

CoDe

the magazine of the BCU Coaching Service
No 67 - February 1996



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.

Editors: Director of Coaching, Coaching Development Officer

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.

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A MESSAGE FROM THE CHAIRMAN OF COACHING

You will hopefully be aware of recent improvements in the Coaching Service. Although it is early days, the employment of an additional member of staff, and a greater ability to fund working parties, and produce better resource material, and so forth, is beginning to make an impact. It is encouraging also to see that several Coaching Service members are standing for Council, and I do hope that they will receive your support.

Graham Lyon

The coaching service is supported by



Coming soon in 1996:

The New Coaching Directory

The New Logbook and technical manual

The Level 2 Coaching Resource Pack for training courses

'This is Canoeing' Promotional Video

'Three Star Paddling' standards video

Regional Coach Training Programmes

Proposed Coach (level 5) development courses

A number of coaching service members have indicated their interest in proceeding towards their Coach award by involvement with a regional programme. At this stage it is intended, primarily to count heads of those members who are already in a position to proceed and would wish to start during 1996.

Steve Devlin - LCO for East Kent, has agreed to act as the co-ordinator for the South East programme and Paul Trott is acting as the Yorkshire and Humberside co-ordinator

at this stage, and would they like to hear from other Coaching Service members within the two regions if they are interested in pursuing their coach award in this way.

Further details, will be published in CoDe as soon as they become available. In the meantime please send your name, address, telephone contact and BCU number to:

SE Region Coach (5)

Steve Devlin, I.A.M Ltd, Churchill House, 6 Castle Hill Road, Dover, Kent CT16 1QN.

YH Region Coach (5)

Paul Trott, East Barnby Outdoor Education Centre, East Barnby, Whitby YO21 3SA

INFORMATION CORNER

EASTERN REGION LCO ELECTIONS

SUFFOLK

Mr Steve Cone, having been duly nominated is elected (unopposed) 108 Lowestoft Road, Carlton Colville, Lowestoft, Suffolk, NR33 8JB. County panel members will receive a mailshot inviting them to a meeting in March / April.

CAMBRIDGE - SOUTH

Mr David Savage was duly nominated and is elected (unopposed).

The Staff Flat, Meeple Outdoor Pursuits Centre, Chatteris Road, Mepal, Ely, Cambs, CB6 2AZ. All County Panel members are invited to a meeting at Neeple Outdoor Pursuits Centre on 19th March, 7.30 p.m.

BEDFORDSHIRE

Mr Steve Scorer was duly nominated and is elected. (A further nomination was received but the candidate withdrew due to an change in his employment commitments. Old Walters Cottage, St Neots Road, Bolnhurst, Bedford, Beds, MK44 2EP

All County Panel members are invited to a meeting at the Beefeater Public House and Restaurant, Priory Park, Bedford on 25th March 7.30 p.m.

EASTERN REGION PANEL MEETING, INCORPORATING EXAMINERS FORUM

02/03 March Venue - Lowestoft College, Suffolk
Examiners Forum (Saturday Only)

Essential for Course Organisers for revalidation of E2 status. Also a two day coaching panel seminar open to all regional panel members. A varied programme could be offered to the coaching panel, suggestions include personal progression, examiner status, NVQ's, use of the Environmental Pools, Aquatic First Aid, Sea / Coastal Touring, use of VHF radio, pyrotechnics display. Contact RCO, if attending and also if you have any other suggestions for activities.



THE GUIDE ASSOCIATION
Incorporated by Royal Charter

ACTIVITY INSTRUCTORS REQUIRED

FOR A GUIDE ACTIVITY CENTRE DURING 1996

Short and long term contracts available.

Candidates should be over 18 years of age and hold BCU TI or BMC SPSA training as a minimum. Enthusiasm and the ability to work with young people are essential attributes.

Activities include canoeing, climbing, abseiling, archery and skiing. Experience in the other activities is an advantage although full training is given.

Application forms and details available from: Blackland Farm, Grinstead Lane, East Grinstead, Sussex. RH19 4HP

Dear CoDe

Dear CoDe

C3 Forms

A recent bulletin No 56 arrived on my desk this month with information about our new C3 forms. Although I 'despise' paperwork for paperwork sake, I understand the need to document courses and results clearly.

It is the last paragraph that causes me concern. As a 'professional' I find it hard how a person can finish both training courses or assessment without a clear result, a full debrief, an oral forum with course members including staff and an appeals procedure.

I have yet seen a pre made form for debriefing that suffices all the variety that is required in the above. This one does not "You will have or make a personalised one written.

Why a written debrief?

I have both failed and passed awards and on reflection on all occasions, can not remember much past the disappointment or elation, so the need to have it written is paramount. So what should it contain?

- * Examiners name and contact number
- * Course result
- * Debrief points and constructive criticism that will help the candidate to become more professional (nothing personal)
- * An action plan with the required points that need to be addressed before assessment or the award completed.
- * A short note on all the candidates good points and the next step.

All WLA courses have been providing this for all its courses and it has been remarked that it assisted the clients, giving clear and professional advice to all its candidates pass or fail.

Bill Benyon, WLA, Swansea

Editors Note:

There will be available shortly (March 96) a C3 (c) form, in the same style as the new C3 a&b. The new form will be a feedback and action plan sheet with duplicate sheets for the examiner candidate and BCU office. It covers all the points in Bill's letter and a few more. Based on feedback from 'the field' over recent years, it will 'plug the gap' and provide a useful form of noting 'what was said and agreed' always a prickly area in the emotional heat of assessments. The new C3(c) will also fulfill an NVQ requirement in this area.

Dear CoDe

Support for grade 3

I would strongly support the move to grade 3 water for the four star test. If this is not done the progression to 5 star and grade 4 water is a gigantic step.

In addition the increase in the number of paddlers using artificial courses and attending tours on grade 3+ water has given rise to a large number of paddlers making unqualified assessment of their own paddling skills. The 4 star test should act as a true measure of how close paddlers have come to their aspirations.

M. Rayner
Halifax

Dear CoDe

Canoeing and Academic Learning

What a change to read an article on a successful Outdoor Education project. The description by Matthew Bampton of a course where students use canoes literally as vehicles for field study work was like a breathe of fresh air. Perhaps Matthew does not realise that in England Outdoor Education does not mean the same as in the States. Ever since the N.A.O.E. hijacked the term Outdoor Education, and used it in place of the term Outdoor Pursuits, we have had to suffer the consequences. I will remind people that when the N.A.O.E. was formed, possibly because the N.A.F.S.O. already existed, Field Studies were expressly excluded from its remit. Hence the confusion over Outdoor Education and Outdoor Pursuits.

Although we do have examples of English Academic Institutions running "integrated" outdoor Education courses e.g. Sheffield Hallam University, The University of Southern Maine has set an excellent example of canoeing with a different end. This does not detract from other types of canoeing activities but adds to the variety of canoeing which can be offered to students. I hope we shall see the example copied over here.

Rod Hyde
Cheshire

Dear CoDe

In response to the new award structure for Coach levels 1 to 5.

The removal of the rescue test and replacement with aquatic first aid (minimum) is very appropriate as the rescue test was very similar to the canoe safety, and with the introduction of the one day aquatic first aid it means that canoeists have a first aid qualification appropriate to the sport.

I can see a big benefit in potential assessors having to hold an award for a minimum of 3 years prior to going for assessors grades as this gives them time to consolidate their level, and should help improve their own coaching ability and ideas rather than of late where people have been coming for assessment too early.

Saying that I am very unsure about the requirement for level 2 coaches (Instructor) who after 3 years can go on a one day assessment course, spend some time with an A2 (could be an Instructor) and then be eligible to assess other level 2 coaches.

During my 10 years as an instructor I know that I was not capable of assessing other instructors, and it was not until gaining my SI and then working with other SI E2's and Coach's that I gained the knowledge required to assess coaching awards.

I feel that if we allow level 2 coaches (who don't need to have gone on any moving water to fully appreciate the strokes and techniques) to assess up to their own standard then we will potentially lower the standard of coaching.

Andy Bond
Derby

Dear CoDe

E2 or not E2

A few weeks ago I sat in (almost) stunned (almost) silence through what was meant, I thought, to be an E2 Seminar. But why call it an E2 Seminar? The whole thrust of the meeting was that the present E2 is a Dodo!

The Senior Instructor/Eq at at present known is the lynch-pin of many clubs.

(a) He can train the beginners; he can put them through their Star-Tests, and at the appropriate time through their Proficiency (or - better - assess another Club's while their SI/E assesses his)

(b) He can help to perpetuate the Clubs structure and in the long-term lighten his own load) by preparing Club members for assessment as Instructors and Senior Instructors (I do not know a Club SI/E2 who would assess those he had trained).

c) Despite not having Advanced Proficiency (the standard of which was once defined to me, on an Assessment, as being able to paddle a laden plastic boat on grade 4 water as well as Premier Slalom paddlers could paddle unladen Slalom boats, he leads trips on the water he knows he can lead on: Grade 3 water - and Grade 4 water if he feels up to it.

Now this is all to stop. The new SI (sorry - Level 3 Coach) will not even be able to qualify to test for Proficiency (sorry - 4*) until he has (a) passed 5* syllabus unknown (b) attended T/C4 - syllabus unknown (c) been assessed as a Level 4 coach. Nor will he be able to train people for the qualification that will enable them to test for Proficiency until he is a Level 5 Coach! And all this relates to an Test which is to be taken on a Grade II river with grade II/III specified for journeying!

Nor, I gather, is the pledge that existing rights will be maintained (p8, CoDE No. 60) now going to be kept. But even if it were, that would not solve the problem. There are not going to be the voluntary instructors prepared to qualify as Level 4 and Level 5 Coaches, which Clubs did not need, and now will, if they are to function as they have done for years. So use of the Coaching Scheme in the Club Voluntary sector will die, as there will be no candidates coming forward other than the 'professionals'.

Why? What about the old principle of if it ain't broke, why fix it?

And forget about consultation - or even making the syllabuses available before adoption: the key lies, I am told, at the Nov 11th NCC meeting; and the syllabuses we are told will be in place from January 1st do not exist! Nor has it been easy to understand what has been published: most people I know looked at Senior Instructor + Advanced and assumed it meant Just that - an SI who had passed the new 5* - not noticing that there is T/C4 and C4 assessment still to do!

The reasons for the changes seem fairly obvious, however: the intention is that all training and assessment should have to be paid for. This was brought home to me reading an advertisement just circulated by a body previously unknown to me called 'Water, Land and Air'. I quote:

'At a recent BCU meeting we overheard an English RCC mention that he was going to use the money to pay his SI's more money. He was going to increase it from £15.00! It is no wonder OAA training with some establishments is poorly run. If you pay peanuts you get monkeys!'

Goodbye E1 and E2 status....a new professional era is dawning!'

I have been running Proficiency training and assessment, and Instructor and Senior Instructor Training, and assessing at that level, for years: I have never asked for payment, nor would I. Obviously, therefore, I am not even a monkey. A vegetable, perhaps?

Is it not time we reclaimed Canoeing as one of the last bastions of Amateur sport? After all, centres have been known to kill people: I have never heard of a Club doing so! Yet the reaction of Water Land and Air to the Jamieson Act is to say that Schools and Colleges (and presumably Clubs) should also be licensed.

I should also be interested to know how many members of the NCC earn their living from instruction, and therefore have a financial interest in the disappearance of the voluntary sector. Did they declare their interest at the NCC meeting which approved all this, and abstain from voting?

John Sturgess, SI(I)/E2, Giggleswick Canoe Club

IMPORTANT NOTICE

Compulsory Examiner Forums

Will grade II examiners, and grade I examiners who plan to assist on courses in order to obtain grade II status, please note that in order to be appraised of the differences in the tests and awards, which will run to the new syllabus from 1 January 1996, it is necessary to attend an Examiner's Forum this winter or next spring.

Examiners should ideally attend the forum planned for their own region, but if this is not possible an examiners' conference in another region will count.

The dates will be notified as soon as they are available. Those currently planned are:

West Midlands: Saturday 3 February,
Ackers Trust

Wessex: Saturday 3 February,
Avonmouth

North Wales: Sunday 18 February, Plas y
Brenin, Capel Curig.

Eastern Region: Saturday 2 March
Lowestoft

East Midlands: Sunday 17 March, Current
Trends, West Bridgford,
Notts

**For venues and start times
please contact your RCO**

CoDe Contributions

Do you have something to say ?

*Do you have something you would like
to share with your fellow coaches ?*

*CoDe is your newsletter and depends
on your contributions. It is a forum for
ideas, opinions, top tips and handy
hints, cartoons, development, discus-
sion and debate. There's only one
snag.... you have to find time to
contribute !*

Please try and fill our postbag...

The Award Changes

Please read this !

THE IMPLEMENTATION OF THE REVISED TESTS/AWARDS AND ASSESSOR SYSTEM

The Members' Yearbook circulated with this issue of CoDe provides an outline of the revised system of tests and awards. A number of anomalies have revealed themselves, as well as the need to consider further some details with regard to the transfer of existing qualifications, and examiner gradings. These affect the way in which the system will operate, and some of the principles which have been established, still need to be worked through with regard to their overall effect on the system and current members.

The National Coaching Committee is holding a special meeting in February to finally determine these matters. The meeting will also consider opinions which have been expressed both individually and through the Examiner Forums so far held, with regard to some of the policy decisions made, as well as particular observations concerning items within the Star Tests.

April CoDe will report the final decisions. Also with April CoDe will be a copy of the Coaching Service Directory, containing all the revised syllabi and information.

If you require particular information prior to the first week of April please send a sae to the BCU office with your request for specific syllabus'. You will also be sent a leaflet giving a resume of the affect of all the changes on current award holders in the light of the final decisions made by NCC at its February meeting.

PLEASE SEND SAE - PLEASE DO NOT TELEPHONE AS WE DO NOT HAVE THE RESOURCES TO COPE WITH A LARGE DEMAND FROM VERBAL ENQUIRIES IN THIS REGARD.

NVQ News

How do I become an Assessor ?

BCU and S/NVQ ASSESSOR TRAINING

The following dates are available to those who wish to become BCU and/or S/NVQ Assessors.

Becoming an S/NVQ Assessor

Please note that to become an S/NVQ assessor it is necessary to be a current BCU grade II Examiner. The 2-day training course (covering units D32/33) introduces you to the principles of assessment, and to S/NVQ methods, including the canoeing specific requirements.

Following completion of the training course it is necessary to undertake at least 2 assessments of a Level 2 Coach (BCU Instructor) under the supervision of the BCU's Internal Verifier, and produce portfolios of evidence of your experience, before final ratification. It should be noted that if this process is started, but subsequently not followed up, the candidate will be charged £150 for registration, support etc. This figure is imposed by National Coaching Foundation, not the BCU.

Current S/NVQ Assessors who wish to become BCU recognised

If you are currently an accredited S/NVQ assessor in another sport or industry, and a current BCU grade II Examiner, it is necessary to attend the first day of the 2-day S/NVQ Assessor Training course only. You then proceed as above, undertaking assessments of Level 2 Coach (Instructor) under the supervision of the BCU's Internal Verifier.

BCU Instructors or Senior Instructors (who are not currently grade II Examiners) who wish to become BCU Assessors, but not S/NVQ Assessors

If you have been a BCU Instructor or Senior Instructor for a total of at least 3 years, and wish to become a BCU Assessor, it is necessary to attend a 1-day course on 'assessment methods'. This accredits you as a BCU grade 1 Assessor (A1) able to assist on Coach Level 1 (Supervisor) and Coach Level 2 (Instructor) courses until recommended by a current grade 2 Examiner to be in charge of a training or assessment team for Level 1 Coach, and a training team for Level 2 Coach, at which time you will be designated as a BCU grade 2 Assessor (A2). A Log Book will be supplied on your training course.

Please note that it is necessary to become a BCU grade 2 Assessor prior to becoming an S/NVQ assessor, as outlined above.

Sat/Sun 17-18 February	S/NVQ Training
Nottingham	
Tue/Wed 19-20 March	S/NVQ Training
London	
Thu 11 March	BCU Assessor Training
Nottingham	
Sat/Sun 11-12 May	S/NVQ Training
South Wales	

Further dates will be announced in April CoDe including weekend dates for BCU Assessor Training.

The Case for Membership

Why do I have to join ?

THE CASE FOR MEMBERSHIP

Letters and comments are sometimes received from those who resent the fact that the BCU requires candidates who seek coaching qualifications to be members of the organisation.

One member recently queried how the rule was brought about, and challenged whether or not those who voted for it were truly representative of the membership. It would, however, be rather anomalous for the members of a member organisation to vote not to be members, thereby bringing about the demise of the member organisation !

The two other organisations most often involved in the outdoor pursuits field with canoeing, namely sailing and mountaineering, do not currently require membership for the holding of coaching qualifications.

Taking governing bodies as a whole, however, the majority do expect those holding coaching qualifications to be members.

What are the reasons ?

It must first be understood that voluntary governing bodies of sport are essentially the 'coming together' of all those who enjoy the actual involvement for mutual benefit and the promotion and development of their interests, and those of the sport.

It is reasonable to assume that those who want to teach the activity would naturally want to be part of the central organisation - the 'coming together' of those dedicated to the development and promotion of the activity.

Quite clearly it costs money to provide and service a system of coaching qualifications as a public service. Unless the government is to underwrite the system, or those who are willing to join voluntarily provide for its funding through their subscriptions, the only means by which the necessary revenue can be created is through charging levies on courses, and through profit on tests and publications and through subs.

As stated above there is an assumption that those who teach the activity would wish to iden-

tify with the main stream of practitioners as represented by the governing body. The BCU's coaching budget is based on a balance of membership subscription income, plus moderate enrolment and assessment fees, allied with profits on products.

It would, of course, be possible to obtain the same level of necessary financial support by increasing considerably the enrolment and assessment fees, with a revalidation requirement and further fee every three years or so, but not requiring an annual membership fee - the compulsory form of which does cause resentment among some. However, by involving an annual membership fee in the equation, it does spread the cost of enrolment or assessment. Further, it is difficult to maintain accurate records unless annual membership is involved - over a 3 year period a significant number of addresses change and many Instructor lost track of.

Without the payment of a membership fee it is not possible to provide the instructor with regular information and updating about the sport and the coaching service.

Without the payment of an annual membership fee it is not cost effective to provide an annual coaching licence. This leads to more enquiries to the central office with regard to the validity of qualifications, with increased cost implications which would, in turn, require a greater enrolment, assessment, and subsequent revalidation fee.

Without annual membership it is difficult for the BCU to claim to speak on behalf of a significant number of participants in those arenas where the interests of us all are under threat.

The whole of sport is largely dependent upon the unstinted efforts of the volunteer force within the governing bodies. It is disappointing that so often those complaining most vociferously about having to be members, are instructors - the only members able to recoup their membership fee by passing a charge on to those whom they teach !



The Provider of High Quality Courses for Schools and Groups.

J O B S

for

PADDLERS

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**WHATEVER YOUR SPECIALITY, AS A COACHING SERVICE
MEMBER, WE INVITE YOU TO APPLY FOR INSTRUCTOR/CHIEF IN-
STRUCTOR POSITIONS AVAILABLE IN FRANCE, SPAIN AND UK FROM
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INTERESTED?

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Worcester Road, Hagley, Nr Stourbridge DY9 ONW or call 01562 887260

stop press

NVQ L III in Outdoor Education

**All instructional staff will have the opportunity to gain this
qualification whilst being paid to work for Acorn Venture in 1996**

Forward Paddling with a Single Blade

by Robert Eglestaff

TOP TIPS AND HANDY HINTS ON THE BASICS

(for the Connoisseur)

Forward paddling consists of two phases - the power phase and the correction phase - which may be permuted in a rich array of combinat

1. The canoe is pulled past the paddle (i.e. the paddle is locked in the water - as if pulling the canoe along a row of posts in the water).

2. With a standard paddle slippage can be reduced to less than nine inches.

3. Power is applied along an imaginary line parallel to the centre-line of the canoe.

4. Feather &/or "C" is applied in an appropriate way relative to the pivot point of the canoe.

5. The trunk is rotated away from the paddle-side at the start of the stroke.

6. The paddle is speared into the water at the start of the stroke with a downward thrust from the top hand.

7. Maximum power is be applied by the bottom arm when the elbow is at about 80° (i.e. slightly less than a right-angle).

8. The trunk unwinds towards the paddle side during the stroke.

9. Forward power is greatly reduced once the paddler's hip has passed the paddle (i.e. all the work is done in front of the paddler's hips).

10. The paddle blade is at right angles to the centre-line of the canoe throughout the power phase.

11. The paddle shaft is vertical in both longitudinal and lateral dimensions throughout the power phase.

12. Stroke-rate is proportional to the speed of the canoe through the water.

Think of "the stroke" in terms of what you have to do with your body in order to achieve the above 12 elements (feet, knees, hips, shoulders, elbows, hands etc.).

Don't forget: CHALLENGE CONVENTIONAL WISDOM - see if it works for you!

Methods for correcting the tendency of the canoe to turn away from the paddle side as a result of the power phase (and as a result of external forces, such as wind and water) include:

1. **Trail Stroke:** Blade is "trailed" as far back as is comfortable and then used as a long-lever rudder. Slow and lazy - good introductory stroke.

2. **Goon Stroke:** Heavy "stern rudder", top thumb UP, tends to break rhythm, but powerful, and effective correction for when you NEED it.

3. **J-Stroke:** Less disjointed and more efficient than Goon, top thumb DOWN, base stroke for Canadian, Indian and Iced Fancy.

4. **Canadian Stroke (or Knifed-J):** Correction is part of the recovery. Blade is feathered (as in J) and upward pull applied with lower arm, blade is "grabbed" and canoe pulled back on line. When learning think of the path of the paddle (including the power phase - i.e. the complete stroke

cycle) as being the outside edge of half a pear.

5. **Almond Slice:** Control of the canoe is maintained throughout the stroke cycle with paddle kept in water. Based on the Goon and may contain all or any of the following (in order)... Bow Draw, Power/Draw, Stern Pry, Draw/Pry. Useful in white water &/or windy conditions and has the potential to achieve ultimate ninja-status.

6. **Indian (or Native American) Stroke:** Similar to Almond Slice but based on J. Inherently less stable (due to hand switch) and less powerful but useful for creeping up on moose.

7. **Pitch Stroke:** Correction made as part of the power phase. Pry emphasis applied to blade so that it starts biting behind the pivot point. Very efficient, fast stroke-rate achievable but may be tiring for novices.

Easier one-handed and may be learned via reverse sculling draw (kayak-speak) or sculling pry (canoe-speak).

8. **Racing Feather:** A complex and subtle stroke which may incorporate feather or a diagonal pull in front of the pivot point and pitch subsequently. Perfection may be glimpsed when weight transfers and critical pauses are incorporated into the flowing whole. One for the perfectionist attempting to imitate the legendary Indian in the mist "Paddle-Every-Day-of-Life" - described by Bill Mason in P.O.T.P.

9. **Cross deck;** Used by C1 slalomists - power stroke on non-paddle side. Of limited use to traditional open canoeists due to width of canoe and tumblehome but valuable when setting-up a "full-welly" power stroke(s).

10. **Switch:** A credit card transaction whereby the paddle is transferred to the other side at regular intervals. The standard method of steering used by marathon paddlers and a useful addition to the recreational canoeists repertoire when faced with strong headwinds. The canoe moves forward in a series of zig-zags.

11. **C-Stroke:** Bow draw applied at start of power stroke (to set boat turning towards the paddle-side) followed by power stroke, then J if required. When both bow draw and stern pry are present paddle describes letter C (starboard) in the water.

12. **Iced Fang (or Rudder Tilt):** The ultimate stroke in terms of aesthetic pleasure, full of subtlety and potential for self-expression - a stroke for the birchbark canoe and those of a sensuous disposition. Paddle the canoe tilted, sitting on heels with knees apart. The majority (variable) of body weight is transferred to the outside knee at the end of the power phase. This weight transfer should cause extra tilting of the canoe at the end of the stroke when the blade is brought to the J position and at the instant of grab (i.e. stern pry) the final tilt is made and held for sufficient steerage. Correction is achieved by a combination of the rudder-effect on the paddle of the final tilt and because the turn towards the paddle side is initiated a split-second before the tilt. The pleasure of the stroke is achieved through the interplay of these various elements, with a smooth, effortless performance being the goal.

A rewarding stroke.

Stop Press Important Notices

PLEASE NOTE THE FOLLOWING IMPORTANT AMENDMENTS TO THE TESTS AND QUALIFICATIONS COURSES FROM 1 JANUARY

1 The revised syllabi will be circulated with April CoDe. If you do not have access to a current syllabus in the meantime, please use the old one. Also, please use discretion when testing people who have been trained under a previous syllabus.

2 The Canoeing Safety Test is required before assessment for Level 1 Coach, and training for Level 2 Coach. The Rescue Test is now not required before assessment for Level 3 Coach (Senior Instructor) but a first aid qualification is.

3 First aid test requirements are: Level 1 and 2 Coach - 4 hour (Emergency) aid (minimum); Level 3 Coach - 8 hour course (minimum). Any nationally recognised certificate is acceptable - BCU Aquatic First Aid, St John's, Red Cross, St Andrews, any HSE approved certificate. The award should be current (within 3 years) for those obtaining a BCU qualification. No decision has yet been made with regard to the requirements for existing members to maintain a current certificate.

4 All Level 1 Coaches (Supervisors / Placid Water Teachers) may now test for the 1 Star in the discipline

in which they are qualified. Please send to BCU office for a set of test certificates and syllabus.

DUKE OF EDINBURGH AWARD

Conference for providers

A Conference is planned for DofE Award Providers at Holme Pierrepont, Nottingham, from 23-24 March. Fully inclusive fee £45.

The aim of the Conference is to explore the ways in which BCU instructors and personnel can assist providers.

Please send sae for full details: BCU, Adbolton Lane, West Bridgford, Notts NG2 5AS.

COACH (level 5) and E3 STANDARDS Conference

will take place at the National Watersports Centre, Holme Pierrepont, Nottingham 30/31 March. The Conference is open to all coaches and E3 examiners and topics will include: Changes to Awards, Coaching Processes, Five Star Standards and some practical water sessions.

On Friday 29 there will be a meeting of the Coach Trainers Panel. Please send an SAE for full details.

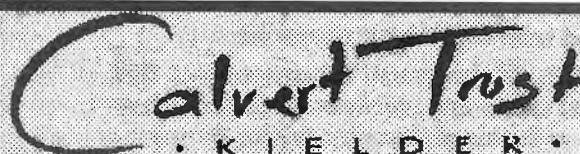


**CANOE & KAYAK Instructors required
to work in Outdoor Centre in ARDECHE**

**France, from April to August 1996.
Must be over 21 and a Qualified BCU
Canoe Instructor. Experience of work-
ing with children is essential. Other
outdoor and language skills are also
required.**

**For further information and an
application form, write to;**

**Village Camps
CH- 1854 LEYSIN
Switzerland
or Fax us on; 00 41 25 34 32 76**



Seasonal Instructors Required

**BCU instructor preferred.
RYA/ BMC desirable.**

CV & SAE:

**Instructor Recruiting
Calvert Trust Kielder
Kielder Water
Hexham**

**Northumberland NE48 1BS
tel: 01434 250232
fax: 01434 250015**

White Water Throwbags: The Clean Rope Debate

Following the recent workshops and practical seminars to clarify the syllabus for BCU White water safety courses there has been much discussion about the BCU information given with regard to throwbags.

The current body of opinion amongst our most experienced safety practitioners is that all throwbags should be supplied without handles or knots at the throwers end.

This applies only to the rescuers end. The receiving (swimmers) end will still need knots/handles to secure the bag and give some purchase to the swimmer.

This 'clean rope' practice is desirable for a number of reasons, but mainly :

to reduce the risk of snagging, (on river banks, tree roots, rocks, river bed)

to facilitate clean and rapid handling through rescue systems (i.e. Karabiners, pulleys)

to increase options once the rope has been thrown (recoils, second rope, belays, harness work)

Should a knot or handle be needed a overhand or figure of eight knot will take a second to tie. (handles and other knots can take an age to get rid of, especially in an incident and time-dependent rescue situations)

The feeling of the course organisers was that all BCU approved safety and rescue staff should deliver training in tune with this philosophy. Advice to coaching service members and white water paddlers, would be that 'clean rope' throwbags are the way to go. The BCU booklet 'The Throwbag' will also reflect this philosophy when it is revised early 1996.

There are obvious implications for manufacturers who currently produce bags with handles. Some customers will not fully appreciate the reasoning behind the situation and will only see that they have been sold a bag without a handle !

It is planned to meet major manufacturers and discuss this development and the suggestion that they may wish to review their advice to customers in the light of this advice. There may also be some legal liability issues to address should someone have an accident as a result of any handle or knot, and perhaps implications for retailers on the Sale of Goods Act.

CoDe would be interested to hear opinions and experiences from Coaching personnel 'in the field'.

Have you had problems with handles/knots ? Are you for or against 'clean rope' practice ?

Please write (not phone) your comments on throwbags on the attached questionnaire.

White Water Safety Courses :

BCU Approved Safety Course Directors

The following coaches are approved to run BCU safety courses:

Matt Barker
Bill Beynon
Loel Collins
Kevin Danforth
Franco Ferrero
Chris Forrest
Dave Grant
Dave Luke
Bill Taylor
Paul Trott
Steve White
Stuart Woodward

All of the above have been validated to run white water safety courses under the new agreed syllabus. Only these approved directors are presently able to sign logbooks. Please check the course status with the organiser prior to booking. There will be a second validation weekend for course organisers in April. Please send an SAE to BCU Office marked "WW Safety Validation"

During 1996 further validation of course organisers will take place, and it is likely that more of the courses listed in the '96 yearbook will have 'BCU approved' status.

Questionnaire

We need feedback to ensure the continued development of white water safety training. Debbie Cook, of Strathclyde University has designed the attached questionnaire which should provide some real evidence on what goes on out there. If you could find a few minutes to return your views it will be very much appreciated. The results will be collated and published in Code.

Coaching Service Clothing

Along with the general update of the awards scheme, we are also updating the Coaching service clothing after a gap of a number of years. The first new item is a coaches bank jacket. Manufactured by Peak these superb jackets are fleece-lined, and the shell is breathable Cyclone material. Available in Black or Blue the Jackets are embroidered "BCU Coaching Service"

Sizes: large and extra large

The jackets are on offer at only £79.99 p&p free. Stay warm on the bank and promote your coaching service at the same time !

February Offer !!

Free with each order
A '95 Symposium Souvenir T shirt

White Water Safety and Rescue Questionnaire



Please return to

BCU Office, Adbolton Lane, West Bridgford, Nottingham NG2 5AS

WHITE WATER SAFETY AND RESCUE PADDLERS QUESTIONNAIRE

1. How often do you paddle? (Days p/a)

2a. On what grades? (Days p/a)

III

IV

V

VI

2b. Where? (Days p/a)

UK

EUROPE

OTHER Please specify

3. Please Identify:

BOAT
BUOYANCY AID
HELMET
PADDLE
WETSUIT / DRY SUIT
FOOTWEAR

4. Have you had any formal safety training?

INST

SI

ADV
TRG

ADV
ASS

SAFETY
COURSE

OTHER (Please Specify)

5. If you have attended a Safety Course please give the following details:

BCU APPROVED

Yes

No

COURSE ORGANISER / DIRECTOR

DATES AND LENGTH

VENUE

CONTENT

6. Course aims and objectives

7. Your aims and objectives

8. Were these aims and objectives achieved?

☐

Yes

☐

No

☐

Partly

9. Was the course successful?

☐

Yes

☐

No

10. What would you like to see included in further safety courses?