



CoDe

the magazine of the BCU Coaching Service

The Coaching Service is supported by



**BRITISH
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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.

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IN THIS ISSUE

No 82 AUG 1998

- 2 Dear CoDe
- 4 Colin McCrae Goes Kayaking Paddlefest
- 5 Warming Up
- 6 Visualisation
- 7 ABCDE - An Aide Memoire Courses
- 8 Office Matters
- 10 Young Paddlers
- 12 Insurance

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

Dear CoDe

Perhaps there is
"nothing new under the sun"
but there may be

"something different over the horizon"- **Mike Jenkins, Paul Donovan**

It was interesting to read Geoff's reply to our article "Coaching into the Millennium" (Code 79). Stimulating debate such as this is something we hoped would be generated. We agree to an extent with Geoff's views and appreciate that this area has been explored in the past, but we feel it failed to address the key issues.

Many readers of the article may have misinterpreted the facts due to the omission of the new awards structure which accompanied the article, but unfortunately was not printed. A great deal of research has gone into analysing the problem and producing what is considered to be a viable working document, without detriment to any discipline or paddler.

The idea is not an attempt to put Open Canoe/Placid water paddlers into white water craft, neither is it an attempt to curtail the activities of the specialist disciplines. It is an attempt to centralise the coaching scheme, instead of it spiralling outwards, as is currently the case. Unnecessary duplication of awards is avoided, coaches are made more aware of the transferable nature of many of the skills and hopefully the diversification of our sport into small autonomous groups will halt.

If you look in the current directory you will see the 1,2 and 3* Kayak awards only differ in a small number of respects to the Placid Water kayak scheme and likewise in the Canoe awards. In rewriting the awards scheme (next stage of the plan) the 1,2 and 3* kayak can be a generic award irrespective of which craft is paddled. The same applies to Canoe.

In the RECREATIONAL COACHING SCHEME the new coach will be conversant with a number of specialist disciplines within the remit of their award. The "kayak" coach at level 3 will be able to coach basic Rodeo/slalom/Placid water/river running, albeit they may be specialists within one particular discipline. It is this broad base of knowledge which we feel is essential to the modern coach. A number of coaches already have these broad skills. Many of the disciplines already have their own Competitive coach

AWARD	DISCIPLINES	ENVIRONMENT	DURATION	PRE-REQUISITE	ASSESS	ASSESS GRADES
1*	Kayak/Canoe	Pool/Canal/ Lake (1from3)	Modular	Log book evidence	N/A	N/A
2*	Kayak/Canoe	Pool/Canal/ Lake(2from3)	Modular	1*kayak/canoe Log Book Evidence	N/A	N/A
3*	Kayak/Canoe Sea	Up to grade 1 Lake;sheltered bay:Up to 1'surf	Modular	2* Kayak/Canoe Log Book Evidence Region Membership	N/A	N/A
Level 1 Coach	GENERIC	Pool/Canal Lake(2from3)	Modular TRN-3 days	3*Kayak/Canoe Log Book Evidence Aquatic F/A (8hrs) Aquat Safety Award	1* Kayak 1* Canoe	N/A N/A
Level 2 Coach	GENERIC	Pool/ Canal/Lake Sheltered Bay (4 from 4)	Modular ASS-2 days	Level 1 Coach 3*Kayak 3*Canoe Log Book evidence	2* Kayak 2* Canoe	
4*	Kayak/Canoe Sea	Grade II/large lake/simple coastline/ up to 3' surf	Modular TRN-3 days	3*Kayak/Canoe/Sea Log Book evidence	N/A	N/A
			Modular ASS-2 days	4*TRN(Specific) Log Book evidence	N/A	N/A
Level 3 Coach	Kayak/Canoe/ Sea	Grade II/ large lake/simple coastline/up to 3'surf	Modular TRN-4 days	Level 2 Coach 4*(specific) Log Book evidence		N/A
			Modular ASS-4 days	L 3 Coach TRNG Aquatic F/A (8 hrs) Safety Award Log Book evidence	3*(specific) Level 1 coach Level 2 coach	A1 A2
5*	Kayak/Canoe/ Sea	GradeIV/Open Water/Up to 6' surf	Modular TRN-3 days	4*(specific) Log Book evidence	N/A	
			Modular ASS-3 days	5* TRN (specific) Log Book evidence	N/A	
Level 4 Coach	Kayak/Canoe/ Sea	Grade IV/ Open Water Up to 6'surf	Modular TRN-10 days	5*(specific) 4*(alternative) Level 3 Coach (specific) Log Book evidence	4*(specific) 3*(alternative) L 3 Coach (specific)	A3
Level 5 Coach	Kayak/Canoe/ Sea	Grade IV/ Open water Up to 6'surf	ASS-2 days	5*(specific) 4*(alternatives) Level 4 Coach (specific) Log Book evidence (specific)	5* (specific) 4*(alternative) Level 4Coach (specific) Level 5Coach	A4 A5

Dear CoDe Cnt...

scheme in place and this is an area we have not impinged on. What we have developed we feel is workable and could be implemented relatively easily. Bringing existing coaches up to spec. would again be relatively painless, providing the time scale is realistic and there are no short cuts. How many coaches are already multi-disciplined? There may be areas that need further consideration and we would be grateful for feedback good or bad providing it is constructive.

We fully agree with Geoff when he states that the "troops" have set the agenda and raised the problems and objections. This we are aware of and perhaps it is the apprehension of how the change will affect the individual that is holding back progress. It would be nice to think that this scheme will be looked at holistically for the future of the sport as whole.

Mike Jenkins / Paul Donovan

THE FUTURE IN OUR HANDS!

In response to Marcus Bailie's provocative item in CoDe 81 on the Technical Advisor role in Adventure Activities Licensing I feel sure that his item will illicit a healthy response.

Rest assured, Marcus, many of us do share a concern for the future of the sport and the way it is introduced to others, further more we are prepared to help in whatever ways we can. While agreeing with some aspects of what Marcus has to say I would differ on other matters.

Whether we like it or not the knee jerk reaction of government to a serious canoeing incident is here to stay. We see nothing to put this incident into context amongst the loss of life on say the roads. Narrow it down a little and compare it with the loss of life in young people through joy riding. Nothing to compare it with loss of life or quality of life through drug use and abuse. Nothing to support or endorse the beneficial aspects of canoe sport for the physical, mental and social well being of youth and the population at large. O.K it is here to stay and aspects of it are good but considering how quickly it was rushed in it is surely no surprise that it has some teething troubles.

In complaining about the rip off activities of some Technical Advisors Marcus is a little unfair with his cost comparisons. He should compare like with like. To compare the licence cost - £250 (an average) with the technical advice - £900(an extreme) doesn't seem to be looking at a level pitch. The point he is making, however, is that the Technical Advisor is a role filled by experienced and qualified canoeists, that such people should be prepared to put something back into the sport and that to charge high rates is a rip off. Most of us would agree with that stance, on the face value, but it worth looking a bit deeper. Which is what any sensible, experienced and qualified person should be doing before taking on such an onerous position.

Nigel Timmin's article on the role of the Technical Advisor in a previous Code was based on a British Association of European Mountain Leaders conference at Plas-y-Brenin in No-

vember 1997. Marcus was one of the contributors to the conference yet if we look at the reports of the conference they highlight:-

- * The need to not enter into a technical advisor role lightly.
- * The advantage of drawing up a contract to cover this role.
- * The likely chain of legal action should some sort of incident occur.
- * The advice that technical advisors should carry insurance to this end.
- * The need to document the advice given, document the technical advisor's qualification and experience, the limits and practicalities of the advice given on a meeting by meeting basis.
- * That this is not a sleeping role but an active and reviewing role with on going costs, etc. etc.

If the advice extends to training requirements for a large organisation then I can soon see the need for a sizable charge being made. However, surely the bottom line is that if there is a rip off then the organisation can easily go elsewhere for a cheaper deal market forces prevail.

I have certainly been grateful for time spent with Graham Watson and Mark Attenburrow looking at scenarios. In looking at the way we are progressing in this country and the scenario of another Lyme Bay type of tragedy it is easy to see a line of action where a court case finds against a company. The barrister for the company then questions the advice given to the company and the claim bounces along to the Technical Advisor. This is clearly possible, it requires insurance backing and takes the whole issue beyond what the average well meaning paddler might be prepared to do for the love of their sport. I think it is fair to say that Marcus is part of a machine which was set in motion by the government of the time. In many respects that machine was hasty and unwelcome in imposing another level of licensing and expense on providers. I'm not sure that he is in the best position to be complaining about the settling in period of the Technical Advisor. Is it simply a case of suitably qualified and experienced paddlers giving some sensible bits of advice here and there, for free, or has Marcus not really grasped the full gravity of what he would expect of the Advisor: or what may be required in order to do this job responsibly and without losing everything for the cause?

While we are on the subject what about some feedback and debate on the matter. We all know that the good guys have jumped through the hoops over licensing. What about the cowboy? Can AALA give any feed back on the success to date? Come to that do coaching scheme members have feedback on the Advisor role or anomalies in the Coaching qualification required to do the job? I'm surprised that it has been so quiet for so long.

Mike Mills - June 1998

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MWS

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Paddlefest 98

Oct 30th / 1st Nov

Nottingham

Its Back ! -

Following the success of paddlefest 97 we announce the return of paddlefest for a second year and invite you to the paddle bash of the year. This year the event will be held over the weekend of 31st October and 1st November and promises to be bigger and better than ever.

The objective of the weekend is to bring together as many paddlers, with as wide a range of interests as possible so as to create a fun, multi-discipline event, featuring elements of competition, coaching sessions and clinics, have a go / try a boat sessions, presentations and lectures, doing your own thing, along with a car boot sale and of course a paddlefest party.

'Paddlefest' Peak White Water Challenge.

Head to Head Downriver - two boats at a time race against the clock down a 600m section of white water.

Freestyle / Rodeo - utilising a river section rather than just one hole. Paddlers must over.

Extreme Slalom - a 300m course of upstream and downstream gates, hand target number boards, a vertical hole move and a horizontal wave move. An against the clock event with penalties awarded for missed obstacles only.

As an addition to the competition programme this year we are running a Sprint challenge event and hope that a number of river racer paddlers and sprint paddlers will join in the spirit of the event and maybe try their hand in the main event.

'Paddlefest' Paddleability Event.

'Paddlefest' Coaching Symposium

The 'Paddlefest' Coaching Symposium will provide Key note speakers along with a mix of indoor and outdoor sessions covering topical aspects of coaching development, along the theme of 'Coaching for Performance'. An 'excellence' programme will provide opportunities to join in on coaching sessions, run by experienced coaches covering all areas of skill / technique development and paddlesport psychology.

The Coaching Symposium programme will repeat itself on both days so that you will be able to select the appropriate times and clinics to fit in with participation in the whitewater challenge, casual paddling, lectures etc.

Opportunities are provided to take part in daylong workshops that will provide endorsements to your coaching / assessor status.

The programme is aimed at all coaches at all levels so don't feel that its not aimed at you - our maxim 'Coaching for Performance' is relevant to us all, as better coaches make better paddlers.

'Paddlefest' Personal Performance Clinics

Numerous half-day clinics will also be available to anyone who wishes to improve performance or try out another aspect of paddlesport....

Open Canoe / Open Canoe Sailing / Slalom / Sprint / Rodeo / Land locked Sea paddling and Surf to mention just a few.

'Paddlefest' Young paddlers Programme.

'Paddlefest' - 'Get in Touch' / 'Stay in Touch Programme.

'Paddlesport' Question Time. A panel of BCU serving Officers assembled around a 'Question Time' style table ready to be asked those questions that you have always wanted to ask, but have never been able to.

'Paddlefest' Demo / Retail / Car Boot.

'Paddlefest' bonfire party and disco

'Paddlefest' Admin

For further details, including full programme, costs and booking form please see Canoe Focus or write to / phone BCU Coaching Dept, Adbolton Lane, West Bridgford, Nottingham, NG2 5AS. Tel 0115 9818844 Fax 0115 9821797

COLIN McCRAE GOES KAYAKING

Stuart Williams

At this point you are probably thinking what the hell has kayaking got to do with rallying - perhaps not very much at the first glance; one takes place on dry land the other on water, one involves driving a 2 litre turbo four wheel drive car and the other plastic boat. However whilst teaching kayaking last weekend my recently taught rallying skills proved to be an unusual but valuable analogy. I will explain further!

After a week of very heavy rain, the River Lagan at Shaw's Bridge near Lisburn in Northern Ireland was brown and flowing very fast. There are not many great opportunities for good white water paddling over here so the chance had to be seized while the river was up. So along with Babs, my enthusiastic student for the day, we launched onto the river. Due to the high river level, most of the eddies and river features had washed out, however there was one ideal eddy behind a large rock, with a holding but playful stopper about 10-15m upstream. In an attempt to improve on Bab's white water paddling skills, I devised a simple but effective exercise. The aim was to leave the eddy and paddle upstream (through point 1) to the stopper, practise stopper surfing, 360s etc (point 2) and then exit through the stopper on the left, returning to the eddy on the opposite side of the rock (via point 3).

THE PROBLEM

The fast river flow made this exercise particularly demanding, with the river flow trying to push the kayak to the right bank, which was unfortunately covered in thick thorn bushes and nettles. After several unsuccessful attempts Babs became increasingly frustrated. During most of her attempts to complete the exercise one of following scenarios occurred:

a. The Stinger - Babs would gain some upstream movement but ferry glide into the right bank, become entangled in the bushes, lose momentum, and return to the eddy covered in scratches and stings.

b. The Rock Magnet - If she switched the kayak edge in time, Babs would avoid the bushes but ferry glide back the other way and glide swiftly into the rock, lose momentum and return to the eddy.

c. Going Nowhere Fast - She would get into the main flow and after several seconds of frantic calorie burning effort, gain little forward movement and return to the eddy very tired. At this time, Bab's asked "why do you make it look so easy, why do you not hit the bushes, where am I going wrong?" Sexist comments regarding female strength would not have proved useful or correct, neither would a simple "practise makes perfect" nor "because I am a paddling guru" (good for the ego but far from good coaching practise).

ANALOGY

Whilst sitting in the eddy trying to think of the answer to Bab's problem, the rallying thought sprang to mind. Two weeks ago I spent a day at a rally school in Leicestershire. Without boring you of the details of the "man who hasn't yet grown up" and the joys of driving an Escort Cosworth, the final part of the day was a demo run by one of the rally drivers. During my laps of the track, I drove frantically, my hands were crossing and the car often swerved from one side of the track to the other. The inside of the cockpit was a chaotic frenzy of desperate survival driving, resulting in me leaving the car bathed in sweat. However this rally driver was cool calm and collected. His hands hardly moved, just small but continual movements of the steering wheel. He hardly seemed to be doing a thing, it was as if the car was doing all the work. And to top it all, he drove twice as fast for half the effort. I then posed a question to him, similar to the one Babs asked me. His answer was that he was able to anticipate much better than I could. Knowledge of the car and his experience of rally driving enabled him, given certain actions conducted by him, to anticipate what the car would

do next and when. This anticipation allowed him to position the car better and react to the circumstances before they actually happened - in effect reacting to what he was doing and what the car would be doing next, NOT what the car was doing now.

SOLUTION

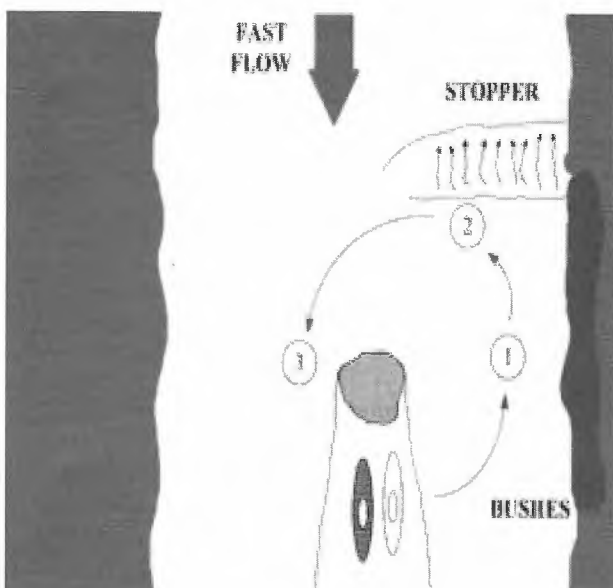
With this thought in mind, I was able to pass on this knowledge and use the analogy to help out Babs in her attempt to progress upstream. The analogy proved very successful. We soon realised that Babs put the boat on edge to ferry glide and forward paddle out of the eddy, however she reacted too late to transfer the edge and avoid being pushed into the bushes on the far bank. On the occasion that she reacted in time, she transferred to the opposite edge only to shoot across to the rock. In these scenarios Babs was not reacting sufficiently early to stabilise her position in the river flow. All her actions were too extreme and were conducted too late to achieve the desired result. She was not reacting to the water and her paddling strokes, she was reacting too late and after the kayak was totally out of position - the same as my

driving. Frustratingly for her, Babs was doing the right actions, but at the wrong time. More importantly she was not using the water to help position her kayak, she was continually fighting the river, using her strength against that of the river - Not surprisingly the river got the upper hand! After a discussion about boat positioning, timing and most importantly anticipation, Babs attempts to reach the stopper proved successful. With the ability to switch edges continually, adapt strokes to alter power and steering and with improved timing (to use that power when it was most needed), Babs was not only able to complete the exercise successfully, but she was also able to complete it using much fewer strokes, in less time, using less power, therefore conserving energy.

CONCLUSION

Although the tuition lasted only 1-2 hours, the progress made was significant and Babs now has much greater boat control and uses the river to her advantage rather than fighting against it. The improvement arose from an analogy which was easy to follow and easy for her to visualise (perhaps only relevant if the student is a driver!). It wasn't planned and had never been used before - but it worked on the day and others may wish to try it. And if you don't believe the analogy - go rallying for a day and try driving an Escort Cosworth - a humbling experience for someone who thinks that they can drive until shown how it is really done. Many thanks to the world of rallying for helping to solve a kayaking problem!

Stuart Williams
Lisburn



WARMING UP- HOW TO MAKE IT FUN

Roger Ward

The importance of warming up cannot be over emphasised, but how do you make it fun. I still see coaches who do not do warm up sessions with groups and others who do them because they know they should, but have no ideas on how to make it fun. The following are some of the games I use for warm-ups with groups of all ages.

The Jungle Journey

The group is formed into a large circle facing each other, with some space between each person. You are now going to take the group on an imaginary journey; the group will need to copy your actions. For instance: You are walking through a forest (group walk on the spot), when you hear a rustling in the trees (group peer over one shoulder and then the other). From out of the jungle comes a tiger so you start running (group start running on the spot). You then come to a wide river, which you dive into (diving motion from group), and then start swimming across (front crawl action from group). As you get away from the shore you realise you have left the tiger behind so you slow down swimming (breaststroke action). Out of the corner of your eye you see a log move and realise it is a crocodile so you have to start swimming faster (fast front crawl from group) . . .etcetera.

The adult Journey

I have done a variation on the above journey based around someone getting ready for a night out on the town and the ensuing beer drinking session.

The Penguin Race: Form the group into a circle all facing each other. You are going to stay in this circle throughout. You start a continuous rhythm going by slapping your hands on your thighs and the group matches your rhythm. The commentary on the race now begins and goes something like this: The penguins set off down the track (everyone slapping their own thighs to your rhythm), they approach a left hand bend (everyone does a swerve to the left), they are now on a straight (everyone thigh slapping), and they are now approaching a chicane (everyone body swerves to left, then right then left again) and back onto a straight (everyone thigh slapping). We are now passing a posh crowd (everyone does Queen like waves and makes posh voices), and here comes a water jump (everyone jumps in the air holding their nose, on landing it's a case of making "lugging sounds with your finger on your lips). Now we are passing the rough crowd (much fist waving and loud jeering), and we are back on a straight (everyone thigh slapping) here comes a left-hand bend...etcetera.

The journey type warm ups can be done as a follow my leader type exercise along the riverbank or around the car park. If people did not think you were mad beforehand, they will now! All these warm ups involve you letting your imagination run riot. Group members get warmed up for their session without really realising they are doing so.

Remember warming up is important, make it fun.



Visualisation and its Relationship With Coaching

Standing looking at a waterfall in Scotland:

Standing on the bridge watching my self-approaching the lip, I feel my kayak forced by the hydrodynamics of the water, between two rocks forming a shoot. Then the bow begins to drop as I enter the rockslide. Edging the kayak to the starboard side, I place my paddle on the rock to create a pivot point for the kayak. Feeling each and every impact that the water and rocks create and smelling the water vapour given off as the water impacts against the still water below.

As the bow leaves the lip, the kayak starts to pivot. I now move the paddle, as my line of free fall is correct. Free falling, I begin to move my body to change the centre of gravity, so to aid the angle of descent and, of course, impact. Then doing it all again, but this time from sitting inside the kayak.

Jack Nicklaus has said that hitting the good golf shot is 10% swing, 40% stance and setup, and 50% of mental imagery of how it should occur. Weinberg (1995). So from this one performer alone you can see that there is significant amount of emphasis placed on imagery, which is also known as visualisation, mental rehearsal and mental practice. Essentially they all refer to the creation or recreation of an experience in the mind. This method is reliant on mental recall, as it involves taking pieces of information stored from past experiences and shaping them into produce a meaningful image or sequence.

Every one of us has used imagery to some extent. Whether it was to remember an individual's face or to recreate actions which we have seen another complete, eg., watching the coach performing a draw stroke and attempting to recreate that stroke ourselves, by using image that the coach has just provided. However, our minds can produce images that have not occurred. As I said earlier, this process relies on the presence of past experiences, but by taking parts of these past experiences and merging them together we can create events that have not yet occurred.

I am sure that you have also seen people on the riverside looking at the river making funny arm actions or just standing watching the river. These people are rehearsing what strokes they will employ as they make their way down that particular stretch of river.

In real experience you feel the cold water pressing against your body and you see, hear and smell the situation and keeping your thoughts positive and true to the situation your mental rehearsal is far more likely to succeed.

Research has indicated that there are two areas that can improve your performance by using imagery.

- The nature of the task and:
- The skill level of the performer.

Feltz and Landers (1983) indicated that tasks involving mostly cognitive components, such as decision making and perception have the greatest gains from imagery rehearsal. The reason being that the performer can mentally rehearse events and possible outcomes of these events, based on previous experiences. By doing so the performer can rule out inappropriate actions, Schmidt (1982).

Feltz and Landers (1983) have presented experimental evidence indicating that both low and high level skill performers can benefit significantly through mental rehearsal, although there tends to be a stronger effect for experienced performers. So by providing images when coaching clients, your clients are far more likely to succeed at performing the skill.

So how can just thinking about performing a draw stroke help improve our ability to perform that stroke? The generation of information from our past memories, which are essentially the same as actual experiences, which should contain information from each of the senses indicated earlier. We can run these image sequences through in our minds. By doing so, the effect on the nervous system would be similar to the real or actual event. Marks (1977) states that "Images stimuli and perceptual or 'real' stimuli have a qualitatively similar status in our conscious mental life".

The coaches' performance in the demonstration must have a bearing on the learners' ability to progress their skill level. Davies (et al 1997) suggests that a bad demonstration is as bad as no demonstration at all. The ability of the level one or level five coach to give a good demonstration must be paramount. By using skill transference and mental rehearsal the learner will be able to achieve the skill more effectively and efficiently.

The demonstration must be relevant to the age group, experience and must relate to the real life occurrence of the activity in question, Bandura (1997). Bandura goes on to say that it is important to avoid talking too much as the demonstration is taking place, but it is necessary for the learners' attention to be focused on performance cues. For example when demonstrating the sweep stroke the coach may only say 'front, really wide, back.

The importance of this is related to the amount of information that the learner can take in and process. I know that when other kayakers show me how to perform skills, I have to practice them in stages. Simply because I cannot take in all the information at once.

This is known as overloading. If the coach overloads the learner with too much information this will effect the learners understanding of the task, as they will become confused. Confusing the learner will affect the mental images and performance cues that the learner would identify in the demonstration, Davies (et al 1997).

So, how can we use this in the coaching of our clients? As we all know the most efficient teaching methods are ones that include a demonstration so that the client can build a model (image) of the skill that they have been asked to perform. By giving the learner a poor model to learn from, it can only lead to poor skill performance and the development of bad habits. The quality of the demonstration will, therefore, effect the learners' ability to visualise the correct image of the skill, reducing their ability to augment their own performance standards expected by the coach. This is relevant for both beginners and those with more experience.

In conclusion imagery is a useful strategy to employ when evolved with coaching or the learning of skills. This method will enhance skills that range from pressing a button, figure painting to playing the flute. Evidence to prove that this theory works is out there and what I have discussed in this article is only a drop in the ocean. Hopefully this has provided the readers with an insight of this theory and with a bit of luck might tempt a few more coaches to augment their lesson plans.

Fatty from the Midlands (Assisted by fatties other friend twiggy)

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ABCDE - An Aide-Memoire...

This is not aimed at the debates on where to put your high brace or which colour underpants are best for racing, but a simple aide-memoire for working with groups, from beginners up. I work mainly with kids with learning difficulties, but also with normal children and adults on a regular basis. Whenever I start a session, I always run through the ABCDE, which they find easy to remember, and is reinforced each time they have to repeat it. Everyone is ready by the water, boats prepared and kit on. I introduce the ABCDE.

A = Area 'This is the area we will be working in. When we are travelling, stay behind the chosen person (usually a more experienced one) at the front of the group, don't drop behind the tail-end Charlie. The front person should keep the tail-end Charlie in sight'.

'If we stop for an activity, stay in the set area'. (Between moored boats, bridges or another marker). 'Always wait at a bridge'. (very useful for preventing the group from getting too spread out in our situation).

B = Boats - 'The river is used by other people. If you see a boat coming, do not assume that I have seen it, but shout 'Boat' until you are sure the message has been heard. If you hear people shouting 'Boat', move to the bank and await instructions'. 'Also, (on our part of the river) people live on boats, and they get upset if canoes keep crashing into them, so keep away from moored boats. Imagine someone driving their car into your living room wall

C = Capsize - (The usual stuff). If you see someone capsize, shout 'Capsize' until you are sure I've heard. If you hear 'Capsize' being shouted, move to the side and wait for instructions'. If you are the one who has capsized, stay with your boat and do exactly as you are told etc, etc, etc'.

D = Doctors - This reminds me to ask about asthma pumps, diabetics, epilepsy, medication or any other medical issues that I should know about.

E = Exercise - Reminds me to explain the need for, and run through some quick exercises to loosen up wrists, shoulders and waists before we get on the water.

ABCDE - Very simple, but it ensures that I cover a lot of organisational and safety issues before I get on the water. In following sessions, I ask them what the letters stand for which makes it into a game which again reinforces their understanding. Once on the water, the group are much better prepared for situations as they arise.

STRIDE, LONDON

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 £89.99 each Black / Blue L / XL

The Canoeing Handbook £16.95

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

£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

Courses

ASSESSOR TRAINING DAYS

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

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

Office Matters...

Sex, Drugs and Chocolate Body-paint!

Ha, now I've got your attention I can talk about what I really wanted to say!

Injury Prevention In Paddlesport(Risk Assessment and Safe Handling)

Earlier this year I attended the WCA's coaching festival at Canolfan Tryweryn. One of the activities I attended was a half-day workshop on Risk Assessment and Safe Handling (RASH) - previously called Manual Handling. It was one of those things that I went to because I felt, as a coach, that I probably should go and find out about the legislation and current thinking affecting us, but I didn't particularly want to go. However, I realised this was probably going to be the easiest opportunity for me to attend such a workshop so I duly signed up.

As I went to the meeting place for the morning session, in gorgeous sunshine, I was wondering why I hadn't gone to a white water coaching workshop instead! However, I am now very glad that I did go, both from a professional coaching point of view, and as a personal paddler. This was an extremely informative and useful session, which opened my eyes a bit more to some of the unnecessary dangers we put ourselves in, both as personal paddlers, and coaches of canoesport. The background information on the high frequency of injuries to canoe coaches, compared to other "dangerous" jobs such as heavy industry, agriculture, forestry, construction workers, etc, is frightening. It certainly made me realise that it is time to reassess how we teach canoeing, and how we canoe for ourselves. The following practical sessions went through some very straightforward ways to significantly reduce the likelihood of injury. The solutions are simple, but like so many things, before you can introduce the improvements, you need to be aware there is a potential problem.

The workshop also looked at the minefield of legislation that we operate under as canoe coaches, whether professional or voluntary, and simplified it for those of us who are not paddling lawyers! As an assessor of other aspirant coaches it is also important that we can judge the candidate's ability to assess the risks associated with our sport, and how to best avoid them. This workshop certainly helped to highlight what should be expected of potential coaches in our sport.

So, don't put yourself at risk unnecessarily, either physically legally or professionally. This was an excellent workshop with lots of answers - I suggest you go to one soon. It makes sense to look after yourself now so you can paddle for years to come.

Article by Jenny Wilson-Llangollen

Jenny also points out that.... many paddlers think of this as an issue that sounds boring, and not relevant, consequently burying their heads firmly in the sand when you mention it in the hope that it will go away!

As she says 'the team who put this workshop together did a great job and I feel there is an awful lot of excellent informative information for all coaches and paddlers to be aware of'.

All coaches should be aware of all safe handling and movement issues and should also be aware that by the end of 1999 all Coach

Educators will

be required to have undergone training on an approved Injury Prevention Course.

Courses will begin in earnest during the coming autumn. Regional dates for these courses will be published in the next issue of CoDe and will also be available through your RCOs

Coach Educators / Course Providers.

A number of procedural changes are in the pipeline in respect of coach educators running BCU courses. While we are well aware people are not happy about constant change, such changes are a result of our increasing 'Duty of Care' responsibilities and the challenge to provide good quality coaching and services that are valid, robust and accountable, particularly in respect of young People. Accepting that we are not looking at Change for Change sake, It is our wish to bring the new systems on board with as little disruption to people's lives as possible.

Basically the major areas we need to address are:

1. Changing all 'E' grade assessors to 'A' status.
2. Establishing Contracted Course Provider status for all those running coach education courses.
3. Ensuring that all course providers and course directors have undergone an Injury Prevention in Paddlesport Courses. (Risk Assessment and Safe handling).

E' to 'A' grade assessor status: Ideally all 'E' grade examiners will have to have attended an Assessor Training course. However, if they have been active, running courses in the last 18 months, they will be sent an 'up date pack' to ensure they are fully conversant with the principles put forward in the assessor day course. These people will not need to attend an assessor day. Anyone who has not been active will need to attend an Assessor training course.

Note: Those E2's that cannot be transferred to A4 because they do not hold the relevant 5 star award will become A3* and can continue running Level 3 courses. (As long as they become, or work under a contracted course provider).

Contracted Course Providers. A number of Contracted Course Provider workshop days will be run so that by April 1999 everyone running a BCU course will be a contracted course provider or will work under a contracted course provider. These days will also count for those 'E' grade examiners who need to up date i.e. It will count as an assessor training day (A two for one special !!!)

Opportunities to bring yourself upto date in these respects will be provided regionally, however we are also going to run a number of opportunities centrally (Nottingham) particularly for those able to attend midweek. On these occasions both the Contracted Course Provider and the Injury Prevention Courses will run back to back.

The 3 courses currently scheduled for 1998 based in Nottingham are....

October 20 Tuesday	Contracted Course Provider
October 21 Wednesday	Injury Prevention

Paddlefest Weekend	
October 31 Saturday	Contracted Course Provider
November 1 Sunday	Injury Prevention

December 1 Tuesday	Contracted Course Provider
December 2 Wednesday	Injury Prevention

All those currently running authorised courses will be receiving further details via a bulletin on these developments



Coaching News for Surf Coaches

Having run two successful symposia, aimed at updating all coaches holding Surf qualifications 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.

FIRST AID UPDATE

The BCU Coaching Department need a photocopy of all coaching scheme members first aid awards. This information is held on the database, but the copy not kept.

Coaching qualifications are only valid whilst current membership and an appropriate first aid award is held. This is the responsibility of the individual member concerned.

The ordering of certificates or pass slips will only be processed if the coach has this information on the database.

When candidates registers for an award they are requested to send a copy of their first aid award on each occasion. This enables us to up date our records and process the registrations more efficiently. **Coaches seeking re-instatement of coaching awards will also be required to supply an upto date copy of a first aid award.**

The first aid requirement is:

4hr training course including CPR/EAV level 1 & 2 coaches

8hr training course including CPR/EAV for CST Examiners Level 3,4 & 5 Coaches

16hr training course including CPR/EAV for Aquatic First Aid Trainers.

At present the RLSS Lifesupport awards are not acceptable as the requirement at any level. This is being reviewed by UK Coaching Development Executive at their next meeting in September. An update to this situation will be published in the next issue of CoDe.

Central Registration

BCU / WCA

Course Providers could we please ask that you endeavour to make all candidates aware of the need to register well in advance of their intended course. With many no doubt starting to think about autumn courses and even next years courses consideration to placing details in brochures and booking information would be most useful

The Scottish National Sports Centre:
Cumbrae Isle of Cumbrae Ayrshire
KA28 OHQ

The following courses will be staged at
Cumbrae National Watersports Training Centre

1. Four star Sea Kayak Assessment
29 August 1998

2. Four star Sea Kayak Training - call for details
3. Level 3 Kayak Coach Training (Sea)
31 July - 2 August 1998.

Other dates available: Call for courses

4. Level 3 Kayak Coach Assessment (Sea)
18-20 September 1998. Contact: Phil Jones
01475 86989

5. 1 - 4 Star Training and Assessments
6. Five star Sea Training and Assessments -
end August - September.

7. Canoe Safety Tests/First Aid/VHF courses

Telephone: 01475 530 757

T.Y.R.

No Limits Adventure

Sea Kayaking Courses Autumn 1998

Four Star Train and Assessment	18-20 September
Five Star Training	06-08 November
Five Star Assessment	13-15 November
Level 2 Training	18-20 September
Level 3 Training	11-13 September
Level 3 Assessment	02-04 October
	04-06 December

We also run a full range of skills courses and guided trips

For bookings and details of courses for 1999 contact

St Davids Booking Office on
01437 721 721611

**5 Star kayak and Open Canoe
6/7/8th November
Level 5 Coach Assessment Open Canoe
20 /21/22 November**

**Plas Pencelli - Brecon
Contact Rob Eaglestaff
01874 665241**

The Young Peoples Programme

The PaddlePower Scheme

The Paddlepower scheme is now up and running. 6 workshops have been held and over 50 coaches have been accredited to run the schemes. We have already received some invaluable feedback from the coaches and tutors who run the workshop which will ensure that the package is as good as it can possibly be. As was mentioned in the last edition it is intended that the scheme will be available across the country by 1999.

Here are some Frequently Asked Questions (FAQs) about the Scheme

1. What does the Scheme consist of?
The scheme consists of 2 parts:

Paddlepower 1 - Young Paddlers Scheme

Paddlepower 2 - Challenge Log book

Paddlepower 1 is primarily for the 7-11 age group and takes most of the key competencies contained within the One and Two Star schemes and presents them in smaller, child friendly steps. Consisting of 4 awards plus safety, capsizing and water awareness awards, the child can take charge of their own progress and have each item checked off informally by the coach as they go along.

Paddlepower 2 is designed for the 11-15 age group and encourages young people to participate and continue beyond introductory sessions. Each of the 5 levels is designed as a CHALLENGE whereby points need to be gained through:

Taking part in a number of coaching sessions in the club
Trying out different boats
Taking part in different events
Helping out within activities in the club or centre

Obtaining Star, Placid Water, Slalom or Paddlepower 1 awards
The logbook contains TOP TIPS from the best coaches and also key information on the many aspects of the sport.

2. Can I phone the BCU and deliver the scheme straight away

No. You need to attend the Paddlepower workshops before you can run the scheme

3. Why do I have to attend a workshop before I deliver this scheme when I have been coaching for years?

The purpose of the workshop is primarily to explain in detail how the Schemes work. It also takes the opportunity to update coaches on the latest thinking on 'Working with Young People' - what they look for from

their coaches and from the sessions they attend. There is a brief review on coaching efficient forward paddling technique and a number of useful resource packs are also handed out during the workshop. Feedback to date indicates that the workshops have been very well received.

4. who do I contact to attend a workshop?

If your club, centre or organisation is within a Paddlesport Development Officer area please contact them directly as this is where the first pilots are running this year. As tutors are developed for the rest of the country a list of names and contact telephone numbers will appear in Canoe Focus at the end of the year. **Everyone should have access to the workshops in 1999.**

Paddlesport Development Officers

Tyneside Sunderland

Rory Corder - 0191 488 4398

Teesside

Dave Hellawell - 01642 651661

West Yorks

Michol Kendrick - 01484 460154

N.West

Jonathon Davies - 01244 390451

Worcs / Hereford

Graham Campbell 01363 774841

Nottingham, Derby, Leicester

Angela Hampton - 0116 2674428

Berkshire

Adrian Barker - 01189 267806W.

London

Sue Hornby - 0181941 2714

Wanted!!

Tutors for the Paddlepower Scheme

We are now looking to spread the Paddlepower scheme across England and so Paddlepower tutors are wanted. Training on the scheme and on presentation skills will be provided so if you feel you match the criteria, below, please send a short application detailing your experience in the areas required plus the name and address of a referee who can vouch for your experience to:

National Youth Development Officer

British Canoe Union

Adbolton Lane

West Bridgford

Nottingham NG2 5AS

We would like to encourage applications from all aspects of the sport. The make-up of our current tutors is 3 women and 6 men. Of these tutors 3 come from a single discipline background but have had experience of other aspects of the sport. We would like to keep developing this blend and balance. Please ensure that your application reaches us by 18/09/98 as we will want to select tutors and get training under way by mid October.

Typical tutor profile:

Essential:

Have a good deal of current experience of working with young people
Knowledge and experience of using strategies to keep young people involved in the sport.
knowledge.

Desirable:

All round experience of the sport
Good Presentation skills
A level 4 coach of A4 status or the appropriate level competition coach

Regional Youth Reps.

Eastern Region - Ian Richards - 01603 662917

East Midlands - Emma Collins
South - Kevin Dennis - 01189

843162

South West - Andy Squirrel - 01305 786005

West Midlands - Chris Perry - 01299 402683

NEW PADDLESPORE DEVELOPMENT OFFICER APPOINTED

We are delighted to announce that Michol Kendrick has been appointed as the new PDO for West Yorkshire. She is an active member of the Pennine Canoe Club and has been involved in the sport for a number of years.

Canoeing Adventure

The aim of the Adventure Programme is to develop and prepare paddlers for expeditions and adventure.

Summary, it is envisaged that a Specialist Sports College would be linked to a club offering the appropriate level of canoeing adventure for young people. The college would be expected to work towards the following criteria:

Student entry Level criteria:

Any child that has an interest in developing within the adventure side of canoeing and who has obtained the equivalent of 2 Star ability

The College would seek to meet the following criteria:

Back-up

To link to a Top Adventure Club.

To link to a Top Community Club*

Access to transport to take young paddlers on trips/ expeditions

Access to the appropriate equipment that provides flexible class programming that encourages the young person to train for their paddling

Coaching

The coach in charge of the programme must be qualified to L4 and hold a minimum of BELA award

Programmes must be overseen by L3 coach or above depending on venue/ area

Schools committed to developing coaches to support the school and club programmes

There must be sufficient coaches for the number of paddlers. Coaches must have undertaken child protection act training and have been recruited according to good practice in terms of working with young people

Activity

Provide and monitor land and water based training programmes for the paddlers (including:- Rodeo, Open Canoe and expedition).

Provide a tiered training system for paddlers of different levels of experience (preferably in conjunction with the club).

Link into award schemes such as the Star Scheme, Paddlepower 2 and Duke of Edinburgh.

Provide a programme of events and run at least one open expedition to reflect the competence and experience of the paddlers which involves the local club.



Wanted !!

Coaches available to work during the day

The BCU have had a number of enquiries from schools and organisations regarding coaches available to work during the day. In order to develop a list of coaches and/ or centres with coaches who are available to offer Canoeing during 'school' time we would like anyone interested in being included on this list to complete the following brief questionnaire and return to: **National Youth Officer, BCU, Adbolton Lane, West Bridgford, Nottingham NG2, 5AS**

Name.....Address.....

Tel No.BCU Mem. no.

1. Your canoeing coaching experience. What aspect of canoeing do you like to coach:

Type of Water

Flat Water
Moving Water
Pool Paddling
Sea

Type of boat

Multi helm (eg Bell Boat or rafted Canadians)
Racing Canoe
Touring Canoe
Kayak - open cockpit
Kayak - Closed cockpit

(please tick preferred options)

2. Your Coaching experience with children

How long have you been coaching children?.....

Have you been police checked Yes / No

Can you provide 2 references supporting your suitability to work with children? Yes / No

3. Your experience and understanding of schools

How would you describe your knowledge of the curriculum at Key Stage 2?

Little knowledge/ good knowledge/ fully conversant
(please tick appropriate response)

How would you describe your knowledge of Key Stage 3?

Little knowledge/ good knowledge/ fully conversant
(please tick appropriate response)

4. Access to Equipment

Have you access to boats/ bellboats and equipment for children U11 Yes / No

Have you access to boats and equipment for children aged 12-15 Yes / No

If yes to either, is this through a centre/ club (please tick)
(please provide centre/ club name & address)

5. Availability

When would you be available to coach during term time?

9am-12pm, 12pm-3pm, 3pm-5pm
(please tick appropriate response)

6. Travel

How far would you be prepared to travel

Up to 5 miles / Up to 10 miles / Up to 20 miles / Up to 50 miles
(please tick appropriate response)

7. Preferred client profile

Do you prefer coaching:

Boys only groups

Girls only groups

Mixed groups Young

Any type of group

Young People aged 8-11

Young People aged 12-15

People aged 16 +

(please tick the appropriate response)

INSURANCE !!

A number of recent enquiries suggest that many of you may need to make sure you are clear on the type of insurance cover offered to you via your membership of the BCU. Outlined here a number of points relevant to Coaching service members. Check them out and those of you receiving fees for coaching make sure that in this respect you are covered. If not take advantage of the special arrangements we have been able to negotiate through our group membership of the NCF. For full details of the BCU Insurance Benefits and Procedures send for leaflet S601 /Dec97

Insurance Arrangement for Members and Affiliated Clubs

Cover is arranged through the Union's Brokers. The cover provided falls under two main headings: Third Party Liability through Perkins Slade, and Boat Insurance through N W Brown.

THIRD PARTY LIABILITY

This type of insurance (sometimes called Public Liability Insurance) is involved when negligence has occurred causing the injury or death or damage to the property of a third party. It provides worldwide cover to a maximum of £5,000,000 for any one incident. This applies in connection with a) canoeing privately b) any BCU activity c) canoeing on social activities of a BCU affiliated club. The cover includes all legal costs and damages awarded if negligence is proven or accepted by the insurance company. **Member to member liability** is included, which means that the third party can be another BCU member.

Negligence sometimes resulting in six figure damages or more may occur through sheer carelessness or irresponsibility, but it can happen through unforeseen circumstances. The BCU takes the view that all who canoe must be covered by Third Party Insurance, and therefore the following are covered:-

- a) All current individual BCU members resident in the United Kingdom (includes members of Her Majesty's armed forces whilst serving overseas).
- b) Current registered members of currently affiliated clubs who pay the capitation fee for each member who is not an individual BCU member. The capitation fee is only waived if the club's members are covered by Third Party insurance already, probably through a parent body, and a club officer has signed a declaration to this effect.
- c) Members and voluntary helpers of currently affiliated BCU Senior or Junior clubs (whether or not they are covered by a, b or c above) acting officially on behalf of their clubs.

To MAINTAIN INSURANCE COVER renewal membership subscription and affiliation fees **MUST BE PAID BEFORE THE EXPIRY** of the previous membership or affiliation. There is no period of grace.

'Member to member' liability cover is by way of a special arrangement / extension to our policy. Many policies where membership organisations are concerned, while they do cover third party damage etc, they do not provide such cover member to member. The BCU third party arrangement does provide such member to member cover.

Advice on the relevance of coaching qualifications The BCU has provided a comprehensive Coaching Scheme in order to ensure that basic and ongoing training of a satisfactory nature is provided, both for the participant, and in the wider interests of the sport. The system is strongly recommended, and also enables clubs to confidently run a programme of open courses for the general public, which can be fund-raisers. It is not necessary, however, for Third Party Liability insurance purposes, for club journeys, activities or events always to be covered by Coaching Scheme qualified members.

The holding or not of a Coaching Qualification by the appointed, or presumed leaders, of a canoeing venture, though is a factor which would be taken into account by a Court in determining whether or not negligence was involved.

In the event of an accident, should the appointed leader be held to have been inadequate in experience or competence for the venture, then clearly grounds for a claim could exist. The officers of the club or members of currently affiliated clubs acting officially on behalf of their club, would be covered should they be successfully sued. So too, would an individual member of the BCU or Registered Club member of a currently affiliated club, if the prosecution was taken out against him or her personally.

Advice on the implications for individuals holding coaching qualifications A person holding a coaching qualification, who happens to be present at an authorised club activity but has not been specifically appointed by the club officials to run the activity may not have an automatic legal responsibility in the case of an accident occurring. He or she may well feel that they have a moral responsibility, but that is not the same thing. Should the qualified member express doubts about the safety provision at a given activity, this should be taken into account by club officials, however, as the opinion would obviously carry some weight in the mind of a court seeking to determine whether or not negligence was involved, in the event of a claim for damages arising.

Advice for those receiving fees for coaching

The Public Liability insurance does not exclude advice provided for a fee, nor is it limited to accident or occurrence. Consequently, when coaching is provided within the BCU, to members or clubs, liability is insured including liability arising out of errors or omissions in such instruction. Where, however, a Coach provides instruction for a fee outside the BCU to such as Schools, Youth Organisations or Leisure Centres, he or she is obviously acting in a professional capacity and will need to take out Professions Indemnity insurance cover.

Through its membership of the National Coaching Foundation the BCU is able to make such cover available to coaches for the very attractive annual cost of £6.

What does this NASC group membership arrangement cover

Coaches liability Insurance:
Five million pounds indemnity in respect of your legal liability to others for death, injury or illness and loss/damage to third party property arising from your coaching activities. No distinction is made whether you are paid for your coaching or working in a voluntary capacity. Cover is provided world wide (except USA/ Canada), while working with UK students

Please send sae to the BCU office for an enrolment form for NCF insurance. The annual fee is £6 payable when the form is returned to NASC.