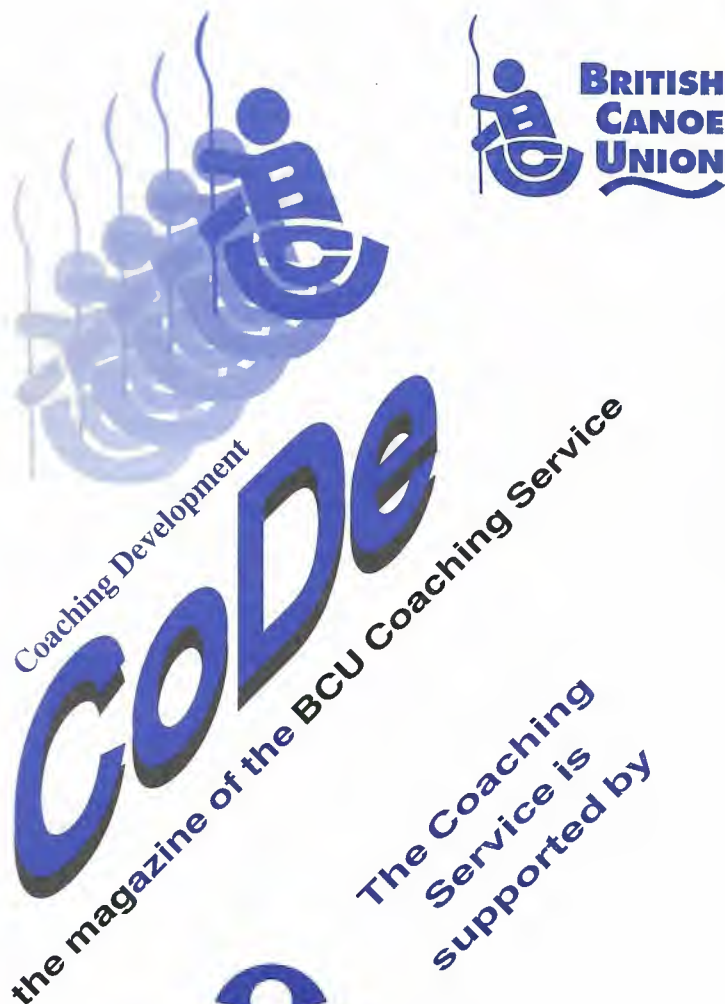




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*Any comments or articles
please forward to
BCU Coaching Office or E-Mail
us at [Coaching @ bcu.org.uk](mailto:Coaching@bcu.org.uk)*

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.

Dear CoDe

...and there is no new thing under the sun (Ecc. 1.9) By Geoff Good

It was with interest, a wry smile and a touch of daja vu, that I read 'Coaching into the Millenium' by Paul Donovan and Mike Jenkins in the February edition. Two main factors appear not to have been taken into account by Paul and Mike with regard to the development of the tests and awards scheme. Firstly, because the scheme has suffered a series of 'bolt ons' due to the increasing specialisation of the various disciplines of the activity over the years - a major review to achieve rationalisation and integration was announced, debated in CoDe, and expounded at examiners forums and regional and local panel meetings over a 3 year period. The revised scheme was then announced and a Directory supporting it circulated to all coaching members in April 1996.

Secondly, within the revised scheme, it is stated in the descriptions of the awards that the levels 1 and 2 Kayak coach are generic awards - ie. at novice level, on simple water, level 1 and 2 Kayak coaches may include open canoes and open cockpit kayaks within their jurisdiction, without having to hold separate Canoe or Placid Water awards respectively.

That provision, incidentally, has always existed, but was not previously so firmly stated. It was unnecessary to do so as there was no great pressure on instructors to have exactly the 'right' qualification for the activity as now exists.

Working Party Options

The working party that determined the principles for the current revised scheme obviously had options before it. We could have started with a truly generic award as the basis and assumed that there was no great market which made it necessary to cater for those who have only ever paddled open canoe, and genuinely do not want to get into a kayak. Ignoring also the fact that the racing fraternity - probably the best example of club based canoeing within the sport - generally speaking had no wish to get into white water kayaks. Further that surf ski paddlers wanting a qualification have no wish to first become kayakers. There are ways around these problems. The BCU could have not bothered with canoe qualifications - leaving it to the Open Canoe Association to provide for a specialist Canoe system, and the Wave Ski Association to cater for wave skiers. At level 3 however, it is difficult to see how specialisation can be avoided. In the last issue, Marcus Baillie ridiculed an instructor who said that forward paddling cannot be taught on the sea. There is, however, 'sea' and 'sea'. When the sea is flat, its much the same as a large lake and provided the instructor is sufficiently knowledgeable and sensitive to the extreme danger of even very modest offshore winds (Lyme Bay) is aware of the strength and direction of the tide, and chooses the site carefully to suit the ability of the group and the safety backup, a level 2 coach should be an adequate qualification. Once decisions have to be made about rounding headlands, gauging wind direction and strength and determining safety margins in the light of the prevailing forecast, leadership becomes a much more specialist role, however. There were complaints from Scotland a few years ago when a canoe group from England got into difficulties on a white water section of a major Scottish river. There was a lot of adverse publicity and the incident gave fuel to those local vested interests who sought any opportunity to have canoeing restricted. It was felt by the SCA paddlers that 'kayak' based instructors had not taken sufficient ken of the differences between safely navigating a group of canoes on a rapid, as compared to a group of kayaks.

The advent of the Surf Qualifications

The system used to quite happily permit level 3 Sea or Kayak (Inland) Coaches to supervise surfing, assuming that those who did so would know the limits of their own personal ability, work within it and act sensibly, applying the coaching principles established through their award. About 10 years ago however, the Surf Committee expressed its concern to the Coaching Committee, at the number of 'incidents' arising on the surf beaches of Devon and Cornwall in particular, and the consequent increasing hostility of board surfers and local authorities to kayak surfing. Thus, the surf awards were devised, but left optional for several years.

A dilemma then arose, however, in that having created an award

through a perceived need, it became difficult to defend its non-use. Why create it if we say it's not necessary to hold it?

Pete Midwood's 'Brave New World'

A couple of years prior to the setting up of the Tests and Awards Review Working Party mentioned above, Pete Midwood had addressed a conference on the topic - 'Simplification and Rationalisation of the Coaching Scheme'. His carefully prepared script and outline system was very well received - in fact he almost received a standing ovation!

However, when it came to implementation, the snags began to arise. For instance, initially there was a simple transfer of qualification - Kayak instructor could obtain Canoe Proficiency (4 star) and automatically become a level 3 Canoe coach, and vice versa. It wasn't long, however, before the Canoe practitioners raised doubts concerning the validity of this provision. The system was therefore revised to require the holder of one award to also attend a Training or Assessment course for the alternative award. Assessors then complained that they couldn't cope with trying to assess some candidates who were on a 'transfer' course at the same time as others who were on a straightforward training or assessment course. Thus the reversal to the current system.

Conclusion and Good Luck

The thing to note is that all the attempts to simplify the system have foundered because of the concerns of the practitioners of the sport. It is not a case of bureaucrats, 'has beens' or 'never was's' sitting in an ivory tower and dreaming up complicated schemes to make life difficult for 'the troops'. The 'troops' have set the agenda and raised the problems and objections.

Mike and Paul ask whether yet another award - for Rodeo - is on the cards. Certainly there are techniques used in Rodeo which apply only to that sport and to a particular type of boat designed for the sport. Do we ignore this as a fact, or ignore the requirements of the Rodeo world for coaches who can teach the necessary skills? Or suggest to the Rodeo committee that they sort out and run their own coaching scheme?

If we were starting with a blank sheet and looking mainly at the financial viability of the scheme rather than the overall interests of the sport and minority followings within it, I would favour a system based on introducing the activity in kayaks designed for white water. Levels 1 and 2 would be 'generic' awards. At level 3 there would be 'endorsements' for specialist activity such as leading canoes on white water, sea touring, surfing, rodeo, and so forth.

Having suggested that 'there is nothing new under the sun' I do still wish Paul and Mike success. I suspect, however, that unless there is to be a ruthless ignoring of the interests of paddlers who do not want to start canoeing in kayaks designed for white water, when it comes down to working out the detail, they will run up against the same snags that the recent and previous working parties discovered, and had to address. But perhaps there is a satisfactory alternative solution?

CLUB CORREZE

Level 2 and 3 Open Canoe and Kayak Coaches needed for English run outdoor pursuits centre in Massif Central France.

May - September varying lengths of contract available. Salary in line with qualifications and experience.

Contact:

**Ged Glynn on 0151 420 2717 (England)
Or 0033-555-952765 (France)**

Dear CoDe Cnt...

Solo or Tandem ?

Recently I discovered something whilst out on an open canoe skills weekend - I don't really enjoy paddling solo. Its not that I haven't done enough of it, or that I'm unhappy alone in a boat, its simply that I miss the interaction, the intensity of a paddling relationship which requires trust, confidence in one another and teamwork that is automatic and totally committed. So, you may ask, why do I do it? Well I suppose I've fallen for the as you get better you paddle solo mentality that prevails.

Last year my partner and I went to the Open Boat Symposium on the Trewern. This was such a successful event that the workshop on traditional white water skills was attended by a large number of people who had to be divided up in some way. In an attempt to sort them out the three way divide was made :- Tandem paddlers, solo paddlers without 4*, sole paddlers with 4* Seems reasonable? Yes, except that tandem paddlers all fall into one category - Bumbleys. Thinking about this I turned to the coaching scheme to see if there was any possible explanation for this. What did I find? You can do 3* or 4* tandem, but they do not count as prerequisites for L2 & 3 training....but most coaches I know coach tandem (to beginners at least!) I may be getting a bit boring now, but I have another anecdotal story

I have had the good fortune during the last year to observe a number of Level 5 coach training weekends - something I'd recommend to any coach who gets the chance. During one of these, I watched an aspirant level 5 coach run a "tandem paddling" session for two other aspirants, both excellent solo paddlers, who found it almost impossible to operate "in tandem" because they hadn't done it for so long and where too use to being in charge of their own boat. A great deal was learned by all concerned. So, what exactly am I suggesting? Perhaps level 2 coaches should need 3* tandem and solo, perhaps 4* should require candidates to paddle both solo and tandem. I know this would cause some problems re partners etc., but perhaps the idea of coaches actually keeping their hand in at tandem would enhance the recognition of the co-operative skills involved. In the meantime I will abandon my progression towards level 3 canoe coach and concentrate on developing my sea paddling, and paddling open canoe tandem for sheer enjoyment - nothing wrong with that I here you say, but all the same I'm a touch sad about it, and would be glad to here from any coach who regularly paddles tandem (although I keep one at home) with any inspiration to move me on, (he tries but he's my sea and inland coach as well!)

B Kerbey (Ms)

ROBINWOOD ACTIVITY CENTRE

needs instructors for canoeing and many other activities, to work through to the end of November 1998. Comprehensive training/induction course provided, also opportunities to gain National Governing Body awards. Instructor wages from £60 to £70 per week with full board and accommodation provided.

**For details phone: 01706 814554
or write to:**

**Robinwood Activity Centre, Jumps Road,
Todmorden, Lancashire OL14 8HJ**

TEACHING PLAY PADDLING

Canoe sport has developed enormously in the last ten years; along with this development has grown the need for effective playboat and rodeo coaching. As coaches we have to develop a whole new tool box for this ever-increasing demand. At the moment we are perhaps not well served by the present coaching scheme structure which takes time to address newer aspects of paddle sport. Hence this workshop. What I intend is that it should be an open forum looking at the problems associated with teaching this style of paddling.

Often when asked to coach rodeo style moves the client has been inspired by seeing some hot shot on the river or in a video and thought to themselves, "I want to paddle like that NOW." Enter the coach. The client will usually say something like this: "I've seen this video where someone pulls off a twenty five point cartwheel, here's fifty quid, show me how to do it". More often than not the client is just above three star so what can you do? Persevere unsuccessfully to coach a very specific and complex task, then take the money and run? I think that most of us have a conscience and would try to do better than this.

To help with situations like this we need to analyse the constituent components (mental and physical) that go together to make complex rodeo moves. In other words, "What do I need to do?"

UNDERSTANDING PLANNING TIMING

Underpinning these points and of crucial importance is the ability to create a stable platform from which to work. Often this is the one thing that causes the session to stall, therefore, it is important to develop a range of techniques and strategies that will help the student become comfortable and relaxed in the environment in which you are working. This usually entails "below deck awareness" and edging ability.

Understanding

This heading covers a multitude of aspects including knowledge of the particular task and the physical mechanics of how to perform it. Looking at a complex sequential set of movements can often be a bit too much information to process so it helps if you can break down the information into bite-size pieces. Try using the three B's: Boat, Body and Blade. Things to look for in these categories are:

Boat: Angle, Speed, Positioning, Edge, Charc.....

Body: Lean (side to side forward to back), Pre-rotation, Active, Passive.....

Blade: Stroke sequence, Drive face, Back face, Transitions.....

You may find that this type of break down will also help with your delivery of feedback.

An important aspect of understanding is that of hydrodynamics. Most paddlers think of the river in a two-dimensional way, but when play paddling we dip into the realm of the third dimension. What happens on the surface can only give us clues as to what's going on below. Most canoeists have an idea of how a river works but to get someone to stand on an eddy line and follow the interface from surface to river, or to wade into a shallow-ish friendly hole and feel for the changes of low at different depths and to have a supervised swim and body surf can really help to develop an understanding of the third dimension.

Planning

A useful technique to introduce to clients is that of breaking down a move into its constituent parts and then choreographing them back into a sequential chain of manageable events. This sounds a bit of a brain-full but using the 3 B's concept can help eg:

1. Line up high on the pile, angled at about 10 o'clock.
2. Drive into the hole, ready with a right hand low brace as the boat engages the downstream flow push down on the low brace.
3. Stomp on the footrest.
4. As the boat goes vertical stand up and rotate to the right looking back over the right shoulder.
5. Spin 360°
6. Land flat
7. AND SMILE

Breaking things down like this will also help with mental rehearsal.

Timing

This can be crucial as doing things in the wrong order or at the wrong time will certainly hinder success. Having a plan and a mental picture will help place the elements of a sequence, as will being comfortable in the environment. These points will allow you to be more pro-active, ensuring that the paddler dictates when, where and in what sequence things happen, rather than dancing to the tune of the river.

As a coach I have found that a picture can say a thousand words, especially when trying to explain complicated physical performance. Tools I have found useful are demonstration (if you can do the move). Also trying to conceptualise things with the use of analogies, often the more "off the wall" the better. I also use a small model of a canoeist which helps explain three-dimensional moves in a very visual way. The use of video can also be a great aid but giving direct and immediate feedback in a wet environment can be problematic.

The best advice I can offer students at the end of a session is to go away and PLAY WITH A PURPOSE

Dave Luke 98

GLOSSARY OF TERMS

- Retentive** a) Any move that enables the paddler to remain in the hole
b) A keeper or hole that tends to hold floating objects.
- Charc** Charing are (line of attack), Charc in = Charc out.

2 Dimensional moves

- Front surf** To surf a wave or hole facing up stream.
- Back surf** To surf a wave or hole facing down stream.
- Side surf** To sit in a wave or hole perpendicular to the current.
- Flat spin 360** To spin through 360° on the face of a hole or wave
- Blasting** To surf the water above a hole with the end of the boat under the pile.

3 Dimensional moves

- Ender** To place the end of the boat into the up stream flow, causing the boat to be pushed vertical, standing up on the foot rest will cause the boat to land flat facing upstream.
- Loop** As above, but leaning forward will cause the boat to land upside down.

Pirouette 180,360 Same as an ender, with spin caused by rotating and looking down stream, and using a low brace or cross bow draw to initiate the spin.

Power flip Catch the upstream edge and flip (mind your

Window shade As above, dynamically x 10

Polish ender Load the end at an angle to the flow and flip up stream (a bit like a cross between a power flip and a pirouette).

Whippet Like a flat spin down at 45° to the vertical.

McTwist An elevated (60°+) spin on the corner of a hole using the upstream water to dynamically lift and spin the ends while the paddler stays over the "sweet spot".

Cart wheel Spinning through the vertical axis

Split wheel As for a cart wheel but with a 180° spin in the transition from end to end. So that only one blade is used.

Stern squirt Sinking the back of the boat and performing a stern pirouette.

Splat Stern squirt using the cushion of water on the upstream side of a rock.

Swipe Cartwheeling on a cushion above a rock.

Blast Off!

N.A.S.A. Probably spent millions of dollars researching the best place to launch a rocket to the moon and came up with Cape Canaveral, because it gave the best trajectory. With this in mind we should consider carefully the place to start any canoeing manoeuvre, as the choice of "Launch Pad" will have a major influence on the precision and success of any manoeuvre. Take for example breaking in, ask yourself these questions:-

1. Where do I want to go ?
2. How much speed do I need ?
3. What boat angle ?
4. What stroke combination do I select ?

Lets look at a hypothetical situation to put these questions into context. - I'm sat in an eddy at the top of a rapid where I'm nice and safe and have time to think things through and form a plan.

Question 1 - Where do I want to go ? Well it looks like there is a large eddy 50 meters downstream on the opposite side of the river.

Question 2. - What boat angle do I need ? I need to get to the other side. So I'll start with a narrow angle to the current round about 2 o'clock.

Question 3 - How much speed ? If I want to get to the other side to turn too early so I'll accelerate to the eddy line and cross it with a forward sweep on the downstream side to counter the turning forces of the current, if I turn the last part of the sweep into a stern draw I shall be across the river by the time my boat has turned to point down river.

So the plan is: - start pointing towards 2 o'clock, far enough back for five good strokes to put me on the eddy line ready with a sweep on the downstream side - a quick visualisation of the whole thing and - BLAST OFF.

When it comes to the break out at the end of this sequence look for a position in the rapid that will put you on the optimum Launch Pad for the manoeuvre. Think angle? Speed ? and Strokes ? - This Launch Pad concept works for all canoeing manoeuvres from Ferry gliding to Cartwheeling in the Gnarlyist holes. Remember Plan and Play with a Purpose.

Dave Luke

Does FACE GUARD, GUARD FACE

Is paddling behind bars safe ?

- A short safety article by Chris. Hawkesworth. 17/03/98.

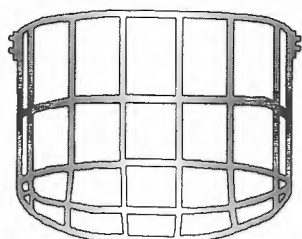
- An article designed to stimulate lateral thinking in safety matters.

Shots of macho paddlers these days quite often show face guards attached to helmets. Logical, since it is hard to attach a face guard anywhere else. But why paddle behind bars in the first place. To protect your face, I doubt it.

Lets talk POLO, face guards, welded steel mesh, dipped in plastic, two bolts each side of the temple to attach the face guard to the helmet shell. Sorry, I got that bit wrong. The helmet is not a helmet merely a face guard carrier. Eminently suitable

for its POLO purpose. Ideally designed and evolved over the years for that medieval jousting sport. Flying weapons (sorry paddles) other projectiles, ideal, no problem. Except all helmets and their accessories now sold have to meet EN1385:1998, there is no face guard European Standard but it has to be attached by the manufacturer. But lets leave the chicken and the egg of regulations for another time.

Take the POLO face guard to the river. Macho man does. A different scenario. Rocks, big horrid solid things spring out at every turn. Sometimes the bottom of the river is too close to the top (shallow). Branches threaten to swipe the face, my mates boat threatens to stab me in the mushta. Macho man needs a face guard.



'Wild-Water' Polo Faceguard



Alternative Faceguard



But, rivers flow, usually downward, at 4 to 8 mph, Macho man is really only a normal paddler doing normal rivers. Face bashes rock, welds bend and break, steel punctures face, helmet swivels on head, lower face guard cuts across throat. Macho man speechless. Face bashes temple bolts holding face guard, contact skull, and leave quite an impression. Branch snags face guard, helmet swivels on head, macho man hung up.

Manufacturers carefully take out all projecting rivets, add foam and smooth off the edges. Make tests, spend money. Macho man fixes face guard, undoes the good work and goes paddling on the river. With an unsuitable product.

Keep your POLO face guard for POLO. They are dangerous on the river.

Macho man doesn't want to give up. Protect the face or the chin ? Which is vulnerable and why ? Apart from POLO face guards there are little alternatives.

Jofa and Prijon do chin guards. The former bolted and the latter slotted into special clips on a special helmet. There are of course American Style football face guards but even these are of doubtful use.

The BCU White Water Safety working party would like to hear paddlers views on

helmet and face guard design. Please write in to Mike Devlin at HQ.

UKSA UK

Opportunities for
RYA, BCU and BSA Instructors.

The Academy, a high profile charity run organisation, is looking to extend its list of qualified instructors (for short term/part time employment) plus volunteer helpers (Instructors/ Entertainment/maintenance) for the 1998 season and beyond.

If you are interested or would like to know more please contact the Chief Instructor.

UKSA, Arctic Road,
West Cowes, Isle of Wight PO31
7PQ Tel: 01983 294941

CRYSTAL SCHOOLS

Watersports Instructors are
required for Watersports Centres in the
South of France and Spain
during the Summer of 1998.

RYA, BCU Qualifications preferred – training provided – Wages, full board, Insurance and return travel provided.

For an application form and further information

Phone 0181 241 5151

or

Fax: 0181 2556412

An idea for a forward paddling clinic...

The following list of statements are designed to stimulate discussion among coaches about effective forward paddling. Try to separate the points into two lists:

(1) TRUE (2) FALSE

Remember things are never black and white but try to come to a definite opinion about the points that are false or unhelpful. If the list causes argument it has served its purpose. Get on the water, experiment and observe...

Bottom arm pulls throughout the stroke

Push with opposite feet to the paddle stroke

The blade must enter the water cleanly

Racing encourages good technique

Basic forward paddling is the same in all boats

Always use sweep strokes to correct turning

Short boats are good to learn in

Paddles need to be the correct size for students

Top arm pushes bottom arm pulls

Blade area is as important as the length of the paddle

The catch is the most important part of the stroke

Not wearing a buoyancy aid helps you to see trunk rotation

Small children need large blade areas

Push with foot on paddle side

The bow wave from a boat tells you about the paddling stroke

Stretching is a good warm up exercise

Top arm pulls down the shaft

Blade enters the water at a 60 angle

Try and get the shaft as near vertical as possible in the stroke

Looking from the side the end of the paddle makes a circle

Beginners get tired backs very quickly

The forward paddling stroke is completed different in a short boat

Warming down helps trunk rotation

Look at the blade entering the water

Poor technique develops quickly

Poor paddling technique increases enjoyment for paddlers

Reaching forward helps increase the stroke length

The top hand should be high

Technique needs to be checked regularly

The top hand may cross in front of the face

Markers can help set the catch

Beginners need to go in a straight line from the start

The top hand should be low

Poor technique is hard to correct

Forward paddling is the most important stroke

Look at the blade leaving the water.

The power of a stroke is in its first third

Competition encourages good technique

The power of a stroke is in its middle third

Paddling in the back quarters turns the boat

Pause in the middle of the stroke

Skegs enable beginners to focus on forward paddling technique rather than correction strokes.

Good paddling technique increases enjoyment for paddlers

The bow wave off a boat should be the same both sides

The blade moves away from the boat at right angles

Forward paddling is a push and pull activity

Arm remains straight during the early stages of the stroke

There are two phases in a forward power stroke

Complete the stroke entirely in front of you

Look at the end of the boat

The stroke finishes close to the side of the boat

Hands should not cross the centre line of the boat

The blade moves past the boat

The catch must be driven into the water

The bow wave off a boat should be smooth and even

A 60 feather on blades reduces wrist twist and sets up the stroke

Sit up straight in the boat

Looking from the side the end of the paddle makes a rectangle

The boat moves past the blade

Forward paddling is a whole body exercise

The power of a stroke is in its final third

Strong arm muscles are important for good forward paddling

Warming up help trunk rotation

Good posture feels comfortable

The bow wave should pulse as the boat moves along

The paddles enters the water like a spear with weight down the shaft

The top hand acts as a guide

Beginners need to stand up and rest their backs every 10 minutes or so.

Forward paddling is a pulling activity

Relay races encourage good technique in beginners

Observing forward paddling from head on and the side is helpful

Observing forward paddling from head on is helpful

Look into the distance and focus

The stroke finishes wide of the boat

Short powerful strokes are better than long less powerful strokes

More power can be applied with straight arms. Use rotation to get reach

Exit the blade before reaching the hips

Sit back in the boat

There are three phases of a forward stroke

Work from large muscles to small muscles

Forward paddling needs to be practiced under pressure.

Derek Brooks

GET A GRIP!

When coaching paddling skills at an early stage, the correct way of holding the paddle is stressed fairly often. but as we progress to more advanced skills, this is often overlooked, as we concentrate on a more complex chain of events. This, unfortunately, often results in the chain breaking down, or more frequently a sloppy end result.

Checking the correct grip on the paddle shaft can often remove a frustrating stumbling block much quicker than time costly coaching. This may appear to be correcting a very basic error, which slips back as concentration is transferred elsewhere. But this basic error is directly related to several major factors, which greatly affect performance.

These key factors are:

- 1) Body positioning
- 2) Muscle Efficiency
- 3) Over Loading of Stress Points.

One of the best examples of this, is the bow cut in an Open Canoe. Here, we can see the above factors in place. By maintaining a firm grip on the paddle shaft throughout the stroke, the body is forced into a better position, increasing the use of many more muscle groups, and significantly reducing stress in the elbow and shoulder. So when things aren't quite going as planned, check you've got a firm grip on things.

Alex Jamieson

GAMES by Julie Simpson Thamesway Canoe Club...

At Thamesway Canoe Club, a workshop is held twice a year for the Club Coaches. The theme for the last workshop held in April was the use of, and ideas for games in paddling. Richard Ward's article in CoDe Issue 80 was very applicable and encouraged me to also put pen to paper. The following was the basis for the practical workshop The Coaches, both new and experienced enjoyed the session, gained a lot from the experience of sharing ideas and trying out the various games.

It also proved a great motivation (cheese and wine at the end also helped!). Paddling and the Use of Games are for fun. They should provide a change of emphasis so that within a coaching session the paddlers are kept motivated and challenged. They should be suitable for the skill level of the paddlers and safety should be a major consideration.

Games can also be a way of allowing the coach to assess the ability of a group and also to assess the groups understanding of how to use the skill that they have been coached on.

During any session accidents can happen. The coach must have considered the risk factor and mentally gone through a 'what if' scenario. By keeping a careful eye on the progress of the game and also by keeping to the rules of the game, accidents can be minimised. The following guidelines can help.

1. Have a set area
2. Keep a close eye to ensure everything is running safely. (This is difficult, if you are taking part in the game. Consider using another Coach/Responsible adult with whistle to be safety cover on the bank.)

3. Have a rescuer on the water.
4. Wear correct clothing.
5. Select games that are suitable for the environment and/or weather.

Useful reading is

Canoe Games by Dave Ruse.

CoDe, Issue 80 April 1998 - The Role of CoDe by Richard Ward. Richard uses the example of a Treasure Hunt. Whatever game you devise, adapt and use. It is always useful to share ideas with other Coaches. Borrow their ideas, let them see your ideas. Working together will always be to the benefit of the people you are coaching.

Dry Games on Bank

Why? - Getting the group use to listening & concentrating. Preparation for the activity - Warm up.

Using a game, you can prepare the body for the activity of moving equipment and you can mentally prepare the paddler for the concentration and safety needed for

the paddling.

A game can be used to fill in the time for a shuttle to take place.

Aerobic Activity - running, jumping, hopping
Stretches - Legs, arms, trunk (include

trunk rotation) Mobility - Arms, shoulders, back, hips, legs

Tag Games, Copying Games, Paddle Games, Portaging Games, Relay Competition, Throw line Target Games.

Dry Games on the Water

Why? - Improve boat handling and manoeuvring. Improve confidence in personal skill and build trust/teamwork between group.

Tag Games, Copying Games, Paddle Skill Competitions, Partner Games, Team Games, Relay Games, Simple Simon Says Games, Racing Games.

Wet Games on the Water

Why? - Preparation for the coaching of a wet skill. Confidence in lower body control of the boat. Improve confidence of ability to cope with a wet environment' improve confidence in safety equipment eg. buoyancy aid.

Ball Games, Sponge Games, Tag Games, Dare Games, Paddle Skill Competitions,

Swimming Games, Capsize Games, Balance Games. Partner Games, Raft Games.

I have purposefully not given any set examples of games, what you need to do is to consider your own history of learning to paddle and resurrect the games that you played. Retry them, adapt them and make up some new games. Share your ideas with others, hold a club workshop session on games. Good Luck and have safe fun.

E.Simpson TL5 1/A4/RCO
Wessex

RCO Wessex

In the absence of further nominations it is confirmed that Julie Simpson is re-elected for a further term as RCO Wessex

Warming up - The missing link - CoDe 80 / A Reply

In principle I agree with all aspects especially the point about the car heater which I thought was a very good idea. What I disagree with is his personal comments on stretching, point five in his article. Mr Torrington states that "stretching is excellent for developing flexibility but I feel that it is best left until after paddling." This is fine for the development of flexibility, what Mr Torrington did not say is that you stretch:

- a) to loosen the muscle in readiness for an activity or sport and,
- b) to develop the flexibility of a muscle to aid in the performance of a skill or sport.

One of the reasons athletes stretch their muscles is to loosen the individual muscle fibres and the harder tissue which bonds these muscle fibres together, not forgetting other connective tissue that is related to movement. It is the non-loosening of these muscle fibres and there related connective tissues that can lead to damage of ligaments, tendons, and muscles when kayaking. This from of stretching becomes more important as you get older. The reason is that as we get older we lose our flexibility.

By stretching before sporting activities it increases your range of movement within the muscles and at the joint, this helps to avoid unnecessary tissue injury. If the muscles are not stretched then your performance will not achieve its full potential. Recent reports have indicated that it is important to stretch after the activity so that the muscles do not decrease in flexibility, which related to the increase in muscle growth and the replacement of enzymes. Again, this becomes more important as we get older.

When the muscles are asked to perform a higher recovery or a roll, a kayaker who has performed an easy stretch routine has a greater muscular flexibility or range, compared to a kayaker who has not, and is therefore less likely to incur connective tissue damage.

What is a stretch (hopefully you should all know this):

- * Extending the muscle to a point where you can feel mild, or slight resistance within the muscle.
- * At this point, you apply continuous mild pressure for approximately 10 seconds. If you were developing your flexibility you would maintain the mild pressure for 30 seconds or longer, or until the muscular resistance has sub-sided.
- * When the muscular resistance has sub-sided the muscle is stretched. You can either move on to the next muscle or extend the muscle further until you feel mild resistance again.

There is a protection mechanism called STRETCH REFLEX or the brakes that react when muscle fibres are stretched too far, either by bouncing or over stretching. Simply, the nerve responds by sending impulses or signals to the muscle, telling it to contract. This helps to stop the muscle from being injured. If you continually stretch too far, you will tighten the very muscle you seek to loosen. By over stretching or bouncing the muscle you are stretching will incur pain which is telling you that you are cause physical damage. This damage occurs in the form of microscopic tearing of the tissue. These tears lead to the formation of scar tissue that in turn leads to a gradual loss of flexibility and an increase tightening with possibly soreness. In effect when you do not stretch before starting to paddle, it is quite conceivable to damage your muscles. I look forward to read any replies either positive or even negative.

Fatty from the Midlands

Anderson, 1988, Stretching, London, Pelham Books Ltd. *Davis, Bull, Roscoe, Roscoe, 1997, Physical Education and the Study of Sport, third Edition, London, Times Mirror International Publishers Ltd. * Honeybourne, Hill, Moors, 1996, Advanced Physical Education and Sport, Cheltenham, Stanley Thomas Publishers Ltd. *Rutishauser, 1994, Physiology and Anatomy, Edinburgh, Churchill Livingstone. *Sharkey, 1997, Fitness and Health, Leeds, Human Kinetics.

Office Matters...

Course Organisers.....Central Registration...

Central Registration has now been in operation for 5 months and things are beginning to settle down.

The problems that occur most frequently from both the office side and out in the field appear to be...

***Candidates register with the BCU at the last minute. "I'm doing my level 2 assessment tomorrow and I need to register".....**

***candidates turn up on courses without their C1 or 2, either because they have forgotten them, they are 'in the post' or they haven't registered.**

***Candidates are not certain what pre-requisites/ money they need to send in. If some one is interested in doing a coach course at any level within the next year - they should register now!**

Course Organisers - if someone shows intent on doing a coach course please make sure that they have begun the process by informing them and reminding them at each point of contact that they need to register. This is their commitment to the process.

Candidates registering for level 1 need to send us..

- * Completed C1
- * Photocopy of current 4 hr first aid certificate.
- * Either £10 registration fee or proof of a least basic membership, or the membership fee
- * Be at least 18 years old.
- * If candidates hold either / both Canoe Safety Test / 2 Star they should send copies of these certificates. If they do they can attend a one day level 1 course. If not they need to attend a 2 day course.
- * £15 registration fee

Candidates registering for level 2 training need to send us...

- * Completed C1
- * Proof of Comprehensive membership
- * Photocopy of current 4 hr first aid award, relevant 3 Star certificate and Canoe Safety Test.
- * £15 registration fee

Candidates registering for level 2 assessment need be / to send us

- * 16 years of age
- * Proof of Comprehensive Membership
- * Minimum 4 hour first aid award.
- * Proof of level 2 training or level 3 in alternative discipline
- * Canoe Safety Test.

Candidates registering for level 3 training need to be / send to us

- * 16 years of age
- * Proof of Comprehensive Membership
- * 8 hour first aid award
- * Relevant 4Star award
- * Relevant level 2 / or level 3 in alternative discipline.
- * £15 registration.

Candidates registering for level 3 assessment need to be / send us

- * 18 years old
- * Proof of Comprehensive membership
- * 8 hour first aid award
- * Proof of level 3 training

Candidates wishing to register for level 4 need to send in photocopies of relevant level 3 and 5 star awards, proof of having taken a Coaching Processes course and £10 admin. fee.

Candidates wishing to register for level 5 training need to be / send us

- * 21 years of age
- * Proof of Comprehensive Membership
- * 5 Star award and alternative 4 star Test
- * Current First Aid Test
- * Proof of relevant level 4 status
- * Proof of having helped on at least one level 2 or 3 training or assessment course.

The candidates..... Registration process

1) They request a registration form from the appropriate national Association -either by post / phone or fax.

2) We send them a C1 form and membership details as requested.

3) They complete the C1 and return it to the appropriate National Association along with photo-copies of the pre-requisites and the correct money. If candidates need to apply for membership, fees for this can be sent in with the C1 form.

If candidates have PASS SLIPS from either CST or star awards they will be accepted if accompanied with the correct money. Please send these in **with** the C1- not separately. (the processing of these certificates can take upto 4 weeks)

4) If everything is correct we stamp the C1 as authorised and return it to the candidate along with course notes and a C2.

5) If anything is not as it should be, the C1 and all the accompanying photocopies / money will be returned to the candidate by post. **They will then need to re-submit everything correctly.**

Once the above stages are complete the candidate is registered and in possession of an authorised C1 and a blank C2. These must be taken to the respective coach course. **No C1 / C2 - No Course.**

Office Matters...

Manual Handling!!!

Manual Handling!!!

Manual Handling!!!

After some considerable time the work undertaken to bring on line training in manual handling issues and risk assessment has come to fruition with a BCU recognised course in Injury Prevention In Paddlesport. Such is the significance of the issues of Injury prevention, risk assessment, lifting and carrying and safe handling in Paddlesport that as coaches and paddlers we must be increasingly aware of our Duty of Care towards students and others who paddle, and the possible legal issues resulting from a failure to adequately cover that duty. As coaches we are charged with the care of paddlers, and we need to identify where there is a risk of that duty being neglected or abused. Through Criminal Law the Health and Safety at work Act 1997 places general duties on both employers and their employees to maintain the safety and well being of everyone at work. Employees have a duty to avoid injury to themselves and others by their work activities. Work activities encompass any situation where a service is provided that has been charged for. In other words, paddling Centres, Coaches and paddlers need to take reasonable care to avoid injury, harm or damage to either themselves or to others while taking part in any activity related to paddlesport. The '92 regulation introduced a new approach to manual handling which needs to be addressed by coaches.

Reacting to such legislation and aware of the Coaching Services own responsibilities in this respect NCC tasked a working party to produced a means of training its coaches and assessors and cascading the appropriate information and training down through the Coaching Service. This now being complete the Injury Prevention in Paddlesport Course (Risk Assessment and Safe Handling) will come on stream almost immediately with courses for Coaching Course Providers being arranged through the Regions by the Regional Coaching organisers. In this way it is envisaged that 'Best Practice' can be cascaded down to coaches and thence to paddlers.

It will be a requirement that all course providers will have to have attended a one day training course in Injury prevention in Paddlesport by the 1st of January in the year 2000 in order to continue to provide coach education courses.

A half day module in Injury Prevention in Paddlesport will also be available to all coaches and paddlers who wish to further raise their awareness of the above issues.

The next issue of CoDe will carry further details of manual handling issues, injury prevention and risk assessment along with dates of courses for Coaching Course Providers



Surf

Symposium

Bude

17th /18th October 1998

Following the success of the two previous updating symposia a further opportunity for surf coaches to update.

Coaching News for Surf Coaches

Regular readers will recall the article in issue 79 of CoDe entitled Surfs Up!. This outlined recent developments in Surf Coaching and announced two Surf Symposia aimed at bringing all Surf Coaches up to date. The need to review the awards stems from the rapid development in fibre glass and plastic kayak design and their increased performance potential, and the original star award scheme not being 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.

Having run two successful symposia, aimed at doing just that we are now well on our way to 'practically' communicating these changes to the majority of active coaches, however, time commitments as they are a number of active coaches may still be unaware of these changes and in need of updating and so a further symposium has been arranged for October 17th / 18th 1998. The venue is to be Bude. All surfers holding awards are welcome. The purpose of the symposium is to establish your exact position within the new structure and agree an action plan for your development.

If your attendance at the 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.



Notices

Change of Address

The address of Course organiser 88 (Year Book) has change from that published. All enquiries should now go to

Simon Hills
10 Weigall Road
Lee Green London SE12 8HE

OUTDOOR – "REFERENDUM" – issued by The English Council for Outdoor Education, Training and Recreation

Currently, the outdoor community (those working with others in the outdoors in a paid or voluntary capacity) has a very complex representative structure. Many people think it is time that this is rethought, to see whether a structure can be evolved which better meets the needs of those it serves.

The UK Outdoor Councils are sponsoring a "referendum" to sound out grass roots feeling on this issue. They are particularly keen to get feedback from those who are not currently members of any representative body. A copy of the questionnaire is available on request from Randall Williams – Tel: 01892 663888.

WELSH CANOEING ASSOCIATION CONFERENCE

Saturday and Sunday October 10th and 11th

Workshops include,

Surf Skills and rescue

Sea Kayaking skills, trips and rescue

Open Boats on the Sea

Manual Handling

WCA Freestyle development

WCA AGM Saturday night

Band and Party

Try a Boat

Full details available in next issue of Ceufad or contact the WCA.

Situations Vacant

KINGSWAY ADVENTURE CENTRE

OUTDOOR ACTIVITY INSTRUCTOR COURSE

Oct 98 - Oct 99

A full time FE course in the North East leading to NVQ L3 in Outdoor Education plus L2 or NGB awards in Canoeing, Climbing, Hillwalking, First Aid, Archery, Caving and Orienteering.

This course qualifies for LEA discretionary grants and TFW.

All applicants must be 19 +.

SELECTION WEEKEND 24 - 26 July 1998

Call 01833 640881 for details

Required

Qualified instructors for Summer season

1 - 4 months from £135 week contact

Mike at Mendip Outdoor Pursuits.

Mendip Outdoor Pursuits,

Summer Lane, Banwell, Weston-sMare,

N.Somerset BS24 6 LP

Tel: 01934 820518 or 823666 Fax: 01934 820518 -

WANTED, STUDENT

Canoeing / Kayaking instructor who can speak

French - July and August. Board,

Lodging and pay provided.

Charente, France.

Tel or Fax 5 45 22 20 48, ask for Helena.

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

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

The Future in whose Hands

Marcus Bailie, Head of Inspection Services for the Adventure Activities Licensing Authority looks at professional abuse by some of canoeing's top coaches.

In spite of the introduction of the Adventure Activities Licensing Regulations in 1996 it is still canoeists who determine what is good practice in canoeing. Or at least it is at the moment.

As well as having instructors with the necessary level of competence to run sessions each provider of activities (the centre manager, chief instructor LEA Outdoor Education Advisor etc.,) is expected to have, or have access to someone with, a higher level of experience and expertise who they can call on for advice or assistance should the need arise. The role is referred to as the technical advisor and in canoeing and kayaking is usually performed by suitably experienced Level 5 (or under some restricted circumstances Level 3 or 4) Coaches. However, there is a fear that if these top level canoeing practitioners are not prepared to provide this service in a reasonable way then providers of activities may have to look to their insurance company or solicitor to find out what is considered acceptable practice.

For years, holders of the higher awards in adventure sports, the Level 5 Coaches and the Mountain Instructors in particular, have been keen that their voice should be officially recognised, and their expertise utilised in imparting these nationally accepted standards throughout the outdoor community. The role of the technical advisor allows this to happen. However, I am incensed and embarrassed to discover that once some of these people are empowered as ambassadors for canoeing and kayaking they abuse their position and greed takes over.

Several centres have contacted me in exasperation because they feel they are being ripped off. Some are paying (on average) £250 a year for their licence but the big squeeze is the £900 a year some of them are paying just for putting the names of a technical advisor for each of 2 or 3 activities on the form! Under the circumstances I have to agree with them; they are being ripped off. It has to be said that the vast majority of technical advisors act in a highly responsible way. They bring to the outdoor community their years of experience and expertise and the outdoor community is the stronger for it.

Merely being nominated as a technical advisor carries with it absolutely no responsibility and I believe it is absolutely disgraceful that some technical advisors are charging large fees just to be nominated! Of course if you carry out work for the provider then it is entirely ethical to charge if you are offering a professional service. Moreover, it is reasonable to spread any professional expenses amongst those for whom you carry out the work. It is not professionally ethical to share it amongst those for whom you may or may not carry out work in the future.

For instance, if a centre uses only experienced NGB qualified staff, standard venues, equipment and operating procedures and has BCU Centre Accreditation then they are unlikely to need their technical advisor much if at all. Under these circumstances the Licensing Authority is prepared to consider the local BCU person who carries out the Approval inspection as the technical advisor.

On the other hand, if the provider needs regular in-put from their technical advisors, to train or ratify staff for instance, then this may not be convenient or possible and so the arrangement may not be appropriate. Under these circumstances either the Licensing Authority or the BCU may not be prepared to accept the nomination.

Watch this space for details of how we hope to make this work.

Finally I would encourage those of you who have high levels of experience and expertise and who would like to contribute to the furtherance of good canoeing and kayaking practice within the outdoor community to consider becoming a technical advisor. On the other hand if you just want to use your qualifications to rip off dedicated and conscientious providers of activities, I would encourage you to find a profession elsewhere.

Marcus Bailie – May 1998

Courses

ASSESSOR TRAINING DAYS

11 July 1998 Claire Knifton, 72 Cornercroft, Clevedon., Somerset. 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, Westminster Park, Chester. CM4 7QU

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

Additional Course

20 September 1998 Drummond Outdoor, South View, Severn Bank, Shrewsbury SY1 2JD. Tel 01743 341522

08 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 9818844NY

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

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

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

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

COACHING PROCESSES COURSES

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

Job Vacancy Coaching Development Officer

The British Canoe Union is seeking a Level 3 Coach (minimum), grade 2 Examiner (minimum) for appointment as Coaching Development Officer (Technical) to work from the BCU offices at Holme Pierrepont, Nottingham.

The role of the CDO (Technical) will be to:

- 1 *Ensure that all incoming enquiries (telephone, e-mail, and postal) are dealt with promptly and efficiently.*
- 2 *Create and monitor additional systems as necessary to ensure swift and efficient retrieval of information relating to technical enquiries which recur from time to time.*
- 3 *Provide support to the Coaching administrative staff to ensure that they are kept apprised of changes to procedures.*
- 4 *Ensure that all relevant leaflets and literature is amended as necessary whenever changes to the syllabi/systems occur.*

Candidates should be computer literate and give evidence of being able to set up and keep organised, information retrieval systems.

Salary scale: £12,000- £14,000

The post is offered on a renewable 1 year Contract basis.

The BCU is an 'equal opportunities' employer.

The BCU offices are a smoke-free zone.

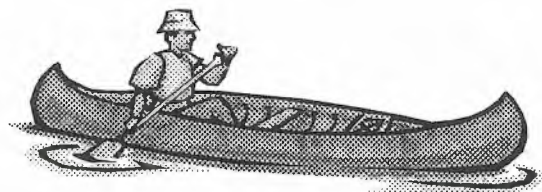
Regrettably the BCU is not able to offer financial assistance with re-location costs.

Please send s.a.e. for application form to:

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

Final date for receipt of completed application forms:

30 June 1998



PADDLEFEST '98 OCTOBER 30 - 1 NOVEMBER NOTTINGHAM

Coaching Symposium
Coaching Clinics
Multi-Discipline Interest
Peak White Water Challenge
Displays / Exhibitions
Lectures
Bon Fire Party and much much more ...

Following the success of the
'97 Paddlefest event
we aim to make this year's event
even bigger and better.

Put the date in your diary NOW so as not
to miss the PADDLESPORT EVENT of the year.

Full details in August Focus and CoDe



Coaching Supplies

Caps and Clothing are all emblazoned: 'BCU Coaching Service' or 'British canoe Union Coaching Service'

Coaching polo Shirt

Black at £15.00 each Size: M L XL XXL

Coaches Bank Jacket

£89.99 each Black / Blue L / XL

The Canoeing Handbook £16.95

Canoeing for Disabled People - £17.95

Instructors Crib Cards £7.95 per set (a set of 12 plastic cards - 5" x 4" - outlining the main elements of the basic strokes, plus the W(R)IGGLE test Please state KAYAK or SOLO CANOE or TANDEM CANOE

Plasticised Star Test Marking Sheets

£7.95 per set (a set of plastic cards 7.75" x 5.25" or 5" x 4" - for marking 1-4 star tests candidates) Please state SIZE REQUIRED and KAYAK or CANOE

Log Books

A4 Contents Only £6

A4 With Binder

£8

All prices include postage and Packing. Please send cheque / Visa No etc with order to:

BCU COACHING, ADBOLTON LANE, WEST BRIDGFORD, NOTTS NG2 5AS