

# CoDe

the magazine of the BCU Coaching Service

No 57 - June 1994



*CoDe is the official organ of the BCU Coaching Service. 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.*

**Editor: Director of Coaching**

## THE AIM OF THE BCU COACHING SERVICE 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.*

## EDITORIAL NOTE

The sparsity of this edition of CoDe is regretted, particularly as a number of 'meaty' articles have been supplied. My apologies to the authors - they will appear next time in a 'bumper' edition!

It's usually a 'damn close run thing' as Wellington once said. Unfortunately on this occasion too many deadlines crowded in together, and it was just not possible to meet all the demands.

## THANK YOU

The system of keeping Wednesday free from 'Coaching calls' is working well, and we are grateful for the co-operation which has been exhibited by (nearly) all concerned!

It has enabled us to get on top, and keep on top of, the tests and awards registrations in particular. Please note that these are now fully up to date, so if you are experiencing a problem we need to know about it. Please ask for Maria.

Enquiries concerning Canoeing Safety Tests and Rescue Tests should now be directed to Natalia.

## SAFETY HELMETS

A statement concerning safety helmets has been circulated to all clubs and approved centres, and is currently on its way to coaching and course organisers. It will be carried in full in August Focus. Please send sae to BCU office for a copy if you require one in the meantime.

A 'draft for public comment' for a standard for a helmet to meet the requirements of the EC Directive on Personal Protective Equipment has been circulated by British Standards Institution. Comments must be made to BSI by 28 July 94. Please send sae to BCU office if you wish to receive a copy.

## PANEL MEETINGS

### Wiltshire Panel

The next meeting will be held on 10 October at Potterne, commencing 1930.

### South Buckinghamshire Panel

Meetings for this year. Contact Martin Plain on 0490 875390 to ensure there are no changes.

Wednesday June 22. 7pm Safety & Rescue - technique & speed

Wednesday July 20. 7pm Open Canoes - Improving skills

Wednesday Sept 14. 8pm Changes - NVQ's - Star Tests

Wednesday Oct 19. 8pm Night paddle

Wednesday Nov 30. 8pm Panel AGM - Election of LCO & Officers

## 1994 COACHING CONFERENCE

**Saturday 29 October - Sunday 30 October**

Holme Pierrepont - The National Watersports Centre, Nottingham.

Choice of accommodation from £13.50.

Topics to include:

Basic Skills Kayaking & Canoeing \* 4 & 5 Star Kay tests - What level? \* Effective Forward Paddling, Transferable skills \* Injury & its avoidance in canoe sport \* Sports Psychology, how learners learn \* Coaching Service update, NVQ's, Tests & Awards Review \* Coaching Service AGM

Send SAE to: COACHING SERVICE OFFICE for full information

## YMCA SEEKS WATER BABIES

The YMCA Charity's Day Camps scheme, which runs daytime activity holidays for children, needs qualified instructors in windsurfing, sailing and canoeing, at its Watersports Camp in Harefield. Part-time instructors are needed throughout August to run watersports activities for 9 to 14-year-olds. Applicants must be RYA or BCU qualified and will be paid up to £10.00 per hour depending on qualifications.

If you are interested ring John Weston, Director, YMCA Day Camps, Tel 081-520-5599

## BCU Aquatic First-Aid course

Sunday 19 June 1994 Nottingham. Cost £25.00

Contact: Keith Sykes, RCO East Midlands

8 Marlwood, Cotgrave Nottingham. 0602 894267

## How to be a Canoeing Star: A Guide to Taking Your Star Tests

by Kath Wright BCU Publication ISBN 0-9000082-05-4

Price: £4.95 non members, £3.95 members, plus £1.00 p&p

## RLSS SUMMER SCHOOL

The RLSS Summer School runs from 15-20 August, and offers a range of courses. Details from D Harris, RLSS UK, Mountbatten House, Studley, Warwicks B80 7NN.

## TWO-YEAR HND COURSE

Two-year-Felin combine with Pembrokeshire College to offer a Higher National Diploma course in Sports Science and Outdoor Activities.

Modules will cover environmental science, marketing and industry, planning & administration, materials technology, equipment & maintenance, bio-mechanics, human physiology, coaching & instruction.

If you are 18 or over, with an 'A' level or equivalent, or are a mature student, contact John-Paul Eatock, Two y Felin, St Davids, Dyfed SA62 6QS (0437 720391).

Dear CoDe

Is there a need for the Open Canoe Coaching Awards ??

I am writing with concern on how some of the Coaching service members Open Canoe Awards. This instructional award has continued to grow over the last decade, more so in certain areas of the country than others. While this "evolution" has continued to take place more organisations and clubs have taken to the use of the open canoe for personal and group development building sessions, expeditioning and touring, including the Duke of Edinburgh's Award and of course skills training. These sessions vary from being simple fun tasters to lengthy comprehensive skill sessions. The duration of these may last anything from 5 minutes to full days out, and could involve camping and self sufficiency from 1 evenings duration onwards. These can be based on simple and safe flat water locations such as canals and small sheltered lakes, to larger flat water expanses - larger lakes and the sea and of course moving water. The open canoe instructional awards were introduced alongside both the kayak and sea awards to deal specifically with this type of craft. To allow the safe introduction of persons to canoes and a progression through the awards on flat or moving water.

From my own observations and that of others it appears that there are a number of Coaching Service members who still feel that the open canoe awards are relatively unimportant, and seemingly minor, when compared to the kayak awards. How can you tell? By the way that these persons seemingly operate outside the "Terms of Reference for Coaching Awards". Inland kayak SIs are, according to the above, able to test the 1-2 Star (canoe) providing sufficient personal experience has been gained.

The question begging to be asked is how is this sufficient personal experience defined and who sanctions it?

While students are being coached to the level of 1-2 Star what venues are being used? I am sure that Open Canoe "Instructors" are aware of the differences of training and assessing using locations such as ponds and sheltered lakeside bays compared to open expanses of water and the inherent problems associated when using this type of craft on those waters. However, I am not as certain about some kayak "Instructors" using the medium of the open canoe in these environments.

The second point I would like to raise on this issue is that of expeditioning. Again kayak "Instructors" are using the canoe for this type of venture with groups. The Terms of Reference state that the minimum qualification for this should be SI (Canoe).

Why do we need the Open Canoe Award if these people are able undertake the above without the relevant qualifications? In the interest of the students safety and learning it is of vital importance that the "Instructor" is aware and is familiar with the relevant safety issues and measures associated with canoes, along with the ability to coach techniques safely and correctly. What better way to gain this expertise than by undertaking the relevant Open Canoe coaching awards. Thereby acquiring the necessary skills and operating within the Terms of Reference.

The Open Canoe awards should be operating alongside the kayak and sea awards enhancing the coaching of canoe sport. It should not be treated as the underling or pariah. For those kayak "Instructors" operating within the terms as laid down by the BCU, my apologies for any offence caused. As far as the "rogue" element are concerned please for the safety and enjoyment of your students get yourselves qualified. The excuse that any form of canoe sport qualification is better than none when dealing with the alternative forms of the sport in which the Instructor is qualified cannot be upheld whilst there is in operation a specific series of coaching awards aimed at these forms.

These "Instructors" should not take all the blame. Many organisations do not enquire over the staff specific qualifications and fail to ensure that the staff keep within the boundaries of the terms of their specific award.

The Open Canoe is rich with diversity allowing many students to enjoy the activity of canoeing even maybe for the first time. After all not all canoeists were kayakers. Yet they still achieve the same satisfaction from their chosen aspect of canoe sport. One of being in control and paddling their canoe on flat or moving water, maybe enjoying the peace and tranquillity of a lake, the thrill of white water or the feeling on a trip of escaping to the wilds and being totally self sufficient. Let us not undermine or others the importance of the Open Canoe coaching awards.

NEIL A WILSON, Preston

## The Placid Water Progression - for touring and racing

by Richard Ward

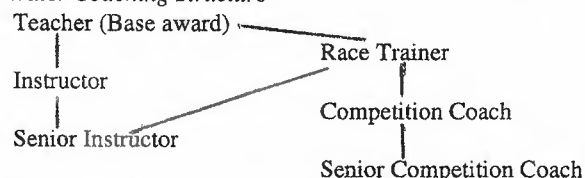
National Coach for Marathon Racing

Twelve years ago, after a long campaign by David Train the 'Fladbury way' was officially recognised by the Coaching Committee and became known as the Placid Water Scheme. For the first few years the scheme was propelled along by David and a small band of helpers. As a direct result in this period as well as building up Fladbury Canoe Club to be one of the biggest and most successful clubs in the country there was an upsurge in new and existing clubs interested in touring and racing. The philosophy behind the scheme is simple and persuasive.

- 1 "Open" cockpit craft used in the scheme allow easy access to the craft and remove concern of entrapment removing emphasis on practising capsizes. Thus broadening the range of people to which canoeing will appeal.
- 2 A progression of canoes and kayak to allow easy introduction to faster craft, appropriate to paddlers ability, to enable efficient raving and touring in a placid water environment.
- 3 Directionally and laterally stable canoes and kayaks to allow reasonable journeys to be undertaken at an early stage.
- 4 Placid Water Craft enable easy and worthwhile use all year round of the many miles of navigation and flat water without access problems along which many clubs are located.

The Placid Water instructional awards are linked closely to the competition coaching awards for racing (see diagram). Together they provide the coaching framework to support every level of paddler from raw beginner to the World Champion. Placid Water canoeing under the auspices of the BCU, through affiliated clubs, regional and national committees offer a vast range of safe and organised paddling activity. Placid Water touring and racing are closely linked, certainly many racing clubs use recreational journeying to help the general development of their paddlers.

### Placid Water Coaching Structure



### Placid Water Coaching

The scheme of instructional PW awards was originally geared to support and create racing and touring clubs. In the early stages this was where most of the impetus for the system came. Alterations were later made to make the progression more acceptable to the centre situation, but they failed to have the desired impact. It is now firmly my view that the future lies within the clubs it was designed for at the outset. To meet the needs of these clubs there have been three main changes implemented.

- 1 Return to the Original Progression  
The original scheme has been adopted, reintroducing the progression of boats for both canoe and kayak.
- 2 The Placid Water Coaching Panel (PWCP)  
The appointment of a panel made up of a member from each BCU region to focus the promotion of Placid Water coaching support and development in their region.
- 3 Clarification of the Examiner system.  
To fall in line with the rest of the coaching service a series of E2 examiners have been created to staff future coaching courses. As a result, on offer in 1994, for the first time for a number of years, is the full range of Placid Water instructional and competition coaching awards.

### For the future

The continued development of the coaching awards scheme to support existing activity and encourage new is the priority for the next few years. In the meantime, in CoDe, this article will be followed by a series of case studies, where the "Fladbury" approach has been adopted and adapted in a variety of different environments. In some cases the ideas have been in use a short time, in others the approach has been used for years. In all cases the inescapable logic of using the Placid Water philosophy prevails.

For details of the courses available please consult the BCU Yearbook. For details of outreach courses set up after the copy date contact National Coach for Placid Water, Richard Ward on 0363 774841