



CoDe

the magazine of the BCU Coaching Service

The Coaching Service is supported by



**BRITISH
CANOE
UNION**



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.

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

Dear CoDe...

BELLBOATING - offering opportunities for all, regardless of age or ability!

Bellboating forms an integral part of a physiotherapy-led multi-centred leisure programme for people with disabilities in Lancaster.

Therapy in Leisure also aims to provide sufficient numbers of qualified "Helms" in order to meet the demands of our user groups. Obtaining the services of qualified Helm Boat examiners has nonetheless been problematic, with location and availability making it difficult to provide an appropriate service responsive to local needs.

Given the relatively 'restricted' proficiency required for Bell Boating, is there not a mechanism whereby individuals with a Helm award can obtain a Bellboat 'specific' examiner status?

This opportunity would allow a flexible and responsive service-led structure, and one which would help to raise the status of Bellboating as an activity able to offer water based enjoyment to all, regardless of age or ability.

Jeff Bartley

Therapy in Leisure Adviser
Chartered Physiotherapist

Can't Do It Without You

To keep CoDe balanced and to keep coaching vibrant we need your input, your thoughts, your ideas.

CoDe should provide the brevity of content that can accommodate the various coaching interest, stimulate coaches at all levels and provide new ideas to trial and experiment with. CoDe is also a means by which we can all keep up to date with what is happening in your area, region, club or centre - but only if such information is forthcoming - Check the copy dates below and put pen to paper.

Copy dates for CoDe

**Feb Issue - 4th January April issue - 8th March June Issue - 3rd May Aug Issue - 5th July
Oct Issue - 6th September Dec Issue - 8th November**

Dear CoDe, The Schools Canoeing Association aim is to increase the number of schools taking part in Marathon canoeing and other forms of canoeing such as Slalom, Polo and recreation Canoeing.

'Schools Canoeing Association' - School & Club Link

The Schools Canoeing Association would like to encourage ALL CLUBS to develop links with local schools to encourage schools to get involved with marathon canoeing. The reason schools don't are many, such as: Lack of equipment, no qualified staff, transport, not timetabled or did not understand the benefits Canoeing offers children. We would like to encourage someone at each Marathon Club to act as a liaison person with local schools. To approach schools, encouraging pupils, parents and staff to become involved and join a local club. ALL it takes is a phone call or a visit to a school or at least make them aware that your club exists and encourage young people to get involved. The Schools Canoeing Association has people willing to give advice/contacts to promote the sport and encourage new schools to get involved. These contacts are in the BCU handbook or look for the nearest school that already canoes to you.

After leaving school many children go into University, if your club coach has encouraged a young paddler, please create a contact for them to join a club close to that university so that they remain in the sport of Marathon canoeing. Many schools are keen to get involved in Marathon Canoeing, the future of our sport is with the children currently at school. Some clubs have already developed links and this has proved very successful as not only has the club gained junior paddlers, but parents get involved and it increases the clubs membership.

David A T Ward - Head of Outdoor Pursuits - Kimbolton School

Cambridgeshire Canoeing Association

'Looking forward to next Summer,
plan your Summer holiday around the'

1999 National Marathon Championships.

Plan ahead and encourage your club to put in the diary JULY 10 & 11 1999 at St Neots on the Gt Ouse: 4, 8, 12 mile K1 & K2 race.

Team & Individual prizes

Contact David Ward on 01480 862244 for entry information

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

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plus the W(R)IGGLE test Please state KAYAK or SOLO CANOE or TANDEM CANOE

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

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A4 Contents Only £6

A4 With Binder

£8

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£89.99 each Black / Blue L / XL

Canoeing for Disabled People £17.95

Lesson's in the art of Archery ??? - Jerry Scott-Maber

A number of years ago while working at a centre I took up Archery with the intention of learning a new skill, and allow me to body swerve another mind numbing "Intro'Kayak" session by doing my GNAS Archery Leaders award. It worked, but what I didn't count on, was how it would change my kayak coaching as well.

I was okay at shooting arrows but not as consistent as I would have liked, i.e., I could get them in the gold, but not grouped as well as I was sure that I could. Switching from point-of aim where the arrow tip is pointed at the target, to a pin sight on the side of the bow allowed a more concentrated aim from myself, but my arrows still covered an area the size of a foot ball on reaching the target face. My Coach, Jim Ord, who was busily trying to split his arrows in half with his accuracy, suggested I go to the pub, get a beer mat, and pin it to the target face, this done my arrows got closer and closer to a point where they were touching (Well, every now and again, anyway).

1. With point of aim, the arrow tip often obscured my view of the gold area of the target, thus I could not consistently hit the same area.

2. With the pin sight I could see more of the target and get better accuracy with my arrows, however, my aim would vary as I had a larger area to concentrate on, therefore, less consistent groupings.

3. With the addition of the beer mat, I could clearly see the target area, and my AIM was FOCUSED, ensuring greater consistency and a higher success rate.

Eventually I could take the beer mat off the target face or use smaller and smaller pieces of it until its presence was unnecessary.

In my experience, quite often paddlers who want to make the jump from flat water to moving water will come for a coaching session and describe themselves as 2 to 3 star paddlers and are, therefore, used to being assessed by coaches, and having little experience in self-analysis.

They are so used to having to perform skills to a text book manner in order to pass tests and be judged by others that they find it hard to objectively analyse their own performance, coach themselves, and maximise their own potential. Consequently they don't know where they want to be.

Part of the process of starting this in motion is to take the focus off the paddlers skills and increase their kinesphere or their area of awareness, as you do when you gain more experience as a driver, your field of vision increases so too does your focus which enables you to see that problems, though they might happen right in front of you, they actually started to happen much further away.

Nowadays when I am introducing paddlers to moving water, one of the techniques that I used is **Fixed Ocular Concentration-Unhindered Systems**. (I know; I know; I made it up, but it sounds good, so lets roll with it okay!).

Ferry Gliding is the classic example, I would argue that the AIM of ferry gliding is to travel across the river from point A to point B remaining upright and allowing

the current to assist you as much as possible. If this is so, surely achieving the objective is of greater importance than the method used. Being aware of the principles of Balance Accuracy and Timing (B.A.T.) and how to do a twiddly doobry stroke, is part of the teaching process, yet often neglected is FOCUS WHICH IS PART OF THE learning process. So lets have a look at what this entails.

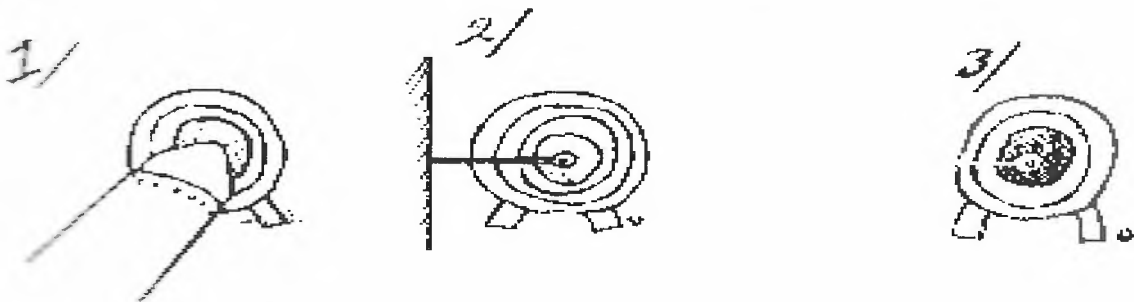
1.If I ask a student to cross the current from eddy to eddy, his or her view of where to go is obscured by the current which they perceive is being in the way, and by the largeness of the eddy on the other side.

2.If I give them a target on the other side, i.e. a tree or rock they have a more accurate point on which to concentrate, but often is it too large and undefined for them?

3. If I put a day-glow golf ball on a rock, they can clearly see the target, it is bright and grabs their attention and their AIM is FOCUSED.

Quite soon I can take the golf ball away as its usefulness is only temporary and it has served its purpose.

When I am doing this, I tend to think quite a bit about what I say to people just before they leave to do the exercise as I will not be giving any further verbal advice while they are active.



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My son learnt to walk about a year and a half ago, during the whole process I didn't once have to tell him to look at his feet, lean a bit more to his right, go a bit faster, or lean back when he was going down hill (Is this ringing any bells out there?) He had already in place a superb and completely uncluttered balance mechanism, which worked independently of any contextual interference (me), he knew "when" he was going to fall over and subsequently adjusted his posture, I watched how his head remained upright when he went from A to B. How, unprompted he FOCUSED on where he was going and went there changing course and speed as necessary, in order to maintain his velocity and achieve his objective successfully. Okay the rest of him looked a bit wobbly but that wasn't important. **He naturally remained in balance.** In fact the only thing that I (his walking-coach) could do to facilitate his performance development, was to put something he wanted higher than crawling level.

With a bit of practice two objectives can be realised with this exercise. One is the students have some where to aim for while going from A to B, and two they are not concentrating on the what is going on around them (contextual interference) i.e. the river noise, the rocks, the eddy lines, boils, other people falling in and anyone shouting at them. They are, therefore, focusing on the objective and letting the skills that they have already learned on the flat water take over. The majority of students have the ability to progress quite rapidly, it is up to us as coaches to liberate this inherent capability.

Once the concept of focusing on specific places or objects is in place, students can start to be more pro-active in their own development. Choosing a line down moving water or eddy hopping becomes easier and their success rate increases.

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 Sheriff, Nyth yr hebog, Llandyrnog, Denbigh, North Wales, LL 16 4HB.



Stop Press - Stop Press - Stop press - Stop Press - Stop Press - Stop Press - Stop Press

SCAFFOLDING ON THE RIVER CONWY

Plas y Brenin has been approached for White Water Safety advice by Tyson Construction Ltd., who are going to be working on the A5 retaining walls this winter. Initially this will involve scaffolding 3 metres from the road but will then be extended to 6 metres, **i.e. well into the river.**

Work begins 17 October 1998. There are two sections involved, one starts just above Bryn Bras Falls on the river right and extends upstream for 500 metres upstream. The other is potentially more serious for paddlers because the upstream end begins just after a blind bend that comes immediately after a ledge. The downstream end starts just above the bridge upstream of Bryn Bras Falls, on river left.

The firm involved will be putting warning signs at the 'get in' points and immediately upstream of the scaffolding. Paddlers should use good scouting techniques and may need to portage these obstructions.
Franco Ferrero - Plas y Brenin

WORKING ADVENTURE

Acorn Venture was established in 1982 with the aim to provide a camping centre for schools that were looking for real outdoor experiences for their pupils. In those days we provided some tents in a field and not much more! Since then we have steadily grown to become a leading company in the outdoor adventure industry, and we are already the UK's largest providers of adventure camps to schools and youth groups. We have eight adventure centres throughout Europe including Spain, Italy, France, England and Wales. We have always strongly believed in the value of the outdoor residential experience for young people, and we support this belief by providing secure camping centres which are easy for group leaders to monitor, and yet provide an excellent and exciting (and often exotic) place for visiting groups.

All Acorn Venture centres are approved by the British Canoe Union for the provision of a variety of paddlesport activities such as canoeing, kayaking and paddlesurfing. We also offer a large range of other land, sea and lake based activities, the most notable of which are the two-day descent of the Ardèche river by open canoe, and white water rafting on the Dora Baltea river in Italy, a world championship river. Of course we comply with all relevant legislation, and we have benefited from the new developments in paddlesport and the centre approval scheme. We also recognise the need for our staff to have both experience and coaching qualifications.

Good staff are invaluable to us, so to help the right people to be eligible for employment and promotion with Acorn Venture. We provide training weekends in the winter, pre-season national governing body training in the spring, and ongoing training throughout the season. Our staff make all the difference, and we value them highly. We are committed to helping them as much as we can in order to improve their skills whilst working for us. Partly in recognition of this, in 1997, Acorn Venture became one of the first residential adventure providers to obtain the prestigious Investor in People award.

If you would like any further information about employment opportunities with Acorn Venture, please contact Andy Follet at:

Acorn Venture Ltd
Acorn House
22 Worcester Street
Stourbridge
DY8 1AN

Tel: 01384 378827 Fax: 01384 378866
E-mail: Top Staff @ AcorVenture.com
Internet: WWW.acorn-venture.com

Are Shorter Boats Compromising Good Technique? Andy Maddock

The 90's has seen a radical change in boat design in the recreational kayak market. Boats have changed from the high volume 3.5 metre 'general purpose' kayak to the low volume short boat that we all use today. This change has prompted me to comment on how technique has been affected by recent trends in kayak design. When being introduced to paddlesport, people are taught the fundamental aspects of kayak technique, being a good forward reach with induced trunk rotation whilst leaning towards the bow of the boat.

Shorter boat design has revolutionised the recreational kayakers range of skills to perform, but has also, in my opinion, affected technique in several ways. Firstly shorter boats have less straight line stability and this has caused paddlers to adapt to this with a shorter stroke with significantly less body rotation in order to keep the boat moving in a straight line. This new style which is evolving is effective to control the boat in a straight line, but is not efficient, and could potentially, lead to injury.

A second problem that is becoming clear is the lack of support for the lower back in the seat of the kayak. This lack of lower back support leads to a poor posture and does not encourage a good forward reach as well as again increasing the risk of injury. The correct padding out of the inside of a boat will do a lot to promote a good posture and therefore a more efficient paddling technique. A problem often arises at an early stage of the development when paddlers use club/centre boats which are not fitted out to an individual and where the lower back support is non-existent. This leads to a very 'laid back'

style of paddling which is often seen when introducing paddlers to canoeing and without intervention at an early stage can lead to a very poor technique which is hard to change at a later date.

Good technique not only enables efficient paddling but also significantly reduces the risk of injury. Most injuries in paddlesport can usually be traced to an area of poor technique and if the issue of maintaining good technique is not addressed, then we may see an increase in the occurrence of injury in paddling.

The problem lies less at the experienced whitewater paddler who uses the boat for the purpose for which it has been designed but more at the beginner who enters the sport and should choose an appropriate boat for the development of a solid range of kayaking skills. Often when people are introduced to paddling, they buy the latest boats as featured in the magazines and as paddled by the 'role models' within their club and these boats are often inappropriate for the fostering of good paddling technique.

An efficient forward paddling technique is the single most important element of canoeing technique and therefore must be fostered at an early stage in a paddlers development. This development must surely be the shared responsibility of us as coaches, and the traders to ensure that correct advice on the choice of appropriate equipment is given. Remember we need to teach correct technique as these newcomers to the sport are the foundation for the next generation of coaches.....

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MEDITERRANEAN

Enthusiastic paddlers required for
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during SUMMER 1999.

Qualifications preferred but training
provided along with the opportunity to
gain NGB qualifications.

**Telephone: 0181 241 5151
for further details and an
application form.**

DRIVING A MINIBUS – AND NAVIGATING THE LEGISLATIVE MAZE...

A RECENT ARTICLE IN THE Outdoor Education press advised people that new legislation had come into force regarding minibus driving. At the time I was involved in planning an expedition with the London borough of Sutton Adventure Project, to the Ardèche region of France and the Pyrenees mountains (which took place in August), and had the dubiously desirable task of planning the transport for the expedition. As well as attempting to make sure we could afford enough petrol and diesel to cover, however, many miles and/or kilometres we may or may not travel, that we had adequate cover, if either of the minibuses should break down, be stolen or involved in an accident, and that we could (probably) fit all the equipment, food and luggage we would end up taking into and onto the two minibuses, roof racks and a canoe trailer – I had to attempt to check that the five staff who were involved on the expedition could legally drive the minibuses both in the UK, France – and possibly Spain also!

This seem to be one of the more quantifiable jobs that needed doing – surely a phone call to the DVLA office in Swansea would clear up the situation, however, I hadn't realised that our youth service manager was about to attend a Community Transport seminar from which he arrived hot foot in our office about two months before we were due to depart, with the news that we must have PCV licences to be able to drive on the expedition!

The expedition was non-profit making, and was entirely for members of the Adventure Club who had planned, fund-raised

and contributed themselves towards the cost of their expedition – however this seemed to have placed the expedition firmly in the taking place for "HIRE OR REWARD" category (see Note 1).

No amount of frantic phone calls, faxes and letters to DVLA, Traffic Area Offices, The Community Transport Association or Embassies could seem to save us from either rearranging the expedition (I know Scotland is a fantastic place – but the young people's hearts were set on France) or enduring Passenger Carrying Vehicle (PCV) tests. I had been a participant on previous expeditions abroad on which the drivers had only held 'ordinary' driving licences, and was aware of many other expeditions going into Europe in 1998 on which this was also the case – however, regulations seem to have changed, and we were no longer "blissfully ignorant" of the situation. The only option open to us was to attempt to get through a PCV test in a very short period of time.

A local HGV/PCV driver training company gave us much advice on what was required to do this – we then had to book medical examinations with our own GP's and they then arranged for us to undertake theory tests and some practical 'training' (not compulsory – but advisable to discover what the dreaded examiners would be looking out for), and test appointments.

Fortunately the Authority footed the bill for our training – which included a medical (about £50 each), 5 days training and a test came to about £750 per driver.

It is possible to go through the whole process in a relatively short time – but with the delays involved in booking theory tests – which can only be undertaken after a satisfactory medical, and practical tests – which can only be booked after successfully passing a theory test, I only managed to finally pass the test four days before we left for France.

I'm certainly not an authority on minibus driving regulations in the E.U. but it seems that currently the United Kingdom is the most accommodating, and that once across the Channel far more stringent regulations apply – unless somehow you can plan an expedition which does not come into the "Hire or Reward" category. If anybody has information otherwise then please make it as widely available as possible to save others from enduring PCV tests unnecessarily.

Conclusion:

As far as I have been able to ascertain if you are taking a minibus outside the United Kingdom for whatever purposes, and are transporting passengers – then if any money is changing hands which entitles the passengers to take part in the trip, then this is classified as doing so for "HIRE OR REWARD", and requires that you have a PCV D or D1 licence to do so! If your journey is of any significant distance then you will probably need more than one suitably qualified driver – as PCV regulations require that you use a tachograph and comply with restricted driving hours!

ARE YOU LICENCED TO DRIVE A MINIBUS IN THE U.K?

Question - Did you hold a car licence before 1st of January 1997?

If the answer to the above is YES and

You are aged 21 or over?

and the minibus has a maximum
of 17 seats (including the drivers)?

You can drive a minibus provided it is not for

"HIRE OR REWARD

.....However if the journey is within the UK and a charge is made to passengers, then you must have a 'Minibus and Community Bus Permit' - see NOTE 2.....

If the answer to the above question is NO...

**Category B on your licence entitles you to drive vehicles
with no more than 8 passenger seats - (see NOTE 3)**

You will be able to drive a minibus with up to 16 seats without having to obtain category D1 provided....

***The vehicle is used for social purposes by a non commercial body and not for
"Hire or reward"**

*** You are aged 21 or over:**

*** You have held a car (category B) licence for at least 2 years**

*** You are providing your service on a voluntary basis:**

*** The minibus maximum weight is not more than 3.5 tonnes**

You may also drive a permit minibus, as long as you meet the above conditions (see NOTE2)

TO DRIVE A MINIBUS ABROAD:

The permit arrangements apply only in the UK. You cannot take a permit minibus abroad unless you hold either PCV D1 or D entitlement. Effectively this means that if you take a minibus abroad, and any charge is made to passengers (i.e. the trip is made for "Hire or Reward"), then you must hold either PCV D1 or D entitlement.

Obtaining PCV D1 or D entitlement involves:

1. Passing a medical
2. Passing a further theory Test
3. Passing a PVC Test in the appropriate vehicle

Although your driving licence may state that you are already entitled to drive PVC category D1 vehicles, you need to check the 'Codes' column: '101' excludes driving for "Hire and Reward"

NOTE 1 - "Hire or Reward" encompasses ANY payment in cash or kind by (or on behalf of) Passengers which gives them the right to be carried (DVLA 1997). (This includes any contribution towards fuel, hire of vehicles, running costs or towards the cost of a trip which includes any of these things).

NOTE 2 - "Minibus and Community Bus Permits" are issued to organisations concerned with education, religion, social welfare, recreation or other activities of benefit to the community. These allow the organisation to make a charge without the need for their drivers to have PCV (category D1 or D) entitlement. Further information about these is contained in the booklet 'Passenger Transport Provided by Voluntary Groups' available from Traffic Area Offices.

NOTE 3 - Vehicle conversions must be complete, permanent and registered. i.e. All attachments for removed seats must be welded up.

Useful publications: "Driving a minibus (DVLA Fact sheet INF28) 01792-772151 "Taking a minibus to Europe"(Community Transport Association) 0161-367 8780 "Drivers' hours and tachograph rules for road passenger vehicles in the UK and Europe" (Department of Transport publication PSV 375) 0171-276 4948 "Taking a minibus abroad" (Department of Transport leaflet) 0171-276-4948

Traffic Area Offices (Department of Transport):- Eastern - 01223 358922 North Eastern - 0113 2833533 North Western - 0161 8864000 South Eastern and Metropolitan - 01323 721471 South Wales - 01222 394027 West Midlands - 0121 6081000 Western - 0117 9755000 Scottish - 0131 5298500

Mick Bradshaw - St Helier Youth Centre Hill House Bishopford Road Morden Surrey SM4 6BL

**Qualified and motivated Duchy College students
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**Please hurry whilst stocks last! These guys and girls are in demand!
Tel Tim Wiggans 01579 372222**

Individual Learning Accounts – A new funding opportunity?

This is a new government initiative aimed at those individuals in work and wishing to develop their career or themselves. It is based on the green paper 'The Learning Age'. It works on two key principles:

1/ that individuals are best placed to choose what and how they want to learn, and

2/ that responsibility for investing in learning is shared.

It will be administered by the Local T.E.C's but the individual will open an account with a bank or other financial institution.

It will be a saving account dedicated to saving for learning.

Local careers and guidance services will offer account holders information and advice. Funds will be used to access vocational learning.

There may well be tax relief incentives to help individual learning account holders.

How much? The individual must put in £25.

The TEC will put in a maximum of £150.

There is talk of employers contributing £25.?

When? A couple of TEC's are trialing this now, but all TEC's will be offering this between April next year and the year 2000.

It would appear that so long as you are in work you can access an Individual Learning Account, and the money can be used on any vocational learning? E.g. coaching levels 1 – 5 courses.

Contact your local TEC for more details, or write if you have comment on the proposals to:

Jane Bateman - Learning at work division
Department for Education and Employment
Room E8a, Moorfoot, Sheffield, S1 4PQ

Level 1 Price Increase

Please note that as of 1st November 1998 the registration fee for Level 1 has been increased to £11.50

WANTED! - 3 - PADDLESPORT DEVELOPMENT OFFICERS

Do you have

EXCELLENT COMMUNICATION SKILLS - which means you can work easily with a variety of people.

Experience of a number of aspects of the sport

A POSITIVE OUTLOOK on competition

An UNDERSTANDING of THE ISSUES INVOLVED IN KEEPING YOUNG PEOPLE IN THE sport

and the role that clubs can plan

Motivation and the ability to make things happen

If yes, WE NEED YOU

As part of its continuing Young Peoples Programme, the British Canoe Union is wishing to recruit PDO's for **Nottingham, Southern West Midlands and Bedford** area.

Contact Maria Winfield at the British Canoe Union for details and an application form, stating which post you are interested in.

Wyedean Canoe and Adventure Centre

The Centre is now inviting quality instructors to apply for the 1999 season.

Contracts available from: March – October, May – September, May – July. Applicants must be NGB qualified in preferably BCU, MLTB, SPA, GNAS, LCLA disciplines.

The Centre is situated on the borders of Herefordshire, Glos and Gwent, boasting climbing, Caving, the R.Wye and its rapids at Symonds Yat. Our centre prides itself in first class instruction of outdoor leisure activities, and it firmly believes in the instructors intrinsic enjoyment of their sports.

We can provide you with the opportunity for further training and experience, both personal and professional.

Trade discounts on outdoor equipment available.

Rates of pay start from £70 per week from trainee status to £150 per week for multi-disciplined instructors. Plus O/T when available (including accommodation)

For an application form please write to, with your C.V: The Senior Technician, Hollybarn, Symonds Yat Rock, Nr Coleford, Glos G116 7NZ Tel No. 01594 833238

Email: wcc@hollybarn.u-net.com

CLOSING DATE FOR APPLICATIONS 31.01.99

Courses

ASSESSOR TRAINING DAYS

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

30 January 1999 Sam Cook, Bewerley Park Centre, Bewerley, Harrogate, N Yorks, HG3 5JB 01423 711626 (eve)

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

21 February 1999 County Youth Sailing base, Upton Warren, Bromsgrove, Worcestershire, B61 7ER 01527 861426

7 March 1999 Kevin Dennis, The County River Centre, Whitchurch Road, Pangbourne, Reading. RG8 7DA 01189 01903 7712727

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

13 March Keith Morris, YMCA Lakeside, Ulverston, Cumbria, LA12 8BD 015395 31758

COACHING PROCESSES COURSES

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

16/17 January 1999 John Moore, Bryanston School, Blandford, Dorset, DT110PX.

6/7 February 1999 Current Trends, Adbolton Lane, West Bridgford, Nottingham, 0115-9818844

13/14 March 1999 Canolfan Tryweryn, Frongoch, Bala, Gwynedd LL23 7NU 01678 521199

20/21 March 1999 Current Trends, Adbolton Lane, West Bridgford, Nottingham 0115 9818844

Level 5 Inland Assessment
27th / 28th March 1999
Contact BCU Coaching Office

Regional Contracted Course Provider and Injury Prevention Dates

These dates are being provided within region for prospective providers under the new Contracted Provider scheme. As of April 1999 all Coach Education Courses will need to be provided by a Contracted Provider! The one day Contracted Provider Workshop is being offered with a follow up Injury Prevention day as all assessors will be required to have completed this workshop by the end of 1999

West Midlands - C.C.P. = Dec 8th contact RCO -
Inj Prev = Dec 9th Dave Crooks

East Midlands - C.C.P. = Jan 9th Contact RCO
Inj Prev = Jan 10th Jon Moore

Devon/Cornwall - C.C.P. = Jan 16th Contact RCO
Inj Prev = Jan 17th Jan Bradford

Southern - C.C.P. = Jan 23rd Contact RCO
Inj Prev = Jan 24th Steve Finch

London & South East - C.C.P. = Jan 30th Contact
Inj Prev = Jan 31st BCU Office

Cumbria - C.C.P. = Jan 30th Contact RCO
Inj Prev = Jan 31st Keith Morris

London & South East C.C.P. = Feb 5th
Inj Prev = Feb 6th

(Contact Iain Patterson Severn Sisters canoe centre
Exeat Nr Seaford East Sussex BN25 4AD 01323 491289)

North West - Contracted Course Provider Only =
Feb 6th (Venue - Debdale Centre - Contact RCO -
Derek Brooks)

LIVE AND WORK IN THE LAKE DISTRICT - NEWLANDS ADVENTURE CENTRE

Require instructors for the 1999 season. Canoe, Climb, Kayak, Mountain bike, Ghyll scramble, sail, mountain walk, orienteer, ropes course, Archery. Applicants require a minimum of 2 NGB qualifications, Positions available from March
Domestic and catering vacancies also available

Send CV and covering letter for further details to

**Newlands Adventure Centre, Stair,
Keswick, Cumbria CA12 5UF**

e-mail: aim@newlandscentre.demon.co.uk
Website <http://www.newlandscentre.demon.co.uk>

Robinwood Activity Centre for children

Needs residential instructors from January for the 1999 season to instruct canoeing and other activities. Comprehensive training provided leading to national governing body qualifications.

Management position also available.

For full details and an application form write to:

**Robinwood Activity Centre, Jumps Road,
Todmorden, Lancashire OL14 8HJ or
telephone 01706 814554**

Regional News...

Yorkshire Coaching Region Information

Minutes have been circulated from the coaching meeting that took place on Tuesday 15 September 1998. Coaching members who wish to receive minutes please send a stamped addressed envelope to the regional Coaching Secretary Paul Dearlove (01423 711981) 33 Harewell Close Glasshouses, Harrogate, HG3 5DY or attend the meetings.

Next meeting: Tuesday 16 March 1999
Time: 7.30 p.m.
Venue: Buckles Inn, York (off A64)

Courses coming up:

Assessors Training Day -Saturday 30 January 1999
Risk Assessment &
Injury Prevention -Sunday 31 January 1999
Contact Sam Cook (01423 711626)

The LCO/DCO's in the region are interested in making more contacts with the coaching members in their "patch". Please make contact with them to find out what may be going on or just to keep in touch.

LCO Dales	Paul Dearlove	(01423 711981)	
LCO Moors	John Deighton	(01653 628612)	LCO
South Yorks	Ian Scott	(0961 815038)	LCO
Pennine	Stuart Sleight	(01274 663074)	DCO
Central	Laurent Vale	(0113 2607668)	

LCO vacancies occur in Central and East Coast. If you are interested please contact the RCO, Sam Cook

Sam Cook - RCO

Channel Islands Region Coaching Meeting & Election of RCO

Date: January 30 1999
Venue: Francis Le Sueur Centre St Ouen Jersey
Time: 2.00 p.m.

Nominations for RCO should be sent in writing to the Jersey Canoe club, Secretary, Christine Gotel, Homeland Cottage, Les Chennolles, Les Augerez, St Peter, Jersey. JE3 7DW

Cumbria

The next regional meeting is to be held on Thursday 21st January at 7.30 at the Agricultural Hotel in Penrith. The meeting is also an AGM

Keith is looking to stand down as RCO - Nominations are sought to find a replacement. Nominations must be proposed and seconded by current LCO's or by five other members of the panel. Nominations please to the Coaching office by 31st December 98.

London & South East

As previously reported, following Paul Newmans retirement as RCO South East nominations are sought for a replacement. Nominations must be proposed and seconded by current LCO's or by five other members of the panel. Nominations please to the Coaching office by 31st December 98.

BCU Policy Statement/Code of Ethics.

The BCU want to ensure that children and adults are protected and kept safe from harm while they are with staff, coaches and/or volunteers. We do this by requiring all to operate under this general Sport and Recreation Code of Ethics.

Coaching, Teaching and Instructing

Even though these standards focus on and describe work functions, they are based on a number of accepted assumptions and values that underpin good practice in coaching, teaching and instructing. These have been articulated into a Code of Ethics, developed by the British Institute of Sports Coaches and it is incorporated in its entirety into this guide.

The purpose of this Code of Ethics is to establish and maintain standards for sports coaches and to inform and protect members of the public using their services.

Ethical standards comprise such values as integrity, responsibility, competence and confidentiality. Members of the BCU, in assenting to this Code, accept their responsibility to performers, colleagues, the BCU, and to society. In pursuit of these principles, sports coaches subscribe to standards in the following areas:

- 1 Issues of Responsibility
- 2 Issues of Competence

This code of ethics is a framework within which to work. It is a series of guidelines rather than a set of instructions.

1 Issues of Responsibility

Sports coaching is a deliberately undertaken responsibility, and sports coaches are responsible for the observation of the principles embodied in this Code of Ethics.

Humanity

- 1.1 Coaches must respect the rights, dignity and worth of every human being and their ultimate right to self-determination. Specifically, coaches must treat everyone equally, within the context of their activity, regardless of sex, ethnic origin, religion or political persuasion.

Relationships

- 1.2 The good sports coach will be closely secondarily with the optimisation of performance.
- 1.3 A key element in a coaching relationship is the development of independence. Participants must be encouraged to accept responsibility for their own behaviour and performance in training/participation, in competition, and in their social life.
- 1.4 Sports coaches are responsible for setting and monitoring

the boundaries between a working relationship and friendship with their participants. This is particularly important when the coach and participant are of the opposite sex and/or when a participant is a young person. The coach must realise that certain situations or friendly actions could be misinterpreted, not only by the participant, but also by outsiders motivated by jealousy, dislike or mistrust, and could lead to allegations of sexual misconduct or impropriety.

1.5 The relationship between sports coach and participant relies heavily on mutual trust and respect. In detail this means that the participant should be made aware of the coach's qualifications and experience and must be given the opportunity to consent to or decline proposals for training and performance.

Commitment

1.6 Sports coaches should clarify in advance with participants and/or employers the number of sessions fees (if any) and method of payment. They should also explore with participants and/or employers the expectation of the outcome(s) of coaching.

1.7 Sports coaches have a responsibility to declare to their participants and/or employers any other current coaching commitments. Sports coaches should also find out if any prospective client is currently receiving guidance from another teacher/coach. If so, that teacher/coach should be contacted to discuss the situation.

1.8 Sports coaches who become aware of a conflict between their obligation to their participants and their obligation to the BCU or other organisation employing them must make explicit the nature of the conflict, and the loyalties and responsibilities involved, to all parties concerned.

Co-operation

1.9 Sports coaches should communicate and co-operate with other sports and allied professions in the best interests of their participants. An example of such contact would be the seeking of educational and career advice/counselling for young paddlers whose training impinges or is likely to impinge, upon the performance of their studies.

1.10 Sports coaches must communicate and co-operate with registered medical and ancillary practitioners in the diagnosis, treatment and management of their participant's medical and psychological problems.

Advertising

1.11 Advertising by sports coaches in respect of qualifications and or services shall be accurate and professionally restrained.

1.12 Sports coaches shall not display any affiliation with an organisation in a manner that falsely implies sponsorship or accreditation by that organisation.

Integrity

1.13 Sports coaches should refrain from public criticism of fellow coaches. Differences of opinion should be dealt with on a personal basis and more serious disputes should be referred to the BCU.

1.14 Sports coaches must not encourage participants to violate the rules of their sport and should actively seek to discourage such

action. Furthermore coaches should encourage participants to obey the spirit of such rules.

1.15 Sports coaches must not compromise their performers by advocating measures, which could be deemed to constitute seeking to gain an unfair advantage. Above all, coaches must never advocate the use of prescribed drugs or other banned performance enhancing substances.

1.16 Sports coaches must treat opponents and officials with due respect both in victory and defeat and should encourage their participants to act in a similar manner.

1.17 Sports coaches must accept responsibility for the conduct of their participants insofar as they will undertake to discourage inappropriate behaviour.

Confidentiality

1.18 Sports coaches inevitably gather a great deal of personal information about participants in the course of a working relationship. Coach and participant must reach agreement as to what is to be regarded as confidential information, i.e. not divulged to a third party without the express approval of the participant.

1.19 Confidentiality does not preclude the disclosure of information, to persons who can be judged to have a "Right to Know", relating to participants when relevant to the following:

a) Evaluation of the participant within the sport for competitive selection purposes.

b) Recommendations concerning participants for professional purposes.

c) Pursuit of disciplinary action involving participants within the sport.

d) Pursuit of disciplinary action by the BCU involving fellow coaches in alleged breaches of this Code of Ethics and Conduct.

Abuse of privilege

1.20 The sports coach is privileged, on occasion, to have contact with participants and to travel and reside with participants in the course of coaching and competitive practise. A Coach must not attempt to exert undue influence over the participant in order to obtain personal benefit or reward.

Personal Standards

1.21 The sports coach must consistently display high personal standards and project a favourable image of their sport and of coaching - to participants, other coaches, officials, spectators, the media and the general public.

1.22 Personal appearance is a matter of individual taste but the sports coach has an obligation to project an image of health, cleanliness, and functional efficiency.

1.23 The sports coach should never smoke when coaching.

1.24 Coaches should not drink alcohol so soon before coaching that the smell will still be on their breath when working.

Safety

1.25 Sports coaches have a responsibility to ensure the safety of the participants with whom they work as far as possible within the limits of their control.

1.26 All reasonable steps should be

taken to establish a safe working environment.

1.27 The work done and the manner in which it is done should be in keeping with regular and approved BCU practises within the sport.

1.28 The activity being undertaken should be suitable for the age, experience and ability of the participants.

1.29 The participants should have been systematically prepared for the activity being undertaken and made aware of their personal responsibilities in terms of safety.

2 Issues of Competence

2.1 Sports coaches shall confine themselves to practise in those fields of sport in which they have been trained/educated, and which are recognised by the BCU to be valid. Valid areas of expertise are those directly concerned with coaching paddlesport. Training includes the accumulation of knowledge and skills through both formal coach education courses and by experience at a level of competence acceptable for independent coaching practice.

2.2 Sports coaches must be able to recognise and accept when to refer participants to other agencies. It is their responsibility, as far as possible, to verify the competence and integrity of the person to whom they refer a participant.

2.3 Sports coaches should regularly seek ways of increasing their professional development and self-awareness, particularly with regard to new BCU courses.

2.4 Sports coaches should welcome evaluation of their work by colleagues and be able to account to participants, employers, the BCU and other Governing Bodies and colleagues for their actions.

2.5 Sports coaches have a responsibility to themselves and their participants to maintain their own effectiveness, resilience and abilities, and to know when their personal resources are so depleted as to make it necessary for them to seek help and/or to withdraw from coaching, whether temporarily or permanently.

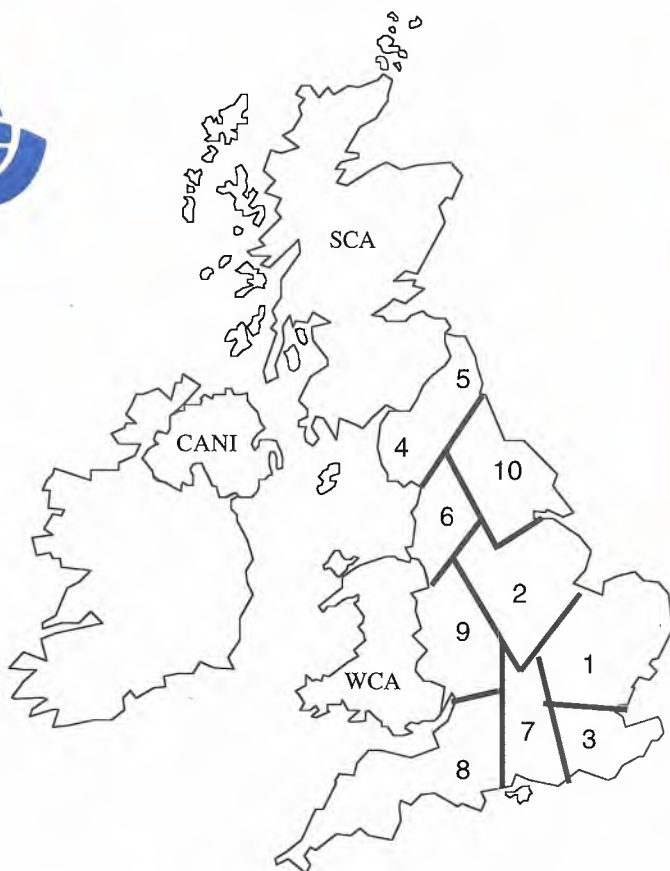
Central Registration BCU / WCA

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 Providers no doubt starting to think about autumn courses and even next years courses consideration to placing details of the central Registration Process in brochures and booking information would be most useful



BCU UK COACHING SERVICE NATIONAL and REGIONAL CONTACTS



NATIONAL ASSOCIATION OFFICES

B.C.U. John Dudderidge House

Adbolton Lane, West Bridgford,

Nottingham, NG2 5AS Tel 0115 9821100

Fax 0115 9821797

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

Edinburgh, EH12 9DQ. Tel 0131 3177314

Fax 0131 3177319

W.C.A. Canolfan Tryweryn, Frongoch,

Bala, Gwynedd, LL23 7NU. Tel 01678 521199

Fax 01678 521158

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

Belfast, B79 5LA. 01247 469907

ENGLISH REGIONS COACHING ORGANISERS

1. East Paul Fynn, PO Box 82 Coltishall, Norfolk. NR12 7DY 01603 737456 (eve)

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

3. London Paul Kilham, 39 Bryan Ave, Willesden, London. NW10 2AS Tel No 081 871 6373 (Work) 081 960 4936 (Home)

South East - POST OPEN

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

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

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

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

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

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

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

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

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

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

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

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

Scotland Sam Crymble, 46a Craig Na Gower Ave, Aviemore, Inverness-shire, PH22 1RW Steve Scott, 3 Ogilvies Close, Kirriemuir. DD8 4AX. Tel 0575 72345

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