is relevant to the work of sports coaches.

Coaching Update is published quarterly. Applications for subscriptions will be accepted from individual coaches, sport governing bodies, libraries and resource centres. The annual subscription, covering four issues, is only £15.00 including postage within the UK. Overseas subscribers pay a supplement of £5.00 per annum to cover the additional postage costs.

Special introductory offer - save money by taking out a two-year subscription: 1 year £15; two years £25.

BASIC SKILLS VIDEO

The Coaching Scheme's new Basic Skills video, produced by Chris film and featuring Richard Fox is available from BCU Supplies at #25 inc p&p. With technical direction by Ray Rowe, the film represents current thinking on the definition of the basic skills.

CANOEING IN SWIMMING POOLS

The BCU's recommendations regarding the use of canoes in swimming pools, produced in the light of the current Health and Safety Executive's guidelines, are now available in the form of a revised leaflet. Copies are currently being circulated to all Clubs, Coaching Organisers and Regional Chairmen, and are available to other members on request - sae please.

YOUTH AFLOAT 1989

The Youth Afloat festival takes place on the weekend of the 24th-25th June at Poole Harbour in Dorset. The festival is organized by the Poole Borough Council and is responsible for bringing over 2,000 young people together to taste the adventure of outdoor pursuits in a water-based environment. The RCO, Wessex, would like to appeal to all coaching scheme members that if they have the time available to assist us in this very worthwhile weekend contact him on the address below.

Mr P.C. Pendlebury, Phoenix, Whitehouse Stables, Winterbourne Monkton, Swindon, Wilts SN4 9NW (06723 293 - 24hr Answer-phone).

Travel expenses are paid and meals provided over the weekend.

If you have a group that may be interested send for details to: Youth Afloat, Poole Borough Council, Civic Centre, Poole, Dorset.

The activities on offer over the weekend include deep sea angling, sailing, canoeing, water-skiing, disco's windsurfing and many other activities to interest young people.

THE JOHN DREW MEMORIAL PADDLE

'Round Pompey' - July

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 at the 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 to honour John's memory. The proceeds are used to help keen young people who really cannot afford to pay their course fees for instructor or senior instructor training or assessment.

This year's event takes place in July, "paddling round Portsmouth". Full details from Shirley Lawson, 27 Broadlands Avenue, Boyatt Wood, Eastleigh, Hants (0703 618708).

Enquiries regarding the possibility of small grants from the Trust Fund to assist in specific instances of need should be forwarded to the Director of Coaching at the BCU office.

GO RECRUIT A MEMBER

All organisations need members to provide the income to pay for services required by members. The better the services the more members that can be attracted, thereby providing the resources for even better services.

Unfortunately things are seldom that simple. The British Canoe Union provides services for members that it can afford, but members inevitably require services significantly better than those currently provided. The problem is compounded by some feeling that subscriptions are too high. A classic catch 22 situation!

Another important factor is that any canoeist can benefit from much of the costly work of the BCU whether he/she joins or not. Thus those who join are subsidising those who do not!

This problem can be solved if anyone taking up canoeing is encouraged to join the BCU as soon as they show positive interest in the sport. All BCU members can, and hopefully many do, act as recruiting officers. Members of the coaching scheme have a better opportunity than most to promote membership.

Are you positively promoting BCU membership?

Members of the coaching scheme will not need to be told about the benefits of BCU membership, but it may sometimes be difficult to list the benefits on the spot to potential members. The following summary is aimed at making your recruiting job easier.

LEARN TO CANOE

The BCU has developed a series of skill tests and coaching awards ensuring that newcomers can be properly instructed and can then measure their progressive attainment of skills. The BCU keeps this system up-to-date and administers it.

CANOE SAFETY

The BCU, through its Safety Panel, researches the equipment and techniques relevant to continually expanding the frontiers of canoeing whilst keeping risk to a minimum.

HEALTHY CANOEING

The BCU, through its Medical Advisory Panel, encourages research on medical matters relevant to canoeing and provides relevant information to members. Of particular note is the work done on Weil's disease and the information provided to members.

INSURANCE FOR YOU AND YOUR CANOE

All classes of BCU membership include third party insurance cover. In this day and age it is verging on the irresponsible to canoe without such cover. BCU membership is the easiest way to get it. Comprehensive Full Members enjoy £250 canoe insurance and this is very

popular with people who have just bought their first canoe. It just needs someone to point it out to them!

CANOEING ACTIVITIES

Newcomers to canoeing will be interested in local tours and fun events and in low level more informal competition. An increasing number of these events are planned and co-ordinated by the BCU regional committees, who can also give information on local clubs.

CANAL AND RIVER INFORMATION AND LICENCES

Canoeists need water on which to canoe. A British Waterways Board licence covering BWB canals and rivers is a benefit for all classes of membership, as is information on availability to private waters, especially upland rivers. The BCU is working hard at national and local level to retain legal or permissive access to water. This costly operation needs members to help pay for it and the more members the BCU has the more notice will be taken of the BCU.

FREE MAGAZINE, YEARBOOK AND LEAFLETS

BCU members receive five issues of CANOE FOCUS each year and a members yearbook each February. These provide members with regular information and a list of sources of more specific information, including BCU leaflets, available to them. Members enjoy reduced prices on the range of BCU Supplies from canoeing gear to books and maps.

No mention has been made of competition or other aspects where membership is obligatory as it is hoped that newcomers will join well before reaching this degree of involvement.

Membership application forms and General Information packs to be handed out on your courses can be obtained from BCU Headquarters, Mapperley Hall, Lucknow Avenue, Nottingham NG3 5FA (Tel: 0602 691944). Please state quantity required.

Current subscription rates are:

MEMBERSHIP FEES	BCU	SCA	WCA
Intro Youth		£5.00	
Basic	£9.50		9.50
Cadet+	£5.50	3.00	5.50
Introductory+	£11.00	10.00	11.00
Youth	£11.00	8.00	11.00
Full	£19.50	16.00	19.50
Family	£10.50	7.50	10.50
Life	£300.00		300.00

*does NOT include competition or coaching for BCU

+includes competition but NOT coaching

GO RECRUIT A MEMBER

COACHING SCHEME FEES AND PRICE LIST FROM 1 JANUARY 1989

MEMBERSHIP FEES

	BCU	SCA	WCA
Intro Youth		£5.00	
Basic	£9.50		9.50
Cadet+	£5.50	3.00	5.50
Introductory+	£11.00	10.00	11.00
Youth	£11.00	8.00	11.00
Full	£19.50	16.00	19.50
Family	£10.50	7.50	10.50
Life	£300.00		300.00

*does NOT include competition or coaching for BCU
+includes competition but NOT coaching

STAR TESTS - PRICE FOR CERTIFICATE AND BADGE £2.00

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 £16.50 per lot of 10 certificates and badges. Please state whether 1, 2 or 3 star. Lots may be mixed. £80.00 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 £2.00

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 £16.50 per lot of 10 certificates and badges. Please state carefully grade or distance, and whether kayak or canoe. Lots may be mixed. £80.00 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 £2.00

Books of 10 test entry forms are issued free to Grade 1 (Proficiency) Examiners (E1) 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	£3.00	*£6.50
Assistant Lifeguard (Life Saving)	£3.00	£5.00
Lifeguard Resuscitation	£3.00	£5.00
Advanced Proficiency	£3.00	£5.00

*Fee includes Cadet membership for 17 year olds and under
There is NO FEE for a FAIL for Proficiency or COCLG ALG

COACHING AWARDS

White water boats / Sea Kayaks

+SI Training (Registration fee)	£4.00
Instructor (assessment fee)	£3.00
Senior Instructor " "	£4.00

SUPERVISOR

	£15.00
(registration - valid three years. NO FEE if candidate joins as Full Member [includes Youth and Family membership])	

Placid Water boats

Teacher (Registration fee)	*£3.00
Senior Instructor	£4.00

*Half price if candidate is already a member of the Coaching Scheme

Competition

+Competition Trainer	£4.00 (registration fee)
+Competition Coach	£4.00 (registration fee)
+first course only	

BOOKS

	Members	Non-Members
Log Book	£1.20	£1.80
(Please state whether bound or loose-leaf Log Book continuation sheet 75p)		
Canoeing Handbook (inc p&p)	The Canoeing Handbook has been re-written and is currently being reprinted - available June-July	

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) £9.00

(Please state size: S, M, L, XL and colour: green or maroon - 'BCU Coaching' is embroidered 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

SCOUTS, GUIDES AND SEA CADETS

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.

WATERPROOF PAPER

Available from the BCU Office: A4 sheets - £1.50 for 11 sheets; £5 for 46 sheets - both inc p&p.

CANOE POLES

Bamboo poles - 15' long. Ideal for teaching the basics of canoe poling. Available for collection from Nottingham. Can be sent by carrier, or possibly transported to mutually convenient event. £3.50 each. P&p extra if sent by carrier. Orders to BCU Office.

ADDRESSES

British Canoe Union
Mapperley Hall, Lucknow Avenue, Nottingham NG3 5FA

Canoe Association of Northern Ireland
House of Sport, Upper Malone Road, Belfast, Northern Ireland BT9 5LA

Scottish Canoe Association
Caledonia House, South Gyle, Edinburgh EH12 9DQ

Welsh Canoeing Association
Pen y Bont, Corwen, Clwyd LL21 0EL