

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.

THE SCIENCE OF CANOEING



In today's highly competitive international sports arena, nothing less than a scientific approach to training and competition will suffice. To get the most out of athletes, coaches must understand the biomechanical principles underpinning efficient technique, the physiological basis of peak conditioning, the psychological determinants of successful performance and the effective tactics and strategies that must be employed to achieve the winning edge. This is what the *Science of Canoeing* provides in this unique contribution to the canoe coaches' library.

Although this book has been written primarily with the Marathon and Sprint paddler in mind, the Slalom and River Racing paddler interested in improving performance is likely to find some useful advice.

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APPROVED

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REVISION OF THE TESTS AND AWARDS SCHEME

In the last issue of CoDe it was announced that a working party was to meet to re-appraise the scheme in the light of the requirements of the National Council for Vocational Qualifications (in so far as they are currently known) and to take into account views which have been expressed from the membership, and anomalies which have revealed themselves.

The working party, consisting of Jerry Elsmore, RCO London, Sam Cook, RCO Yorkshire and Humberside, Peter Midwood, Plas y Brenin, and Stuart Bell, SCA, met on 7-8 January, and have put forward the following general principles for consideration.

Your views are welcomed. The National Coaching Committee will discuss the matter on 7-8 March, and begin to put 'flesh to the bones'. There will then be further consultation through CoDe, in regional and local coaching panels, and at the Conference from 31 Oct - 1 Nov with a final decision made on the detail, and with regard to the implementation date, by NCC in November of this year or March 93.

The working party's view was as follows:

- 1 The existing broad aims and principles of the awards are necessary to properly cater for our diverse sport.
- 2 Most of the existing range of qualifications should continue to exist in some form or other.
- 3 Some simplification and rationalisation is possible, particularly with regard to the presentation of the system.

It was therefore resolved that the awards should be structured as follows. This recognises that at each level there are areas of common ground - such as recognition and treatment of hypothermia, organisation for journeying, understanding the behaviour of water, and so forth. It should not matter, therefore, whether an Instructor was to be based on gp kayak, canoe, or open cockpit kayaks, all should undertake the same generic module.

There would then be a discipline-specific module, where personal performance, the analysis and teaching of basic skills, specific group control and leadership would be covered.

A person wishing to obtain an alternative qualification would undertake the assessment for that discipline, having obtained the required personal performance test. Failure would lead to them having to undertake the discipline-specific training module (which they would be recommended to take anyway) before re-applying for assessment.

The required level of rescue, life saving, resuscitation and first aid would also be available as a module for those who did not hold an acceptable alternative test.

The working party considered that the 1-Star test syllabus should be presented to require techniques, rather than skills - eg 'Move the craft sideways' rather than 'demonstrate a draw stroke'. The same syllabus would then apply regardless of the craft being used, and regardless of whether a solo or doubles performance was being demonstrated. The definitions would still be specific to the boat involved, as would the Certificate. For 2-3 Star there would be more differential in the syllabi.

The working party also felt that the 4 and 5 star tests should be dropped. Proficiency should be re-appraised to follow on from 3 Star and re-emphasise the journeying skills, and perhaps include canoe or kayak camping skills. The progression would therefore be: 1, 2, 3 Star, Proficiency, Advanced Proficiency. (The proficiencies would still be discipline-specific).

AWARDS (teaching) - modules (days ?)

Safety and Rescue (relevant life saving test exempts)	Generic elements:	Discipline specific:
	Safety	Personal performance
	Hypothermia	Analysis and teaching of skills
	Knowledge of the sport	Group control
	Teaching techniques	
	Access	
	The BCU and the Awards structure	
	Environmental issues	

TESTS (the following is an example only)

(1 STAR)	Open canoe
1 Launch and get in	
2 Forward paddle a circuit of at least 100 metres including controlled turns	
3 Paddle backwards a distance of at least 25 metres	Open canoe double
4 Stopping - both directions	
5 Turn in a large circle with forward paddling strokes only	Closed cockpit kayak
6 Turn the craft in its own length	
7 Return to the edge and disembark	
8 Capsize and swim ashore (compulsory for closed cockpit kayaks only)	Closed cockpit kayak double
Show beginnings of	
1 Support strokes	
2 Moving sideways	Open cockpit kayak
3 Rudder	
	Open cockpit kayak double

Dear CoDe

Dear CoDe,

I heartily endorse Francis Angove's letter, No 42 issue, recommending that First Aid should be a requirement for the Instructor Award and above. Apart from canoeing it should be a requirement of every authority, school and outdoor pursuits centre before any member of staff may lead a group on an expedition of however simple a nature.

It may be to some just another certificate, just some more time to be given up. But in fact knowledge of First Aid should be more important than advanced canoeing skills and the holding of a Public First Aid certificate a sign that the holder is fully aware of his responsibility as a leader. The dangers which come from ignorance of signs and symptoms, or the mistreatment of a casualty, can be the difference between a slight incident and a permanent injury, or even between life and death.

Every county has units of St John Ambulance, British Red Cross or St Andrews Ambulance north of the border. Each and everyone of these organisations has a number of qualified instructors (just reading the manual is not enough) and by using club premises the cost of a course can be reduced from the £30 quoted by Francis. Worcester Canoe Club has at the moment over 20 members who hold Public First Aid certificates from courses run in the autumn of each year. After all, on an expedition injuries do not only occur on the water.

JACK TRAVERS, Worcester

Dear CoDe,

I read with interest Francis Angoves' letter in the last edition of CoDe, and must agree with its content.

I was a little concerned with the reply stating that work has started on a (first-aid) module suitable for canoeing, presumably for inclusion in the coaching scheme.

Before we start discussing which injuries are going to be more specific to canoeing, and therefore what sort of training should be given, just remember that as canoeing instructors or not, we are just as likely to encounter a car accident, and its related injuries, as a split head at the bottom of a set of rapids.

I feel it is wholly inappropriate for a canoeing organisation to undertake first-aid training outside the main first-aid governing bodies.

If it is decided that first-aid certification is desirable, (and I think it is), then use an existing award from St Johns, St Andrews, or the Red Cross. Let's leave it to the experts.

JOHN WHITE, Isle of Skye

DofC comments: There is no question of examiners who are not qualified to do so, being able to train and assess for first aid. The module, and the examiners, would be approved by a recognised bod

CANOEING IMAGE

by MIKE HUBBARD

After reading Simon Dawsons article in CoDe on types of canoeist and the types of activity as Structured and Analytical or Unstructured and Intuitive, I agree it is important that the BCU can provide a service to all its members, so that all canoeists see the value of joining.

This means that we not only provide a comprehensive service, but we are seen to provide the service, so that canoeists know what is going on and be attracted to the type of provision that suits them.

The Image that all communication generates is most important, and we should choose our words carefully.

The words "activity and provision" at the beginning of this article imply Event, Regatta, Competition, Rally, Tour, and Tournament.

The word "service" also covers a wide range including Insurance, Licence, Focus, Training, Coaching, Instruction, and Organisation of all the above activities.

The image that words project seem to fall into groups that imply the rest of the group as well and we should be aware of this when we use them.

TRAINING

commitment	fitness	perfection	dedication
self denial	effort	hard work	excellence
regular attendance	winning	competition	
regatta	Slalom	race	Tournament
structured	Analytical	Expedition	

COACHING

White water and Flat water	Correct technique
Course	Improvement Advanced proficiency

INSTRUCTION

Types of stroke	Types of boat	Ability
Event	Session	Hot dogging Squirt boat
Proficiency	Star test	Touring, placid & white water

COME AND TRY IT

No commitment	Taster	Anybody	Placid water
Enjoyment	Help	Show How	Safety
Provide opportunity		Easy	Recreation
Confidence	Intuitive	Rally	Activity

Channels of communication

Boundaries of these groups are NOT clean cut and most words can drift up or down one but only a few, like activity and rally, can move from top to bottom.

In the past I have found it difficult to set all channels of communications all projecting the same Image. When the West Midlands Region have been organising an event to provide a balanced programme for all the family, covering from training white water skills for touring, racing and slalom to placid come and try different types of boat, we use the White Water Course (its not just a slalom course) Winfield Placid Pool and 8 miles of the River Trent, all for an inclusive price for canoeing and rafting, we need to generate an IMAGE to convey all this. We therefore wish it to be called "The West Midlands Regional Rally", because RALLY is a word with a growing image in canoe circles which can include all the above. In the past it has been Wrongly called just "Come and Try Slalom" to "Regional Slalom Training" this is restrictive with an image of head bashing ALL the time and this puts of a large percentage of our members form attending. Slalom is only one important discipline of canoeing among many other aspects of the sport.

We all ought to look carefully at the Image given by the title and publicity of events, so that it attracts the type of canoeist that it is designed for, so that they will go home satisfied and want to come again.

50K IN ONE DAY !

National Canoeing Day

Saturday 5 September 1992

Plans are being laid in many quarters to provide activities on Saturday 5 September 1992, in the wake of Olympic success, to achieve the target of having 50,000 people canoeing on the day.

Have you arranged your event yet ?

A MESSAGE FROM GRAHAM LYON

Coaching Scheme Chairman

The Olympic Games will give us a unique opportunity to raise the profile of canoeing. This is important if we are to win public support for increased access and also if we are to attract new money to help develop our sport.

On 5 September we expect all canoeists to be involved in a canoeing activity. This could be organising or participating in a special event. It could be taking part in a competition, a training session, a tour in the countryside or even as a spectator. It doesn't matter what you do so long as you support canoeing.

There has already been an amazing response to National Canoe Day so you need to decide what your club is going to do.

The national impact is to be achieved by every club, centre and local canoeing group being involved and telling people about their activity. You will also need to let your Regional Committee know and this will then give us the Regional picture. From this information we can give some facts and figures to the National Press and Television. We are aiming at half a million people on the water.

Local Events Need a High Profile

To achieve this you need to invite local people with some influence to support your event. We need every Mayor in the country in a canoe with the gold chain over a buoyancy aid. You might also invite:

Your local MP

Local Councillors

Sports Liaison Officers

A Local Sports Personality

Local Business People.

Make a special effort to ensure that all sections of the community are represented.

In your invitation let them know you will be using their names to help publicise the event when you write to the local press, radio and television. Their names will also appear on the "BCU National Register of Event Supporters" which will be given to National Press on the 4th September.

Messages we need to make to the Media and General Public

- 1 The BCU believes the profile of the sport needs to be raised in this Country. This is because it is fun, healthy and helps us cope better with the stress of modern living.
- 2 As a nation we must provide more opportunities for young people to be involved in sport.
- 3 Canoeing is a unique sport because there is something for everybody regardless of their age or ability. You can drift quietly through the countryside or can aspire to become an Olympic athlete.
- 4 Canoeing is an ideal family activity even if parents do not wish to canoe.
- 5 Canoeing is cheap it is the most versatile water sport and is compatible with the environment.
- 6 Explain how canoeing can make a valuable contribution in your local community.

Tell everybody about "National Canoe Day"

**PLEASE REMEMBER, STAR TESTS ARE £2.50.
TRAINING/ASSESSMENT FEES HAVE INCREASED.
ALL PRICES ARE CONTAINED IN THE
MEMBERS' YEARBOOK.**

INSTRUCTORS REQUIRED

Longridge

Longridge Scout Boating Centre at Marlow is looking for Instructors to help run canoeing and sailing from June to September 1992.

Applicants should have a background in Scouting or Guiding. For more information please contact Longridge SBC, Quarry Wood Road, Marlow, Bucks. SL7 1RE. Tele 0628 483252

Courtlands

Climbing, canoeing and sailing. Min grades BCU SI and RYA tidal. Experience in other activities preferable. Min age 21 years. Driving licence essential. Season vacancies March-November and July-September. Apply with CV and recent photo to The Director, Courtlands Centre, Kingsbridge, S Devon. TQ7 4BN

NOTICES

QUEUE HERE, PLEASE

A request has been received for a Senior Instructor or Coach qualified in both Sea and Surf to undertake a fortnight's teaching and testing in a desirable location somewhere between June and September. All expenses paid. If you are available and interested please register name and address with the Director of Coaching at the BCU.

LOST / STOLEN

A black Mountain Bat, crosslinked, white water spec lost/stolen Sunday 12 January, 1992, near Gordano Services on M5. Please contact Steve Finch (0628 483252).

COACH TRAINING (Inland, Sea, Canoe). 5-11 April, Old Bushmills International Academy for Coaches, Northern Ireland. Full details: Dave Grant (03967 22158).