



CoDe

the magazine of the BCU Coaching Service

The Coaching
Service is
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*Any comments or articles please
forward to
BCU Coaching Office
or E-Mail us at Coaching@bcu.org.uk*

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.

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 in February, April, June, August, October, December.

Final copy date: 1st of previous month. Contributions, including pictures, are welcome.

Please send them to: BCU, Adbolton Lane, West Bridgford, Nottingham NG2 5AS.

Editor: Geoff Good, Director of Coaching.

Editorial

Happy New year to you all from the BCU Coaching office.

The pace of life here in the office has faulted not over the now seemingly distant festivities, and if current circumstances are anything to go by nor is it going to in the future as there is much for us to do over the coming year, as we bed in our new administrative procedures.

Both Course Provider notes and Candidate notes are now available to guide you all through the trials and tribulations of Central registration, however, please feel free to contact Coaching office if you are in need of either. Communicating such changes could be our biggest problem so the more in touch we all are the less painful the process of change will be. Some of you may well be aware that we are currently fortunate enough to have a technical officer in post. While this is, at the moment at least, a temporary measure it means that we are able to respond to both written and verbal enquiries much faster. The report from the technical department suggests that everyone out there is responding to Central Registration very positively with many callers actually commenting on the positive nature of the changes. We would like to point out just a couple of things that may need reinforcing in your own minds and indeed in the minds of anyone you may advise....

1. While initial registration fees are paid at the time of registration, assessment fees are still paid at the course. Candidates who have already undertaken training via the old system therefore do not need to send any money with their registration.
2. When registering with your National Association please only send photocopies of the stated pre-requisites.
3. Candidates registering should be aware that registration can take place only if all pre-requisite evidence is included in their application. Office turn around time is but a couple of days. Delays will only occur if required evidence is missing.

A big thanks to you all for your support and co-operation with this new system. If you foresee / come across any apparent obstacles then please, please give us a call so that all possible anomalies can be ironed out.

Many Thanks and have a great year.

Geoff Good, Director Of Coaching would like to thank everyone who has enquired after his health, and those who have been kind enough to send greetings for their concern. A tumour has been diagnosed which will hopefully respond to radiotherapy treatment which has recently started.

COACHING SUPPLIES

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LEADERSHIP TRAINING FOR WHITE WATER PADDLERS

'THE EDGE OF UNCERTAINTY

I have been coaching and leading paddlers on white water for over ten years. For longer than this I have enjoyed being a paddler myself with what at times could best be described as a fanatical love for white water' 'Why man has an instinct to deliberately devise and create hardships for himself in a world which has made every day existence easier is a question which is often asked' ... 'paddling white water is rich in absorbing, self-testing experiences. It is also a sport which figures high on the register of uncertain outcome and it has a dividing line between victory and disaster that is paper thin'.

'Safe behaviour in white water is about taking great care to be sure of the outcome - looking at every single detail and using them to stack the odds in your favour. The importance of preparation cannot be over emphasised you must also be knowledgeable, not just about water and rivers but also about danger. It is essential that every individual paddler can take care of himself in every way' (Ray Rowe - Safety and Resolve in White Water)

INTRODUCTION

Having read and heard some of the recent articles and discussions regarding recent incidents and rescues on the River Conwy in North Wales, I feel a more radical approach is at least worth some deliberation on canoeists leadership ability. Hence I am proposing a course which would look more deeply into the leadership side of canoeing.

For me the debate really started when more incidents became more frequent in the media, forced upon us maybe by unprofessional crews and opinions of local landowners etc. Most white water paddlers (whether in the BCU Scheme or not) have had some 'River' leadership training, enabling them to lead people, or look after themselves on higher grade water, but where do we distinguish the line between river leadership and 'leadership ability'. There seems to be a line for me, once the incident has occurred and the lack of problem solving is apparent.

TYPES OF LEADER

The aim of this paragraph is to make you aware of some basic fundamentals of leadership and associated qualities; hopefully giving you incentive to look at yourself for discussion later. This may prepare you/us better for any emergency in our lives, as the basic fundamentals can be applied in all walks of life!

THE EFFECTIVE LEADER

The effective leader takes appropriate action to fulfil the needs of the task, group and individual according to the priorities of the situation.

There are two extremes of operating style; the totally autocratic and the fully consultative. Some could refer to them as; 'The go and do' and the 'come with me' approaches. In the real world most leaders adopt a style somewhere in between.

AUTOCRATIC A	CONSULTATIVE B
DICTATORSHIP	ANARCHY
INDIVIDUAL LEADERSHIP (EG PRIME MINISTER THATCHERS GOVERNMENT)	COLLECTIVE LEADERSHIP (EG TRADITIONAL CABINET GOVERNMENT)

Though Harry Truman followed Machiavelli in believing that the only efficient form of Government 'particularly in times of National danger' was a dictatorship, in the end a pure Autocracy

destroys itself. At the opposite end of the spectrum a properly collective leadership merges into feeble 'Government by Committee'. There is no doubt that in most circumstances the range A to B on the spectrum is best, where the leader leads. Pure management by committee, has few advocates. Another way of looking at the same thing is to consider the spectrum from highly interventionist to laissez-faire. The highly interventionist type is usually a loner, and if unchecked can become a real nuisance and a hinderance to decision taking at practical levels. Such individuals depend on no one they tend to believe that only they can decide; they have a considerable opinion of their own importance and know their work to be crucial; they are reluctant to accept that they can be wrong. It is often a matter of face. Autocracy breeds mediocrity down below.

Leaders veering towards the laissez-faire side of the spectrum are often thought of as being good with their immediate deputies. This is the team leader type who is willing to work on personal relationships. The autocrat, by contrast, will seek mass appeal, often doing so over heads of, or in direct opposition to, colleagues.

Really effective leaders of both types have basic goals like everyone else. But these are not static. Autocrats, particularly, will move the goal posts all the time. They re-write the rule book as they go.

Weak consultative leaders on the other hand will destroy their organisations much more quickly than any opposition can, simply by refusing to change without getting agreement from all concerned. Team work is essential, but in the end one person has to decide.

In my experience, a major mark of a good leader is not how hard they work, but 'how much they get done'!

This is the principal rule that defines achievement and measures success. Even great leaders fall down through being unable to delegate or to leave detail to those with time to deal with it, by being unable to see the wood for the trees.

Wise leaders realise that for most of the time, in most of their areas or responsibility, they are not leading. Despite image, there are of course occasions when leaders lead best when people hardly know they exist. Quiet command passed on through deputies can be a very efficient way of operating.

Whatever their style, leaders need to keep on top of things by following the seven key controls of leadership:

- 1 Control the mission. Keep that clearly in front all the time.
- 2 Control the execution of that mission.
- 3 Control the timing
- 4 Control the people to make sure things are followed through.
- 5 Control the process of delegation
- 6 Control communications and information flow.
- 7 Above all control yourself.

CRISIS AND LEADERSHIP

'A Leader or a man of action in a crisis always acts subconsciously and then thinks of the reasons for his action'. (Jawaharlal Nehru)

The leadership skills needed for normal everyday life are very different from those required in crisis situations. Crisis leaders and leadership skills often do not emerge until the crisis itself does, weaker leaders are then deflated by tension, and moderate leaders pushed aside.

In times of crisis, people will more easily follow a single-minded leader who is an autocrat or dictator. Firm and speedy decision taking, which a dictatorship allows, is seen as an absolute requirement.

'Anyone can hold the helm when the sea is calm' (Publius Syrus)

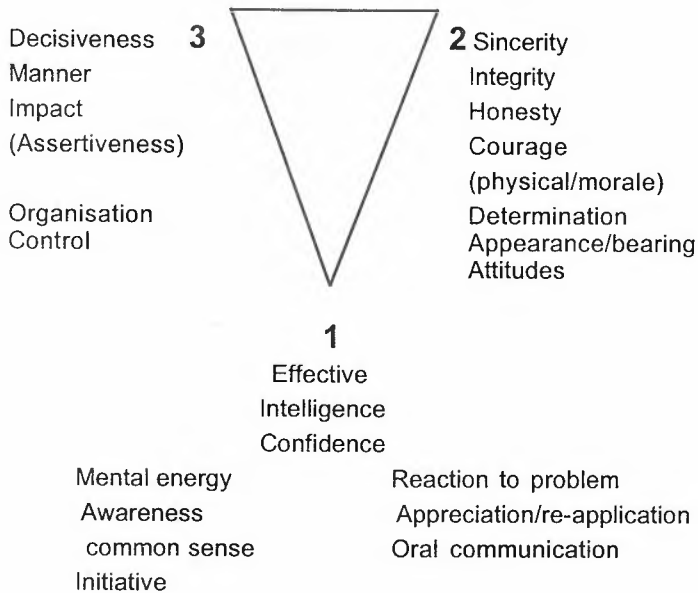
TRAINING FOR LEADERSHIP

'He who has never learned to obey cannot be a good commander' (Aristotle)

There are many reasons why people have problems mastering basic leadership qualities and skills, ie:

- Lack of confidence
- Difficulties relating to peers
- Understanding what is required
- Coping with constant pressure.

LEADERSHIP TRIANGLE



Without the good base, (1) the triangle would collapse! With a weakness in (2) and (3) the triangle would tilt. With good balance in all modules, the triangle would remain stable.

Please Note! Year Book Courses

Apologies to Lawrence Chapman who's courses for 1998 were omitted from the year book

**Lawrence Chapman 92 Victoria Rd,
Oulton Broad, Lowestoft, NR33 9LU.
TEL 01508 520251 Fax 01502 56462221**

Level 1 Kayak Course - 3-5th July 1998

Level 2 Kayak Coach Training
8-10th May / 18 /19/20th Sept 98

Level 2 Kayak Coach Assessment - 13th June 98

Level 3 Kayak Coach Training - 24-26th April 98

COMMITMENT/CONFIDENCE/DESIRE

Most of these areas are a factor of leadership awareness. Good preparation, good technique, good fitness, good white water confidence and the appropriate mental state. Lack of self belief in any one of these may affect the leader's crucial decision.

Those with good leadership potential are not always spotted immediately. Big companies nowadays, like the military machines throughout the world, run their own leadership training schemes. Much, after all, can be done to improve what one is born with, though everyone is limited ultimately by intellectual and physical ability. This does not necessarily conflict with the common belief that there can be no training for real leadership other than the experience of leadership itself.

It is certainly true that we do not recognise great leaders until they have done the job. But from the experience of such leaders, particularly in industry, it is possible to extrapolate some elements in their training that are common to many of them. After all, the West Points and Sandhursts of the world exist by believing that leadership is something in which people can become skilled.

I believe that there are certain leadership qualities or leadership capabilities in many people which can be discovered, brought to the surface, developed and put to use. Provided the training and experience is there, (coupled with certain inherent qualities of stamina and intellect), many people when faced with challenges of leadership can rise to them, to produce extraordinary results.

Baden-Powell, founder of the Scouting movement believed that hidden qualities could be brought out of people if they were caught young. In his philosophy, qualities of leadership developed from the necessity to tackle special physical and mental challenges that were not always present in day to day life.

The whole outward bound movement follows a not dissimilar belief.

Conditions which may help to develop leaders include:

- Exposure to responsibility and self-reliance
- Training in decision making
- Training in the need to communicate
- Training in dealing with set backs, the experience of having expectation thwarted and having to overcome apparently insurmountable obstacles.

People can be given all these experiences artificially in the form of a course, which involves providing the trainee with:

- Goals to aim at
- Tools to get there
- Planning strategies.
- Practice exercises to prepare for the real thing.
- Analysis of success and failure in order to help build future strategies.

Above all, these courses build on the individuals experience by persuading him or her to think clearly about aims and objectives, and ways of achieving them.

I am convinced that physical and mental training as described above, can develop the skills necessary for leading white water trips which could render us in physically adverse circumstances.

I believe these skills can be taught and improved. It is a matter of fusing the two elements - inherent ability, and environmental pressures - in a way that is new to the candidates experience, which can result in a new product - **A good leader**

I hope all the subjects make sense, like any physical skill you learn, you need to practise them, refine them and use them to get the full benefit when required. The hardest thing to get across to people, is that they will listen to the theory of leadership training and probably already use them in their everyday life, but few people actually practise them, and only use them when they need to. But it is nice to know that the required information is stored away safely.

The basis of my proposal is to introduce a 'leadership course' probably a weekend course, or even an enhancement of the existing White Water Rescue courses which run throughout the country. Through the courses I and some of my friends have attended throughout our paddling years, the actual subject of leadership has only existed as a small part of a course programme.

Many people suggest that leadership ability will improve with time and experience. During the past decade greater emphasis has been made on the importance of training in order to achieve success with the onset of the 'Health and Safety at Work Act', especially for Centre Instructors, and the continual increase of civil law suits against individual persons for third party liability, we must take steps to improve our livelihoods!

Leadership is a subject which nearly everyone involved in outdoor pursuits is aware of to some extent. But I believe that this current understanding of leadership is far from complete. However, enough is known for death to be avoidable if knowledge is properly applied at the required time, as with all sports, especially water sports, due to the fact that canoeists can't breathe underwater.

I am convinced that breaking into this specialisation course, would widen a paddlers preparation and knowledge, and facilitate better training, as with any other part of a paddlers training programme. I would like to suggest that there are inherent differences between 'River Leadership' and Leadership Training' but both should be fused together for future safety on our rivers.

CONCLUSION

It is essential that we take the necessary steps to inform paddlers of the importance of leadership training when faced with the continual threat of incidents happening, whilst being in the exciting environment that we choose to put our selves in. It is all too easy to assume that a rescue team or helicopter will help us when any difficulty arises, but this is in turn highlighting the canoeing fraternity in a bad light within the media and press, and compounds the likelihood of access problems, especially the River Conwy. It also highlights the onset of introduction of insurance to cover us for rescues.

Unfortunately, in comparison to mountain rescue callouts for mountain incidents, the few canoeing incidents recently have attracted great speculation, but it needs to be noted that we are under greater pressure through loss of river access, unlike our mountaineering fraternity, to which I also belong.

by Dave Higgins

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Surf Up!

Coaching News for Surf Coaches

There have recently been many changes in both the coaching scheme structure and the levels of the discipline specific awards. Surfing has been no exception. The need for the development essentially began with the increased pressure on the BCU from the Licensing Authority to cover the paddlesport activity of surfing. This coupled with rapid development in fibre glass and plastic kayak design and their increased performance potential meant the original star award scheme was not suited in content or progression for surfers active in the sport.

In common with all other Kayak disciplines Surf now has a 'generic' 1, 2 and 3 star with the discipline specific awards being the 4 and 5 star. These have been partially re-written bearing in mind current developments and the Four Stars pivotal role as the new entry requirement for the Level 3 Surf Coach. The 5 Star's change now means it forms the logical progression from 4 Star and is both attainable and appropriate for those coaches wishing to work in more challenging conditions.

The coaching side of the discipline has also seen developments, with the 'pump priming' of the coaching pyramid by the Honorary Coaches now effectively complete. Meaning we now have a discipline with active up to date coaches at all levels.

This brings us to the future. The limited number of assessors/examiners gives us a unique opportunity to accurately monitor the standards of coaching, training and assessment at all points within the discipline. However due to the changes in syllabus etc, it is obviously necessary to update those coaches presently assessing surf or wishing to in the immediate future. The logical method to achieve this seems to be to hold two surf symposiums, one in the 'South' and one in the 'North' to which all surfers holding awards are welcome. The purpose of which is to establish your exact position within the new structure and agree an action plan for your development.

If your attendance at the appropriate symposium is impossible, a future date will be supplied on application to the Director of Coaching where you can work alongside a coach at the new level, and thus establish your understanding of the current requirements of the scheme.

It is hoped that the belief and commitment to development of a scheme suitable for surfers in the future is shared by all Surf Coaches, and that together we can raise the sports profile and credibility to the level it deserves, both on and off the water.

.....A mailshot of all current surf coaches will take place during late January and early February, however, if you have not received details of these symposium dates by the end of February and consider yourself as holding surf coach status then please contact BCU Coaching Office so that we can check your details on the data base.....

Surf Symposia 98

South Wales - March 28th /29th

North East - April 25th/26th
Venues to be determined

A number of places will be available to paddlers
wishing to work towards / be assessed
for their 4 Star Surf award

Coaching into the Millennium

Diversification sums up the current picture within the Coaching Scheme.

Over the years, the coaching scheme has responded to new developments and ideas within 'Canoesport' by 'bolting on' additional awards. As a result, the three main disciplines of 'Canoeing', namely Sea Kayaking, Inland Kayaking and Open Boating have been continually fragmented. One look through the Directory of Awards is enough to dismay even the most hardened of paddlers, with a 'Galaxy of Star Tests and a 'Fleet' of Coaching Awards. Upon closer inspection, it can be observed that duplication is rife throughout the Awards Scheme.

Where will it all end ?

'Canoeing' is a relatively small participation sport compared to others, yet the number of little factions continue to increase. What next ? 3R(Rodeo); 3IC(Indoor Canoeing/Swimming Pools). Slowly but surely, this increase in disciplines seems to be derived from those disciplines that exist within competition coaching. Just how long will it be before the following framework exists ?

Level Two Coach: Kayak; Canoe; Placid Water

Level Three Coach: Kayak; Canoe; Placid Water; Surf; Polo; Sea; Rodeo; Pool; Marathon; Slalom; Wild Water

Where will it all end ?

Coaches have become and continue to be narrow and blinkered in their approach, to the extent that the coach is too specific and as a result, an animosity is created between the different disciplines. Surely it is not continued diversification that is required, but more of a rationalisation, to the extent that the Level One and Two Coach awards are Generic Awards - multi-disciplines in their content, thus providing a broad minded coach capable of attracting participants to the sport of 'canoeing' and not just the sport of kayak surfing or sea kayaking. The time has come to break down these so called barriers that exist and together fight for a common cause.

The Future Development of CANOESPORT

Where will it all end ?

Under the current structure, who knows ? But there is no doubt that it will not get any easier.

The proposed 'new' progressive framework, discards the past and present structure and suggests a fresh start with a clean sheet for the 21st Century. It advocates awards that will lead to a Generic Coach with a breadth of knowledge and experiences, able to direct 'canoeists' into their specialist fields at Level Three and beyond. However, perhaps there is just a need for two disciplines at Level Three and above, namely: Fresh Water Coach & Salt Water Coach ? It will also lead to a re-organisation of the star awards, taking into account current practices within all disciplines ie placid water; kayak; pool blade; canoe, and consolidate them into two disciplines at one and two star and three disciplines at three, four and five star.

Where will it all end ?

In re-structuring the current framework it allows for courses of greater duration offered in either block or modular format, therefore providing the ideal opportunity for such generic and specific work to be achieved. This framework will do away with repetition of content, so providing a greater timespan for future development.

Where will it all end ?

Having observed this re-structure from a 'holistic', not a personal perspective it is thought that the proposals are positive for 'Canoesport' as a whole. In considering this article, it would be worth viewing it from the same perspective,

since it is the sport that is of major importance.

Changes from the norm instinctively instill a sense of caution

within us. Questions of self doubt about our own status within the scheme must be put aside for the good and future of 'Canoesport'.

The benefits of this revised scheme are seen as vast, but it is the viewpoint of all coaching scheme members that is important. Should you feel the urge to reply to this article, please do so either through CoDe or in writing to: either Paul Donovan, C/O Pencoed College, Pencoed, Bridgend. CF35 5LG or Mike Jenkins, Maerdy Bach Maerdy Road, Betws, Ammanford, Carmarthenshire. SA18 2RD

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by Paul Donovan and Mike Jenkins

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E-MAIL: topstaff@acorn-venture.com

Coaching Processes Courses

The Why's, How's and What For's

Background

The Coaching Processes course is the most recent development in the BCU's coaching development programme. It's initiation has come from a wide range of canoe sport coaches who wanted to update and expand their coaching knowledge. Now the Union has a course that can meet that demand.

Who is it For?

Since the first course ran, over 18 months ago, coaches from across the disciplines and from all levels have successfully attended a weekend. The course is generic in nature and is about coaching people irrespective of what craft they happen to prefer. The only pre-requisite is that applicants are members of the coaching service. So you may well find yourself sitting next to a rodeo competitor and debating the merits of video feedback with a C1 slalom coach. Most candidates have agreed that all levels from coach Level 1 up to 5 can gain considerably from this update on coaching process.

Why no Assessment?

The deliverers and students have strongly felt that a non assessed weekend course, such as this, helps encourage a relaxed atmosphere and a free exchange of knowledge. All you are asked to do is come along with an open mind and with a commitment to challenge some of your most prized coaching practices. The two day course provides a mixture of theoretical and practical learning which hopefully will benefit all coaching service members in their desire to become more effective teachers of our sport.

The content is based around 7 key coaching behaviours which evidence suggests all of us use to some degree. These behaviours are examined in detail to allow the candidate to increase, refine and update their coaching knowledge. Hopefully participants come away with a better understanding of why certain deliveries produce the goods, while others continue to frustrate.

How Can I Get On a Course?

Courses are advertised in CoDe or you can get details from your RCO. There are a number of course directors up and down the country and these individuals can be contacted direct for information (write to Head Office for a list).

What's the Cost?

Apart from the cost of going on a course, **nothing**, unless you wish to register a coaching process course as a pre-requisite for an additional award. Then the BCU need £10 of your hard earned cash.

So Convince Me Again!

Armed with this new battery of top hints and handy hints you could find yourself better prepared for future assessments, kept up to date with new coaching philosophies and delivery methods or just convinced that what you have been doing over the years is still cutting edge!! Whatever your reasons for attending this new and exciting course, one thing you can guarantee is that it will make you think harder about your coaching and the people you work with.

If you need additional information write to BCU Officer with an SAE and ask for Coaching Processes Notes for Guidance (CA 469/97)

COACHING PROCESSES COURSES for 1998

21/22 February 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

20-22 March 1998 Kevin Dennis, County River Centre, Whitchurch Rd, Pangbourne, Reading

21-22 March 1998 Exeter Pete Whitfield, 62 Woodfield Crescent, Oakwood Manor, Ivybridge, Devon. PL21 OFB

28-29 March Phil Ascough, County Youth Sailing Centre, Upton Warren, Bromsgrove. 01527 861426

4/5 April 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

25/26 April 1998 Kevin Dennis, The County River Centre, Whitchurch Road, Pangbourne, Reading. RG8 7DA 01189 843162

16-17 May 1998 North Wales Plas Y Brenin, Capel Curig, Gwynedd. 01690 720280

4-5 July 1998 Exeter Pete Whitfield, 62 Woodfield Crescent, Oakwood Manor, Ivybridge, Devon. PL21 OFB 01752

18/19 July 1998 Leicester OPC, Loughborough Road, Leicester. LE4 5PN 0116 2681426

12/13 September 1998 Leicester OPC, Loughborough Road, Leicester. LE4 5PN 0116 2681426

17/18 October 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

14-15 November 1998 North Wales Plas Y Brenin, Capel Curig, Gwynedd. 01690 720280

21/22 November 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

28-29 November 1998 Cumbria Keith Morris, YMCA National Centre, Lakeside, Ulverston, Cumbria. LA12 8BD 015395 31758

12/13 December 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

Please Note! Please Note ! Please Note !

Year Book Courses

Unfortunately the following courses were omitted from the year book

Kayak 4 Star Assessment - 24th May 98

**Level 2 Kayak Coach Training - 2/3 May 1998 -
26/27th September 98**

Level 2 Kayak Assessment - 12th July 1998

**Level 3 Kayak Coach Training -
20/22nd November 98**

**Level 3 Kayak Coach Assessment
20/22nd November 1998**

Contact: **I. J McMullen, 108 Sealand Rd,
Chester, CH1 4LG**

PADDLEPOWER WORKSHOPS

Who is it for?

It is for those who wish to deliver the new PADDLEPOWER Schemes. To deliver Paddlepower 1 - The Young Paddlers Scheme you need to be qualified to a minimum of Level 2 Coach. A Level 1 Coach with endorsement from a L3 Performance Club Coach or Paddlesport Development Officer will be considered

What does it cover?

The workshop covers the following:

- * Working with Young People
- * What the Scheme's about, how it works.
- * A review of the resources that come with the Scheme
- * A review of planning paddling programmes
- * A review of forward paddling skills

What do I get for successfully completing the Workshop?

You will be accredited with the workshop within your coaches logbook

How do I successfully complete the workshop?

- * Contributing to the workshop and demonstrating to the tutor your understanding of and commitment to working with young people
- * Agreement to deliver the scheme within the principles outlined in the workshop

How can I sign up?

- * Contact your PDO for date and venue.

Teeside

Dave Hellawell,
79 Greenfield Drive, Eaglescliffe, Stockton on Tees,
Cleveland. Tel: 01642 651661

Wearside

Rory Corder,
8 Dunnock Drive, Sunnyside, Newcastle. NE16 5XJ
Tel: 0191 488 4398

East Midlands

Angela Hampton
52 Gwendolin Ave, Birstall, Leicester, LE4 4HD

London and South East

Sue Hornby, 2 Victoria Close, West Molesey,
Surrey. KT8 1SQ

North West

Jonathan Davies
23 Cambrian Road, Chester. CH1 4HT

West Midlands

Graham Campbell
Cottars End, Sherrifs Lench, Evesham. WR11 5SR

COURSES 98

ASSESSOR TRAINING DAYS

22 February 1998 Current Trends, Adbolton Lane, West
Bridgford, Nottingham. 0115 9818844

8 March 1998 Kevin Dennis, The County River Centre,
Whitchurch Road, Pangbourne, Reading. RG8 7DA 01189
843162

14 March 1998 Chichester Mike Watson, 6 Hillside Crescent,
Angmering, West Sussex. BN16 4AA

22 March 1998 Current Trends, Adbolton Lane, West Bridgford,
Nottingham. 0115 9818844

12 April 1998 Leicester OPC, Loughborough Road, Leicester.
LE4 5PN 0116 2681426

19 April 1998 Leicester OPC, Loughborough Road, Leicester.
LE4 5PN 0116 2681426

19 April 1998 Current Trends, Adbolton Lane, West Bridgford,
Nottingham. 0115 9818844

11 July 1998 Claire Knifton, 72 Cornercroft, Clevedon,, Som-
erset. BS21 5DA 01275 343702

12 July 1998 Derek Brooks, 22 Sherbourne Ave, Westminster
Park, Chester. CM4 7QU

19 September 1998 Derek Brooks, 22 Sherbourne Ave, West-
minster Park, Chester. CM4 7QU

20 September 1998 Leicester OPC, Loughborough Road,
Leicester. LE4 5PN 0116 2681426

8 October 1998 Leicester OPC, Loughborough Road, Leicester.
LE4 5PN 0116 2681426

10 October 1998 Mike Watson, Sussex Adventure Sports, 6
Hillside Crescent, Angmering, West Sussex. BN 4AA 01903
771272

18 October 1998 Current Trends, Adbolton Lane, West
Bridgford, Nottingham. 0115 9818844

8 December 1998 Current Trends, Adbolton Lane, West
Bridgford, Nottingham. 0115 9818844

31 January 1999 Roger Drummond, Drummond Outdoor, South
View, Severn Bank, Shrewsbury. SY1 2JD 01743 365022

16 February 1999 Leicester OPC, Loughborough Road, Leices-
ter. LE4 5PN 0116 2681426

7 March 1999 Kevin Dennis, The County River Centre,
Whitchurch Road, Pangbourne, Reading. RG8 7DA 01189
843162

20 March 1999 Mike Watson, Sussex Adventure Sports, 6 Hill-
side Crescent, Angmering, West Sussex. BN16 4AA 01903
771272

LEVEL 5 COACH TRAINING COURSE

2-7 May 1998 North Wales Plas Y Brenin,
Capel Curig, Gwynedd. 01690 720280

31 Oct-5 Nov 1998 North Wales Plas Y Brenin,
Capel Curig, Gwynedd. 01690 720280

11-17 October 1998 Scotland Glenmore Lodge,
Aviemore, Inverness-shire, PH22 1QU
01479 861276

Courses on Oulton Broad, Wayman Outdoor, 92 Victoria Rd,
Oulton Broad, Lowestoft, Suffolk. NR33 9LU.

01502 564621 01508 520251

Level 1 - 3-5 July 1998,

**Level 2 Training - 8-9 May 1998, 18-19 September,
26 September 1998,**

Level 2 Assessment - 13 June 1998,

Level 3 Training - 24-26 April 1998,

OFFICE MATTERS

Lifeguards News

All trainer/assessors and examiners of the BCU Lifeguards please take note.

A fee of £5.00 is now payable for all levels of the Lifeguard administered awards. Including Aquatic First Aid.

The only awards not covered by this are the Canoe Safety Test and the Assistant Lifeguard/Rescue test. See Yearbook for current prices.

The Junior Canoe Safety Test remains the same as the CST and is processed through the NTO.

All first aid and resuscitation should now be taught and assessed using the book seven First Aid Manual. Trainers not familiar with this should be updated ASAP.

Renewal of AFA Trainer status may be granted upon receipt at BCU Office, of a current 16 hour First Aid certificate and a log book showing the last 3 years courses

Aquatic First Aid Assessors

As from 1 March 1998 there will be a registration fee of £15.00 to register BCU Aquatic First Aid Assessors.

This fee will also apply to trainers/assessors from other organisations who wish to be registered as approved to run the Aquatic First Aid course.

AQUATIC FIRST AID ASSESSORS TRAINING DAY

This will be held at the
Lifeguards Convention on
25-26 April 1998, in South Wales.

See Canoe Focus for more details of the convention or contact Steve Holmes Harbour watch 27 Chapelhay Street Weymouth Dorset DT4 8JJ tel 01305 789354

First Aid Certificates

Members registering to take Coaching qualification courses are required to produce a copy of their current First Aid Certificate when they apply for coaching registration. For level 1 and 2 courses the First aid award has to have involved a minimum of 4 hours training including C.P.R. and E.A.V. For level 3 and above the award has to have involved a minimum of 8 hours training including C.P.R. and E.A.V.

From the end of March 1998 existing coaches are required to keep their First aid certificates current in order for their coaching qualifications to remain valid. (most first aid certificates are valid for 3 years). It is the responsibility of individual coaches to ensure that their First Aid Certificate is up to date, however we are asking that you send a photo-copy to BCU Coaching office so that your coaching record can be updated.

Very few First Aid Certificates indicate on the actual certificate the training requirement, syllabus or course content. If the words "Emergency Aid" or "Emergency Care" appear then they probably only involve 4 hours of training.

The following is a list of the certificates issued by the main First Aid providers which meets the BCU requirement for an 8 hour certificate:-

St Johns Ambulance Lifesaver (Lifesaver and Lifesaver Plus = 16 hour certificate)

RLSS Pool Lifeguard

RLSS Beach Lifeguard

The Full Mountain First Aid Award ("Uian Jones Banger Scheme" 2 days)

Paddi Medic

H&SE First Aid At Work 4 Day

H&SE First Aid in the Workplace 2 Day

Red Cross Basic First Aid

Red Cross Standard First Aid

St Andrews Standard First Aid...

.... and of course the BCU Aquatic First Aid Level 1 which has been specifically designed to meet the requirements of canoeing and other water based activities.

If your First Aid Certificate is not on the above list you will need to include a syllabus and course content details with the copy certificate to show that it meets the BCU requirements.

EXEMPTIONS !

Course Providers (A2s /A3s / E2s) Please Note - Any form of exemption requested by candidates in respect of coaching awards can only be given by the director of coaching. Candidates turning up on course without an official letter from the coaching office detailing the terms of the exemption should not be considered as having gained an exemption and should not be encouraged to seek one retrospectively. Allowing candidates to proceed in this situation will negate their course.

F.E.F.C.

Course Providers having their own funding agreements with colleges are advised that as of the 1st of February 1998, and in the light of a reduction in the value of funding units, the £20 fee levied on them by the coaching service has been reduced to £10 per candidate.

LOG BOOKS

As you will be aware we are encouraging the use of the BCU recognised A4 Log book. In the light of central registration a number of minor changes have been made, along with three pages of additions (particularly relevant for the recording of qualifications). An updating pack can be sent on application to BCU Coaching Office or collected from the Coaching stand at the Canoe exhibition in February.

CENTRE APPROVAL

Thank you, all of you who have taken the time to complete the recently mailed questionnaire. These will help in our attempts to review the scheme over the coming season. 1998 inspection visits will take place during March, April and May and certification will be run from the date of inspection for 12 months. Centres approved during 1997 will carry approval until their inspection. Centres wishing to join the scheme in 1998 will receive an early inspection.

APPROVED WHITE WATER SAFETY COURSE TUTORS

Tutors who are approved to run the BCU Approved White Water Safety Course are reminded that the leadership elements of this course do not appropriately cover the elements of leadership training for the 5 star award...

... as such they should **not** sign student Log books indicating that leadership training has taken place.!

REGIONAL ROUND -UP

**North East Coaching Region,
Examiners/Assessors Forum,
Saturday 14 March 1998**

Dukes House Wood Centre, Hexham, Northumberland.

**For information contact George Thompson
tel: 01434 602622**

Eastern Region

RCO election

The second election has now closed. Declared votes are: Gary Denton -7, Paul Fynn-13, Steve Scorer-5, Paul West-12. I therefore inform you that this vote awards the post of RCO Eastern Region to Paul Fynn, with 37 votes counted. "I wish Paul Fynn success as he returns to serve as a BCU Regional Officer. I thank all who have given support to both myself and the sport during my time as an elected officer and hope that Paul will enjoy even greater support" . - Paul West

**Paul Fynn, Chesters Cottage, Wroxham
Road, Coltishall, Norfolk. NR12 7EA,
Tel: 01603-737456**

e-mail surfer @ canoeing.co.uk

LCO Election - Norfolk

Roger Ward has indicated that he is willing to make way for a successor, or to continue in post in the absence of an alternative candidate. Lawrence Chapman has offered his services. nominations are invited for any other member of the Norfolk panel who wishes to stand for election. In the event of a contest, a full list of nominations will appear in the next edition of Code.

**Coaching Panel Examiners / Assessors
Standards Seminar**

**February 28 Saturday, Mepal Outdoor Centre
Cambridgeshire, Organiser Paul Fynn.**

Assessor Training Day

1 March (Sunday)

SAE for the above to Paul Fynn

The days programme for the standards forum will include workshops on and off the water across most disciplines, updates on coaching and assessment techniques and information on the latest developments in the coaching service. Contributions are sought for short presentations or workshops from coaching members at any level. Please contact Paul Fynn on above

Eastern Region WEBSITE

<http://www.canoeing.co.uk/ER/coaching>

Mountainwater Safety.

Specialist First Aid training for those who use the outdoors for work or leisure. Keep National Governing Body awards valid. HSE approved courses. At your venue or ours. Group rates.

TEL 01429 222948

Contact

Yorkshire Region

Following alterations to the County boundaries we have changed the Yorkshire & Humberside Region and the East Midlands Region in line with these. Yorkshire & Humberside is now the Yorkshire Region and those coaching members from North Humberside have been redesignated as East Riding. South Humberside members are now in the panel of North East Lincolnshire and part of the East Midlands Region.

LCO - Moors District.

Paul Trott, LCO for panel 3 has moved to another region. At present John Deighton, Duncton Wood Cottage, Fryton, Nr Hovingham, N. Yorks is acting as LCO. Please send any other nominations to BCU Office 28 February 1998. If there are no further nominations, John will be confirmed as LCO.

EAST MIDLANDS

Local Coaching panel Paddlesport Workshops

19/4/98 Leicester

3/5/98 Derby

17/5/98 North Notts

**sessions on working with young people
and skills update**

**Contact: - Angie Hampton 01162 674428
or Jon Moore on 01246 233603**

WEST MIDLANDS

RCO Election

The second election has now closed. Declared votes are: David Crookes 37 and Roger Drummond 35. This vote therefore awards the post of RCO West Midlands region to David Crookes. Dave can be contacted on

**P.O. Box 69
Kidderminster
Worcestershire
DY10 4 YG**

SOUTHERN REGION

RCO Election

No one other than Steve Finch having been nominated by the due date and Steve having received nominations from all the regions LCOs Steve has been duly appointed RCO South and can be contacted on:

**87 Hexham Road,
Reading, Berks. RG2 7 AU**

**REC, RLSS, ITC, BCU, RYA Training
1 day and 2 day Emergency courses (16 hr
+ assessment). 4 day Standard FAW. Advanced
First Aid. RYA Small Craft First Aid. BCU Aquatic
First Aid. Trainers courses. Specialist courses.
MWS FAX 01429 222089**

TEACHING BY NUMBERS

When we first begin to coach, we often place a great emphasis on getting the correct information across. In a classroom type environment, this can be as easy as feeding the information in a continuous stream, interspersed with the odd explanation when needed. As we all know, adding complex motor skills, a challenging/alien environment, and a hefty portion of peer pressure, tends to make things a little more complex.

Getting the correct information across is important, but, equally important, is the method **and** timing of the delivery.

From the beginning of most coaching careers, whether it began in the time when aquatic E2's still ruled the swamps, or in the terrible brave new world of NVQ assessors, one thing remained carved in stone; BREAKDOWN. This was driven home at all levels, and rightly so, for which pupil can fully understand the inner workings of a sculling draw, after a five minute verbal description where the coach did not draw breath?

But, only after a long period of coaching one of my most talented charges (the kind that only seems to need reminding of their former life as a duck) and with a little advice from a senior coach (who cannot be named due to the danger his reputation would be in, should his name appear next to mine) did the obvious strike me. Have you ever had a student who understands all the points of an action, complex or not, can demonstrate them all individually, but struggles to perform the whole? A frustrating situation, the correct information is already received, but the goal has not been reached.

The obvious point was, how much information can an individual process, whilst they perform a complex motor action, in a challenging environment, often with a host of unknown factors on their mind? Not much.

This leads us to the deceptively simple process of teaching by numbers. Like many canoe coaches, I was always attracted to the work by the apparent lack of offices, paperwork, accountants, and most of all, numbers. So, to keep things easy for frozen fingers, we only have to count up to three.

The basic principle behind the approach, that can be applied to almost anything being taught, is our student should never have more than three things to think about. Two new bits of simple information, and one thing to do.

This may seem to limit how much we can teach, but once information is accessible on an unconscious level, they are ready for the next piece.

An example of how this can be of use, is in the all time great for information overload: the eddy turn

Let us imagine the student/s are making their first progression from flat to moving water.

We could start for example, with experimenting with angle of entry and edge. Here we have plenty to think about as we cross the eddy-line. We may even just concentrate on the edge for now.

Once this is well established in the minds, we may choose to introduce points such as speed approaching the turn, and power after.

Imagine this has all now firmly sunk in. We can bow hopefully file all these points under 'Approach', and our students would (hopefully) know exactly what we meant.

Next, we could introduce position of a bow stroke, and maybe some pre-rotation of the head and torso.

Then, the unwinding of the lower body, or maybe a follow up stroke. All this could hopefully be filed under 'The Plant'.

Finally, we could finish with follow up strokes, positioning the boat for the next move, etc, all to be filed under 'Setting Up'.

By now, the students should have a basic understanding of the complex process of the eddy-turn. When we come to refine these skills, and increase their awareness, we can refer to the basic principle, and only give them one or two things to think about, ie, 'Approach', and 'The Plant'. Also, if we have to re-examine a certain part, we can concentrate on that alone, with the student clear of the distinction from the whole.

NB The process above may have many parts that could be added or taken away, or even reshuffled. It is not meant as a definitive guide.

With luck and flaw, this could improve your coaching style. If you missed the point, try this simple test at home: take one large orange, peel and break into small segments. Next, place **all** the segments into your mouth, and try and swallow the lot.

ALEX JAMIESON

CLASSIFIED

Haven Banks Outdoor Ed. Centre require outdoor activity instructors with BCU, RYA and other NGB qualifications and experience. Please contact Dom Kawalec on 01392 434668 for further information.

Hawkhurst Adventure Camp.

The Scout Association's Centre, situated on Kielder Water in Northumberland requires activity Instructors for the coming season. Minimum of BCU Level 1 Coach plus other skills an advantage, full accommodation and meals supplied on site together with a salary of £75 per week. Please apply to the Manager, Hawkhurst Adventure Camp, Kielder Water, Hexham. NE48 1QZ

Newlands Adventure Centre, Stair, Keswick, Cumbria. CA12

5UF Instructors required for the 1998 season. Applicants require a minimum of 2 valid NGB qualifications. Interviews in February, positions available from March. For application details contact -Instructor Recruiting, Newlands Adventure Centre, Stair, Keswick, Cumbria. CA12 5UF. Tel. 017687 78463

Skern Lodge

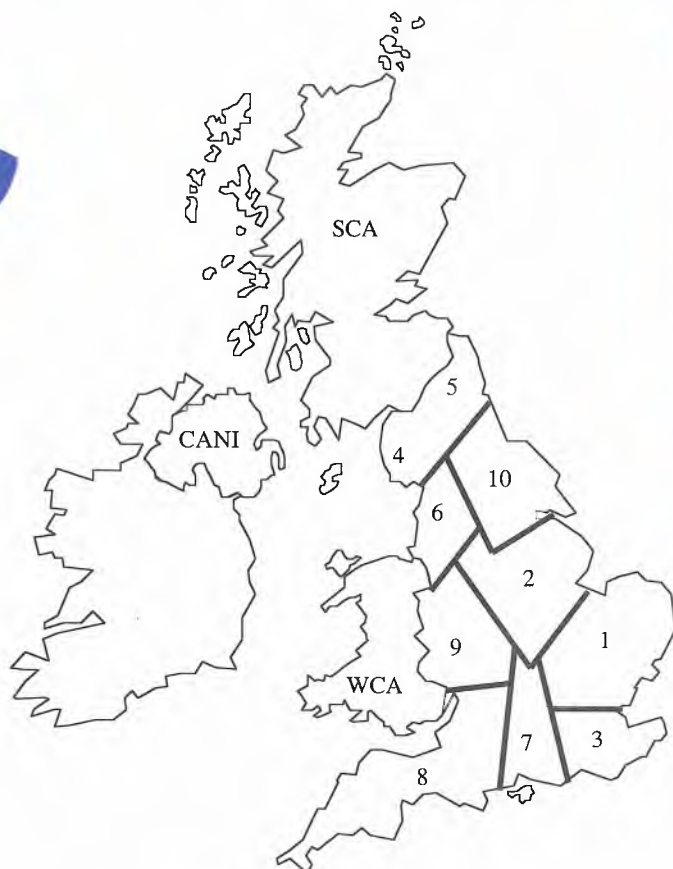
Requires Tutors / Instructors for 1998 from March to November and April to August. For more information and an application form please send your Curriculum Vitae with and SAE to: Operations Manager, Skern Lodge, Appledore, Bideford, North Devon EX39 1NG

Wydean Canoe & Adventure Centre.

The Centre is now seeking quality instructors for the 1998 Spring and Summer season. Applicants must be NGB qualified in, preferably, several pursuits. The Centre will provide you with an opportunity to further your training and experience, competitive rates of pay, trade discounts and accommodation is also available. Please apply for an application form by 28.2.1998 to Mr P A Howells, Holly Barn, Symonds Yat Rock, Nr Coleford, Glos. GL16 7NZ



BCU COACHING SERVICE NATIONAL and REGIONAL CONTACTS



NATIONAL ASSOCIATION OFFICES

B.C.U. John Dudderidge House

Adbolton Lane, West Bridgford,

Nottingham, NG2 5AS Tel 0115 9821100

Fax 0115 9821797

S.C.A. Caledonia House, South Gyle,

Edinburgh, EH12 9DQ. Tel 0131 3177314

Fax 0131 3177319

W.C.A. Canolfan Tryweryn, Frongoch,

Bala, Gwyned, LL23 7NU. Tel 01678 521199

Fax 01678 521158

C.A.N.I. House of Sport, Upper malone Road,

Belfast, B79 5LA. 01247 469907

REGIONAL COACHING ORGANISERS

1. East Paul Fynn, Chesters Cottage, 18 Wroxham Road, Coltishall, Norfolk. NR12 7EA 01603 279979(day) 01603 737456(eve)

2. East Midlands Jon Moore, 22 Swathwick Close, Wingerworth, Derbyshire. S42 6UA Tel No 01246 233603

3. London Paul Kilham, 259D Ladbroke Grove, London. W10 6HF Tel No 081 871 6373 (Work) 081 960 4936 (Home)

South East Paul Newman, 20 The Rise, Hempstead, Gillingham, Kent. Tel No 01634 376420 (Home)

4. North (Cumbria) Keith Morris, 1 West View, Church Road, Allithwaite, Grange-over-Sands, Cumbria. LA11 7RB Tel No 0153 9534638 (Home) 0153 9531758 (Work)

5. North (Nth East) Martin Meling, 20 Windermere, Cleadon Village, Sunderland. SR66 7QQ Tel No 0191 537 2729

6. North West Derek Brooks, 22 Sherbourne Ave, Westminster Park, Chester. CH4 7QU Tel No 01244 675870

7. South Steve Finch, 87 Hexham Road, Reading, Berks, RG2 7AU Tel 0118 9865112

8. South West (Devon/Cornwall) Mrs Janet Bradford, 1 Castle View, Longdown, Exeter, Devon. EX6 8DB Tel No 01392 811878 (Home)

8. South West (Wessex) Julie Simpson, 35 Gooch Street, Swindon, Wiltshire. Tel No 01793 618292

9. West Midlands Dave Crooks, PO Box 69 Kidderminster, Worcestershire. DY10 4YG 01562 827065

10. Yorkshire Sam Cook, Bewerley Park Centre, Bewerley, Harrogate, N. Yorks. HG3 5JB Tel No 01423 711626 (Eve)

Wales (North) John Moxham, 1 Machno Terrace, Cwm Penmachno, Betws Y Coed, Gwynedd. LL24 OSA Tel No 01690 760203 (Home)

Wales (South) Nigel Robinson, Y Bwthyn, Fachelich, St Davids, SA62 6QL Tel No 01437 720675

Channel Islands Tom Turner, Nanoq, 6 Clos Alexandra, La Rue Sara Henri, St Lawrence, Jersey. JE3 1GG Tel. 864518

Northern Ireland Keith Fitzsimmons, C/O Woodhall Residential Centre, 27 Moneygrant Road, Kilrea, Co Antrim. BT51 5SJ Tel No 012665 40762 (Work) 01265 55424 (Home between 6-8pm)

Scotland Sam Crymble, 46a Craig Na Gower Ave, Aviemore, Inverness-shire, PH22 1RW

Steve Scott, 3 Ogilvies Close, Kirriemuir. DD8 4AX. Tel 0575 72345