

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, Adbolton Lane, West Bridgford, Nottingham NG2 5AS.

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.

IN THIS ISSUE

- | | |
|---|--|
| 2 Dear CoDe | 8 To Bitch or not to Bitch - ANDY MIDDLETON |
| 3 Making it Happen in Suffolk - PETER LING | 10 Physiology of strength - D SCHMIDTBLEICHER |
| Food for Thought - VIC BROWN | 11 Should 'wings' be outlawed ? |
| 4 Hypothermia - DONALD THOMSON | Important Notices |
| 7 Running Rivers - FRED WONDRE | 12 Star Tests - please note |

books and videos

Come Canoeing - Kayak Handling

The basic skills training video, featuring Richard Fox, four times world slalom kayak champion. Directed by Ray Rowe.

Now only £15 (inc VAT & p&p)

Canoe Coaching Techniques

A video which demonstrates the fundamentals of teaching canoeing groups, using the IDEAS method. Directed by Ray Rowe

£20 (inc VAT & p&p)

THE CANOEING HANDBOOK

The Canoeing Handbook is the only A-Z manual of the sport as practiced in Britain. It is essential reading for every Coaching Scheme member.

£14.50 (inc VAT & p&p)

INSTRUCTOR TRAINING NOTES

Additional notes to assist those who have attended an Instructor Training course (kayak).

£2.50 (inc p&p)

BARGAIN BASEMENT

Coaching Scheme V-Neck Jerseys - Maroon or Green with 'BCU Coaching' emblazoned in gold on left breast.

£8.50 each (inc p&p) to clear, while stocks last.

Please indicate size (small, medium, large, extra large) and colour when ordering. Cheque with order please.

Dear CoDe

Dear CoDe

Is the BCU trying to shoot itself in the foot?

I get the impression from reading *CoDe* and *Focus* that the BCU Coaching Committee is bending away from the club coach, and more toward the professional coach. It seems from comments that I have received from my LCO that it is no longer the BCU's policy to encourage the examiner grade in the club environment, but to rely on professional examiners based at OPC's to set standards instead. I am an SI E1 in a club. I am supposed to promote and encourage new members into the BCU which I do, but I don't seem to get the backing from the BCU for my trouble.

I am also the County Water Activities Advisor for Humberside Scouts. If I keep my coaching to the Scouts I don't need the BCU for Insurance purposes I'm covered by the Scout Association. The BCU cannot untrain me, so in reality I don't need the BCU, though I must admit it's handy.

For what it's worth, I'm told that I'm a good SI. I have a good all-round knowledge of the sport of canoeing, and take part in many disciplines on sea and inland. I also coach slalom through Humberside SLIC's

So what's wrong with encouraging the club E2? I don't have to be a professional to be able to assess whether a candidate will make a good SI or not, and I'm not the only one. There is a lot of talent in the clubs, and after all that's where it all happens. If the BCU relied on OPC's for membership they would be in a sad state, or should I say a sadder state than they are now.

So come on BCU put the safety catch on before you do some real damage.

C J RIDDINGS, HULL

Comment: There is absolutely no implication that to become an examiner a member must be a professional instructor, and I do not understand how this interpretation has come about.

It is a fact that the majority of training and assessment courses are now run by carious centres, rather than by the regional or local coaching panel, as used to be the case. This is simply the way things have developed, however, and no policy decision has been made to encourage it.

There is a requirement for an outside assessor in every instance, and many voluntary examiners are involved in that field.

The running of 'in-house' Instructor Training courses for clubs should be encouraged. The Examiner Grading Log Book was introduced because of general uncertainty among examiners as to just when and why they should make a recommendation for an up-grading.

The 'rules' which it has introduced, and the principles which it has spelled out, are not new inventions. They are what the consensus of experienced examiners have concluded are the necessary levels of experience to be obtained before examiner status is confirmed.

It was, after all, general concern in the field about variation in standards for both tests and awards, which brought the Examiner system itself into existence in the first place.

The log book system ensures that one region does not apply very stringent requirements, against another region's easier requirements, and so permit unfairness as well as a variation in standards.

The last two to three years have seen real advances in the overall function of the BCU. Some regions are now promoting activity, and making moves in the realm of real development, that auger well. The BCU office has achieved a level of ability to service the demands made upon it, beyond my wildest dreams of a short time ago. The Specialist committees are all running their sections of the sport with competence and vigour. I haven't received a single complaint regarding non or late payment of voluntary officers' expenses in the last three years - it used to be our main and continuing source of complaint.

We are still seriously restrained in all our endeavours, by lack of cash resources, but if the BCU is in a 'sad' state now, goodness knows what it was like in the nightmare decade I had to live through previously!

Geoff Good



Dear CoDe,

I recently attended a Div 3 slalom. During the event I chatted to a fellow competitor and discovered that he would like to take the 1, 2, 3* tests. I took him to the end of the course and tested him. We found a 'victim' for the rescue. The 'victim' also wanted to take the 3* test and so was also tested.

Is there an untapped market for star tests?

Should I have a placard saying 'get your star tests here'?

Could every slalom have a resident star tester?

FRED WONDRE, OXFORD.

West Midlands Coaching Forum

A smaller than usual gathering of the Clan attended the Forum on 12 May at Malthouse Stables, Tipton. On the agenda was the role of the DO (District Organiser) followed by a very informative and enjoyable workshop on the 'single blade technique' presented by Tibor Herbert.

Interest was aroused by the DO system and people were happy to be 'points of contact' for their town or locality. However, for the present at least, this would seem to be run on an informal basis.

For the system to be implemented successfully as proposed, it was suggested that potential DO's and LCO's should meet with their RCO and ascertain interest followed by a 'battle plan'

GREG PARKES, LCO Birmingham

Murphy's Law

The last issue of *Focus* and *CoDe* was the first to be posted out using mail streaming. This is a system which sorts the addresses into postal code areas, and thus obtains much cheaper postal rates.

Instead of the labels being printed by our computer, we provide discs with the data on, and the mailing house then produces the labels after their computer programme has sorted into the postal code areas.

UNFORTUNATELY, it was not foreseen that this would involve leaving off the coaching scheme member's data line! And so for the very issue when grade II examiners were asked to check their record on the label, the label did not include the record!

I sometimes wonder if it's worth the unequal struggle sorry!

Geoff Good

Making it Happen in Suffolk

by PETER LING, LCO

'Making it happen' has been happening in Suffolk for some considerable period of time. We have had a very successful Coaching Scheme and certainly some notable successes in the slalom, racing and expedition world. We in Suffolk don't shout about what we do, we simply get on with the job. Perhaps we should shout more?

Each successive LCO in Suffolk has developed their own brand of canoeing around a basic framework of trips and training weekends. Bob Castle, who was the founder, developed Slalom. We had members in the Junior and Senior Slalom squad. Paul Dainty developed Sea Canoeing, and was interested in Expedition work. Expeditions went off to the Arctic and Trans Scandinavia, which have led to further and more canoeing expeditions led by Suffolk people.

I then took over and there has been an explosion in Open Canoeing, and flat water work. I want to use the existing resources, especially in this time of recession. We've now got two centres working with disabled canoeists. Schools use centres for their Humanities, Geography, History and Science work.

How do we do it? Hard work and enthusiastic people working voluntarily, and long hours. Something which is all too often forgotten by people sitting on committees at BCU HQ and elsewhere. We all work within the framework of the Suffolk Water Sports Association. All clubs and groups are invited on to the committee to voice their opinion, and voice them they do at the Bi-monthly meetings! Some travel 80 to 100 miles round trip to attend regularly.

It's a County Council based organisation, but we get on with the job of promoting and encouraging paddlers onto the water. Only one centre dropped in attendance last year, and that was because the river was polluted and they were unable to use their home waters. We are not under 'Council Control', I hasten to add. We update people. We give out the latest BCU information, and we sort our own problems. The information is there. If it's not acted upon, it's down to that representative.

The SWSA runs events, and a race series, together with trips and training programmes. Clubs dovetail their activities at an annual programme meeting.

We encourage. We help. We are not perfect, and do not have all the answers, but you can mollycoddle people too much, and make things too easy.

Try it. See how long the 'John Drew Initiative' lasts, but I bet you'll soon be down to the same old stalwarts. I hope it works for you.

We also try to have our own initiatives. Through negotiation we are starting to introduce the Boys Brigade instructors into the Placid Water Scheme. However, initially it will be the Supervisor Award. We want proper trainers, and we are encouraging the Scouts to do the same.

More members for the BCU, means we have more clout, and mover voice. This is our initiative. We are exploring new avenues. We are still developing. We listen. We discuss. We try. If it works, then great. If not, we try something else.

Who knows what next? Dragon Boat racing on Oulton Broad or Alton Water? Just a minute. I've enough on my plate at present. I wonder who can organise that?

Editorial note: Any other examples of good practice with regard to the organisation and support of canoeing locally, will be welcome. To be able to bring the resources of the local authority into the field of servicing the work in the community of the voluntary canoeing force has obvious advantages.

The hard work of the volunteers who make happen most of what is achieved in the name of the BCU is never forgotten. It should be remembered that most BCU committees are comprised of such people, who are already over-worked in their locality, and are then voluntarily putting in additional time to assist the overall policy making process.

As a past secretary of an active county canoeing association I am a great believer in them. It is not the intention to ignore or replace the very excellent work which is being achieved through the efforts of the many unsung heroes throughout the country - such as that outlined in Pete's article.

The 'John Drew Initiative' is based on identifying a co-ordinator on a very local basis throughout a county, and is intended to help bring even more workers into the fray. This is complementary to, part of, and in support of, the good work which is already being achieved by county associations and the BCU regional organisation.

If only a few more people come forward in each county, it will help the efforts of 'the existing stalwarts' considerably.

Geoff Good

FOOD FOR THOUGHT

by Vic Brown

Vic Brown is a BCU Coach, and was the highest placed British paddler in the 1972 Olympics Slalom, 4th in Ladies K1.

Some of our club members acted as guinea-pigs for an assessment recently. One of them wrote up her experiences later. Here are some extracts from this account.

"Next day I went to pose as a guinea-pig. I learnt a lot and enjoyed every minute of it. Just after lunch I had a twenty minute session with one of the instructors. The plan was to warm up, practice paddle skills, do a capsizing drill without a spraydeck, and then do a capsizing drill with a spraydeck. I got through everything until the spraydeck capsizing. I was very unsure and nervous but the instructor was pushy about the whole thing and I didn't seem to have much choice in the matter. I went under feeling very nervous and unassured. I began to search for the handle but it was stuck underneath the elastic where the instructor had put the deck onto the canoe. I panicked and started kicking at the deck with my knees. It wouldn't come off, I couldn't breathe and I was so scared. I could see the light above the canoe and all sorts of weird things were going through my head. If the instructor hadn't pulled the elastic off while pulling me over, I don't know what would have happened. I was looked after by lots of people afterwards."

I don't intend to summarise all this - it should raise its own questions - but here are some more facts to throw into the stew.

The girl had been canoeing about 6 times previously. She had capsized before, but had not used a spraydeck. She is not a 'natural' athlete, but really enjoys canoeing, has bags of guts and likes getting wet.

The instructor was standing in the water alongside the canoe, and, logically, there was not danger to the girl.

However, this is a typical Stage 4 (Misadventure) situation, where the danger as perceived by the pupil is more significant.

The candidate failed - not because the girl was put into danger, but because of a failure to cope with the psychology of the situation (together with other factors during the assessment).

The water was cold (time - late April), and this was the midpoint of a daylong trip.

QUESTION TIME:

Would you have done any better?

Would you have insisted on doing the drill? Would you have noticed the girl's nervousness (she is rather introvert and seems very easy going and placid)? Would she have trusted you to right her if she failed to remove the deck? Would you have been standing in the water - or sat watching in your canoe? Would you have written her off as a wimp and advised her to take up knitting?

HYPOTHERMIA by Donald Thomson

INTRODUCTION

Hypothermia is a subject which nearly everyone involved in outdoor pursuits is now aware of to some extent through increased literature and coverage of rescues and accidents by the media. Much research has and is being carried out in this area, mainly by the Royal Navy and those involved in the offshore oil industry, but so far very little of the results have percolated through to those involved in sporting activities and in particular to their governing bodies.

The amount of literature available, mainly in the form of papers presented at conferences, is surprisingly large but difficult to obtain by the layman. Most are very involved medically and in this paper I have tried to extract the information of interest to sportsmen without becoming too bogged down with physiology. For those with a medical background, I include a reference list with, where possible, sources to obtain the literature.

DEFINITION

One of the problems with the treatment of hypothermia is that there are now three distinct types recognised, each with different treatments. The basic definition is still the same, viz: "a severe cooling of the body resulting in a core temperature below 35°C" (normal core temperature is 36.9°C).

The three types are distinguished by the conditions in which they originate, as follows:

- (i) Acute: Brought on quickly by immersion in water colder than 25°C, sometimes called immersion hypothermia.
- (ii) Sub-Acute: Sometimes called "mountain or exhaustion hypothermia". This is caused by exposure to a cold, wet environment and is insidious in its onset.
- (iii) Chronic: Not often met by sportsmen, this is the form encountered in old people, addicts and malnourished youngsters and may take days or weeks to manifest itself.

In water based activities, we are mainly concerned with acute hypothermia, but mention will also be made of sub-acute hypothermia which may also occur.

PHYSIOLOGY

To understand the treatment involved and to be able to judge casualties' conditions better, a basic knowledge of the physiology involved is useful, particularly concerning the distinction between the types of hypothermia.

The body has certain mechanisms which it uses to try to keep the core temperature within specified limits. These are: shivering; sweating; and vasomotor reactions, all of which are controlled by the hypothalamus, a specific area of the brain which deals with the blood temperature. The first two are self explanatory reactions to decreases and increases in core temperature respectively. The third, vasomotor reactions, is also a subconscious reaction but involves changes in the blood volume, its chemical make up, and its areas and rate of circulation. All are induced by an imbalance in what is called the 'heat balance equation', namely:

Metabolic heat +/- Radiation +/- Conduction +/- Evaporation +/- Work +/- Stored heat = 0

If the result of this equation is positive then sweating and vasodilation (a widening of the arteries, an increase in blood flow and a decrease in viscosity) will occur, and if the result is negative then shivering and vasoconstriction (a narrowing of peripheral arteries, a decrease in blood flow and an increase in blood viscosity) are the results. In hypothermia, we are concerned with the latter. The body's subconscious reactions to changes in temperature will only work within fairly tight limits and if the external factors causing the imbalance in the equation become too great then the body cannot redress the imbalance itself and external help is required.

If the casualty is introduced suddenly to a cold environment, the hypothalamus senses this immediately and, if no change occurs in the circumstances, the casualty will react by the mechanism of vasoconstriction and shivering, ie increasing the heat production of the body and concentrating it in the core where the most important organs are. This is normally the case in acute hypothermia.

In sub-acute hypothermia, where the cooling is gradual over a long period and may be complicated by exhaustion, lack of food or poor initial health, the hypothalamus does not react in such a pronounced manner because the temperature gradient involved is not as steep. Again, the circulation is restricted in peripheral areas but, because the condition lasts for longer, the body also has time to make chemical changes as a secondary reaction to the initial vasoconstriction. These are not fully understood but include a decrease in the fluid content of the blood as a reaction to the decreased flow and a build up of acid in the tissues because there is not enough oxygen and nutrients to carry these away from some parts of the body.

PREVENTION

Man is a tropical animal and lives, at risk, in other areas of the world, which he minimised by wearing clothes to insulate himself from the environment. There are three divisions of this insulation: (1) the surface area of the body; (2) clothing; and (3) air trapped on the surface or between the clothing, all of which can be altered to adjust the body temperature - the first subconsciously, the latter two consciously. To minimise the likelihood of hypothermia in an individual, maximum use must be made of the latter two by wearing thin layers, preferably wool, which will trap air and a windproof top to protect this from the environment. A hat is vital because up to 30% of heat is lost from the head. In extreme circumstances, every effort should be made to keep the result of the 'eat balance equation' positive.

GROUP PRECAUTIONS

There are many other factors which should be considered by leaders and instructors on, say, a hill walk or a canoe trip, the main items of which are:

- (i) The physical ability of the party to tackle the project concerned. Children and slightly built adults are less likely to cope under strain and cold than fit and well built adults. In general, males are more at risk than females to hypothermia because females benefit from their thicker subcutaneous fat layer which gives better protection to the body core.
- (ii) Medical condition of individuals. Do any of them have heart conditions? Have any been ill recently? Are any on drugs? As much information as possible should be found out so that the leader or instructor can make a better assessment of the party's capabilities.
- (iii) Ensure that all are well fed beforehand as this can considerably reduce an individual's performance and capabilities to deal with difficult situations.
- (iv) Physiological factors should also be considered eg. are the people used to the conditions? If not, this may cause anxiety and fear. Do they have confidence in themselves (say, to handle the canoe) and DO THEY HAVE CONFIDENCE IN THE LEADER ?

All of these factors should be considered and every effort should be made to reduce their effect by the use of proper equipment, methods, training and preparation.

PERSONAL ACTION

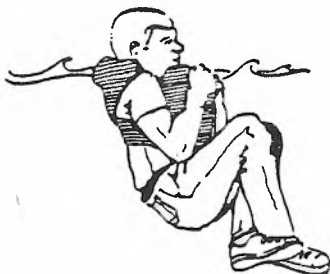
It is important that everyone involved in water based activities is familiar with rescue procedures and how to look after themselves in the water. This is one situation where familiarity is unlikely to breed

contempt. There is no substitute for work in cold water so that both instructors and pupils can realise their own limitations. This is particularly so if those concerned have only swam in heated pools previously. Someone who can swim a kilometre in a pool may only manage 50m metres in cold, choppy water and the sooner he realises this, the greater his chances are of survival.

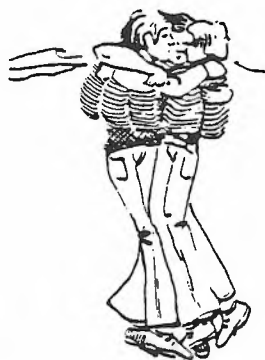
All members of groups should be made aware of the following basic personal survival principles:

- (i) If you are immersed in cold water yourself and rescue is unlikely to occur in the immediate period, every effort should be made to conserve heat by:
 - (a) keeping as much clothing on as possible, consistent with floating comfortably.
 - (b) Do not swim or exercise to keep warm as this increases the water flow over the body and thus heat loss.
- (ii) If a lifejacket or buoyancy aid is being worn, the casualty should try to float with his arms by his side, legs together, and knees pulled up as close to the chest as is practical. This will minimise the body area exposed to the cold water and is called the HELP position. If no personal buoyancy is being worn, he should try to hold onto some sort of floating object and use the minimum effort to stay afloat.
- (iii) If a survival bag is available, get into it and gather it round at the neck. This will cut down the heat loss and is surprisingly warm.

H.E.L.P. (Heat Escape Lessening Posture)



Huddle



Methods for reducing the body surface area exposed to cold water.

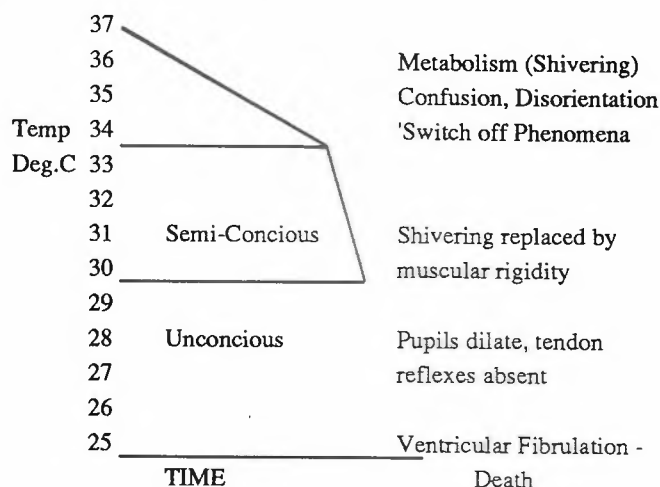
Note: Unless circumstances are exceptional, if one person becomes hypothermic, it is likely that the others in the group will be nearing this stage, and every effort should be made to minimise the possibility of subsequent casualties by taking all possible precautions in the circumstances.

RECOGNITION

Because of the 'switch off phenomena' which occurs with hypothermia, only in the early stages will the casualty be conscious of the deterioration in his condition and be able to do anything about it. For this reason, it is vital that all members of a party should know the symptoms and be alert for them. If necessary, this can be done by pairing people off and asking them to watch each other for symptoms.

Note - BELIEVE THE SYMPTOMS, NOT THE CASUALTY. Unfortunately unlike most medical conditions there are no specific symptoms from which hypothermia can be diagnosed, although the following may be helpful indicators in the early stages. The best indicators of hypothermia are often environment and the present situation. It should be noted that all, some, or none of these symptoms may occur.

Stages of Hypothermia Related to Core Temperature



Symptoms:

Abnormal behaviour; Violent shivering; Slurred speech; Vacant eyes; Reluctance to answer questions; Very cold skin - blotchy or discoloured; Complaints of "feeling cold"; Lagging behind or stumbling.

Symptoms in later stages:

Collapse; Progressive impairment of breathing and heart function leading to eventual stoppage of one or both, and thus death (within 4 minutes) unless treated immediately.

TREATMENT

The first stage is to remove the casualty from the offending environment or if this is not possible to at least decrease its effect. In its simplest form this could be to turn the casualty with his back to the wind, or to shelter behind a rock. Secondly, attempts should be made to improve the casualty's environment by putting up a tent, putting on further dry clothing, or providing increased insulation from the ground. In immersion cases, remove the patient from the water and get him to shore as quickly as possible. After this, the treatment varies depending on whether acute or sub acute hypothermia is involved.

ACUTE:

Acute hypothermia is by far the easiest to diagnose and treat, if only because of the circumstances causing the condition, normally by immersion in cold water. Treatment should, if possible, take the same form as the method of cooling, ie. rapid rewarming by means of placing the patient in a hot bath at 45°C, approximately the maximum temperature an immersed elbow can withstand. The patient should be kept in the bath until signs of sweating are shown and thereafter treatment should continue as for sub-acute hypothermia.

Much research has been done on this aspect of rewarming and an explanation of the mechanisms involved is useful at this juncture. Previous theories recommended keeping the limbs out of the bath to stop vasodilation of their blood vessels and a rush of cold blood to the heart. Recent research by Keatings and Golden has now shown that it is better to keep the limbs in the bath as the hydrostatic pressure of the water will slow the bloodflow to the heart and any blood returning will have been warmed by the water.

One of the major problems with the treatment of all types of hypothermia, particularly acute, is a phenomenon called 'after drop'. This is best explained by modelling the body as a series of shells as shown in Diagram 4.3. Even after the subject is removed from the offending environment, his temperature will continue to fall until the heat being applied has penetrated the shell layers and reversed the trend.

The effect of 'after drop' is to give the impression that the rescuers treatment is not working, and this can be demoralising. Rescuers must

therefore be aware of the 'after drop' and be sufficiently certain of their treatment not to despair in the initial stages.

Note 1 - If the situation precludes the use of a hot bath, the treatment should be as for sub-acute hypothermia.

Note 2 - Acute hypothermia is the only form which should be treated by direct external heat and only in the form of a hot bath for the reasons explained above. Further explanation of this is given in the treatment for sub-acute hypothermia.

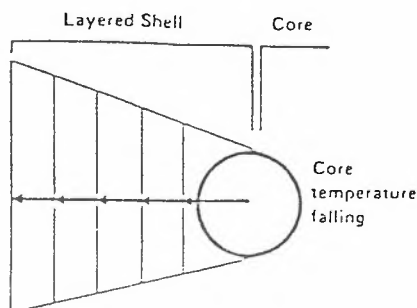
SUB-ACUTE:

Because of the metabolic changes involved in sub-acute hypothermia this is a much more difficult problem to deal with, both in diagnosis and treatment. Much research is being done in this field especially by the Navy, and the treatments recommended vary somewhat. What is given here is the most recommended treatment at the present time.

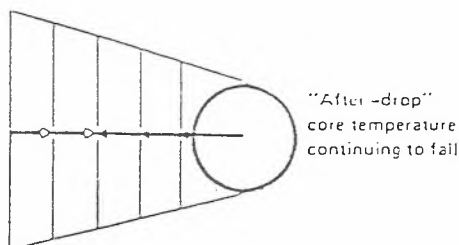
The casualty should be immobilised and insulated from the environment. Dry clothes should be put on, with the minimum of fuss and handling, and then the casualty should be kept as warm as possible. If the casualty is conscious, warm liquids may be given in limited amounts. There are two schools of thought on the method of re-warming. One is the classic method of getting the casualty into a warm environment, putting someone in the sleeping bag with the casualty, preferably having skin to skin contact. Opponents of this argue that this will cause an increase in blood flow from the peripheral areas to the core because that is where the heat is being applied. They recommend that the casualty should be placed in a neutral environment, i.e. kept where the body can warm up through its own mechanisms. The treatment to use is up to the individual and may be influenced by the prevailing situation and equipment available. In a group situation, where there is the possibility of further cases developing, the former is probably better psychologically.

Diagrammatic Representation of 'After-Drop'

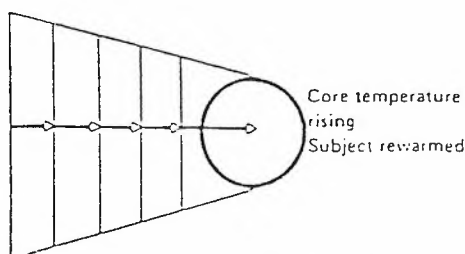
A. COLD WATER (< 33°C)



B. WARM WATER (40 - 44°C)



C. WARM WATER



With acknowledgement to M Stoddart

It must be stressed that rapid rewarming must not be used in the case of sub-acute hypothermia because this will open up the peripheral blood vessels and cause a rapid decrease in blood pressure due to the decreased fluid volume, which is normally fatal without special medical equipment and assistance.

GENERAL

Handling of the patient is very important as even the smallest extra demand on the heart may be too much for it. The patient should therefore be handled as little as possible and, only if absolutely necessary, very gently. If it is required to carry the patient, this should be done with the head slightly lower than the body. Pressure to the abdomen should be avoided as this may cause heart failure. This is a major problem in helicopter rescue cases where a harness is the only practical method of rescue.

In all cases, there is no substitute for proper medical attention and this should be obtained at the soonest possible opportunity. Until such time, the help rendered, and discussed above, is of necessity FIRST AID, and should be viewed as such.

A further complication in extreme cases of those involving drowning is the possibility of a failure of the respiratory or circulatory systems. If failure does occur, treatment in the form of Expired Air Resuscitation (EAR) and External Cardiac Massage (ECM) should be applied in the normal manner until such time as medical help arrives either to take over or pronounce the casualty dead. Remember, in these situations DEATH = FAILURE TO REVIVE and, no matter how hopeless the situation may seem, every effort should be made to revive the subject. This is particularly the case in hypothermia where the casualty may appear dead or very near to it because of the much decreased metabolic rate.

There are many other aspects of hypothermia, too numerous and involved to mention in this context, mainly concerned with deaths in immersion incidents not directly attributable to either hypothermia or drowning. Most are unavoidable, but present research suggest they may be decreased by familiarity with cold situations and practice of rescue incidents.

CONCLUSION

Hypothermia is a condition which can strike anyone involved in outdoor activities at any time of the year in Britain and can only be avoided by educating everyone involved of the dangers, how to prevent it, and in the last resort the best treatment in the circumstances.

Ongoing research has produced a wealth of papers on the subject and continuing changes to the recommended treatments for various types of hypothermia. Those whose responsibility it is to look after the safety of people on activities should try to keep up with current research and it is hoped that the information contained in the previous pages will help in this respect.

Hypothermia Notes - References

- Survival in Cold Water*, by W R Keating. Blackwell Sci. Publications
- Hypothermia, Ashore and afloat*, by var. authors. Aberdeen U. P.
- Rewarming from Immersion Hypothermia - An Evaluation of Three Methods*, by M Stoddart. Aberdeen University.
- The Immersion Incident - Thoughts on Immediate Care*, by F St C Golden and J F Rivers. Anaesthesia, 1975, Vol 30.
- Resuscitation of Accidental Hypothermia Victims*. US Army Research Institute of Environmental Medicine, 1976.
- Mountain Rescue*. RAF Training Handbook, HMSO.
- Journal of the Royal Medical Service*, Vol LIX, Spring 1973.
 - (a) *Death after Rescue from Immersion in Cold Water*, by Lt Commander F St C Golden.
 - (b) *Discussion in following Cold/Wet Survival Symposium*, by Surgeon Lt C W Evens.
 - (c) *Marines and Canoes*. Journal of the Royal Medical Service, Vol 66, Summer 1980. The Management of Rescues Shipwrecked Survivors, by F St C Golden.
- Proceedings of the Royal Society of Medicine*, Vol 66, October 1973. *Recognition and Treatment of Immersion Hypothermia*. British Journal of Hospital Medicine, April 1980.
- Problems of Immersion*, by F St C Golden.
- Shipwrecked and Survival*, by Frank Golden.

RUNNING RIVERS

by Fred Wondre

Running a wild river is a journey into the unknown. A journey filled with excitement and danger: an adventure. White water clawing at rock. A constant pounding fury, inexorably eating mountains. Water is the dominant force. Here we survive by riding a tiger.

We need to understand the nature of water, to read its moods. Left to its own devices it flows smoothly downhill until it is obstructed or constricted. The Thompson can run at 100,000 cfs with barely a ripple on its surface. The Tryweryn runs at about 24 cfs with quite a few waves. Imagine 1000 cfs between twisted rock walls. Water here is quite different. The last thing it seems to do is flow downhill. It surges, boils and eddies.

Rivers have character. That character can indicate what is coming, but beware of changes in geology, steepening gradients, fast rivers that suddenly become flat. We can never master this environment. We can only survive. Sometimes we can coexist and play together.

Strategies for survival

There are two main strategies for survival. All out attack. Get on and charge down the river. Or survey the river from an eddy and run down to the next one. Neither approach should be dismissed. There are many paddlers who run many hard rivers and survive using either method. The way we run rivers is a statement about ourselves and how we regard our current environment. The fast and furious approach can be seen as a display of consummate skill equal to anything the river has to offer. The slower more deliberate style can imply total control and assurance.

Which is more dangerous? How do we assess danger? Most of us draw our own limit to what we consider an acceptable risk. A judgement based on a mixture of experience, sense of self-preservation and fear. That judgement is valid for us. It need not be valid for someone else. We have no infallible way of knowing what is dangerous. We all explore our own limits or live comfortably inside perceived limits.

Luck or foolhardiness?

Paddling at the hard edge is frequently called foolhardy. Unless it is successful - then it is lucky. Then it is done successfully many times. So who was right at the beginning? Wherever there are limits they will be explored by someone. Inevitably when personal limits are set beyond what is possible, something will break. It used to be the equipment; now equipment has improved to the point where bodies are being damaged. That is how the limits are established. Accidents are regrettable but they do have the side effect of showing the rest of us what can safely be enjoyed.

Attempts to run hard water will lead most of us to our internal limits: the edge of terror. The point at which we cease to perform. Fear becomes so strong that it closes off the senses of perception and inhibits action. usually this occurs in anticipation of disaster. Repeated exposure to this edge slowly rolls it back, leaving us free to put in that extra stroke, and so avoid disaster. Or free to assess our predicament, plan adequate action and put it into effect.

To run a river successfully we need to be able to paddle. Primarily this means arriving at a chosen point, via a selected route and the right way up. The route may be straightforward, or studded with difficulties or play spots - where you play with the river or the river plays with you, depending on the river and your ability.

Essential skills

A command of the basic techniques is essential. Paddle strokes on their own are useless. It is their combination that makes them effective. All the strokes are necessary, plus a few more. Fine control of the execution of each stroke, anticipating and correcting for the effects of the water, as we head for our chosen target.

These demands are central to the discipline of slalom. Unceasing forward momentum, economy of strokes, each pushed to full extension with power and suppleness. The unremitting need for accuracy in paddle control as well as the attitude of the hull. The control of speed, each stroke preplanned and executed to perfection. A dream of skill and power.

Imagine arriving at a slalom to compete. You find that the rules have been changed. The organiser informs you that there is no practice run. There will not be a second run either. It all hangs on your first and only run. Oh, the penalties are different too. Instead of losing five seconds for a touch, or fifty for a miss, you could lose a lifetime. Would you paddle?

Of course the poles are missing too. The river is 24 km of continuous grade 4 water. Starting at 9300 ft it is snowmelt and icy. There is a section of grade 6 in the middle somewhere. How many mental slalom gates would you hang up on this course? They look untidy in any case!

A different approach?

Clearly something is different here. We can not pre-plan a route down 24 km. A different approach is required. We can run breakout to breakout. It is not necessary to stop in each one as long as the next one, and a route to it, is available. A breakout is not much use unless we can get off the river if necessary. We run the river 'on spec'. That is, proceed down, using eddies as necessary, or eddy hopping if the difficulty of the water requires it.

Once on continuous white water, as opposed to short rapids, we can no longer afford to think in terms of individual paddle strokes. In fact we cannot afford to think of paddle strokes at all. The conscious mind will be fully loaded with reading the water and making decisions about routes. Sometimes even that is not entirely possible. Under such circumstances the paddling has to be totally automatic. The conscious mind will select and set goals. The subconscious will take care of the details. The conscious will then deal with the consequences.

This has implications for the process of learning to paddle. Basic technique is straightforward! The come fine adjustments added on to the basic stroke off to improve control. Combinations of strokes improve the flow of the strokework. But paddling is not just about using a paddle. It is also about the feel of the water. The paddler should be one with the boat. Body and boat should be locked together at the hips, thighs, knees and toes. Any body movement is transmitted to the boat. This is essential for good balance. Balance and confidence can be built up together by occasionally running as much of a rapid as possible without using the blades. Once good balance is achieved, most grade 4 rapids can be run without needing the blades for support. Training on flat water omits a vital component of paddling - the feel of the water!

When our on a river, reading the water becomes important. The ability to execute technique faultlessly is not of prime importance. What is important, is the ability to select a route that can be managed within one's present level of ability, even if it is on the bank. Often, in this country, it is a case of deciding where there is enough water to avoid becoming grounded. Even at this stage the approach to solving the problem determines the rate of learning.

Follow your leader and you should have an easy trip. Try and find your own routes. There will be a few mistakes, but learning will be much faster. Because everyone else runs a rapid the same way, does not necessarily imply that it is the best way. Make your own decisions, and take the consequences. Try to predict what will happen to somebody else, and adjust your judgements to reduce the number of errors. If something went wrong try to fathom why, until your companions trust your judgement the way you trust theirs. Then you can ride the river and savour its ways.

TO BITCH OR NOT TO BITCH...

by Andy Middleton

This essay is a summary of recent trends in British white water playboating. It examines the rapid growth of rodeo kayaking, and considers reasons for the relatively slow growth, or decline, of some other disciplines.

Competitive canoeing in Britain started in the late 19th century; the first paddling regatta was held by the Canoe Club in 1867, British Slalom did not start until 1939, with an event organised by Franz Schulhof (Frank Sutton) on the River Dee. The continual improvement of kayak design, from the 'Single Streak' of the 1860s to the carbon-kevlar K1 kayaks of the 1990s, and the increasing ability of participants, created a growing and healthy interest in competition which lasted until the mid 1980's.

Playing grows in popularity

Playing, rather than racing on rivers and the sea, is now increasingly popular amongst paddlers of all abilities; surfing standing waves and stoppers, controlling loops and enders and 'messing around in boats' are a feature of more and more river trips.

The first rodeos were held in the USA in 1981 and have increased in frequency and popularity ever since; roadside rapids and big clean water are fine ingredients for a successful contest (along with a large canoeing population!).

Britain's first rodeo was organised by Twr-y-Felin Outdoor Centre and held on the Bitches near St Davids, Pembrokeshire in May 1988. From the outset, rodeos have been spectator-orientated events. Interest began to escalate as words and pictures from this first rodeo event filtered their way back to the kayaking population; over 120 spectators visited the Bitches Rodeo in August 1989.

A second event on the Bitches followed in the summer of 1988 with big tides, and an intimidating stopper; the atmosphere was everything that competitors could hope for - fierce competition during the heats, with a friendly repartee between all those present. The success of these two events led to rodeos being held on the Thames weirs and Holme Pierrepont organised by Yak and Current Trends respectively.

In judging most rodeo events, rather than awarding points for particular moves, a panel of four or five judges look for an overall impression of skill and finesse. This 'expression session' style of competition had been used successfully for a number of years in surfing contests, and has translated well to rodeo contests.

Valuable assistance and comment was given by Frank Goodman during the formative first two years; partly as a result of this Shaun Baker and Nick Mallabar (organisers of the Thames events) drew up guidelines for judges inexperienced at rodeo contests, which suggested an order of difficulty for the most common moves, and that any reverse or 'no paddle' moves, would 'score' double. The system proved useful for judges inexperienced at rodeo judging. The most recent events have worked well with each judge on the panel working out placings before producing a final result by averaging the individual scores.

Appendix A lists some of the basic moves that are performed in current British rodeos.

Sponsorship success

It is interesting to observe the success of competitions that have been run by commercial organisations. Sponsorship has included the 1990 Thames rodeo which was sponsored by Summerleaze Gravel (a Thames Valley Company whose interest stemmed from a need to work more closely with the NRA); other contests attracted sponsorship from UK retail outlets who supplied prizes ranging from kayaks, to helmets and leisure wear. As PR events they were successful for the

sponsors (which guaranteed a commitment to organising further events) and successful for contestants, who learnt new techniques and tricks.

The lack of committees, rule books and bureaucracy made these events easy to run and fun to compete in.

Skills improved rapidly as competitor numbers grew; a 360 degree pirouette was seen for the first time in 1988, yet in 1990 the same move wouldn't even guarantee a place in the semi final. 'Bombproof' rolling was essential in all events; a swim meant disqualification.

No useful skills gained ?

Rodeos have been encouraging paddlers to be flamboyant, and some criticism has been levelled, that no useful skills are gained. This is perhaps unfair. Although not many white water paddlers in the past have 360'd for fun, the ability to control one's boats when the world spins, must be a benefit. Juggling is again a questionable river skill, but there are many paddlers who would be safer on the water if their boat control was good enough to allow them to juggle whilst surfing a wave.

A lucky 3 Star paddler, kited out with short plastic kayak, full face helmet, and extreme paddles, may survive a Grade IV rapid without swimming - inspired, some would say, by the likes of Shaun Baker paddling big waterfalls. He or she may venture soon after into the realms of bigger waterfalls and Grade V, without really having developed good technical skills along the way (similar arguments have been used against climbers who train solely on climbing walls).

The benefits of this progression for white water are questionable.

It is hoped that rodeo paddling can now give the 'club paddler' recognition and fulfilment. Although, as discussed, the individual moves may have limited benefit when river running, the spin-offs are enormous in terms of improved boat control, rolling ability and confidence.

A decline in slalomists ?

A number of factors may have contributed to the recent decline in numbers of slalomists, and have been taken into account by the organisers of both slalom and rodeo events:

- The durability of plastic kayaks has resulted in more and more club level paddlers seeking fun by bouncing down the fast flowing rivers of the British Isles, rather than competing against the clock in a down river or slalom event.
- Slalom runs take little time: large parts of the river are taken over with the event and there is little time for play or practice.
- Paddlers travelling long distances to compete appreciate an event that allows more time to be spent on the water.
- The equipment used in slalom is specialised, expensive, fragile and unsuited to most other areas of the sport.

The recent change of ruling for BCU Slalom events has allowed plastic general purpose kayaks to be used up to Div III, which should do much to encourage beginners. In contrast, rodeo paddlers can paddle any boat they want, which can be used for sea trips, rivers or even polo.

Surfing standards lower ?

The standard of competition kayak surfing was arguably higher 10 years ago than it is now. Many of the best paddlers moved over to wave ski paddling with the formation of the British Wave Ski Federation. The technical level of paddling at the British Kayak Surfing Championships held at Whitesands wasn't a true reflection of Britain's best talent, as many good paddlers don't compete.

A rosy future

The future of British Rodeo paddling looks rosy, but will have to be carefully managed to remain successful. The last two rodeos on the Bitches have seen the arrival of the first few foreign contestants. The May 1990 rodeo was won by Jan Kellner from West Germany - the appearance of European paddlers, particularly those who win competitions, has done much to show people the direction in which they must go to win.

Competitions held in Europe recently have included Finland's Fast Water Festival, a rodeo on the river Mourne in Ireland, and an event organised by the AKC, held at Lofer in Austria in August 1990; the events held in Finland included a 'giant slalom' and another race involving surfing a Grade IV wave, playing cow bells, throwing paddles through hoops, and rolling.

New coaching skills required

The coaching skills required from this branch of canoeing are to some extent new; white water coaching has rightly trained people to avoid stopper waves, rather than purposely paddle in to them. Rodeo

paddlers need to develop the boat control that allows them to enter and exit stoppers safely, before they can progress to looping, and more advanced skills. A number of specialist courses have been run where the following coaching progression was used:

- understanding the formation of waves
- understanding how water movement affects the kayaker
- reading hydrological features; anticipating their effects
- practising safe entry and exit from stoppers
- kayak moves; enders, loops and pirouettes
- linking moves together to form sequences.

Appendix A - RODEO MANOEUVRES

Popout: Paddler and kayak airborne after dipping nose of kayak into wave

Ender: Vertical kayak after bow dip; may be forward or reverse

Loop: An ender in which movement has been continued to take the kayak upside down; 180 degrees through a vertical plane

Handsurf: Riding a stopper or standing wave without the use of paddles (usually after they've been dropped or thrown away)

Pirouette: Turning the kayak on its vertical axis; 360 turns are getting common, 540 turns are considered lucky.

Mystery Move: Kayak and paddler are totally submerged. In a squirt boat this is fundamental; on the Bitches it often happens accidentally to Dancers and other boats

Paddle Tricks: Spinning and throwing paddles does require a basis of good kayak control, but shouldn't constitute the basis of a rodeo performance.

Carving 360, Barrel Rolls, Doughnuts, Skew Wiffs, Waggle Bottoms and Romens are all variations or adaptations of the above.

Appendix B - EQUIPMENT

It's only in the last five years that equipment has been designed specifically for rodeo and playboating. Basic white water kit consisting of gp plastic boat, standard buoyancy aid, neoprene spraydeck, and composite paddles, is perfectly adequate for most people. Although there are specialist boats on the market now, they can be used for river running and surfing as well as rodeo competition. Contest organisers are discouraging the scenario whereby John Doe feels he's got to spend £150 on a pair of paddles to be able to compete on equal terms.

8 or 10 paddlers are currently sponsored by UK manufacturers for all their software.

CONCLUSION

Rodeo canoeing may not turn out to be the biggest area of competition kayaking in the UK, but there are lessons to be learned by other disciplines within the sport.

The lack of rule books, committees, and ease of organisation have been a big attraction for many people; entrants pay only £5* to enter the competition, hence rodeo is far from an expensive discipline. The extra bonus of having prizes up for grabs shouldn't be a reason to enter, but certainly doesn't do any harm.

For a 'minority' aspect of the sport, its impact on the canoe industry has been enormous: for the first time, manufacturers have designed kayaks and peripheral equipment specifically for the playboating/rodeo market. Pyranha led the way in the UK with the Stunt Bat, following on the heels of designs such as Noah's Aeroquatic and Jeti in the USA. Perception's designs have included the Corsica and Corsica S, designed for playing as well as river running. The range of 'software' produced for this area is substantial, with all the major manufacturers producing rodeo cags and buoyancy aids, with increased ease of movement and comfort, as well as the protection that's needed for big.

Those involved in the rodeo circuit sincerely hope that competitions can retain their friendly nature, with exchange of ideas and techniques between competitors being the norm rather than the exception.

(Editorial note: *Current slalom entry fees for divisions 3 and 4 (adults) are £3.50 and £4 respectively).



Mike Ramsay at Hambleden in 1967. The practising of 'enders' by slalomists was common place. This shot won the award for the sports photograph of the year at the Hague for Stew Frazer. It was reproduced on the cover of Canoeing in Britain the predecessor of Canoe Focus and in Living Canoeing by Alan Byde, the outstanding book presenting a general introduction to the sport, of its decade.

PHYSIOLOGY OF STRENGTH, STRENGTH DEVELOPMENT AND TRAINING RELATED TO SEX AND AGE

Schmidtbleicher D.

Institute for Sportsciences Johan Wolfgang Goethe-University Frankfurt, Federal Republic of Germany

OVERVIEW OF STRENGTH QUALITIES

1. Maximal strength, speed strength and strength endurance are not distinct entities and bear a hierarchical relationship to one another. Maximal strength is the basic quality which influences strength endurance and speed strength.
2. On the basis of a factor analysis, concentric strength, eccentric strength and isometric strength are not independent from one another. All three types of strength can be explained in terms of three phenomena: innovative behaviour (voluntary activation), muscle cross-section, and muscle fibre type.
3. Maximal strength can be considered as a basic quality which influences the speed-strength performance in the case of concentric and isometric contractions as well as the speed-strength performance in the stretch-shortening cycle and the endurance performance.
4. Speed strength performance can be produced by concentric movement and by isometric contractions, the components of this speed strength quality are starting strength, explosive strength and isometric maximal strength.
5. The reactive movement, that is, speed strength, produced in a stretch-shortening cycle is a relatively independent motor quality. The qualitative expression of reactive speed strength is essentially dependent on the structure of the innervation patterns and the training state of musculo-tendinous structure in terms of their contractile and elastic qualities.
6. Strength endurance refers to the capacity for resistance which exhausts musculature through static or dynamic work, performed with loads which are greater than 30% of the individual's maximal strength. Neural factors limit performance in short-term work (up to 30 seconds) and metabolic processes limit performance in long term work (longer than 30 seconds).

STRENGTH DEVELOPMENT AND TRAINING

As we know from training practice and longitudinal research, the adaptation of the muscle requires considerable time (several months to a year, depending on the quality and quantity of the adaptation).

On the other hand, measurable adaptations to a training stimulus directed to muscle hypertrophy can be detected after a relatively short time span. Biochemical changes appear in a few hours and lasting improvement in maximal and speed strength, after two weeks.

Therefore short term increases of performance can be based on the one hand, on a coordinative learning effect (intermuscular) that is, the subject can coordinate the timing of the musculature involved in the training movement (the coordinative learning effect). On the other hand, neural changes appear which help the individual muscle to achieve greater performance capability of motor units and by increasing the tolerance to elevated innovation frequencies (intra-muscular coordination).

In conclusion, the important long term factor responsible for muscle hypertrophy is the proliferation of contractile material in the muscle, which can be monitored precisely through modern methods such as computer tomography.

The first adaptations are always mainly of an intermuscular coordinative nature and the first stabilization of training effects appears after two weeks (4 training units per week). neural adaptations of the intra-muscular type lead, after 6 to 8 weeks and with 4 training units per week, to important compensatory modifications. Only the third method (hypertrophy) of increasing the strength level offers considerable improvement possibilities in strength behaviour lasting over a period of several years. Experience, as well as the author's own research, indicate that after approximately 12 weeks of the same type of training, regardless of the type, the rate of increase drops off dramatically. Based on this knowledge, it is indicated that one should either use another muscle cross-section training method (eg Body-building methods: slow repetitions with high resistance) or put emphasis on changing to a type of training stress geared towards the neuromuscular system, eg maximal-force development methods.

TRAINING RELATED TO SEX AND AGE

The comparison between male and female concerning a strength training depends on skeletal and structural differences. Women have a lower mean body mass because of another proportion of body fat and muscle mass. The quality of muscles, given the same muscle mass are equal. The hypertrophy of muscle in women works slower because of hormonal differences, but there exist no differences in training methods.

Strength training for children and young people starting from 8-10 years is useful and desirable if the training procedure is well controlled with respect to: slow gains, a lot of different skills, consideration of possible orthopaedic problems. It is better to start early and to progress slow than to start late with high progress and the higher probability of injuries.

'THE WINNING EDGE'

BISC ANNUAL CONFERENCE

The British Institute of Sports Coaches Annual Conference will take place at the National Indoor Arena, Birmingham on Wednesday 4 September.

Topics: 'The Making of a Champion' - Rick Bailey, ASA Coach; 'A System to Develop Top Players' - Micky Stewart, England Cricket Manager; 'Quality Performance - Achieving Consistence' - Howard Wilkinson, Manager, Leeds United AFC; 'The Winning Edge' - Geoff Cooke, England Rugby Union Manager.

Send sae to BCU office for full details

SUPERCOACH

The National Coaching Foundation's latest News Bulletin contains information of a new product the 'Vaseline Sports Training Pack'; 'An Introduction to the Structure of the Body' - home learning pack to basic anatomy, price £8; Key Courses and Advanced Courses programmes for 1991 - phone 0532 744802 for a copy of the 1991 programme of courses near you; and the 1991 Diploma in Professional Studies (Sports Coaching) course - applications must be in by 2 September.

Should 'wings' be outlawed ?

Rules exist to ensure fairness in competition. There is little point in playing any game, sport or pastime against anyone who does not obey the agreed rules of that activity.

Competitors and manufacturers continually test the rules to seek to achieve an advantage over the opposition. They work to the limits of the constraints imposed upon them. If they did not, it would merely give an advantage to the competitor who did, and this in itself would be unfair.

What ensues is a battle between the law-makers, and the competitors and those who design or seek to introduce technical developments to achieve an advantage.

It is important to control the application of technology in sport, for if this was not done the essential point would be lost. This is that sport must always be a contest between skilled persons competing on equal terms - not a struggle to determine who has the richest daddy, or who can find the wealthiest sponsor, able to buy the best gear.

There are many illustrations of this process. Currently the argument over the design of the "America's Cup" yachts, and the constant re-evaluation of the innovations in design introduced annually into motor racing, are the supreme examples.

In target archery, sights may not incorporate a lens or prism. Compound bows cannot compete against normal composites or long bows. Compound bows incorporate pulleys, thus giving a leverage advantage which enables a much stronger bow to be pulled - the stronger the bow, the faster and more accurately the arrow travels.

No sport is exempt, and in canoeing the introduction of minimum weight limits, and the outlawing of the use of substances which can be applied to hulls to aid faster passage through the water, are two illustrations of the process.

How does the "wing" paddle feature in this debate ?

The wing paddle is clearly an innovation, since it is recognised that a different technique is required for its use, to that which has hitherto only been refined.

Wing blades have design features which make them identifiable from all other types, and so legislation could be drafted to prohibit their use without causing difficulty of interpretation for judges and umpires. There is an established "advantage" in the use of wings for competitors who master their use.

But why should they be banned ?

Because they are very expensive, and have to be constantly replaced. This therefore gives an advantage to those who can bear the cost, and makes life even more difficult for those with talent, but without the cash.

Because the change in technique which is required for their use, has fairly specific applications only, and takes racing further away from the generic sport of which it is part.

Because greater specialisation must surely be detrimental to participation.

Because wings are a development which does not move the sport forward in a useful and positive way. They therefore constitute a technological "gimmick" which is not in the best interests of the activity.

A recent letter has drawn attention to the detrimental affect which the high cost of ever more specialist and sophisticated boats and equipment must have on juvenile participation - many youngsters now will not compete if they think their gear is 'out of fashion': it must have the right name on it !

Are you serious about 'wings' ?

I don't know, but I do feel that the questions should be asked.

Geoff Good

NOTICES

COURSES - ADDITION TO THE CALENDAR

Senior Instructor Assessment (Inland)

4-6 October - Buxton, Derbyshire

White Hall Centre, Long Hill, Buxton, Derbys SK17 6SX

EXAMINERS LOGS

Senior Instructors who wish to become grade I (Proficiency) examiners, or grade I examiners who wish to become grade II (awards courses) examiners, are reminded that it is now necessary to obtain a Log Book (free from the BCU office).

The Log Book sets out the minimum number of tests or awards courses on which it is necessary to satisfactorily assist, prior to a recommendation being made.

Please send stamped, addressed, A5 envelope.

GETTING 'EM INVOLVED !

Members are reminded that most regions publish an annual hand-book, which gives full information concerning the clubs, events and courses in the region.

Why not purchase a copy from your Regional Secretary (address in BCU Yearbook) so that you can better assist those whom you enthuse, to become paddlers.

CURRENT PRICES

Please remember that all current prices for tests, awards, and other items are contained on pp 75-76 of the Members Year Book.

Change of price - Waterproof paper

Our new supply of waterproof A4 sheets of paper has unfortunately been the subject of a price increase. Now: £2 for 11 sheets; £7 for 46 sheets, VAT and p&p included. Cheque with order please.

NO PROBATION

We still receive enquiries concerning the 'probationary period' between training and assessment. The requirement for a set period between Instructor or Senior Instructor training, and assessment, was discontinued several years ago.

All that is necessary is for a candidate to show log book evidence of having undertaken at least 20 hours relevant teaching for Instructor, or 50 hours for Senior Instructor.

Suitable experience gained prior to the training course may be counted. It is therefore quite in order for a candidate with such prior experience to train one week, and be assessed the next.

It is not acceptable for an award to be granted on a training course, however.

There is still a set period of three months between the failure of an assessment (instructor or Senior Instructor) before a re-assessment may be undertaken.



STAR TESTS

PLEASE NOTE:

PRICE IS NOW £2.50

We are still receiving many test entry forms showing (and enclosing !) old prices - even 50p from 1980 !

PLEASE destroy any old forms in your possession and send for a new Star Test Entry Form book, or photocopy the entry form below.

Thank you for your help - and do keep up the good work !

 **BRITISH CANOE UNION**

Coaching Scheme: Star Tests

THIS APPLICATION IS NOT A VALID CERTIFICATE - TO BE REDEEMED WITHIN 3 MONTHS

For confirmation Certificate and Badge, please send this form with correct remittance to:

The British Canoe Union, Adbolton Lane, West Bridgford, Nottingham NG2 5AS

Please write Grade of Test passed in box
(i.e. 1 / 2 / 3 / 4 / 5)

Please RING clearly **type** of test undertaken:

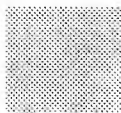
KAYAK / CANOE () / **SURF - KAYAK / SKI**

Candidates Particulars (FULL NAME - CAPITAL letters please)

Christian Name(s)

Surname

Address



..... Postcode

the above label will be used to return your certificate - please write clearly

DECLARATION (by those applying for membership)

to: The Director, The British Canoe Union

I agree to be bound by the Rules and Regulations of the BCU

Signed

Date of Birth (if under 18)

Date

DATE:

LOCATION:

Examiner's name (capitals please)

Examiner's signature

Is candidate a BCU member? Yes / No

FEES PAID (inc VAT)

Test Fee inc. Certificate and Cloth Badge:: **£2.50**

Membership (please tick)

Comprehensive:

Adult: £20 Under 18: £10.50

Basic: Adult: £11.50 Under 18: £7

£ p
2 - 50

TOTAL