



CoDe

the magazine of the BCU Coaching Service

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No 83 October 1998

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

THE AIM OF THE BCU COACHING SERVICE IS:

To promote the sport and recreation of canoeing and to ensure that newcomers are introduced to canoeing in a safe and enjoyable way and that they and those already in the sport are assisted to progress to whatever level and in whichever discipline within canoeing suits them best.

CoDe is the official organ of the BCU Coaching Service. Members are free to express their views within its pages. Articles and comments therefore reflect the thoughts of the author and do not necessarily state the policy of the National Coaching Committee.

CoDe is programmed for publication in February, April, June, August, October, December.

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

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

Editor: Geoff Good, Director of Coaching.

Coaching Service Developments

Change for Change sake.....

With a number of procedural changes in the pipeline in respect of coaches and coach educators running BCU courses and well aware people are not happy about seemingly constant change, we are bound to ask is this 'change for change sake'

The answer is clear ! Check it out for yourselves.

Everyone involved in sporting provision is having to review, update and become ever more accountable. The government charges governing bodies of sport with providing good quality coaching and services that are valid, robust and accountable, meeting modern day 'duty of care' requirements particularly in respect of Young People.

Inevitably reviewing the wide array of courses and provision currently provided by the Coaching Service, along with the supporting administration that goes with them is not without pain - None of us like change, particularly if it appears to be Change for Change Sake,

There is no intention to make life difficult or to create hoops just for the sake of it. The changes being made are a direct result of a responsible governing body responding to its 'duty of care' responsibilities, many of which are time targeted, both from a UK and National Association perspective.

It is perhaps the difficulties associated with effectively communicating with activists in the field that contributes to poor representation of proposals and particular policy changes and developments.

This we clearly need to address, however, we can only consider the thoughts and concerns of those that raise them and the best mechanism for this, currently is through the RCO / LCO route and so I would encourage you all to keep in touch, discuss developments and raise issues at local and regional meetings and seminars.

Additionally, you can of course put pen to paper. The Coaching Office has undergone a number of changes to accommodate the new central registration scheme and while still perhaps suffering from a shortage of personnel, our administrative procedures are now more streamlined and effective with the result that while responding to all such communication would be prohibitive, we have set up a filing system to log all technical/ developmental correspondence so that it can be presented to any working parties considering specific developments.

It is the intention of this article to make sure that you are all aware of and updated in respect of current areas of development.

There are three major areas that we need to address over the coming year.

1. Change all 'E' grade assessors to 'A' status.
2. Ensuring that we run enough Contracted Course Provider days in areas that are accessible.
3. Ensuring that all Course Providers and Course Directors have undergone an Injury Prevention in Paddlesport Course. (Risk Assessment and Safe Handling).

This article covers details of these areas in sections 2 / 3 and 4. Section 5 provides some advanced details of the proposed Coach Re-Validation or updating scheme, additionally the article provides updates in respect of Central Registration, NVQs, FEFC,

Coaching Management

Although leading on occasion to rather large meetings, there has been a high level of involvement for a number of years from all entitled to attend NCC meetings, including delegates from specialist committees.

While the consensus view is that there is benefit in having open representation from all areas of the union, it is also recognised that from a management perspective, smaller, more focused meetings are desirable.

With this in mind a Coaching Executive has been established that will meet three / four times a year so that it can be more focused as to discussion and direction. This executive body also provides the opportunity to more appropriately embrace the principles of federalisation, maintaining a full UK perspective of coaching issues, and recognition and consistency of BCU coaching awards.

The Executive is made up of representatives from the four home nations as follows; 5 English representatives, 2 Scottish representatives, 2 Welsh representatives and 1 representative from Northern Ireland. National representatives will discuss UK matters representing home interests and developments in the context of overall UK interests and developments.

The English representatives are drawn from the English membership of NCC and it will therefore remain imperative, should you wish to participate in developments and policy decisions that you continue to communicate via the RCO / LCO network.

While it is intended that UK policy decisions should be implemented consistently throughout all the National Associations a number of administrative variations may arise in order to meet specific National requirements / conditions e.g. Central Registration only being a requirement in Wales and England. Please be aware of this and consider such possibilities if talking to or discussing admin procedure with other National Association members.

.....Continued on pages 6 / 7 / 8 / 9

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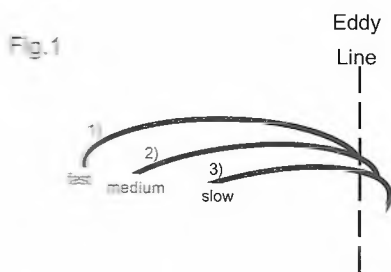
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EDGING INTO THE MYSTERIES OF HYDRODYNAMICS

"Common sense, do what it will, cannot avoid being surprised occasionally. The object of science is to spare it this emotion and create mental habits which shall be in such a close accord with the habits of the world as to secure that nothing shall be unexpected".

"Wow I didn't expect that to happen" explained the paddler. A quote often heard when paddling unfamiliar water. The variables which influences the performance of the paddler and kayak are numberable. However, one fact remains that without the action of a viscous, incompressible fluid compiled of two Hydrogen atoms joined to one Oxygen atoms (plus a few other bits and pieces) our paddling would be less than exciting, in fact it would not exist at all.

Venturi and Bernoulli developed some of the now accepted Laws of Fluid Dynamics. The Laws give an insight into the possible reasons for the reaction of the kayak when paddling, a number of other Laws of Physics also help to explain what at first seems rather strange occurrences.



Bernoulli's Equation for pressure in a liquid has two components to it. A Static Pressure component related to the pressure of the water when it is stationary and a Dynamic Pressure component which is related to the velocity of the water. It is interesting to note that if the velocity of the water is doubled then the magnitude of this component is increased four fold. Have you every head the cry "It's got much more power than it looks ". Throughout the article I will refer to the action of the forces and not the pressure. (for a pressure to be exerted on an object there must

be a force acting on a given area of the object, it is convenient to use the term force instead of pressure, it is convenient to use the term force instead of pressure, it is hoped that the reader will find this term easier to understand conceptually.)

Firstly consider the situation in Fig.1. Breaking In to the faster flowing water from an eddy. The diagram shows three possible routes. In a White Water Skills book the author suggested that to propel the kayak along the routes (1), (2) and (3) the kayak should be paddled with a speed which was either fast, medium or slow. This may well be the case, but why? And are there other ways we may achieve the same results?

Consider the possible variables:-

- (1) Speed
- (2) Edging of the kayak
- (3) Angle of approach
- (4) Body weight
- (5) Type of Kayak
- (6) Blade action

In science to investigate a number of variables it is important to keep all but one of the variables constant. Let us consider then each variable independently.

(1) Variation of Speed

(Therefore (2), (3), (4), (5) and (6) constant). It is obvious that at the eddy line there are two forces acting on the kayak. One caused by the river flow, the other due to the flow of water in the eddy. As these two forces are acting in opposite directions it causes a turning effect on the kayak. The Law of Impulse states that the longer a force acts on an object the greater the change in velocity of the object. Applied to the situation of the break in it means:-

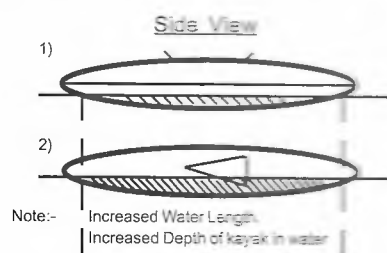
A slow moving kayak over the eddy line will experience the forces for a greater period of time and, therefore, it will be rotated more than a kayak which is moving quickly over the eddy line. This will, therefore, alter the exit angle, the approach angle for both speeds would be

the same but the exit angle will increase as the speed of the kayak decreases. Once in the main flow the kayak will carve the rest of the turn.

(2) Edging the Kayak

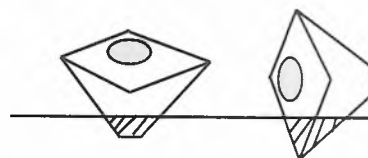
(Therefore (1), (3), (4), (5) and (6) constant) "The principle of leaning and bracing applies equally to canoe and kayak, but the techniques differ to suit the nature of the boat" (fig 2). I would suggest that it differs to suit the nature of the water and what the aim of the manoeuvre is. Edging the kayak is certainly a help when turning. However, edging into the turn is not always the correct thing to do. Edging to the outside of the turn could be the best thing. This will be considered later.

Fig 2.



Archimedes Principle states that the weight of water displaced will equal the weight of the object. As the kayak is edged in still water it will sink further in to displace the same amount of water and, therefore, it will have an increased waterline. (See Fig 2 and 2(b)).

Fig 2(b)



Edging also changes the shape of the hull which is in contact with the water, in many cases this will become asymmetric which will create forces due to the flow of water past the hull, these forces will assist the turn. Fig (3) show how the wetted area of the kayak will change as edging takes place. Obviously the extent of this reshaping will depend upon the indi-

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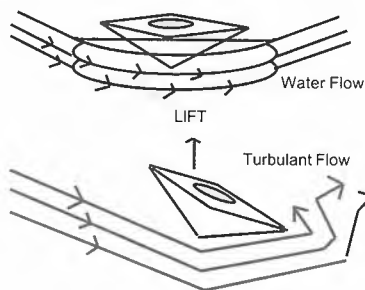
actual design of each kayak. Kayaks with a lot of rocker will show more of this effect than a White Water Racer will. In Fig 2, it is assumed that the kayak is edged to follow the edge of the hull.



So how should edging help the kayaker achieve the different routes across the river. Fig 2 shows the increase in depth which the edging causes. This in turn will increase the resistance of the water on the kayak thus the forces will increase. Using again the Principle of Impulse, it suggests that an increase in the force will result in a greater turning effect on the kayak. Therefore, the greater the edging the greater the turning effect.

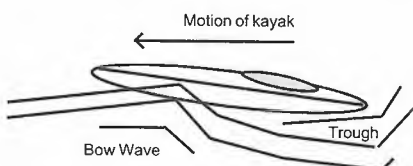
It is of course never so simple, Edging increases the waterline when static, in turn this increases the top speed of the kayak. However, as the kayak starts to move through the water and the river flow hits the hull it is likely to create a certain amount of lift. This in turn could reduce the waterline length and make the kayak more manoeuvrable.

Fig.4



The speed of the kayak is reduced because of the bow wave created, as a kayak moves faster the bow wave increases and eventually the stern of the kayak drops into the trough of the bow wave. See Fig 4(b). Edging increases the waterline and improves the streamline shape of the wetted area, this will reduce the stern drop. This is useful when paddling up stream against the current.

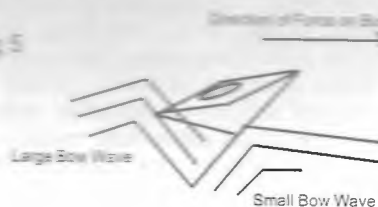
Fig 4(b)



So what about the Waterline Shape? When paddling on flat water the turning of the kayak may be assisted by the edging. The design of the modern kayak, such as the Rio, will be affected in two ways.

(i) If the left knee is lifted so that the hull deck edge is just below the surface of the water the

Fig 5



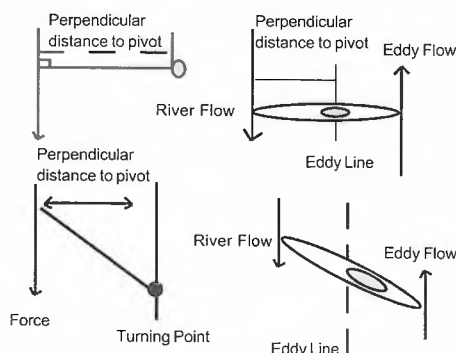
kayak will turn to the left. This is partly due to similar effects which causes an aeroplane wing to achieve lift, these are created by the change in wetted area shape and because of the build up of the large bow wave on one side of the kayak. Because of this edging the stern edge of the kayak will "dig into" the water which will not allow the stern to slide, this will also help the front of the kayak turn. (This learning effect is used in the turning of White Water racers and Sea Kayaks. With this type of edging the front of the kayak turns/slides across the water more easily than the stern and so the first half of the sweep stroke used to assist the turn will be the most useful.

(ii) As the kayak is edged further over, the hull of the kayak becomes the dominating factor along with the shift of the centre of gravity and the use of a paddle will encourage the kayak to carve in a similar way to a skier carving a turn when skiing down snow covered slopes. In this type of turn the rear section of the sweep stroke will be the effective part, as the bow edge will create the greatest resistance in the water and the stern will slide over the water.

(3) Angle of Approach

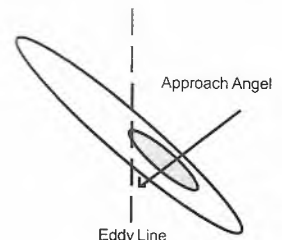
(Therefore (1),(2),(4),(5) and (6) constant). The Angle of Approach of the kayak changes the turning effect of the eddy forces and the river forces. By applying the principle of moments or Torque we can easily show how the angle effects

Fig 6



the turning of the kayak. Fig 6 shows the turning effect of the eddy and river forces, are effected by a change of angle. The key to the comparison lies in the measurement of the perpendicular distance to the line of force. The greater this distance, the greater the turning effect on the kayak. Therefore, an angle of 90° would produce the maximum turning effect on the kayak. So to achieve the various exit angles required to follow routes 1,2 & 3 requires a gradual increase in approach angle.

Fig 7



(4) Body Weight Distribution (Therefore (1),(2),(3),(5) and (6) constant). Although the distribution of material which makes up the kayak and paddler is not uniform the force of gravity can be looked upon as acting on the system through a single point. This point is called The Centre of Gravity. (C. of G.) This point can be changed by leaning forwards or backwards.

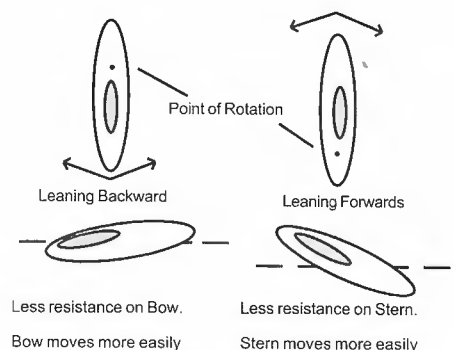
The buoyancy of the system acts through a point called The Centre of Buoyancy. (C of B). The position of this point can be changed by edging the kayak.

By leaning forwards the C. of G. is shifted forwards towards the bow, this results in the bow sinking. The C. of B. also moves forwards to try and push the bow upwards. (and visa versa when leaning backwards).

If this process is repeated, by the body moving sideways then the result could well be a capsized. This is because in sideways displacements the buoyancy cannot equal the forces of the displaced weight.

So how does this affect the performance of the kayak?

Fig 8 shows how the shifting of the C. of G. effects the turning of the kayak. If this rotation is caused by a sweep stroke then when leaning backwards the first half of the stroke is the most effective part as this pushes the front round which has the least resistance. (Continued on page 9)



Canoeing and the Environment...

CANOEISTS have a unique opportunity in regards to being able to view the entire length of the river ... and it gives them an equal opportunity to despoil that same length. The canoe is a traditional craft used throughout the world for exploring wilderness areas and observing wildlife without disturbing it. The canoe causes no erosion, noise or pollution and leaves no trace of its passing. Wildlife and landscape are an essential part of the canoeists pleasure for aesthetic, cultural and recreational reasons. It is in the canoeists interest to conserve the environment.

In order to protect the existing resource and gain further canoeing waters the BCU Environment Conservation Panel was established to give advice to canoeists and other interested parties on how the needs of the river environment and the needs of water users can be met, without damaging either resource.

The BCU Access Policy commits to the "shared use" philosophy, in line with the Environment Agency support in the making of access agreements to achieve shared use of rivers. The Environment Agency can assist in bringing all interested groups together to achieve this aim. The BCU does not believe that canoeing disturbs the environment. Well planned competitive events such as slalom, wild water racing and long distance competitions are compatible with the most sensitive of landscapes, as can be seen for example at the National White Water Centre, which is located on the Afon Tryweryn in the Snowdonia National Park.

The BCU regards the conservation of Britain's rivers, waterways and coastline as about more than just preserving the actual resource. It is also about people's opportunities to enjoy and experience such resources, whether in the cities or countryside of Britain. There is little point in cleaning up our polluted rivers and seas or in saving the surrounding lands and estuaries, if people's enjoyment of these are restricted. So how can you help? Access Officers and individuals all have a duty to protect our canoeing environment, and below there are just some ways you can assist in this...

Access and Egress Points: it is far better to construct a landing area that blends in with the local area, than have an undefined point that encourages damage to the bank, riverbed and pathways. Are there adequate parking facilities near the access point for parking, to protect verges and hedges and avoid congestion? Can you share a car to reduce congestion and pollution? Ensure that the Canoeists Code of Conduct is promoted. Provide bins, pathways, signs etc. To promote careful use.

Launching and Landing on gravel or shingle beds should be avoided. Numerous fish and invertebrates use these areas, and at certain times of the year spawning fish can be disturbed and eggs damaged by trampling. Wilful disturbance is an offence and if you are asked to move on by an Agency bailiff please observe any instructions. Ask for identification if in doubt. Seasonal zoning allows impacts to be reduced, and closed use of the watercourse could be considered during breeding times and low water, if the area is sensitive to change. Try not to paddle during times of low water as this increases disturbance. Rivers are home to many types of wildlife which can be particularly vulnerable to human activity during their breeding seasons. Avoid sudden or excessive noise or unnecessary disturbance to bankside vegetation.

In areas that are sensitive, there is a danger that "permissive access" could be withdrawn. Ensure that canoeists are aware of the dangers and that potential impacts are avoided.

Consult landowners, local angling groups, other river users and conservation groups - combine the local resources! Encourage River Care Schemes - arrange litter picks and conservation work, sponsor your local river! Always talk to your local Area Environment Agency office and the landowners first before constructing or working on or near a river - they may be able to help, but they always need to know of any work. Canoeists - the watchdogs of the River Environment. Encourage feedback on pollution, damage to the river environment and irresponsible users. Contact the Environment Agency if in doubt. YOU can help prevent pollution and protect the environment by using the FREE Environment Agency 24 hour emergency hot line number **0800 80 70 60** anywhere in England and Wales to report incidents including pollution, poaching, flooding, damage or danger to rivers, lakes and coastal waters.

Your prompt action will help the Agency protect water, wildlife, people and property. The BCU and Dr Tim Stott, Senior Lecturer in Physical Geography & Outdoor Education at Liverpool John Moores University are in the process of compiling a book "A Recreationalist's Guide To the River Environment: An Introduction For Small Boat Users on Rivers and Inland Waterways", which will be an informative guide covering all aspects of the river environment, from wildlife to pollution, from hydraulics to river management. This comprehensive guide, due out mid-1999, will be a unique look at waterways for all users, and has the full support of the RYA, IWA & ARA.

And we would like you to contribute to the book through our **PHOTO COMPETITION!** To make the book really work, we are looking for illustrations, photographs, and cartoons to be published. The best photograph will feature on the front cover, with the winners name credited. All published artists will receive a free copy of the book.

The categories are:-

- Wildlife (common plants and animals)
- Scenes of pollution and mis-management of rivers and canals
- General / idyllic water scenes
- Scenes containing canoeists, rowers, sailors and other small craft users.

Please send your entries to the:- Photo Competition, Environmental Panel, BCU Headquarters. Also please ensure your name is on the back of the submission. Closing date 23rd November 1998.

Darren Male BCU Environmental Panel

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Coaching Service Developments...

Continued from page 2

1. Central Registration

A big thank you to all course providers for supporting central registration. We are now well in to the first year of Central Registration and the system appears to be working well, achieving as hoped a reduction in the on course paperwork requirements and in the validating of coaching awards. While the transition has not been painless it does seem as though the message is getting through.

Many thanks to all course providers for their patience during this time and to all of you who have supported the change by making sure that potential candidates are aware of the need to register (with all the pre-requisites) before attending a course.

The problems encountered here in the office are either due to candidates not sending photocopies of the pre-requisites and or any registration fees due and then attempting to register during the week just prior to their planned and often booked course.

Candidates should, having made sure that all the pre-requisite are sorted out, allow a minimum of ten days for the registration process to be completed.

During the early part of 1998 dispensation has been given to a number of candidates, particularly those registering for level 2 training, who have been caught out by the need to have all the pre-requisites prior to their training course. This will not become 'normal practice' and dispensations of this kind will not be given after September 1998.

We would ask all Course Providers to continue to make all potential candidates aware of the need to register their intention well in advance of their planned course. With many of you no doubt planning autumn courses and even next years courses please give consideration to placing details and reminders in respect of Central registration in brochures and booking information.

First Aid

From the end of March 1998 it has become necessary for existing coaches to keep their first aid award up to date in order for their coaching qualifications to remain valid. (most first aid awards are valid for 3 years).

It is the responsibility of all coaches to ensure that their first aid certificate is up to date, however, we are asking that **individual coaches** send in a photo-copy to BCU Coaching Office so that **their** record can be updated. Coaches applying for registration at another level will obviously be required to supply a photo-copy of a current certificate when registering.

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

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

A list of certificates issued by the main First Aid providers which meet BCU requirements for an 8 hour certificate (see enclosed). **This is not exhaustive and we are currently looking into the acceptance of RLSS basic life support 1 / 2 and 3.**

Exemptions

Please note – any form of exemption requested by candidates in respect of coaching awards can only be given by the director of coaching. Candidates turning up on course without an official letter from the Coaching office should not be considered as having gained an exemption and should not be encouraged to seek one retrospectively. Allowing candidates to proceed in this way will negate their course.

Change of Registration costs on Level 1 Courses

The registration fees applicable to level 1 awards will change as of the 1st November 1998. Basic membership will be £23 while those candidates electing to pay a registration fee will pay £11.50

2. Assessor status

So that we operate with one scheme as opposed to two parallel systems. See the enclosed assessor matrix. We aim to facilitate this transfer as simply and as quickly as possible. It has been determined to bring together the Examiner and Assessor grading systems

Transferring from '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. Anyone who has not been active will need to attend an Assessor training course.

Note: Those E2's that do not fulfil the criteria to be a level 4 coach (i.e. do not hold 5 Star) become A3* and can continue running Level 3 courses. (As long as they become, or work under a Contracted Course Provider).

You will note latter in the bulletin the advent of the 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 workshop days will also count as a conversion opportunity 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!!). See section on Contracted Course Providers for dates

In the context of achieving this a number of changes have taken place that you should note;

To assess for 4 Star awards the assessor status required will be A1* To achieve this assessors will hold a minimum of Level 3 Coach and A1, completing an A1* log book.

Any transferring E2 assessor who does not hold a 5 Star award will transfer across as an A3*. While not being recognised as an A4, A3* status assessors will be able to continue working on level 3 training and assessment courses (as long as they become or work under a contracted course provider)

Assessors who have started on the Assessor track / who transfer at A2 or are new to assessing will be required to progress from A3 to A4

When working towards a particular level of assessor status all courses worked on must be overseen by a recognised provider.

3. Contracted Course Providers

The need to Operate a system of Contracted Course Providers has come about as a response to a range of problems in the current provision of coaching Award Courses. Such problems range from;

Varying standards of courses across the country along with poor administration.

More complaints about courses.

Difficulty in removing status.

Sometimes poor training of new assessors.

System of log book signing by U2s not satisfactory.

Anyone wanting to run an authorised course will do so by becoming, or operating under a contracted Course Provider. This process is not intended to restrict the number of people assessing or to take qualifications away from people, however, it is intended to reduce the number of people responsible for the standards and administration of Coach education Courses.

It is aimed to make people think carefully about taking on the responsibilities of being a course provider and all that it entails. You will still be able to work on and direct courses if that is what you have been doing.

The advantages of this system are;

Contracted Course providers will monitor standards

Contracted Course providers will sign log books for trainee assessors.

U-grade assessors are not needed

If standards are not acceptable and a process of appeal has to be explored, then a course providers contract may not be renewed

Regular attendance at assessor forums not required by A3* or A4 assessors. (Course Providers will, however, need to attend an updating workshop every two years.)

To become a Contracted Course Provider you will need to be / have done:

A4 Status

Current and active at running courses during the last two years

Attendance at an approved providers workshop

Sign a copy of the BCU Course Providers Contract

All Providers and Courses will be subject to monitoring

Attend an updating workshop every two years.

The initial workshops will be run throughout the autumn and early spring and all Coaching award course run after 1st April 1999 will need to be run by an approved Contracted provider. These initial workshops will also act as conversion courses for those needing to transfer from Examiner status to Assessor status (see assessor scheme notes) and may also run back to back with Injury prevention courses. Three initial courses will be provided centrally (Nottingham) along with a range of regional opportunities.

The dates for the initial courses are;

October 20th (Tuesday)	Contracted Course Provider
October 21st (Wednesday)	Injury Prevention

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

December 1st (Tuesday)	Contracted Course Provider
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December 2nd (Wednesday)	Injury Prevention.
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Dates for regional courses will be advertised in CoDe. Regular Course Provider training workshops will be run every year to meet the need for future Providers.

All current course providers (A4s / converting E2s) will be able to attend the Contracted Course provider workshop free of charge

If you wish to apply for a place on the Contracted Course Provider Workshop / Injury Prevention course dates provided in Nottingham please contact the Coaching office direct.

4. Manual Handling

INJURY PREVENTION IN PADDLESport (Risk Assessment and Safe Handling)

In Civil Law all teachers, coaches and Instructors have a duty of care towards their students and all others who paddle. This includes loss, harm, damage and injury. The article in CoDe issue 77 entitled Manual Handling and its Implications outlines the requirements of the Health and Safety at work act and points to the fact that coaches are charged with the care of paddlers, and as such, coaches need to identify where there is a risk of the 'duty' being neglected or abused.

In the same way the BCU has a duty of care to all its members and coaches and with this in mind it has prepared an information leaflet which gives a brief outline of procedures to assess and evaluate Safe Handling operations. In addition, a one-day Injury Prevention in Paddlesport training course has been developed to disseminate current best practice and raise awareness about risk assessment and injury prevention.

Course Evolution

Three years work has gone into the evolution of the material now available to the coaching service so that it can best support its coaches and members, this is to be achieved by cascading training and information down through the coaching scheme to ensure that all are informed and up to date in relation to 'current best practice'

The work undertaken has been under the consultative lead of Steve Devlin of Inter-Action Leisure and in conjunction with three working party groups made up of assessor / coaches from across the National Associations and the regions.

The focus of the working party has been a one day training course for BCU Coach Educators (E2s / A4s) in order that Risk Assessment, Injury Prevention and Safe Handling issues can be cascaded down to all coaches at all levels and thus down to all students involved in any and all aspects of paddlesport.

Attendance at a training course will be compulsory for all Coach Educators as outlined below.

The secondary focus of the working party has been to establish a half day module to update and raise the awareness of all other coaches / students during other coaching seminars and events etc.

The final course packages have been concluded, again under the consultative lead of Steve Devlin; by John Moxam, Derek Brooks, Trys Morris, Andy Cook, Ann Collins, Paul Newman and Dave Hurd.

Three pilot courses have taken place within the evolution of the course. The second and third pilot courses were run in a similar way at different locations by different deliverers. Following the successful outcome of these pilot courses and the feedback received, we feel that we have at last achieved a way forward with a relevant and workable course that meets the needs of the Coaching Service.

Agreed procedure

1. That the course be entitled Injury Prevention in Paddlesport and that it is a stand alone coach education module for course directors.
2. That all subsequent courses are delivered from the pack prepared and modified during the pilot courses. One pack provided per region. (Currently being produced)
3. That a trolley, spine and other essential items be purchased for each region so that course providers can deliver the course at minimum cost without having to spend their own money.
4. That the course handouts are turned into standard BCU course notes.
5. That the course go live with immediate effect (May 1998) and that a date of January 2000 be set beyond which all course directors must have been trained in order to continue running coach education courses.
6. That a contract between course directors and the BCU is drawn up to agree to take the contents of the course forward in format agreed and in the spirit of 'best practice'.
7. That we have the elimination of this course as a long term aim. The contents of the course are such that all the information could be delivered at stages during the progression through coach level 1-4 courses in the future.

The aim of this course is to get course directors up to speed with this subject and begin to cascade the information not to put hurdles in the path of coaches. We should be looking at a provisional three year life span.

8. That the working party review both the content of the courses and the progress of implementation after one year and after two years, making an annual report to NCC.

Course Costs

It is intended that the cost of the course be kept to a minimum and as such we are aiming at courses being provided regionally with regional resources. The cost per person should be in the region of £15 /20. It may well be the case that courses could run back to back with contracted course provider workshops, assessor training days, regional forums or panel events etc.

Special Thanks

Thanks should go to **all** who have persevered through the various phases of this project. The enthusiasm and determination of some and the sheer patience of others has all to be commended. Thank you to you all for your time, expertise and energy.

Course Provision

Courses will be provided regionally and dates published in Code. A number of dates are being provided centrally, in conjunction with Contracted Course Provider Workshops (see section 3)

If you wish to apply for a place on the Contracted Course Provider Workshop / Injury Prevention course dates provided in Nottingham please fill in the application form at the end of the bulletin and return.

5. Re-Validation - Coach Updating.

Why do we need to re-validate or update ?

'A coach is expected to provide a standard of care worthy of a reasonable, prudent, professional, regardless of whether they are paid or voluntary coaches'.

'It is important to realise that a duty of care does not only arise through contractual agreement, accepting responsibilities may also give rise to a duty of care'.

It is clear that from a Health and Safety point of view we need to support both coaches and employers by setting up a framework by which employees can be updated to 'best practice' standards.

As a governing body we have to consider how best we can support our coaches. Re-validation or Coach Updating whereby a coaches skillbase is re-examined is fraught with problems, realistically we can only look at updating best practices and current techniques. Full details of the upgrading process will be published in the February Code.

Coaches will be required to go through this upgrading process every three years by submitting a signed log sheet along with a brief summary of the coaching and assessing undertaken during that time.

All coaches will be required to have updated for the first time by April 2001. The agreed log sheet format will be available in 1999.

6. NVQ

Recent Approval of the NVQ Level 2 Technical Definition for Canoeing

The new Level 2 NVQ National Standards were approved in November 1997. The BCU as National Source for Canoeing was asked to write a new Technical Definition for these. *(Briefly, The National Standards describe how something is to be coached, whereas the Technical Definition describes what has to be coached).*

It was however not easy and we have had to acquiesce on a number of points raised by the Awarding Bodies Forum.

Basically it is worth drawing your attention to the fact that the NVQ is designed such, that a candidate should hold a discipline specific BCU award as well as the NVQ. It is however

feasible for candidates not to go down the BCU discipline specific award route and yet still hold an NVQ in Canoeing. Any candidate taking an NVQ through the BCU will of course have a BCU discipline specific award backing up their NVQ. We therefore wish to draw your attention to this as possible employers

and as BCU Course Organisers / Providers. An NVQ on its own is not recognised by the BCU and is not a pre-requisite to a coaching award.

On a more positive note we are once again offering NVQs through the BCU and prospective candidates should write for an application form to register for a Level 2 NVQ from the BCU Nottingham office.

Note: The NVQ Level 3 award is likely to be 'on line' by the end of the year

7. FEFC

The BCUs position in relation to its contractual problems with South Notts College is still unresolved due to the colleges current position with the Further Education Funding Council. This is having a serious effect on the coaching service as we are having to hold back on many of the projects and staffing requirements we had hoped to progress with additional FE income. As yet we have no indication on when this issue will be resolved and can only await developments.

In the meantime, as of the end of July this year, BCU awards will also come off of Schedule 2a, the FEFC's reference of fundable courses. While the BCU itself has been unable to claim FEFC funding for the past twelve months, due to mutually agreed termination of its contract with South Notts College, providers who had arranged collaborative agreements of their own will now no longer be able to access funding.

The reason for having had our courses dropped from Schedule 2a was due to not being able to satisfy the FEFC criteria for remaining on schedule. The funding council has concerns over separation issues between awarding and training functions and also over membership issues.

We are currently in negotiations with QCA, who now have responsibility for maintaining schedule 2a, so that we can endeavour to get back on the list. While it is unlikely that the BCU will be able to establish a central agreement as before it may be possible for us to create the opportunity for providers to make regional agreements with colleges.

8. Resources

The level 2 resources, which have unfortunately become long, long overdue, have been held up for reasons too numerous to go into now, however, the project is still live and should produce a set of resources for course providers in the autumn. Hopefully access to these should be available at the Contracted Course Provider Workshops. Many apologies for the delays associated with getting these to you .

9. Child Protection

You will no doubt be aware of the media attention paid to recent child abuse court cases and convictions involving swimming and martial arts coaches. This level of profile has brought home the fact that child abuse does occur in sport.

With this in mind, many canoeing providers already have policies in place that dictate the procedures for

Recruiting people to work with children

Handling suspected child abuse

Dealing with inappropriate behaviour from coaches.

However, the implications of this affect everyone, particularly volunteers in clubs. So what are the BCU doing?

We are in the process of drawing up a policy related to issues in this area. The implications of such a policy are that the BCU will ensure that any coaches working on BCU schemes will be employed in accordance with this policy.

We will also be providing additional guidance to clubs and club coaches. How?

Information will be available through the Free club Pack which will be updated with this information from September onwards.

Workshops will be available over this winter, which will simply give advice on good practice on how to avoid potential accusations of inappropriate behaviour. They will also give advice on what to do if child abuse is suspected or disclosed to a coach or member of a club.

As coaches working with young people and youth section organisers are those most likely to come into contact with children and , potentially, this type of incident, we would strongly recommend that they come along to one in their area.

10. 1999 Course Authorisation

In the light of the introduction of contracted Course Providers all courses run after 1st April 1999 will have to be run by Contracted Course Providers. Final authorisation on courses after this date will depend on providers becoming 'approved' providers. Authorisation forms for year book entry will be sent out as normal at the end of August / early September with further details.

11. Surf Coaches

All Surf Coaches are reminded of / are advised of the articles appearing in Code (See Code 79 / 81) highlighting the need to attend an updating symposia to be brought upto date with developments to the Surf awards. Another symposia date is offered for any who have so far missed out on the opportunity of attending. October 17th / 18th. Contact BCU Office Nottingham for further details.

NVQ Orientation

For those E2s/A3s who wish to become approved BCU/NVQ assessors. The day will concentrate on generic assessment and the implementation of the new NVQ standards.

Monday October 19th / Saturday November 28th 1998

We as yet do not have any demand for people wishing to train as BCU/NVQ assessors.

If you meet the above qualifications and wish to be involved, then please write in to BCU Coaching expressing an interest.

Regional Dates for Contracted Provider and Injury Prevention Courses

East Midlands	January 9th / 10th 1999 Injury Prevention only - February 28th 1999
Southern Region	November 14th / 15th 1998 January 23rd / 24th 1999 Injury prevention Only - 20th / 21st
London & South East	January 30th / 31st 1999
Devon & Cornwall	January 16th / 17th 1999
North East	Contracted Provider Course Only Sunday 22nd November
Wessex Region	Dates available next Code.

For further details and venues contact the appropriate RCO.

Edging into the Mysteries of Hydrodynamics. Continued...

...The stern is difficult to drag through the water. Does this effect the kayak as it crosses the eddyline. Consider the situation where the paddler is leaning forwards, the kayaks' bow will be creating a greater resistance to the flow of the water and therefore it will experience a greater force, from what has been said earlier this will cause the kayak to spin more quickly. When the weight is moved backwards the stern is likely to 'catch' causing it to sink further into the water. In squirt kayaks the movement of weight has a much greater effect as the buoyancy of the squirt kayak cannot balance the downwards forces of the position of C of G.

(5) Types of Kayak

There are obviously many types of kayaks now on the market so why are they so different? What are designers trying to overcome when they design a new kayak?

(i) Surface friction:- Surface friction which accounts for 70 - 80% of the total water resistance depends on the wetted surface of the hull and its surface quality. Skilling (1980) showed that the minimum wetted area occurred for hulls which were semicircular in design. The author of the book then goes on to say that these designs are very unstable and that V and U shaped hulls, although being a compromise and increasing the wetted area by 5% and 2% respectively, the craft are more stable. He also states that a kayak will experience less up-thrust from water which is less than 6' deep than if it were deeper than 6' deep. (Holme Pierreponts' regatta lake is 10' deep apparently for that reason.) Sea kayakers are OK but the average river probably never gets deep enough to create a problem for the designers to take this depth thing into consideration.

(II) Speed:- The speed of the kayak is reduced when the bow wave becomes big enough that the kayaks stern sinks into the trough. This can be off set by streamlining the flow of water past the hull. Long and thin works . Putting more buoyancy at the stern works. Fast sprint kayaks are not good for turning and must be edged as mentioned before if they are to be turned successfully.

(III) Manoeuvrability:- This can be achieved by having a large rocker on the hull and a flattish hull. Obviously this is a very simplified way of looking at the possible variables.

Scientifically I have simplified the physics for this article. However, when Newton first wrote down the Laws of Motion he probably wasn't thinking of their application to kayaking. It may be that you are thinking that the contents of this article are about as far removed from kayaking as they were then. What is certain is that the forces which may be hindering the progress of your students may need to be counter balanced by other forces created by edging into the Mysteries of Hydrodynamics

- (1) Practical Boat Owner Magazine.
- (2) White Water Handbook - JT Urban.
- (3) The Science of Canoeing - R Cox

J Moore.



Regional News...

Southern Region News.

Due to job changes both Neil Murray and Dave Evans have had to give up their positions as LCO South Bucks and South Hants. We would all like to thank them both for all their hard work as LCO and wish them well in their new jobs.

This does leave the LCO posts for South Bucks and South Hants open and so any nominations or anyone interested in either post are ask to contact the coaching Office or the Southern area RCO - Steve Finch.

Examiner / Assessor Forum - Saturday 26th September.
Riverside Centre, Oxford. 10.am start. For information
contact Steve Finch RCO Southern Region
01189 755318.

North East Coaching Service Northumberland Panel

John Steven has had to stand down as LCO. The management committee, at their meeting on 6th September agreed that Clare Knifton should act as LCO until a panel meeting to elect a new RCO can be convened. All members of the Northumberland panel are invited to a local panel meeting at he Coquet Shorebase on Nov 4th at 7pm. Claire has indicated she is prepared to take on the role permanently. If there are any other nominations they should be sent to the RCO - Martin Melling - as soon as possible.

Yorkshire Area Coaching Courses in the Region

Coaching Processes 28th / 29th November 98
Assessor Training Day 29th November 98

Venue: Bewerley Park Centre - Contact: Sam Cook
01423 711626

Next Regional Coaching Meeting Tuesday 15th September
7.30 - Buckles Inn, York. All coaches welcome

Wessex Region

Still needed - Local coaching organiser for Somerset and Bath / Bristol area. Please contact J. Simpson (RCO Wessex) direct.

(35 Gooch St, Swindon, Wilts, SN1 2BA)

Thank you's to:

Griffen Canoe Club for their invite to paddle with them. A great evening with a great club.

Youth Afloat 1998 - Thankyou to all coaches who helped at the fun filled weekend of watersports for all 9-17 year olds held at festival site in pool. Special thanks to Pete & Jo Pendelbury who organised the paddling and the catering.

Eastern Region

RCO Address Change

Paul Fynn has moved both home and business address.
RCO correspondence should be directed to
PO Box 82, Coltishall, Norwich, NR12 7DY.

Tel Contact - Office Hours / 24hr answer phone 01603
737456

Out of hours pager no 01523 189681 (where immediate
contact is required)

Courses

ASSESSOR TRAINING DAYS

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 36502220

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
01903 771272

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

COACHING PROCESSES COURSES

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

Coaching Processes Course

21-22 November 1998

South Devon - Contact Peter Catterall River Dart
Country Park, Holne Park, Ashburton, Newton Abbot
Devon, TQ13 7NP

Introduction to Surf

10th / 11th Oct 98

Contact - Sam Roberts 20 Priestacott Park,
Kirkhampton, Bude, Cornwall, EX23 9TH

Surf Level 3 training Course

13th / 14th November 98

Contact - Sam Roberts / Glyn Brackenbury
as above.

5 Star Kayak and Open Canoe

6th / 7th / 8th November 98

Level 5 Coach Assessment Open canoe

20 / 21 / 22 November 98

Contact - Robert Egelstaff 01874 665241

Level 5 Inland Assessment

27th / 28th March 1999

Contact BCU Coaching Office

The Scottish National Sports Centre Cumbrae

Current Courses

Five Star Sea Kayak Training 13th - 15th Nov 98
Level 3 Sea Kayak Training Nov 98

For details Call Ruth Anderson 01475 530 757

T.Y.F. No Limits Adventure

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



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

For further details and booking contact
BCU Coaching Office
A.S.A.P.



First Aid

Unfortunately the following course was omitted from the list of accepted first aid courses for coaching awards.

"First Aid for Mountaineers and Instructors".

This course meets the requirements of level 3 coach and is run by Andy Sherriff, Nyth yr hebog, Llandyrnog, Denbigh, North Wales, LL16 4HB

THE VENTURE CENTRE ISLE OF MAN

Instructors wanted for 1999 season.
BCU, SPSA, MLTB, NSRA, RYA, GNAS, BOF

our family run centre, offers multi-activity adventure courses for schools, scouts, guides and other youth groups

Season runs from April - August 1999.

Varying lengths of contract available.

Rates of pay dependent on qualification / experience.

This is a live in position. Minimum age 18 years.

Contact Simon Read 01624 814240 or write to: The Venture Centre Maughold, Isle of Man IM7 1AW.

Dear CoDe

In response to your article about faceguards, I STRONGLY DISAGREE!

I usually wear a faceguard on my polo helmet, but as I have one helmet, it has also become my white water helmet.

You say it creates a macho image, yet I frequently get called 'nancy' and 'geeky' for wearing one on the river.

You also seem to say that they do more damage than good when on a river "welds breaking stabbing into face etc". Based on personal experience, the one time I didn't wear a faceguard on the Guisane in the French Alps, I capsized in shallow water. I banged my head quite badly on a large rock. I obtained a badly bruised face, and a big black eye. Had I been wearing a faceguard, I would have come away with little more than a dented pride.

Also what you said about trees snagging in the faceguard was correct, but usually, the branches snap, as they are weaker than the metal the faceguard is made of. I think what you said about the helmet swivelling on the head is incorrect, a poorly fitted helmet will swivel about the head regardless of whether there is a faceguard present or not. Helmets should be fitted properly and adjusted in such a manner that the helmet does not move once buckled into place.

One more point, some people, many people in fact, paddle on rivers going faster than 8 mph. A fellow paddler on a fast high volume river trip I was on capsized, and banged his leg on a rock, and he nearly broke his leg, imagine what would have happened if he had hit this rock with his unprotected face.

The two disadvantages I can see about faceguards apart from their uncoolness are:

- 1) They slightly impair your vision, however, this can be reduced if you buy a black one rather than a white one.
- 2) Sometimes heavy collisions with an obstacle can result in the dislocation of the jaw due to the chin strap pushing backwards on the lower jaw.

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

*Don't miss it. See Canoe Focus for Programme details
and book in advance.*

Student Paddling Clubs Safety and Good Practice Seminar 24th /25th October 1998

Aimed at Students responsible for club events and club trips this first

Student Paddlesport Safety and Good Practice Seminar is to take place at the National Watersports Centre, Holme Pierrepont, Nottingham.

The programme for the weekend will be a mix of presentations, discussion groups and practical sessions run over the weekend covering....

**...the Legal Responsibilities within a club Structure,
Care, maintenance and monitoring of pooled equipment,
Event Planning, Integrating novices into a club,
white water Safety,
leadership, Personal skills.**

All sessions will provide senior club members with opportunities to improve their club practices and help ensure safety out on the river.

Additional Activities will include....

**....Fun Rodeo; Extreme Slalom, Throw Line challenge,
Evening Lecture
3 and 4 Star assessments and Canoe Safety Test.**

Demo boats will be available throughout the weekend.

Due to anticipated demand, places will initially be limited to two per club.

The cost of the seminar is £15 per person. This includes refreshments on both days, free use of the slalom course and free entry to the rodeo, events and lecture.

To keep the cost to a minimum the event will be non residential. Details of campsites and B&B options will be sent to all applicants.

A booking form and further information is available from the..
**BCU Coaching Dept, John Dudderidge House, Adbolton Lane,
West Bridgford,**

Nottingham, NG2 5AS TEL 0115 9821100