

Coaching Development

CoDe

the magazine of the BCU Coaching Service

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THE AIM OF THE BCU COACHING SERVICE IS:

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

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

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

Editor: Mike Devlin, Acting Director of Coaching.



Dear Code...

If only we lived in a perfect world !

If any aspect of life clearly underlined the fact that we don't, it is sport and particularly a sport such as paddlesport. For many of us sport pushes to a fine degree the concept we all hold dear, that of democracy. The right of free speech and the right of the individual to have and to voice personal opinion clearly underlines the fact that we will all, as individuals, not always agree with the thinking of, or the actions of others. Given therefore that there may be issues we would hold strong opinion on, it is important, if we are going to be able to rationalise both our own thoughts and attitudes with those of others, that we ensure that we are able to comment on and consider varying points of view from a position of measured understanding and experience. While reflective thought and consideration may not be something we all do well, we can only bring such a reflective style or approach to our value judgments if we have varied and rounded experience. Varied experience of craft, environments, rivers, groups, clubs, club needs and individuals etc. can all help more considered reflection and rationalisation of other peoples feelings, viewpoints and decisions made in the hope that they may reflect the overall needs of paddlers up and down the country. The specific nature of our own individual interest within paddlesport can help us individually determine which aspect of the sport we most favour, which boat suits us the best, which rivers we prefer and on what basis we prefer to run them. However, such specific and individual viewpoints cannot be considered as automatically formulating an agenda for all paddlers across all disciplines. Compromise is in many ways the essence of democracy. Compromise is best arrived at via an appreciation of the views of others and an attempt to consider the problems and issues involved in administering to the masses as opposed to the individual paddler or the individual club. Where am I leading with this train of thought? Well in a number of directions really.

1. I am sure that many would currently challenge the level of opportunity for the democratic process to be effective and inclusive within the BCU Coaching Service. To those individuals I would say the opportunity is there. It is the coaching membership that elects the RCO's and LCO's who represent them at regional, national and UK level - elect them and make sure that you communicate with them and ensure that you support them in the work that they are doing. If you don't attend

While it is perhaps easy to chastise the system for 'pulling up the ladder' or for pandering to an elusive 'professional elite', the Coaching service is for its part taking up the challenge of Sports Council and societies expectation of a more professional approach to paddlesport delivery. We are keen to ensure that this should not be at the expense of the voluntary Coaches and the clubs that are the life blood of our sport. The Coaching Service does recognise the need to do more to support the voluntary Coaches and clubs and is committed to do so via a re-activated regional programme specifically aimed at that level.

The Coaching Service is seeking to be more pro-active in ensuring it communicates the need for development and change to coaches in the field. Again, it has only previously had its RCO / LCO mechanism and Code itself to communicate with its overall membership and as such these have been self limiting and at times counter productive. Director Of Coaching and CDO attendance at regional and discipline specific events will create opportunities for coaches to express their views as will opportunities to comment on and respond to future developments / Coaching management discussion in Code. (see Pathways to Performance and Office Matters - RCO / LCO Review - this issue). We all need to be involved -

Dear CoDe,

I have been reflecting for sometime now on the concept of trainers/assessors in the BCU system. As Nigel Robinson pointed out in October CoDe "Approved Course Providers" have their courses observed for standard and quality. I am fascinated, therefore, by what appears to be an obsession that assessors - who have gone through a rigorous procedure to obtain that status - are in fact a suspect breed of people who, without a whole raft of conditions placed on their practice, would go about passing unsuitable candidates, because they know them, or were involved in their training, work for the same organisation, or whatever else comes to mind. I appreciate the need for ensuring the credibility of the award, but as an assessor in my own professional field I cannot help but wonder if experienced competent people do not find this approach just a tad insulting. If universities took a similar approach no one employed by that establishment could mark any coursework or any student there. Yes of course there is a need for verification and moderation, but having trained occupational competent people to a high assessment standard could we not place just a little more trust in their discretion and judgement?

Another observation I have made, which may or may not be related, is the strange antagonism, which appears to be displaced regularly in letters to CoDe between those described as Club Paddlers and the "Professionals". I think that Peter Lacey's suggestion (also in Oct. CoDe) that some sort of separation between the role of the BCU with regard to the club volunteer and the professional should be considered. Clubs seem to have a lot of justification in their criticism of the system, but why is this always presented as an attack on "the professional"? Again by virtue of doing something for a living these people are obviously dodgy cowboy type characters, who will stop at nothing to bring the sport into disrepute. Evidently

To remain credible any quality Assurance programme needs to be open and operative across the board. Yes there are many Contracted Providers who may feel a 'lad' insulted by the thought of big brother watching, however, in the main and in the best interests of the future development of paddlesport, most are happy to expose themselves to moderation. The benefits of a supportive quality assurance programme will far outweigh the negatives. Current QA targets suggest a 25% annual sounding of course provision. This means that Providers will only receive moderation once in every four years! quite reasonable I think when it comes to ensuring consistency with natural developments and evolution within a fast growing diverse sport such as canoeing

It would be my view that separation between the commercial and the voluntary sector need not and should not compromise either sectors responsibility to operate professionally! There is no intent on the part of the Coaching Service to support one sector above the other. Recent change reflects societies need to see sports coaches operate professionally. The Coaching Service needs to act more proactively and regionally to appropriately support voluntary / club coaches in their work and ongoing personal development. Editor

local and regional meetings you are not in a position to make your voice heard or your thoughts aired at either the English or the UK Coaching meetings. The Coaching Service has a long way to go, as yet, to be the communicative body we would all like it to be, however, we are trying to address this problem. Whatever we do however, and no matter in what ways we change, if individuals are not proactive in the democratic and communicative process and if individual members do not think outside of 'the box' (their own specific arena / agenda) then being able to address the issues often reflected in the topics raised in 'Dear Code' and modernise our awards will always be thwarted by the reticence to change.

2. 'Dear Code' provides all coaches with the opportunity to put their point of view or to question, in an open arena, the direction of change / development. We should focus on this and firstly consider the various opinion expressed rather than being ever ready to challenge and knock it.

3. Many of the issues that coaches are questioning are issues simply because of an evolution within our understanding of the learning and coaching processes and vast developments in the average level of paddler skills. Such improvements increase paddler and coach awareness and increasingly highlight anomalies within the current coaching award framework. Ignoring such evolution and being ever reluctant to change is simply to bury ones head in the sand. A reflective, proactive approach by all would remove the 'sinister' edge that many suggest exists within the current climate of change and help all manage change for the good of our sport and the BCU Coaching Service's position as a world leader in paddlesport coaching.

4. A lack of appreciation in respect of the overall discipline developments and of the ever increasing 'duty of care' issues in sport may make it difficult for some paddlers / coaches to rationalise rising expectations in respect of ability and a coaching code of practice acceptable within a social agenda of service / responsibility.

Surf Symponia

2000

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Further details next issue

*Cutting Edge - Shoulder Riding
Surf-Fest*



IT'S MORE FUN WITH TWO....THE DUO KAYAK Sandy Burton

How many of us have experienced, or been offered, verbal comments such as

"Get on with it, it's easy"

"This hole's really playful, great to learn in"

And how many of us have been sitting in the shadows, envious of our fellow paddlers getting stuck in and playing in the wave that we would dearly love to go in, but for some strange reason we just dare not.

Have you ever wished that someone would have held your hand down that rapid, or whilst you were engaging in your first stopper experience?

If you have felt any of these anxieties, then being able to empathise with some of your students will be much easier.

Many people have visions of out of control manoeuvres followed by cold wet swims from holes. Unfortunately, however much the techniques for coping with these situations are explained and demonstrated, some students still cannot visualise themselves as having any form of positive experiences.

Establish positive feelings.

Many paddlers would benefit from positive experiences. One method that has proven to be an invaluable tool to me is the Duo Kayak.

You could say that, effectively, we are actually holding the student's hand. It is amazing how previous fears and anxieties disappear, allowing focused concentration to be established.

Example 1

Ben had experienced many dismal, out of control runs down the rapids. Many methods were tried, from mental rehearsal of relatively easy breakouts, to following the coach. However, each time Ben went from top to bottom full speed ahead and I would question whether or not breath was taken in between. Ben had convinced himself that any form of break in his pattern would result in disaster, and openly confessed that he loved going from top to bottom but previous swims, when attempting to stop, were in the fore-front of his mind. This feeling could be considered to be "learned helplessness". When a person has received one or more negative experiences from the same, or similar, actions performed, they convince themselves that every time the action is repeated the result will be of negative consequences.

Ben was asked if he would like to paddle the rapid in the Duo Kayak, the smile on his face was amazing. I don't profess to be any psychologist, but something good happened from that point on. Ben was a changed man, with no fear and very minimal anxiety.

Initial discussions on boat manoeuvrability techniques are a must, then straight across the river with simple ferry glides, repeated several times. Ben had been on the water ten minutes and was still at the top of the rapids. Ben was then asked to select his next break out. Both paddlers agreed that this was a realistic goal and mentally rehearsed the manoeuvres. This process was repeated to the bottom of the rapid with six breakouts in total. Ben, to say the least, was elated.

These actions continued for the next hour or so, with additional coping strategies linked into previously established patterns of behaviour.

Ben had now gained heaps of positive feelings from his success with the skills acquired in the Duo and it was time to transfer them back to the single kayak. It was important to use the exact principles and methods so as not to distract Ben's thought processes, to keep close by in my kayak to maintain the "holding hand" factor and, more importantly, to maintain the social fun side of the duo into the single kayak.

Coaching methods for the Duo

Traditionally, if the question of "Where would you sit in the duo for coaching purposes?" cropped up, most would answer "At the rear". If the follow up question was "why?" the most popular answer would be "To see what the student is doing". This method was also my known and proven 'solid as a rock' style. Until, however:-

Example 2

Peter is a competent three star standard paddler, not worried one little bit about the wet, bouncy environment he had recently been introduced to, yet he had extremely limited knowledge in this field. He thought the Duo kayak looked just too much fun to miss out on. I hopped in the back and Peter in the front, initial discussions as to what where and when took place and great fun was had. Due to Peter's lack of knowledge in the workings of a river and boat manoeuvrability, linked to the transfer of skills from the flat to the fluffy, I found myself giving a continual running commentary. My brain was exhausted, my tongue was getting tied with left from right and Peter, although having a great time, was learning at what I felt a slow pace. Due to a five and a half stone weight difference, Peter was also getting rather submerged on every decent! He asked if he might sit in the back and just copy me. Peter understood that a sweep went hand in hand with a bow rudder, so once we had set our destination goal, as I popped the bow rudder in he swept on the opposite side and kept the power on.

Next problem, transferral of tilt on the kayak from edge to edge.

Previously I would initiate this movement, however there was no way that my legs could lift this additional weight. Solution: I just dropped my head in towards the water and Peter then lifted the correct knee. This method of copy cat coaching progressed all

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the way to skills for manoeuvring a kayak back and forth along a stopper, when I leaned forward he followed suit, when I low braced he did so too, etc. What I found most pleasing was the acquisition of skills Peter had accumulated in such a short spell of time. Even more stunning was the air of confidence that glowed from him. All that was required now was for Peter to trust in the skills that his body had learnt and repeat all in his kayak. Transformation from being the novice in the group to a 'wizy playboater' had taken place.

Additional Observations

As I previously pointed out, I don't profess to be any form of psychologist so I cannot even try to explain some of the following observations. What I can say is that they were good, warm feelings, with excitement and so much enjoyment oozing from all participants that I have involved over the previous two years whilst working with the duo kayak.

There is an overwhelming element of trust involved between the two members of a Duo Kayak team, more so being shown by the lesser experienced paddlers.

A common choice of vocabulary used:

"When I was Looking After.....". The sense of pride having helped someone gain confidence and skills.

"When we swam together", the fear and humiliation vanished and swimming in the duo with peer group members was now a really good giggle and an acceptable event.

Team spirit focused attention on the welfare of the paddlers involved in riding the duo from solo kayakists. Also fellow solo kayakists lost their own inhibitions on the fluffy environment as they were always more concerned over the Duo.

Common words heard, "This is much more sociable than in a single boat"

I was more than surprised to find how many of these Duo Kayaks are actually around, hiding in boatsheds and rarely getting the dust washed from them. I only wish that someone had enhanced my self-confidence in the early days by popping me in one of these boats. You'll only know how effective they really are if you get 'hands on' experience.

Safety note

Remember the duo has two potential swimmers to retrieve and is a rather heavy boat when damp, a competent chase boat/boaters are advised to be present

Sandy Burton

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The 2nd part of a guide and tips for average paddlers looking to refine skills and precision. Some ideas to get you started. All that's needed is basic white water equipment and a safe play spot.

As waves get bigger they begin to fall over upstream. Water from the top runs down the hill into the trough. The steeper the wave the closer it gets to a stopper.

Stopper Riding

Stopper riding is surfing side ways. The forces pushing downstream are greater because of the boat length presented to the flow. Equally the slide down the wave pile is greater because the hill is steeper. Find a friendly stopper with easy exists. Sit in the stopper sideways, sit up and slightly forward, low brace for support. This is the basic position and should feel comfortable and unrushed. Stopper riding can be fun and dangerous. Check for submerged obstacles. Ensure that paddle strokes are kept low and on the down stream side to avoid dislocation.

Common faults are normally connected with bad posture in the boat.

1. Sitting back to lower the centre of gravity makes it difficult to control the boat but is good for initiating tail squirts.
2. Leaning the boat putting your weight over the side of the boat and supporting it with a paddle makes you paddle dependant and it is difficult to move the boat.
3. Sculling for support, there is nearly always a hot pressure spot usually just in front of the middle of the boat. Get lift from this point with 50% of the effort!
4. Up stream capsize caused by an up stream edge. Usually a combination of the above faults, use knees to control.

Coaching Points

1. Start with a good upright body position, edge not lean, low brace in front of your body and find the sweet spot to support.
2. Experiment with the edge, score the amount of edge used 1 to 5, note the effects.
3. Practice until you feel comfortable and in control. Test your ability by lifting the paddle off the water, when you are really confident throw away the paddle and use your hand as a replacement, this always impresses the judges and crowd.
4. Try hand surfing leaning both forward and back.
5. Have an Eskimo rescue set up if your hand role is suspect.

Juggling and Paddle Tricks

Practice on the bank or at home. Perfect them before sitting in a boat. When you are comfortable with out the paddle try them on flat water and then in the stopper.

Moving on along the stopper.

Going backwards, low brace and reverse stroke. Having established a good basic position, try moving backwards along the stopper low brace to reverse stroke is easy!

Common Faults

1. Sitting back.
2. Paddle dependant and unable to move the paddle.
3. No body rotation when reverse paddling.

Coaching Points

1. Maintain a good upright posture. Keep the blade in front of your body unless you are reversing.

Freestyle and Playboating Basics - D Brookes

2. Slide the paddle across the surface in a sculling motion and maintain support before the reverse stroke initially. Then try lifting.
3. Turn and look at the blade as it enters for the reverse stroke.
4. Initially working against the natural sideways flow of the stopper, work with it to start with.

Going forward – Low support and forward stroke

Having established a good basic position, try moving backwards along the stopper low brace to reverse stroke is easy!

Common Fault

1. Sitting back – forward stroke lacks power.
2. Paddle dependant and unable to move paddle.

Coaching Points

1. Maintain a good upright posture.
2. Slide the paddle across the surface in a sculling motion and maintain support before the forward stroke initially. Then try lifting.
3. Initially working against the natural sideways flow of the stopper, work with it to start with!

Remember to practice both sides, we only have a weak side because the practise is not varied from the beginning.

Stopper exits 180° 360° and all that

Ensure that the stopper you are playing in has an exit with a shoot running across its end, this is the perfect place to practice.

Stopper exit.

Moving your boat forward along the stopper let the nose enter the shoot pushing down stream, the nose should begin to turn down stream keep the powerful forward stroke going on the down stream side and you should break free from the strongest of stoppers.

Common Faults

1. Forward stroke lacks power, bad posture.
2. Paddle dependency causes failure to initiate the final paddle stroke.
3. Boat does not exit and continues 180° before an up stream capsizes on the other side.

Coaching Points

1. Get a run up. Develop forward momentum along the stopper before entering the shoot.
2. Good body posture sitting well forward and placing the paddle in forward gives a powerful exit stroke.
3. Time your forward stroke to reach maximum power just before the boat is at right angles to the stopper.
4. Use a slower, deeper stroke on exit feeling for the hard water to push against.

180° stopper turns

If on exit you continue around and capsize up stream you have just mastered the initial part of a 180°. To perfect it continue as before but instead of the powerful forward stroke just before the 90° position is reached change the boat edge to ensure on re-entry to the stopper you have clearly set down stream edge.

Common Faults

1. Too much forward speed and the boat exits the stopper.
2. Not enough forward speed and the boat does start to turn.
3. Boat turns but upstream capsizes on the other side results.
4. Paddle dependance, paddle does not switch sides in the turn.

Coaching Points

1. Vary the run up along the stopper; judge the speed for exit and failure to start turning out of the stopper. The speed required is between these two extremes.

2. Lead with your head; look in the direction you are rotating initially fixing on the back of the boat.
3. Increase the rate of turn using a reverse sweep stroke on the down stream side co-ordinate this with your head lead.
4. Keep edges set to prevent water building on the boat. The boat needs to glide across the surface.
5. Practice reverse and forward sweeps on the flat or eddy line keeping the edge from digging in.
6. Finish with a deliberate low brace on the other side as the boat reaches the 120° position. 3

An experiment

Find a weak and friendly stopper with out a break. Side surf and edge well away from the face. Reverse sweep or stern push on the face side of the stopper upstream provided the stopper is not too strong you should be able to execute a 180° inside turn around the blade.

360° turns (Linked Dynamic)

A 360° turn is basically a speeded up 180° Experiment with your 180° turn letting the boat rise higher up the poke in the turn this will give you the room and time to clear both ends in the spin. Increase the rate of spin by finishing the 180° with a sweep rather than a brace. Initiate the 180° as before but at the 200 point let the water catch the stern of the boat helping it to rise further up the pile and adding to the rotation this should hold the boat and nose out of the stopper enough for the boat to reach the 270° position complete the move by returning to the reverse sweep position back on the original side.

Common Fault

1. Bad body position. Lean slightly forward when in the 0-180° range. Slightly back 180° - 360° range.
2. Edges are not changed correctly or smoothly enough. Head not initiating the turn.
3. Trunk does not rotate with the turn. Head remains along the line of the boat.
4. Paddle placements are missed timed and inhibit turns.
5. Boat is too deep in the hole and ends catch as they rotate past the stopper.

Coaching Points

1. Master the 180° turn first.
2. Picture boat, body and blade positions on the side. Close your eyes and think things through. Practice out of the boat and in the boat on the flat.
3. Always lead with your head looking in the direction you want to go.
4. The sweep strokes timed well speed up the spin. The reverse sweep provides a pivot point to turn around.
5. Develop a 360°, which spins about the paddle without it changing sides. Lock the blade in the porridge and stir with a box stroke.
6. Experiment with the trim of the boat sitting forward and back notice the effect on the spin.

Current Trends

Autumn Courses for Coaches.

- * Level 3 kayak and Canoe (Training and Assessment)
- * Aquatic First Aid
- * Coaching Processes
- * Assessor Training
- * 5 Star Kayak and Canoe

For dates and details contact:
Paul (Reg) Gray

Current Trends Adbolton Lane West Bridgford
Nottingham NG2 5AS Tel 0115 9818844 Fax 0115
9822033



Pathways to Performance

The following is a synopsis of the keynote speech given at this year's Paddlefest, on October 10th at the National Water Sports Centre, Holme Pierrepont, Nottingham.

Following a period of consideration after the Seoul Olympics, the Sports Council published the document 'Coaching Matters' in 1991. This attempted to contextualise the then current status of coaching in the United Kingdom, and to provide a platform for its future direction and development. Although the 1990's witnessed great developments in coaching, as the twentieth century drew to a close, and the pace of change in sport continued unabated, the Sports Councils, the British Olympic Association, the National Coaching foundation and Sprito (now the National Training Organisation – NTO- for Sport) were united in agreement that it was time to identify, consider and discuss issues for coaches and coaching in the twenty-first century. This resulted in the publication of *'The Development of Coaching in the United Kingdom'*, earlier this year. As the first British Academy for Sporting excellence is now beginning to evolve, and the federalised Sports Councils are developing their own institutes, the document comes at an important time for Sports development in the United Kingdom.

Central to this developmental process is the recognition of the role of the coach. "From the earliest introduction of children to the joy and basic skills of sport, through the nurturing of that talent, to the housing and refinement of the techniques and performance of the world class performers, the coach is at the heart of the process". (199.02)

The 1990's saw the world in which sport exists change and transform, creating great challenges to individual National Governing Bodies such as the BCU. Many of these changes directly effected coaches and coaching in terms of demand, employment, expectations and the legal implications of practice to identify but a few areas. As this change continues, there remains an increasing requirement for coaches to train and qualify to the very highest standards. This in turn places demands on National Governing Bodies, the BCU included, committing to the development and maintenance of quality assured programmes of coach education and continued professional development. Without this investment in coaches, any new vision for sport in the United Kingdom will inevitably cloud.

The BCU Response

The BCU and indeed all the National Governing Bodies involved in this process of national review, cannot hope to implement and manage such change overnight. The BCU does, however, recognise the huge potential for opportunity that the new vision offers coaches in paddlesport, and aims to develop and integrate policies for the improvement of coaching wherever possible. It also realises that meeting the demands of the sports environment in the twenty first century will require its coaches to take a pro-active stance. There will be an increasing need to recognise that the traditional boundaries that delineate individual paddlesport disciplines must be overcome in the interests of good practice. Recreational and competitive interests are both important, but more important than both is the realisation that each generates innovative and effective ideas. Once the view is accepted that all disciplines have generic

needs, and the concept promoted that technical and coaching advances are transferable, then support for coach development can be harnessed more effectively.

In order to achieve this, the BCU is to implement an initial review of the Coaching Service. Identifying future directions for paddlesport cannot, however, be achieved without the active involvement of coaches in the field. Whilst the review has to be based on well-founded academic and scientific principles, it must consider the opinions of those who will ultimately be involved. The time frame allocated for the full process of review-outcome-implementation is a period of four to five years. Coaches – Your Response

To re-emphasise a point, in order for the Coaching Service to remain at the forefront of developments in sport in the twenty first century, its members must be actively involved in all aspects of the process, beginning with review. At club and local level members are encouraged to initiate discussions concerning the review and ideas outlined above. These views should be represented to LCO and RCO meetings, through the mechanism of CoDe, and through representations to the BCU. In order to help formulate ideas at this early stage, a coaching questionnaire will shortly be circulated to all Coaching Service members. Its return to the BCU after consideration is, of course, integral to the process of coaches helping share and take ownership of the future.

UK Sports Council 1999 The Development of Coaching with United Kingdom: A consultative document London Coachwise.

Further comments in response to Rescue Issues raised in Adam Boxe's incident reports in Code 88

Dear CODE.

I am writing in reply to Adam Boxe's letter of last month and the article also included in last month's copy of canoeist. I feel that I can comment on the incident as I and others from Martlet Kayak Club, Brighton were directly involved in the rescue attempt of James Bilson on the Dart on the 24th October 1999. I was the lead kayaker during the first part of the rescue attempt just after James Bilson's fellow group members had tried everything they could to support James. Members of my group and I tried to rescue James by the use of lines and lowers. We were joined by the fire service that we had called from the opposite bank with a mobile telephone. The fire service were to be frank very unaware of the dangers of fast flowing water environment and I found myself directing them to keep their team out of the water and to use lines. We all fought a hard battle to gain a line on to the boats end and brooch loops but to no avail with one end loop snapping. There really was nothing that was going to solve

the entrapment at this stage in the rescue. We eventually were called out of the rescue area, after one and a half hours, to allow the police dive rescue team to try and attempt to locate James. They eventually also gave up after nearly entrapping themselves.

The rescue was one of the most harrowing experiences of my life and I will never forget it. It has taken a long time for me to get it all in to perspective and realise that there probably was nothing that we could do to help James and that James was most certainly dead when we arrived at the scene. The issues raised by Adam are very important ones to the sport, which holds safety at its heart and the care of its participants first. I and 14 other members of my group were just scouting the river on the opposite bank after making the decision not to paddle because of the number of novice paddlers that were along for their first white water ride. The vast majority of experienced paddlers got involved with the rescue putting them at risk and the others were left to

watch, as the full impact of the rescue attempt took its toll. We then were left to cope with the aftermath ourselves. My group was unbelievably good at talking which we did for the rest of the weekend. My praises must be voiced for Franco Ferrero's "White Water Safety and Rescue" book which has a chapter on dealing with post traumatic stress and how to deal with the aftermath of such a fatality.

The questions I think must be asked and hopefully answered by the appropriate bodies: Do the services have a clear understanding of white water rescue and the dangers of swift water environments?

If not why not? Is there some form of counselling service available to the BCU? Why were we not approached by any BCU office and extended information of such a service?

I remain an eager white water kayaker and commend white water rescue training to every white water user.
Dai Thomas Level 3 Coach (Kayak)
Martlet Kayak Club Brighton

WATERWAYS AWARENESS AND RESCUE TRAINING - The Implications of Emergency Response and Duty of Care

"Further to the article by Simon Fairless, I feel it essential for all CoDe readers to be made fully aware of the emergency services role and their part in water rescue, whether for local or regional flooding or individual incidents involving the public and small craft. The call for waterways incident response is one, which is being closely looked at by all emergency services, who are all fully aware of their responsibilities in this frequently occurring field of rescue. Development of small emergency response water reserve teams will have to be done in conjunction with existing resources and conform with both local and high level governmental policy. The article below details both a training regime and methodology or working for any emergency response organisation that is currently in the process of developing a water rescue capability.

The risk from urban and rural inland waterways was brought home to emergency personnel and planners by the serious flooding that occurred across central and eastern England during Easter 1998. These events led to the deaths of five people and the exposure of rescue workers to cold waterway related hazards. Emergency service personnel and their employers are now having to consider the Government Action Plan with an aim to implement risk assessment, response plans, and correct training criteria for a waterways environment.

All emergency services will probably at some point in their work come into contact with a water environment. Canals, rivers, reservoirs, lakes, ponds and weirs all constitute such an environment and are all, therefore, potentially hazardous to the uneducated or untrained. For both the rescuer and victim cold water is the main associated hazard of UK waters. Any person entering the water must also be aware, however, of current rates and flow direction, contamination, and sewage, obstructions, debris and the real risk of rescuer or victim entrapment. To ensure the situation is not worsened due to inappropriate action, a basic training programme or level of understanding should consider:

Water dynamics and site assessment, communication and relay of information, specific equipment requirement and usage, cold water immersion and shock

To meet the new COMAH (HSE 1999) guidelines and emergency service requirements with regards proof of competence training, a work programme should firstly identify the operational environment in full. Current updated, ongoing, unbiased information, can be collected and used to then develop potential risk and consequently most likely scenarios taken from both historical knowledge and probability of occurrence. The training need will be evident from this information enabling a more specific programme of work to be carried out. (This process is commonly known as risk assessment). Requirements for training will vary from one organisation to the next. It will firstly be dictated by the emergency services tasking and may, therefore, only require its personnel to undergo a basic awareness level course, satisfying employer's duty of care to the employee. Fire and other rescue teams may have a wider remit in the field of waterway rescue and will, therefore, require more advanced training. Many existing teams involved in technical rope access work already have the skills required for waterways SAR (search and rescue), however, the dynamics of water on personnel and equipment create a unique set of problems and potential hazards which with specific training and an understanding of key principles can be brought down to an acceptable level.

Many rescue units are not extending their capabilities by using small boats. These small craft can be deployed easily and used in a variety of different situations. In conjunction with the skilled water rescue teams, small boats can be used as a means to casualty transportation, rescue platform or safety support for operators involved in a rescue situation further away. The training of waterways SAR coxswains must, therefore be comprehensive. Knowledge of water dynamics, and the effects placed on the rescue craft are essential. The interaction of small craft with ropes and swimmers can create situations that requires the team to be highly skilled in essence they must be as dynamic as the environment around them.

Competency based training is now having to be used by emergency service employers and training providers. The development of this type of training is effecting emergency services nation-wide Internationally. The system allows for accurate recording of the skills practised and the candidates levels of attainment. It also serves as a record for the individual and is, therefore, far easier to update and refresh at regular intervals. By following and utilising such a system, it can be verified that exercises and scenarios are both site specific and task orientated. In conclusion, training emergency service personnel for waterways SAR must be undertaken after client consultation and site assessment, the training should reflect the need for a developed response to a real life need or potential risk. The training programme should be progression to allow for various levels of response and site safety. The total integrated package should be based around the teams existing resources and the predictions for funding and further development.

John Burleigh - Maritime Rescue International, The Old Pier, Stonehaven, Aberdeenshire, Scotland AB39 2JU

T.Y.F. No Limits ADVENTURE

A variety of contracts are available for suitably qualified and experienced people delivering adventure holidays, coaching courses and adventure education courses.

Do you have the following:

- **SPA training (assessment preferred)**
- **BCU Level 2 Coach**
- **BCU Level 3 (sea/surf)coach**
- **BSA level 1 Coach**
- **RLSS or SLSS General Bronze**
- **Current first aid certificate**

Send applications and c.v. to: **The Personal Manager TYF No Limits Adventure, 1 High Street, St. David's, Pembrokeshire SA62 6SA**
Email: infor@tyf.com www.tyf.com

Calvert Trust Kielder

Multi activity instructors required to start in early Jan/Feb 2000.
Activities include:

**Kayaking, canoeing,
sailing, riding, climbing,
archery.**

Accommodation provided.

Please send c.v. to:
**Simon Clooney Calvert Trust Kielder Water
Hexham Northumberland NE48 1BS
Tel 01434 250232 Fax 01434 260015**

Calvert Trust Exmoor

The Calvert Trust Exmoor specialises in providing holidays with adventure to young people and adults with disabilities and their families and friends.
We are seeking to appoint two seasonal instructor vacancies for the 2000 season and beyond.

The trust offers competitive wages, accommodation and considerable opportunity for staff development and training.

Applicants should possess a clean current driving licence together with a combination of NGB awards in sailing, kayaking and climbing and the "soft skills" necessary to relate to our visitors and their needs.

For an application form and information about these posts please contact the:

**Centre Director, Calvert Trust Exmoor, Wistlandpound,
Kentisbury, Barnstaple, North Devon, EX31 4SJ
or telephone 01598 763221**

NST ADVENTURE

**Chief Instructor and River Leaders Required for NST
Adventure Ardeche Centre.**

**River leaders should possess minimum
L3 Coach Open Canoe**

**Chief Instructor – L3 Coach Open Canoe and Kayak,
SPA. Responsible for all Activities,
Instructors and training at Lou Valagran,
our busy Ardeche Centre.**
Experience at a similar level and knowledge of the Ardeche desirable.

For further details please contact:
**Recruitment NST Adventure, Chiltern House,
Bristol Avenue, Blackpool FY2 0FA
Tel 01253 352525 Fax 01253 356955
Email: recruitment@nstgroup.co.uk
www.nstgroup-travel.co.uk/adventure.html**

PADDLEPOWER GOES OPEN

The new scheme for young people

You will all have heard of the new Young Paddlers Scheme but just to remind you, its aim is to:

- Encourage more young people to come into and stay in the sport
- Show them all aspects of the sport - both competitive and adventurous
- Provide signposts into Clubs where their skill and development can be nurtured
- Fit the equipment to the child and not vice versa

To date, in order to deliver the scheme, there was a requirement to attend a workshop. The reason for this was to provide you with some excellent coaching resources, to brush up on your knowledge of issues affecting young people and to meet other coaches in your area with whom you could work to delivering the scheme with your group.

Well, things have changed.....

Now, To deliver the scheme with your group you need only complete and application form which is available from the BCU Coaching Department. So get dialling!!!

To deliver Paddlepower 1, you need to be or have access to a Level 2 coach or above.

Paddlepower 2 can be delivered by anyone - a club helper, parent or coach.

We will still be running Paddlepower workshops around the country to support you in delivering the scheme so watch this space for further details.

JUST TO REMIND YOU, THIS IS WHAT IT'S ALL ABOUT

An outline of the scheme

The Young Paddler Scheme is split into 2 parts:
PADDLEPOWER 1 - The Young Paddlers Scheme
PADDLEPOWER 2 - The Challenge logbook.

Each young paddler receives their own record/logbook (the current cost is £1.50) and they work through this at their own speed.

The Coach supports and develops the work the young person is doing. The Coach holds a supply of sticker certificates (included in the cost) and awards these to the youngster as each level is achieved.

Paddlepower One: Young Paddlers Scheme

This scheme focuses on giving a youngster the **best start**. It helps them to develop efficient forward paddling and boat handling techniques - skills which are required in all paddlesport activities. There are 7 progressive levels to work through which take the youngster through one star and two star skills.

Paddlepower Two: Challenge Logbook

This logbook uses on giving young paddlers challenges and targets to **keep them interested** in the sport.

The logbook sets 5 challenges each of which is made up of:

- Attending coaching sessions
- Trying out different types of boat
- Taking part in various events
- Obtaining proficiency awards like the 'Star' Scheme

And here's your application form. On registering with us you will receive a comprehensive set of resources which are:

- a Paddlepower Deliverer's pack
- A set of Activity cards
- a copy of the 2 Paddlepower booklets
- Copies of the resource order form for you to order your Paddlepower booklets
- £5 voucher towards attending a Paddlepower workshop

Please check with your Paddlesport Development Officer/ BCU where and when your nearest workshop will be held

APPLICATION TO DELIVER PADDLEPOWER SCHEME

Name
Address

Telephone Number

CLUB OR ORGANISATION

Is your group affiliated to the BCU ? Y/N

If No, would you like us to send you information on the excellent Youth membership options that the BCU provide ? Y/N

Which Scheme do you want to deliver?
Paddlepower 1 **Y/N**

Name of Coach(s) delivering scheme & BCU membership no.)

Paddlepower 2 **Y/N**
Name of person co-ordinating the scheme.

The following information is needed for us to monitor the progress of the scheme.

How many children per year will take part in the scheme?

What is their age range ?

Under 7 7 - 11 11 - 14 Over 14

Why do you want to deliver this scheme ?

Please make cheques for registration packs £10 payable to BCU and return together with application form for the attention of

**A G Hampton to :- British Canoe Union Adbolton Lane
West Bridgford Nottingham NG2 5AS**



Help shape our future and yours...

**Long Season Instructors (Feb - Nov)
Short Season Instructors (April - Aug)**

As a highly regarded provider of adventure activity and development training, the success of Skern Lodge lies within the quality and skilfulness of our employees. Due to business growth, we are currently looking to expand our existing team with similar like minded people. If you're enthusiastic, good humoured, committed, flexible and are looking to work for a centre offering excellent benefits and an opportunity to develop your existing skills and career outlook, call free on 0800174569 or write to

**Glyn Brackenbury
Skern Lodge, Appledore, Bideford, Devon, EX39 1NG.**

Child Protection: Senior Person with a Club or Organisation.

A number of people have raised questions and concerns about advice in our Child Protection Procedures, regarding the reporting procedure for Clubs or Organisations. It is advised that if anyone, (particularly Club coaches) has a child abuse incident reported to them, or is concerned in any way about a child's safety, or becomes aware of inappropriate behaviour, they should report it to their line manager or senior person. Clubs are advised they should take the matter of child protection seriously and preferably appoint a person responsible for this area. If it is a small club it may well be the president or secretary. The important thing to remember is, they do not need to be experts in issues relating to child protection. It simply identifies someone who people can report to.

It is not up to any club member or official to decide if child abuse has occurred, but it is their responsibility to take action, however small the concern.

What sort of action should you take? It is difficult to make hard and fast rules since every case will be different. One of the reasons why a more senior person should be involved and help share the responsibility. The parents should be consulted if appropriate. A teacher or Head from the School might also be consulted. However, in most instances it is important to involve the Social Services and if it is an emergency then contact the Police as well. Once could also consult the professional's e.g. Childline or the NSPCC.

The senior person should inform the Duty Officer at Social Services and explain it involves Child Protection. Give your name, role, address and telephone number (this is helpful rather than required). Give clear, accurate details of the child (i.e. name, address and date of birth) what you have observed or been told. Ensure you have recorded (normally written) everything that has been said and done. Social Services will then tell you what they will do next and what you should do.

So the important thing is: Clubs should identify someone who people can report to. They do not need to be skilled in the issues, just someone to offer advice, help and support. They must, however, ensure a responsible action is taken, and pass on any information to the appropriate authorities.

Within the BCU the responsible person for child Protection issues is Nigel Timmins. If a senior person or club official/member is unsure of what to do, they can always contact him via the BCU Nottingham Office.

1999 -2000 Open Canoe & Kayak Courses

BCU 1 – 5 Star tests & Coach level 2/3 training and assessment

White water courses based on the excellent rivers of South Wales

**Beginners white water (3 star) Jan 29th -30th
Feb 26th - 27th**

**Intermediate white water (4 star) Dec 11th-12th
Feb 12th -13th**

Advanced white water (4/5 star) March 11th -12th

Further dates available

Pre-requisite Level 2 courses:- 3star, canoe safety test, 4hr first aid Feb 19th - 20th

**BLACK MOUNTAIN ACTIVITIES – Telephone
01497 847897 Email:
enquiries@blackmountain.co.uk
www.blackmountain.co.uk**

PLAY NOW WORK LATER

Assessor Training Day 12th December 1999

9.15 - 4.30 Tees White Water Course. Cost: £25 including lunch at Four Seasons

Further Details: Contact Geoff Hine of Pheonix Outdoor Development (01751 477828) and leave your name, address and contact tel number.

Classifieds

BRENSCOMBE OUTDOOR CENTRE LTD STUDLAND ROAD CORFE CASTLE WAREHAM DORSET BH20 5JG – Telephone/Fax 01929 481222 Brenscombe Outdoor Centre – Level 2 – 3 Coaches required – Kayakers/Canoeists needed for seasonal work at Corfe Castle Dorset – April – Mid August 2000. Accommodation available, pay based on skills and experience. GNAS/SPA/BOF/AARC/RYA Powerboat also useful. Contact John Blair as above or jb@brenscombeoutdoor.co.uk

WYEDEAN CANOE AND ADVENTURE CENTRE: The Centre is now inviting quality instructors to apply for the 2000 season.

Contracts available from: - March - October / May - September / May - July. 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 1st class instruction of outdoor adventure activities, and it firmly believes in the instructor's personal enthusiasm for their own 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

THE VENTURE CENTRE ISLE OF MAN – Instructors wanted for 2000 season. BCU, SPSPA, MLTB, NSRA, RYA, GNAS, BOF – Our family run centre offers multi-activity courses for schools, youth groups and corporate groups. Season runs from April to August. Varying length of contracts available. Rates of pay dependent on experience/qualifications. Live in position. Minimum age 17 years. **Contact Simon Read on 01624 814240 or write to the Venture Centre, Maughold, Isle of Man IM7 1AW.**

The Lochgoilhead Centre, Argyll: Level 3 Kayak Coach required Beginning April to Mid October 2000. Duties to include over seeing all Kayak staff and equipment and playing a management role within the centre. The salary reflects the important role you will play within the centre. Single accommodation available. Further info from: **Jeremy Game, The Lochgoilhead Centre, The Scout Association, Shelter Park, Lochgoilhead, Argyll PA24 8AA Tel 01301703217 Fax 01301703562**

Regional Round Up:

NOTICE TO ALL BCU COACHING MEMBERS IN THE LOCAL AUTHORITY AREAS OF: NORTH LINCOLNSHIRE COUNCIL NORTH EAST LINCOLNSHIRE COUNCIL

Coaching Service members who reside in these local authority areas are members of the BCU Yorkshire Region and not the East Midlands Region. The South Humber Coaching area of the old BCU Yorkshire and Humberside Region remains in that region renamed BCU Yorkshire Region. The Regional Committees of the BCU Yorkshire and East Midlands Region have agreed that the South Humber area remains in the BCU Yorkshire Region.

Coaching Service members in the South Humber area may, under BCU rules, move into the East Midlands Region if a ballot of all members in the area is conducted by the BCU office, Nottingham and over 50% of eligible members agree to the move.

BCU Coaching Office, Nottingham

Eastern Region:

Steve Scorer RCO Eastern Region: Contact details

Old Walters Cottage,
St Neots Road
Bolnhurst
Bedford
MK442EP

Contact number 01234 376410 no later than 9.00 p.m.
please

Coming in next issue of Code - Eastern Region Coaching Development Plan. Designed to identify coaches needs and aspirations. Next issue will carry a questionnaire, once completed and return individuals will be allocated a development coach who will facilitate their progression. Whilst it is not a requirement that coaches progress through the awards structure, all coaches should endeavour to keep themselves abreast of current best practice, therefore, the plan can be used to highlight personal or organisational needs. Seminars or workshops will be arranged to meet identified needs.

Forthcoming events:

Coaching Slot Regional AGM

Regional Coaching forum early New year

Steve Scorer

BCU EASTERN REGION CANOE DAY

SUNDAY 11 JUNE 2000

AT HERTS YOUNG MARINERS

CHESHUNT, HERTS

(10 minutes from the M25/A10 junction)

Come and join canoeists from the Eastern Region and beyond

Hopefully, the following will be on offer:

Come and Try Sessions in kayaks and open boats, a Race for all classes, a barbecue, Dragon Boating, Caving, Slalom Training, Open Canoeing, Canoe Sailing a Short Tour around the waterways in the area. Star Tests, Canoe Safety training

Injury Prevention course, coaching and Access meetings, Manufacturers Demo boats Trade Stands with canoeing and outdoor gear.

Camping overnight is available – for more information contact:

Lesley Quinlan RAO Eastern Region 01255 815093

email: lesleyquinlan@hotmail.com

Cumbria:

Regional Forum Date: February 12th 2000

Venue to be decided.

Yorkshire:

RCO NOMINATION: Ian Scott:

Is a full time lecturer in sport and recreation at Sheffield College, working with post 16 students. He is currently involved in a European project looking at various Kayaking syllabi from 3 different countries, France, Ireland and Britain. He also coaches at both a high level and at grass roots level. During 1999 he has spent 7 weeks coaching in Europe and also coaches a local junior club and is a founder member of Broomhall CC. He is currently LCO for South Yorkshire and has been involved with coach education for 15 years. Before teaching Ian was involved in a full time position in a Centre and holds a number of coaching qualifications in other outdoor fields. As no other nominations were received Ian will be confirmed as RCO Yorkshire at the March 21 2000 meeting of the Yorkshire Region Coaching Panel at the Buckles Inn near York.

Initial Appointment will be for 12 /18 months pending the outcome of the RCO / LCO review (see Office Matters Page 11)

Paul Dearlove Sec/Treasurer Yorkshire Coaching Panel

Southern Region:

Regional Forum Date: 11th December 1999

An invaluable opportunity for the regions coaches to get together to discuss coaching developments, UK / National and regional, attend update workshops. Question Time and clinic opportunities throughout the day. Details have been circulated to all Southern region Coaches. **Should you require more details please contact the RCO - Steve Finch**

East Midlands:

Having found that life has somewhat overwhelmed him Jon Moore will be 'job Sharing' the role of RCO with Keith Hampton over the next twelve months or until the outcome of the current RCO / LCO review is complete. Keith will be known to most of you and is well placed to act as a job sharing RCO. As well as being an active (we won't say for how long!) paddler across a range of disciplines Keith is a former Regional Chairman and has always been active as a regional paddler and Coach.

Year 2000 Programme:

The region is planning a full programme of regional forum/ local forums and courses. Full details and dates in the next edition of Code. Courses will be provided by the region for regional paddlers. Subsidised attendance will be available for nominated club coaches to assist in expanding the base of coaches working in the regions clubs and provide a mechanism for the ongoing personal development of the regions active club coaches.

Diary Dates for the time being:

Regional Forum

11th June 2000 (Venue to be announced)

Injury Prevention (Lincolnshire Area)

30th Jan 2000

Further details from Jon Moore 01246 233603

Northern Region:

Injury Prevention Course for A3 and above

assessors

22 .01.00.

Prudhoe Country Park , Northumberland

For details please send a S.A.E. to

R Corder 8 Dunnock Drive,

High Park Estate Sunniside,

Newcastle Upon Tyne NE16 5XJ

Wessex Region:

Wessex Region Coaches Please Note:

Gordon Summers has now taken over from Julie Simpson as RCO. Please contact Gordon On 01934 518505



Office Matters

Revalidation/update, update

Most of you are aware of the necessity to revalidate/update by May 1st 2001. This will involve you attending a regional forum at which the RCO will sign you off, as being up to date, if you have the required logged evidence. Your logbook should show that you have been active in that time and that you have logged evidence of update requirements as laid out in the coaching section of the yearbook / code etc. These can be documented in 'Courses attended' section of your log book.

Where a coach has attained other coaching awards or attended recognised symposia during this period these are taken into consideration. Regional Forums will be held annually, the mix of workshops and update sessions being the best way of keeping abreast of new developments and current best practice. If you have the required logged evidence you will be signed off by your RCO.

A number of regions have already run a regional forum. A Southern Region Forum is to be held on 11th December of this year and a number of dates for other regions for the year 2000 have already been posted in the Regional Matters section of this Code. Dates for all other regions will appear in the next issue of Code. It is also hoped that a number of Local Forums and Workshops will develop over the coming years.

While coaches will only be required to attend one forum in every three years it is hoped that the opportunities provided via the annual forums for keeping up to date, networking and communicating with your RCO / LCO, Coaching Development Officers / PDO's and other Coaches will encourage many to attend more frequently.

These days are also invaluable in providing an opportunity for coaches to get together and discuss paddling as well as meet some old friends. If you need specific requirements for updating your RCO may be able to include these in your regional workshops. So keep abreast of the dates and contact your RCO for details.



Direct Cost of updating should be minimal with forums being offered at £10 per person and a range of regional workshops and coaching courses offered subsidised within region, with a range of places available to club and voluntary coaches.

RCO / LCO Role Review

In line with the current Coaching Development Plan a review is to take place of the role / remit of RCO's and LCO's. Consideration will also be given to the election process. A working party has been established to consider these matters and report to the English Coaching Committee.

The working party will be chaired by Graham Wardle (East Midlands) and will comprise Graham Lyon (West Midlands), Derek Brooks (North West), Jon Moore (East Midlands), Phil Russell (West Midlands) and a PDO representative.



Anyone having any thoughts / comments on these matters can contact any of the above or write/ email the Coaching Dept in Nottingham

Insurance: The Woolf Report

Coaches Please Note:

On 26 April 1999, the civil Justice system was amended to reflect a number of changes now known as the Woolf Reforms, the purpose being to resolve disputes more quickly but without necessarily having to resort to litigation. For Personal Injury claims in particular, the consequences for Sport and Recreation are considerable.

If an individual (the claimant) sustains an injury he or she has up to 3 years to issue a claim (formerly a writ) against another individual or club (the defendant) considered to have been negligent in causing the injury. The defendant has only 21 days to acknowledge receipt of the claim and a further 90 days either to accept or deny liability and, in the case of a denial, to produce supporting documentation and evidence.

Failure to observe these time scales could give Insurers an opportunity to limit or even deny indemnity which, of course, could have serious ramifications for the defendant. That being the case, all those involved in Sport are now required to report (to their Insurance Brokers) every incident, particularly those involving a personal injury, which could give rise to a subsequent claim. This will ensure that detailed records are kept, so that in the event of a claim a defence may be more quickly and accurately mounted.

That being the case we would encourage every member to report instances of injury to students to the BCU Coaching Department, both to maintain records of any incidents and to establish contact as necessary, with your Brokers. Obviously, there is also a responsibility on every individual member to pass on relevant information regarding any incident.

Personal Performance Awards - Awards Pricing Policy

Following a review of the pricing of personal performance awards it has been agreed to implement the following charges from 1st Jan 2000

1 Star & 2 Star Awards £3.00 for members / non members
3 Star / 4 Star / 5 Star £ 6.00 for members / £12.00 for non members
Canoe Safety Test £ 6.00 for members / £12.00 non members

While some may feel that these increases are a big jump on previous prices they are in fact a reflection of true admin costs and the fact that prices on personal performance awards have not changed for some considerable time. UK Coaching Committee have determined therefore that award prices will be reviewed annually to avoid future large increases.

Assessors, particularly please take note! Assessors are also reminded that the 3 Star award can no longer be ordered in bulk. Due to the 3 Star now being database recorded (due to it being a pre-requisite of a coaching qualification) Awarding of the 3 Star award is via the Star test Pass Slips available from the coaching office.

Protecting Children and Creating a Safer Environment for Sport and Recreation

Paddlesport Safe

As a parent or coach, part of supporting your child's / students involvement in sport and recreation activities includes ensuring their safety while they're having fun. In this respect we all have a responsibility to make sure children are protected from abusive situations. This information will provide you with a guideline on what to watch for and where to turn if you suspect harassment or abuse.

Dealing with Harassment and Abuse

While there are differing degrees of harassment and abuse, both provide serious setbacks to a child's enjoyment of, and participation in sport and recreational activities. Abuse is any action, physical or verbal, which exploits or potentially harms or damages a child's physical, emotional or psychological health. When a child is abused, he or she often experiences abuse by people older than them, usually by people they know and trust.

Harassment or abuse can take many forms:

- Physical** – where a child is intentionally injured or made to do excessive exercises as punishment;
- Sexual** – where a child is exposed to, or invited to participate in sexual contact, activity or behaviour;
- Emotional** – where a child is made fun of, criticised, discriminated against or put under an unrealistic pressure to perform;
- Neglect** – where a child is not provided an appropriate level of care and supervision.

If you feel that the abuse is of a sexual or physical nature it must be reported to a Line Manager or Senior Person, NSPCC, Childline Or the Police.

Clubs are advised they should take the matter of child protection seriously and preferably appoint a person responsible for this area. If it is a small club it may well be the president or secretary. The important thing to remember is, they do not need to be experts in issues relating to child protection. It simply identifies someone who people can report to. **It is not up to any club member or official to decide if child abuse has occurred, but it is their responsibility to take action, however small the concern.**

How to recognise abusive situations

As a parent, you know your kids best, look for signs that they are not their normal selves and may be unusually withdrawn, disinterested, unhappy or angry.

As Coaches also, there are many signs, both physical and behavioural, to suggest possible abusive situations. Unexplained injuries, sexually explicit actions or language beyond their age, new friendships with older persons, or sudden changes in behaviour are just a few examples.

Parents ! What you can do about it

You can protect your child both at home and in the environment in which they participate. Encourage your child to talk openly to you about their activities and let them know that it's okay to tell when something isn't right. In addition, you should:

Be aware of your child's sport or recreation environment;

Get involved in their activities by getting to know their coaches, volunteers and other parents;

Talk to your child and their coach about what's okay behaviour and what your child wants to get out of their activity;

Ensure their sport or recreation association has a harassment policy and a screening process in place for staff and volunteers;

Know how to voice your own concerns;

Listen to your child's complaint and no matter how far fetched it seems, check it out;

If the problem is not sexual or physical abuse, try to resolve it with centre or club officials. Before approaching other community services have the situation corrected and, if necessary, remove your child from the activity.

Coaches! Additionally be aware of:

Unexplained bruising, cuts or burns on a child, particularly if these are parts of the body not normally injured in accidents.

An injury for which the explanation seems inconsistent

Changes in behaviour such as a child becoming very quiet, tearful, withdrawn, aggressive, or displaying severe tantrums.

Loss of weight without medical explanation

An inappropriately dressed or ill-kept child or one who becomes increasingly dirty or unkempt.

Sexually explicit behaviour, for instance, playing games and showing awareness which is inappropriate for a child's age.

A child describing what appears to be an abusive act involving him / herself.

Some one else a child or adult, expresses concern about the welfare of another child.

Running away from home, attempted suicides, self-inflicted injuries

A lack of trust in adults, particularly those who would normally be close to a child.

Disturbed sleep, nightmares and enuresis particularly if a child has previously been dry

Eating problems, including over-eating or loss of appetite

Creating a safer place for our children to play is everyone's responsibility...coaches...volunteers,... sport and recreation organisers..... local clubs and associations...schools...all levels of Government..... the participants.....

Within the BCU the responsible person for child protection is Nigel Timmins.

If a senior person or club official / member is unaware what to do, they can contact him via the BCU Nottingham Office.

**We Should all
BE INVOLVED. !**