

WELCOME



Canoe England Course Updates

Canoe England Updates

Using Positive Reinforcement to create successful Coach / Athlete relationships

Capsize / Courses





Canoe England Local Coaching Organiser – Positions Vacant!

We have been working hard to ensure that all of our Local Coaching Organisers (LCOs) are elected into their positions, as representatives of the coaches within their area this is obviously important!

The LCO is an important link for coaches within clubs, centres, and independent coaches; they play a part in gaining feedback, providing updates on policy, and sharing innovation. The LCO also provides a link between the coaches within their area and Canoe England, this occurs through their Regional Coaching Organiser, Regional Development Team, and Canoe England employed Staff.

Through this mechanism Canoe England can make informed decisions regarding the development and implementation of policies and procedures. The LCO also plays a vital role in the organisation and running of Local Coach Update Forums, and are encouraged to organise any other activities / initiatives in support of the general development of Coaching to meet local needs. They also act as a point of contact for coaching related enquiries.

Vacancies:

We are inviting individuals interested in taking on this role within the following areas to put themselves forward:

London West
London North
Worcestershire
LCO Cumbria (Mike Sunderland) and LCO Northamptonshire (Tony Bloor) are both due for reelection. If anyone else is interested in putting themselves forward please put nominations forward as outlined below.

We want your nominations!

If you know someone who you think would be good at the LCO job, we need their nomination! The nominations should be sent to Simon Hitchcox at Canoe England, 18 Market Place, Bingham, Nottm NG13 8AP, by Friday 7th May 2010. (simon.hitchcox@canoe-england.org.uk).

The nomination must include the details and signatures of two updated and active Coaches from within the area who propose and second the nominee.

Nominations are considered from any BCU qualified Coach who is updated, within current membership, and whose membership address is normally within the specific area.

If you wish to discuss the LCO position further please contact either the Regional Coaching Organiser (RCO) or Paddlesport Development Officer (PDO) for the area concerned.

Contact Your LCO:

All contact details regarding LCOs are available on the Canoe England Website. Go to the Coaching Tab; and click on 'English Coaching Network, Including RCOs & LCOs' Or - <http://www.canoe-england.org.uk/coaching/english-coaching-network-including-rcos-lcos/local-coaching-organisers/>

RCO Vacancies:

The RCO Wessex (Simon Westerman) was due for re-election, no other nominations have been put forward so I am pleased to confirm Simon will be continuing in the role.

An invitation for an RCO for Devon and Cornwall was published in February CoDe. With only one candidate putting themselves forward; I am therefore pleased to announce Flis Marriott elected in position, effective immediately.

Contact Your RCO:

All contact details regarding RCOs are available on the Canoe England Website.

Go to the Coaching Tab; and click on 'English Coaching Network.....' Or.....

<http://www.canoe-england.org.uk/coaching/english-coaching-network-including-rcos-lcos/regional-coaching-organisers/>

Praise due again to the Canoe England Coaches!

2009 saw a very successful year for Canoeing within England. The Sport England Active People Survey showed that between October 2008 and October 2009, 62,900 adults participated in canoeing at least once a week. This is a fantastic increase of 45% since last year's Active People survey. Whilst the Royal Yachting Association and partners published their "Watersports and Leisure Participation Survey 2009" in March 2010; reporting an estimate that over 1.2million people aged 16+ participated in Canoeing during 2009; a growth from 1.98% of the UK population in 2009, to 2.57% in 2010 - an increase of 0.6%. It also reported 681,000 households own a boat an increase from 2.5% to 2.7% from 2008 to 2009.

There is no doubt that our Coaches have played a significant role in helping achieve this growth in the sport and our figures too are very promising – here are some of the headlines!

- We have seen an increase in the total number of Coaches of over 2,000 in the last 8 months, with an increase in every Canoe England region
- We have increased the number of updated Coaches by almost 1,000 in the past year
- The number of BCU (UKCC) Level 1 Coaches qualified in 2009 (2246), almost doubled that of the 2008 baseline figure (1156), exceeding our targets enormously
- The number of BCU (UKCC) Level 2 Coaches trained in 2009 (732), more than doubled that of 2008 (321), exceeding our targets enormously
- 1 and 2 Star figures remain fairly constant from 2008 -2009; whilst 3, 4, and 5 Star figures have increased significantly across almost all of the disciplines
- Paddlepower continues to be a great success; figures released in November showed that 111,000 young people had been issued with a Paddlepower Start certificate, since the programme began in May 2007

I would like to recognize the hard work and commitment of the Canoe England Coaches who are obviously making such a significant contribution to the sport. Hopefully with a severe winter behind us we can all start enjoying another good year!

Lara Tipper
English Coaching Manager

Using Positive Reinforcement to Create Successful Coach/Athlete Relationships

What does a coach say to a paddler when they have put in an abysmal performance?

How do coaches get across constructive comments to help a paddler that is going through a particularly tough time?

As coaches we are continually exploring what does and doesn't work in order to get our training across. When we bring positive reinforcement into the coach/paddler relationship, we are committing to communicating and behaving in ways that will elicit the maximum potential from each of our individual athletes. Positive Reinforcement⁽¹⁾ is one of the most prominent coaching philosophies in modern sport and education, however: it ain't always about being positive!

Positive Reinforcement

You can think of Positive Reinforcement as the 'glue' between coach influence, paddler-belief and ultimately, paddler-performance.

It is called 'Reinforcement' rather than reward or control because reinforcement increases the likelihood of behaviours being repeated. Each paddler's reward will be different: Reinforcement is a better way of defining the unique constructive influences needed to increase performance in individual paddlers.

To influence paddlers effectively, the coach needs to develop an understanding of how Positive Reinforcement works in practice, and how they, the coach, are actually influencing the paddler.

The Coach's Influence

We all remember coaches who we felt happy to see and proud to know. Some of these coaches became gurus, mentors and sometimes - well, even sort of family. The coach along with a paddler's actual family and peers are pivotal to the paddler's development. As coaches, we not only bring our hard earned experience to the paddler/coach relationship, but also our desire to provide these young people with the best chances for their futures. We want to influence them to exhibit behaviours that we see as positive to them fulfilling their potential, and stop behaviours that we see as negative or restrictive.

Positive Influence vs Aversive Control

In order to influence a paddler, the coach needs to exert a control. One possible approach is the use of aversive (negative) control in training regimes. This is most commonly associated with the stigma of

'fear of failure' and has been seen to have many harmful side-effects such as performance anxiety, injury prone athletes, loss of enjoyment and drop-out. The creativity that we see in our truly successful paddlers is seldom, if ever, developed in an aversive training regime. If there was only a fear of failure, would paddlers risk all for that 'extra tight' turn? There must be a stronger influence at work -

There is, the most effective type of control that sport and education psychologists advocate for long term development is positive control.

Positive control is aimed at instilling a 'desire to achieve' in the paddler, not a fear of failure. Positive control can accomplish everything that aversive control does, but without the harmful side effects. This 'desire to achieve' will be dictated by what the paddler finds emotionally rewarding.

Brain Stuff²⁾

Skill acquisition requires the 'boot' of a chemical called glutamate in our brains. This might be a big boot if induced by stress or fear, but is not that accurate. So brain pathways are not that effectively reinforced: it's like having all the strokes, but not being able to read the water - you can never be sure of repeating a successful manoeuvre.

However, when a behaviour is positively rewarded with an emotional connection from the coach/paddler relationship, the brain stabilises the effect of glutamate with the chemical, dopamine, to produce steady, high levels of activation in brain cells, i.e. positive skills and behaviours are reinforced and likely to be more-effectively learnt.

Why emotion and reward are important

Reward and Emotion are essential to reinforcement

Reward and the 'promise of reward' is the driver behind our most powerful cognitive motivations. It defines what we value, the desire to achieve this and sets the goals for our future potential.

Emotion is connected to the oldest and despite our modern day rationality, the most influential bit of the brain, our emotional brain, (pre-mammalian reptilian brain..eek). If reward or 'promise of reward' has an 'emotional connection' with us, then the behaviours that brought about that reward, are reinforced and more likely to be repeated. Carrot is better than stick when it comes to long term skill acquisition

Emotionally Rewarding

If coaches are to connect with the emotional rewards their paddlers need, then the coach will require a greater knowledge of how their paddlers 'tick'. Deep down we knew when we were young, the coaches and teachers we felt good to see, were also doing us some good. Our relationships with them were emotionally rewarding. To understand our paddler's needs we need to understand our own relationship with the paddler

Show me The Belief

As coaches we not only commit to a paddler at an emotional level, but need to be seen by the paddler to be committing to them. The paddlers need to feel that the coach is there for them. It's about developing relationships that foster individual goals, recognising what personal-achievement means to the individual, and showing that paddler you believe in their future. Do you remember

Cuba Gooding in the film 'Jerry Maguire'³⁾? His rant of "**Show me the Money**" to Tom Cruise turns out to actually be: "**Show me the Belief**".

Now there's a funny thing: it's the athlete's relationships that is the dominant factor in performance success.

Positive Reinforcement and Unconditional Regard

Positive Reinforcement isn't just about being positive, it's about being the honest coach: Honest about yourself (prejudices, expectations, personal likings, etc) and with your athlete. It is not about 'controlling and manipulating' paddlers, but showing each paddler that you believe in them enough to make it worth your time and energy, to challenge them to improve. You are aiming to nurture a coach/paddler relationship based on honesty and openness towards future success. This **unconditional** positive regard in your paddler will enable standards to be set, will

help maintain discipline, and let you demand more effort from your paddlers. The 'unconditional' refers to your responsibility to do the best for each individual, despite of any prejudices, expectations or likings you may have, either good or bad.

(Example 1) Poor Reinforcement - Positive isn't always positive

Positive words don't always provide positive reinforcement especially if you haven't invested in your coach/athlete relationships:

Let us consider: A coach might have 2 paddlers, one paddler who thinks that his abilities are believed in by the coach, let's call him 'high belief' paddler, and the other who suspects that the coach doesn't really have much faith in him, a 'low belief' paddler.

Giving positive feedback to the low-belief paddler for say, a poor performance (**low-belief paddlers are often rewarded for poor performance as a morale booster**), can often give that low-

belief paddler the message **"is this all my coach thinks I'm capable of"**? They perceive that the coach's expectations of them are low and fixed. This is taken personally (internally attributed – see Attribution⁴). Low-belief paddlers have been shown to assume this negative perception: the weak aligning themselves to the more powerful coach and coaching feedback. This 'self-limiting trait' becomes learnt, and therefore the paddler has little motivation to change or improve. The coach has actually reinforced the 'low-belief' perceived by the paddler!

Alternatively: if our high-belief paddler is given similar feedback for the same poor performance, he may deflect the meaning: **"which part of that did he think was good? the coach knows I can do better than this"**. Here the positive feedback for poor performance has been deflected (external attribution) rather than internally attributed. This **"confidence-protecting"** attribution in the high belief paddler is the result of better relationship perception (the **paddlers perceived-belief of the coach** in themselves).

Attribution – The perceived ability of the athlete to control future events.

In Paddlers with a LOW BELIEF perception of their coaches belief in them.

For the low-belief paddler, negative events such as poor performance can be seen as stable and internal (**intrinsic part of me**) and will elicit destructive or 'dependency' thinking such as **"limited by my ability"**. Even positive events such as good performance may sometimes be seen as unstable and external (**out of my control**) and **"just good luck"**. A self-belief of **dependency** and **limiting ability** may be attributed to any performance feedback.



In paddlers with a HIGH BELIEF perception of their coaches belief in them.

In the high-belief paddler, positive events such as good performance are seen with internal attribution **"in my control"** and will elicit reinforcement in self-belief **"my ability and effort"**. However, negative events such as poor performance are seen with

High Belief – A Self-Serving and Self-Protecting 'Attribution Bias'

The attribution self-protecting bias exhibited in high-belief paddlers can be seen as guidance to providing coaching that facilitates positive belief and motivation for future positive outcomes: Using coaching and feedback that allow for a greater degree of learner controllability **"something I can do to change the result next time"**. Positive Reinforcement.

It demonstrates the ability of positive reinforcement to "put money into the relationship bank" and act as a buffer to any possible poor reinforcement gaffs – we're not all perfect!

Nevertheless, a coaching 'gem' has been missed: learning from failure.

Learning from Failure – Effort over Success

Coach/paddler interactions are very often responses to performance events or behaviours. As good communication determines the outcome of these events, how you interact and respond will give off many messages: Everything you say as a coach, every bit of body language you use (or leak) will be picked up by the paddler and interpreted one way or the other. It's not what you say, it's more about how your paddler perceives your meaning, and this is determined by how they perceive their individual relationship with you! Positive reinforcement should be about connecting emotionally and with meaning to the paddler, and is directed towards their future success, easy! Maybe easy when you're rewarding success and achievement, but what about those grey areas such as dealing with failure:



One of the cornerstones of Positive Reinforcement is to reward effort over success.

If we just reward success, we not only leave reinforcement at the mercy of circumstances not wholly in our control (i.e. the competition/results etc) but we miss giving our paddlers one of the most powerful lessons - learning from failure. By reinforcing individual paddler effort, you can grab failures and turn them into coaching gems. Feedback after mistakes is vital: it's an opportunity to give behavioural coaching through precision feedback. The paddler's mistake is clear and painfully fresh, but how do you provide a 'positive' way forward after failure? One possible method that can be used is: by breaking the poor 'play' down, recognising where the paddler exerted most effort, and using 'constructive honest feedback' to point to a way forward for the paddler. You can be honest but still positively reinforce the paddler's attribution by accentuate the effort, whilst acknowledge the "areas for development".

(Example 2) Positive Reinforcement – Open and Honest

- a) Start with a positive, this should be honest and relevant to the paddler – **"you showed great turning ability there Jamie",**
- b) Highlight the area for improvement – **"but your timing has been better",**

- c) Give a future that is in the paddlers control (attributional reinforcement) – **"we can work on that".**

The above is an example of a feedback technique known as a 'positive sandwich'. There are many more techniques towards effective coach/paddler relationship for positive reinforcement such as; active paddler observation; coaching process review; goal orientation; expectancy awareness, coach bias, etc.

More Than Just a Sport

The thing about positive reinforcement is - it's not easy. There is no set template: each relationship between a coach and a paddler is unique and the coach's response needs to be individually matched for each paddler's personality. Luckily by committing to a coaching philosophy of doing the best for each individual, you have already started to explore your relationship with your paddlers – you have started to positively reinforce!

We have incredible power in our coaching roles. With this power must come responsibility for how 'our' coaching affects 'our' young paddlers. More than just what they achieve in sport, it's what they achieve in life.

¹Smith, R. E. & Smoll F.L. 2002. *Way to Go Coach*, 2 ed, Portola Valley, Wade.

²Curran. A. 2008. *The Little Book of Big Stuff About The Brain*, Camarthen, Crown House.

³Jerry Maguire, 1996. Directed by Crowe, C. B. USA: TriStar.

⁴Weiner, B. 1986. *An Attribution Theory of Motivation and Emotion*, New York, Springer-Verlag

Weiner, B. 1997. A Theory of Motivation for some Classroom Experience. *Journal of Educational Psychology*, 71, 3-25

David Larkin

David works as an Outdoor Education lecturer at 'Liverpool John Moores University'. He also runs a training consultancy that works with young people and athletes – 'TeamShot'. Teamshot, through a practical approach to youth psychology, aims to develop talent and help young people to achieve their true potential.

To make gaining awards easier, we've introduced multiple choice.

This year we're running more courses, on more dates, than ever before. Making it easier for you to choose a date that fits in with your schedule. We run a full range of BCU qualification courses including the new Level 1, 2 and 3, throughout the year. What's more, if you can't find a course date that suits you in our brochure or on our website, we can arrange one for you. For clubs, or groups of four or more booking together we can programme a bespoke course date specially for you. But we know it's not all about gaining qualifications, which is why we run a huge range of recreational

courses, holidays and expeditions too, including paddling holidays for families.

When you get here you'll be convinced you made the right choice because everything we provide is first class, from the coaching, boats and equipment down to the facilities, food and accommodation.

So if you are looking for somewhere to improve, expand or enjoy your paddling, you'll find we tick all the right boxes. For a free 72-page colour brochure telephone us on 01690 720214 or e-mail us on brochure@pyb.co.uk



English Coaching ACM – 6th March 2010

The English Coaching ACM took place at Holme Pierrepont in Nottingham on March 6th. There was a good turnout of Regional Coaching Organisers (RCOs) and Local Coaching Organisers (LCOs) from across the Country.

Lara Tipper (English Coaching Manager) and Steve Scorer (English Coaching Management Committee [ECMC] Chair) open the meeting with positive reports of activity during the past 12 months. Steve Scorer was reelected as Chairman of ECMC and a number of recommendations/ comments were put forward for consideration by ECMC, these included;

- Request for a review of 3 Star Touring Assessor requirements and the development of a route for assessors who are not qualified in both Canoe and Kayak
- The Coach Update scheme was recognised as a positive programme that we should continue to support and promote
- We should continue to support our membership through active RCOs and LCOs
- It was also agreed that paid Canoe England Staff should not be eligible to vote at the ACM - a change to the Committee rules is required
- It was noted that the English Voluntary Network (RCO/ LCO/ECMC/UKCMC) plays a crucial role in the Coaching Decision making process within the BCU

Minutes from the meeting will be available on the Canoe England Website once approved.

Next meeting 5th March 2011.

Lara Tipper
English Coaching Manager

Update on Course Administration and Candidate Registration

The BCU seeks to clarify the administration arrangements for candidates and course providers who seek course authorisation or attend a course outside of their own Home Nation.

Information for Course Providers;

1. Course Authorisation - Course Providers and Assessors should **always** apply for course authorisation from their own Home Nation Association (Canoe England, Canoe Wales, Scottish Canoe Association or Canoe Association Northern Ireland), irrespective of the location of the course. For example, an English provider wishing to deliver a course in Wales, should apply to Canoe England. Where staffing involves members from multiple Home Nations, the primary staff member is responsible for authorisation.

The contacts for course authorisation are:

- Canoe England
All Coaching Qualifications from Amanda.needham@canoe-p
- Star Awards, Foundation Modules, and Safety Training from diane.bedford@canoe-england.org.uk

- Scottish Canoe Association – www.canoescotland.com click *Coaching then course authorisation*
- Canoe Wales – admin@canoewales.com
- Canoe Association of Northern Ireland – Jenny Henderson 028 9073884

2. Course schedules and other relevant paperwork must be returned to the Home Nation issuing course authorisation within 7 days of the course. The exception is for BCU (UKCC) assessments taking place in Scotland, which must be returned to the SCA, irrespective of the Home Nation of the course provider.

Certificates are issued by the nation which granted the authorisation while coaching awards are issued centrally by BCU Awarding Body.

Information for Candidates;

Candidates wishing to register for coaching or leadership award (i.e. CR or LR form), should do so with their own Home Nation Association, irrespective of the location of the course. Where candidates are not currently members they apply to the association of the country in which they are resident at the time.

Members are able to purchase any coaching materials (Paddlepower, Coaching Handbook, DVDs etc) from their own Home Nation, or check out the BCU E-Shop www.bcushop.org.uk

ARE YOU SOMEONE WHO....

**delivers paddlesports to people with disabilities; or
has attended a BCU disability awareness training course; or
is a paddler with a disability; or
provides disability awareness training in this or another field; or
wishes to be more involved in working with people with disabilities?**

**And can spare a few minutes to be a consultee
for the re-write of the BCU disability awareness training course?**

The BCU is about to review the content and structure of the Disability Awareness Training course to make the format compatible with the CPD modules offered as part of the UKCC awards.

We are seeking consultees with appropriate interest or experience to give suggestions or comments as to content and format.

If you wish to be consulted, or express an opinion, as to the past or future content of the DAT courses, please contact:

john.crosbie@ed.ac.uk

(or Tel. 07831645353 if you do not have access to email)
with a very brief introduction as to your area of interest / expertise.





Capsize!!!

It's those dreaded words and the memory many people hold from the past, when paddlers had their first kayaking experience. This capsize experience may have put some people off canoeing and given them a negative outlook on our sport. What was the point of getting paddlers wet and cold at the start of a session just to prove they can get out of the boat? Getting out of the craft of old, with small seats, cockpits and centre pillar buoyancy blocks added to the difficulties then but boat design has changed dramatically since then.

For this reason it is very important to give good instruction, guidance and positive experiences to our new and future paddlers and maybe by doing so, influence those that still hold negative memories.

Paddlesport has moved on in many ways. Much of the equipment used for coaching at entry level has improved; larger cockpits, lack of centre pillar buoyancy (in many cases) and footrest designs have all made the capsize an easier skill to master. Coaches' knowledge, delivery and session reviews of teaching skills have progressed with the emphasis on 'fun' being at the heart of sessions.

So how can coaches ensure that this very important skill is passed on to the learner in a positive way?

New Designs

The use of canoes, sit on tops and open cockpit kayaks all share similar characteristics that cater for the very nervous paddler. A capsize in any of these craft does not usually entail going completely upside down. Providing the paddler does not grip with

the knees or hold on to the gunwales with their hands during a capsize, the paddler will fall out with ease. Care does need to be taken where thigh and foot straps are fitted on sit on tops and ropes and painters in open canoes as these could cause an entrapment.

In the event of a controlled capsize where the victim does end up underneath the craft the following key learning points should be picked up;

- Remain calm
- Hold the cockpit coaming or gunwale with one hand
- Push away from the upturned craft and move to the outside side of the boat (usually at this point the swimmer will automatically float to the surface)
- Pull and swim to the surface without losing contact with the boat, this will help with rescues and offers the swimmer additional buoyancy
- Move to one end; hold onto the boat till a rescue can be carried out
- Listen for any given instructions

Closed Cockpit kayaks

These boats are designed to allow good connectivity to the paddler and when worn with a spraydeck keep water out of the boat. Where a spraydeck is used with beginners, get them to practice correctly fitting and removing the deck before going on the water. It is advisable that beginners use spray decks that are easy to release for their first capsize drills. Ask the nervous beginner to try getting out of the boat without touching the release strap, to remove any fear of wearing a spraydeck (not neoprene). The deck should just pop off and allow the person to get out.

Key Learning points

In the event of a controlled capsize (i.e. where the carried out under instruction with a beginner);

- Remain calm
- Remain connected to the boat till fully capsized
- Lean the head forward towards the knees to reduce any chance of hitting the head in shallow water or on any underwater obstacles., this action also helps with ejecting out of the boat
- Remove the spraydeck (if one is worn) by pulling the release strap forward away from the person then off, (this should be practised before any capsize to familiarise with the action). Pulling backwards towards the body often is more difficult and puts additional strain on the straps
- Place the hands on either side of cockpit level with the hips
- Relax the connection made through the legs
- Push the boat forward off the legs (like taking off a pair of trousers)while dropping out of seat
- Continue to keep the head forward and float to the surface while keeping contact with the boat
- Move to one end of the boat and await a rescue or instructions

It is advantageous to keep hold of the paddle throughout any capsize to assist the rescue. The boat should be left upside down to keep trapped air in the boat, give additional buoyancy to the swimmer and aid rescue.



Be connected

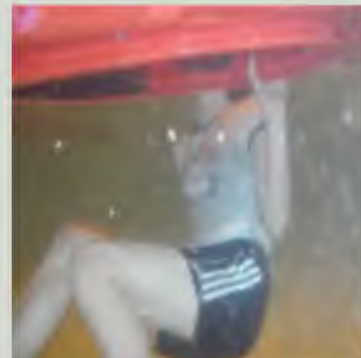


Lean forward

Wearing goggles increases confidence



Pushing kayak off legs like taking off trousers



Hold onto the boat when surfacing

When and where to teach the Capsize

Weather and knowledge of the environment will affect the coaches' decision as to when and where. Carrying out capsize drills in swimming pools when the weather is cold offers a positive experience as the fear of entrapment is quickly dispelled. Coaches can also watch how the person leaves the boat and if necessary make any necessary corrections. It must be remembered that a capsize drill performed in a pool is a totally different experience than in the cold and dark of a river, lake or sea but if the skill is taught well then this will lead to a big confidence boost and also make emptying the boat easier.

Tips

- Counting to three or banging on the bottom of the hull 3 times after a capsize will help to avoid panic and allow the craft to settle fully upside down, and is a good tool when practicing

- Always consider if it is necessary to wear a helmet when practising capsize drills
- Goggles may help nervous swimmers and also help reduce disorientation
- Dry land capsizes prior to getting on the water will help build confidence
- Avoid where possible using kayaks fitted with ratchet back straps or wrap around thigh straps such as in high spec boats
- When outdoors, in warmer weather, if the group are happy, ask them to perform the drill at the end of the session to avoid getting too cold. Games involving getting wet such as splashing, wet sponge tag etc. will help acclimatise to the cold water and reduce the fear of getting wet.

Ray Hudspith, Canoe England Paddlesport Development Officer

PADDLESAFE – Online Child Protection Course

This new training course provides an easy way to access the basic training requirement for volunteers, coaches and staff involved in Paddlesport but who are not working regularly or alone with children*. Avoiding the time and cost required to travel to and attend courses.

The course covers basic awareness training, explains best practice, and what to do if you have a concern regarding child protection. There are five sections – with questions at the end of each section. If you do not pass all the questions you will be directed back to the knowledge section to re enforce the key learning points.

The course takes approximately 45 minutes to complete but you can log out and back in again at any time. On successful completion of the course there is a certificate for you to download and keep.

This BCU initiated course has been produced by Child Protection experts and has been funded through grants from Sport England. This has enabled the BCU to keep the cost of the course to a minimum – to benefit our members. If you are a member of Canoe England (or other Home Nation) you will need your membership number to access the reduced fee course of £7.99. For non members the cost is £16.99.

This training course is suitable for:

- all coaches who do not work regularly with children*
- Event Officials (as designated by the Event Welfare Officer)
- Polo Referees
- BCU Committee members

*coaches who work regularly with children should attend the 3 hour Sports Coach UK Safeguarding and Protecting Children workshop or equivalent (see above)



After an absence of two years the ever popular surf fest is back so if you didn't take advantage in attending Surf fest South West earlier in the year here's your chance to sample this years offering of BCU Surf Specific personal performance awards. Visit <http://www.surf-fest.com/> to find out more about the courses that will be running over the weekend and details of how to book your place

Surf -Fest
North East
October
16th - 18th 2010





Canoe England BCU (UKCC) Certificate in Paddlesport Course calendar

Level 1 Coach Transfer:

**08-Apr-2010 - Bradford,
Yorkshire, Sean McGrath
email:
sean@wildriver.co.uk**

**06-Jun-2010 - Alton,
Eastern, Adrian Slim email:
adrian.slim@bt.com**

**18-Oct-2010 - Weymouth,
South West, Paul Hurrell
email:
p.hurrell@dorsetcc.gov.uk**

**For a whole range of
Moderate Water
Endorsement,
4,5 Star Leader,
FSRT,
WW Safety and
Rescue
courses and more
go to.....**

www.canoe-england.org.uk/coaching/course-dates/



Level 1 Coach:

01-Apr-2010 - Mid Wales, Wales, Jason (JOE) Jordan email: joejordan599@blueyonder.co.uk
01-Apr-2010 - Todmorden, North West, George Thompson email: gtcanoe@hotmail.co.uk
02-Apr-2010 - Clitheroe, North West, Andrew Noblett email: a.noblett@tiscali.co.uk
03-Apr-2010 - Sunderland, North East, Kenneth Hughes email: kenhughescourses@aol.com
05-Apr-2010 - Mid Wales, Wales, Jason (JOE) Jordan email: joejordan599@blueyonder.co.uk
06-Apr-2010 - Barrow-upon-Soar, East Midlands, Colin J Broadway email: colinbroadway@hotmail.com
10-Apr-2010 - Wiltshire, Southern, Jason (JOE) Jordan email: joejordan599@blueyonder.co.uk
10-Apr-2010 - Norwich, Eastern, Leo Hoare email: leohoare@mac.com
10-Apr-2010 - Norwich, Eastern, Adrian Slim email: adrian.slim@bt.com
11-Apr-2010 - PGL Boreatton Park, West Midlands, Darryll Shaw email: darryll.shaw@pgl.co.uk
12-Apr-2010 - Cumbria, Northern, Sean McGrath email: sean@wildriver.co.uk
12-Apr-2010 - Isle of Wight, Southern, Owen Burson email: enquiries@iow-seakayaking.co.uk
12-Apr-2010 - Chichester, London & South East, Andrew Hall email: debofdene@hotmail.co.uk
12-Apr-2010 - Pensarn Harbour Harlech, Wales, Leo Hoare email: leohoare@mac.com
17-Apr-2010 - Burton, West Midlands, Stuart Briggs email: stuart.briggs@canoe-england.org.uk
17-Apr-2010 - Pugnays, Yorkshire, Lester D Matthews email: lm.rapport@btinternet.com
17-Apr-2010 - Surrey, Southern, Paul Newman email: paulnewmanpaddlesport@blueyonder.co.uk
17-Apr-2010 - Mapal, Eastern, David Savage email: david@mepal.co.uk
19-Apr-2010 - Plas-y-Brenin, Wales, Dean Sinfield email: www.pyb.co.uk
20-Apr-2010 - Lancashire, North West, Jason (JOE) Jordan email: joejordan599@blueyonder.co.uk
24-Apr-2010 - Clitheroe, North West, William Hanham email: hanham@enterprise.net
24-Apr-2010 - Clitheroe, North West, Andrew Noblett email: a.noblett@tiscali.co.uk
27-Apr-2010 - Burton, West Midlands, Stuart Briggs email: stuart.briggs@canoe-england.org.uk
27-Apr-2010 - Cumbria, Northern, Ashley St.John-Claire email: ashley@outdoor-resources.co.uk
30-Apr-2010 - N East, North East, David Hellawell email: dhellawell@btinternet.com
30-Apr-2010 - Sunderland, North East, Kenneth Hughes email: kenhughescourses@aol.com
01-May-2010 - Norfolk, Eastern, Leo Hoare email: leohoare@mac.com
02-May-2010 - Cumbria, Northern, Sean McGrath email: sean@wildriver.co.uk
03-May-2010 - PGL Boreatton Park, West Midlands, Darryll Shaw email: darryll.shaw@pgl.co.uk
07-May-2010 - PGL Boreatton Park, West Midlands, Darryll Shaw email: darryll.shaw@pgl.co.uk
08-May-2010 - Peterborough, East Midlands, Ian W Cave email: ian@computadoc.co.uk
08-May-2010 - London, South East, Roger Antony Paul Wiltshire email: roger.wiltshre3@btopenworld.com
08-May-2010 - Ipswich, Eastern, Adrian Slim email: adrian.slim@bt.com
10-May-2010 - Bude, South West, Simon J Hammond email: info@shorelineactivities.co.uk
15-May-2010 - Sunderland, North East, Kenneth Hughes email: kenhughescourses@aol.com
17-May-2010 - Heninsbury Head, Bournemouth, South West, Ian W Cave email: ian@computadoc.co.uk
18-May-2010 - Norwich, Eastern, Leo Hoare email: leohoare@mac.com
22-May-2010 - Bristol, South West, Jason (JOE) Jordan email: joejordan599@blueyonder.co.uk
24-May-2010 - Heninsbury Head, Bournemouth, South West, Ian W Cave email: ian@computadoc.co.uk
24-May-2010 - Plas-y-Brenin, Wales, Dean Sinfield email: www.pyb.co.uk
25-May-2010 - Oxford, Southern, Robert A Yates email: rob@elements.eu.com
28-May-2010 - Crewe, North West, Leo Hoare email: leohoare@mac.com
30-May-2010 - Cumbria, Northern, Sean McGrath email: sean@wildriver.co.uk
31-May-2010 - Plas Menai, Wales, Ian W Cave email: ian@computadoc.co.uk
02-Jun-2010 - Kent, London & South East, Hila Coggans email: hilacoggans@gmail.com
03-Jun-2010 - Edale, East Midlands, Leo Hoare email: leohoare@mac.com
05-Jun-2010 - Norwich, Eastern, Leo Hoare email: leohoare@mac.com
08-Jun-2010 - Nowich, Eastern, Darryll Shaw email: darryll.shaw@pgl.co.uk
12-Jun-2010 - Debdale, North West, Stuart Gibbon email: stu.gibbon@salford.gov.uk
19-Jun-2010 - Guildford, Southern, Roger Antony Paul Wiltshire email: roger.wiltshre3@btopenworld.com
05-Jul-2010 - Plas-y-Brenin, Wales, Dean Sinfield email: www.pyb.co.uk
10-Jul-2010 - Norfolk, Eastern, Leo Hoare email: leohoare@mac.com
10-Jul-2010 - Oxford, Southern, Robert A Yates email: rob@elements.eu.com
27-Jul-2010 - Sunderland, North East, Kenneth Hughes email: kenhughescourses@aol.com
16-Aug-2010 - Plas-y-Brenin, Wales, Dean Sinfield email: www.pyb.co.uk
21-Aug-2010 - Mepal, Eastern, David Savage email: david@mepal.co.uk
21-Aug-2010 - London, London & South East, Hila Coggans email: hilacoggans@gmail.com
04-Sep-2010 - Oxford, Southern, Robert A Yates email: rob@elements.eu.com
11-Sep-2010 - Norwich, Eastern, Leo Hoare email: leohoare@mac.com
13-Sep-2010 - Plas-y-Brenin, Yorkshire, Dean Sinfield email: www.pyb.co.uk
27-Sep-2010 - Plas-y-Brenin, Wales, Dean Sinfield email: www.pyb.co.uk
28-Sep-2010 - Weymouth, South West, Paul Hurrell email: p.hurrell@dorsetcc.gov.uk
23-Oct-2010 - Chichester, East Midlands, Andrew Hall email: debofdene@hotmail.co.uk

Level 2 Coach - Training

01-Apr-2010 - Southampton, Southern, David A White email: dawhite1979@mac.com
05-Apr-2010 - Plas-y-Brenin, Wales, Dean Sinfield email: www.pyb.co.uk
17-Apr-2010 - Leam, West Midlands, Darryll Shaw email: darryll.shaw@pgl.co.uk
17-Apr-2010 - Thames, London, Hila Coggans email: hilacoggans@gmail.com
17-Apr-2010 - Cumbria, Northern, Sean McGrath email: sean@wildriver.co.uk
19-Apr-2010 - Totnes, South West, Lee Pooley email: i.c.g@live.co.uk
24-Apr-2010 - Nene, East Midlands, David Balazik email: dave@balazik.freemove.co.uk
04-May-2010 - Surrey, Southern, Paul Newman email: paulnewmanpaddlesport@blueyonder.co.uk
08-May-2010 - Chichester, London & South East, Andrew Hall email: debofdene@hotmail.co.uk
08-May-2010 - Oxford, Southern, Robert A Yates email: rob@elements.eu.com
08-May-2010 - Quorn, East Midlands, Colin J Broadway email: colinbroadway@hotmail.com
15-May-2010 - Norwich, Eastern, Leo Hoare email: leohoare@mac.com
17-May-2010 - Plas-y-Brenin, Wales, Dean Sinfield email: www.pyb.co.uk
18-May-2010 - Sunderland, North East, Kenneth Hughes email: kennhughescourses@aol.com
21-May-2010 - Crewe, North West, Leo Hoare email: leohoare@mac.com
22-May-2010 - Essex, London & South East, Ian W Cave email: ian@computadoc.co.uk
24-May-2010 - PGL Boreatton Park, West Midlands, Darryll Shaw email: darryll.shaw@pgl.co.uk
01-Jun-2010 - Isle of Wight, Southern, Owen Burson email: enquiries@iow-seakayaking.co.uk
05-Jun-2010 - Sunderland, North East, Kenneth Hughes email: kennhughescourses@aol.com
05-Jun-2010 - Oxford, Southern, Robert A Yates email: rob@elements.eu.com
07-Jun-2010 - Windermere, Cumbria, Stephen D Banks email: steve@stevebanksoutdoors.co.uk
12-Jun-2010 - Clitheroe, North West, William Hanham email: hanham@enterprise.net
14-Jun-2010 - Crewe, North West, Leo Hoare email: leohoare@mac.com
19-Jun-2010 - London, South East, Hila Coggans email: hilacoggans@gmail.com
10-Jul-2010 - Northampton, East Midlands, David Balazik email: dave@balazik.freemove.co.uk
10-Jul-2010 - Eastern, Eastern, Adrian Slim email: adrian.slim@bt.com
12-Jul-2010 - Plas-y-Brenin, Wales, Dean Sinfield email: www.pyb.co.uk
31-Jul-2010 - Mepal, Eastern, David Savage email: david@mepal.co.uk
13-Sep-2010 - Pensarn Harbour Harlech, Wales, Leo Hoare email: leohoare@mac.com
18-Sep-2010 - Peterborough, Eastern, Ian W Cave email: ian@computadoc.co.uk
20-Sep-2010 - Plas-y-Brenin, Wales, Dean Sinfield email: www.pyb.co.uk
07-Oct-2010 - Norwich, Eastern, Leo Hoare email: leohoare@mac.com
11-Oct-2010 - Weymouth, South West, Paul Hurrell email: p.hurrell@dorsetcc.gov.uk
16-Oct-2010 - Debdale, North West, Stuart Gibbon email: stu.gibbon@salford.gov.uk
20-Nov-2010 - Chichester, London & South East, Andrew Hall email: debofdene@hotmail.co.uk
23-Nov-2010 - Weymouth, South West, Paul Hurrell email: p.hurrell@dorsetcc.gov.uk
27-Nov-2010 - Northampton, East Midlands, David Balazik email: dave@balazik.freemove.co.uk
06-Dec-2010 - Devon, South West, Leo Hoare email: leohoare@mac.com

Level 2 Coach - Assessment

04-Apr-2010 - Clitheroe, North West, Andrew Noblett email: a.noblett@tiscali.co.uk
04-Apr-2010 - Clitheroe, Lancs, North West, Andrew Noblett email: a.noblett@tiscali.co.uk
08-Apr-2010 - Northamptonshire, East Midlands, Robert A Yates email: rob@elements.eu.com
08-Apr-2010 - Northamptonshire, East Midlands, Roger Wiltshire email: roger.wiltshire3@btopenworld.com
08-Apr-2010 - Sunderland, North East, Ken Hughes email: kennhughescourses@aol.com
09-Apr-2010 - Norwich, Eastern, Leo Hoare email: leohoare@mac.com
10-Apr-2010 - Isle of Wight, Southern, Owen Burson email: enquiries@iow-seakayaking.co.uk
16-Apr-2010 - Pensarn Harbour Harlech, Wales, Leo Hoare email: leohoare@mac.com
24-Apr-2010 - Hackney, London & South East, Andrew F Jackson email: ser@kayakjacko.com
07-May-2010 - Plas-y-Brenin, Wales, Dean Sinfield email: www.pyb.co.uk
08-May-2010 - Bucks, Southern, Andy Maxted email: morven@ukonline.co.uk
14-May-2010 - Norwich, Eastern, Leo Hoare email: leohoare@mac.com
15-May-2010 - Mepal, Eastern, David Savage email: david@mepal.co.uk
16-May-2010 - Woodbridge, Eastern, Adrian Slim email: adrian.slim@bt.com
16-May-2010 - Leam, West Midlands, Darryll Shaw email: darryll.shaw@pgl.co.uk
02-Jun-2010 - Suffolk, Eastern, Adrian Slim email: adrian.slim@bt.com
04-Jun-2010 - Norwich, Eastern, Leo Hoare email: leohoare@mac.com
12-Jun-2010 - Cumbria, Northern, Stephen D Banks email: steve@stevebanksoutdoors.co.uk
18-Jun-2010 - Plas-y-Brenin, Wales, Dean Sinfield email: www.pyb.co.uk
19-Jun-2010 - Clitheroe, North West, Andrew Noblett email: a.noblett@tiscali.co.uk
14-Aug-2010 - Mepal, Eastern, David Savage email: david@mepal.co.uk
10-Sep-2010 - Norwich, Eastern, Leo Hoare email: leohoare@mac.com
17-Sep-2010 - Pensarn Harbour Harlech, Wales, Leo Hoare email: leohoare@mac.com
24-Sep-2010 - Plas-y-Brenin, Wales, Dean Sinfield email: www.pyb.co.uk
03-Oct-2010 - Northampton, East Midlands, David Balazik email: dave@balazik.freemove.co.uk
06-Oct-2010 - Norwich, Eastern, Leo Hoare email: leohoare@mac.com
10-Oct-2010 - Oxford, Southern, Robert A Yates email: rob@elements.eu.com
16-Oct-2010 - Cumbria, Northern, Stephen D Banks email: steve@stevebanksoutdoors.co.uk
09-Dec-2010 - Weymouth, South West, Paul Hurrell email: p.hurrell@dorsetcc.gov.uk

Level 2 Coach - Transfer

27-Mar-2010 - Clitheroe, North West, Andrew Noblett email: a.noblett@tiscali.co.uk
27-Mar-2010 - Oxford, Southern, Robert A Yates email: rob@elements.eu.com
17-Apr-2010 - Plas-y-Brenin, Wales, Dean Sinfield email: www.pyb.co.uk
20-Apr-2010 - Cumbria, Cumbria, Sean McGrath email: sean@wildriver.co.uk
08-May-2010 - Plas-y-Brenin, Wales, Dean Sinfield email: www.pyb.co.uk
15-May-2010 - Barrow upon Soar, East Midlands, Colin J Broadway email: colinbroadway@hotmail.com
29-May-2010 - Oxford, Southern, Roger Antony Paul Wiltshire email: roger.wiltshire3@btopenworld.com

com

20-Jun-2010 - Clitheroe, North West, Andrew Noblett email: a.noblett@tiscali.co.uk

26-Jun-2010 - Eastern, Eastern, Adrian Slim email: adrian.slim@bt.com

10-Jul-2010 - Plas-y-Brenin, Wales, Dean Sinfield email: www.pyb.co.uk

31-Jul-2010 - Plas-y-Brenin, Wales, Dean Sinfield email: www.pyb.co.uk

28-Aug-2010 - Plas-y-Brenin, Wales, Dean Sinfield email: www.pyb.co.uk

19-Sep-2010 - Northampton, East Midlands, David Balazik email:

dave@balazik.freemove.co.uk
k



North West & Yorkshire			
Region	Date	Venue	Details
North West	October 10th 2010		Details available from Ian Bell rco.northwest@bcu.org.uk
East Midlands			
Region	Date	Venue	Details
Nottinghamshire	11th September 2010		Details available from Colin Broadway rco.eastmidlands@bcu.org.uk
Lincolnshire	31st October 2010		Details available from Colin Broadway rco.eastmidlands@bcu.org.uk
East			
Region	Date	Venue	Details
Cambridgeshire	12th-13th June 2010		Details available from Chris Davies rco.east@bcu.org.uk
Essex	25th September 2010		Details available from Chris Davies rco.east@bcu.org.uk
West Midlands			
Region	Date	Venue	Details
Leamington	12th September 2010		Details available from Ian Dallaway rco.westmidlands@bcu.org.uk
Burton	16th October 2010		Details available from Ian Dallaway rco.westmidlands@bcu.org.uk
London & South East			
Region	Date	Venue	Details
Central London	12th September 2010	Shadwell Basin	Details available from Adrian Green rco.london@bcu.org.uk
South West			
Region	Date	Venue	Details
Dorset	25th April 2010	Weymouth	Details available from Paul Hurrell p.hurrell@dorsetcc.gov.uk or www.canoe-southwest.org.uk/ Details available from Gavin Lewis gavin.lewis@gloucestershire.gov.uk or www.canoe-southwest.org.uk/
Gloucestershire	17th July 2010	South Cerney	

Canoe England Regional Coach Update Forums



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SCA Regional Coaching Organisers

RCO Borders	Giles Chater	RCO.Borders@CanoeScotland.com	01387 375394
RCO Central	Dave Rossetter	RCO.Central@CanoeScotland.com	01786 464777
RCO Dumfries & Galloway	Alex Lumsden	RCO.Dumfries@CanoeScotland.com	07920 528 11
RCO Fife	Ian Vossler	RCO.Fife@CanoeScotland.com	
RCO Grampian & Speyside	Andy Yule	RCO.Grampian@CanoeScotland.com	07739 910960
RCO Highlands & Islands	Steve MacKinnon	RCO.Highlands@CanoeScotland.com	07775 682034
RCO Military Personnel	Scott Simon	RCO.MilitaryPersonnel@CanoeScotland.com	01855 811348
RCO Lothians	Vacant	RCO.Lothians@CanoeScotland.com	0131 332 4506
RCO Strathclyde East	Vacant	RCO.Strathclydeeast@CanoeScotland.com	07841 353460
RCO Strathclyde West	Richard Cree	richard.cree@tiscali.co.uk	01505 502266
RCO Tayside	Ben Kellet	RCO.Tayside@CanoeScotland.com	07751 722927



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www.glenmorelodge.org.uk**



SCA BCU (UKCC) Certificate in Paddlesport Course calendar

Level 1 Training & Assessment

Dates	Provider	Telephone	Email
3 rd - 6 th Apr	Ian Vosser	07917 044 492	ianvosser@hotmail.com
30 th Apr - 3 rd May	Galloway Activity Centre	01644 420 626	gsc@lochken.co.uk
10 th - 14 th May	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
26 th Jun - 2 nd Jul	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
3 rd , 4 th , 17 th , 18 th Apr	Standing Waves		

Level 2 Training

Dates	Provider	Telephone	Email
20 th - 28 th Mar	H2O Outdoors	07776 682 034	macksteve@btinternet.com
1 st - 9 th May	Standing Waves	01786 464 777	paddle@standingwaves.co.uk
22 nd May	Claire Knifton	07917 044 492	ianvosser@hotmail.com
31 st May - 4 th Jun	Glenmore Lodge	01479 861 256	enquiries@glenmorelodge.org.uk
16 th - 20 th Aug	Glenmore Lodge	01479 861 256	enquiries@glenmorelodge.org.uk

Level 2 Assessment

Dates	Provider	Telephone	Email
7 th Apr	Ken Hughes	07917 044 492	ianvosser@hotmail.com

SCA BCU Paddlesport Performance Awards Course calendar

4 Star Assessment

Discipline	Start Date	Provider	Telephone	Email
Open Canoe	27/04/2010	Beyond Adventure	01887 829 202	email@beyondadventure.co.uk
Sea	25/06/2010	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Sea	08/04/2010	Skyak Adventures	01471 820 002	info@skyakadventures.com
Surf	25/06/2010	Glenmore Lodge	01479 861 256	enquiries@glenmorelodge.org.uk
White Water	08/05/2010	Glenmore Lodge	01479 861 256	enquiries@glenmorelodge.org.uk
White Water	01/05/2010	Standing Waves	01786 464 777	paddle@standingwaves.co.uk
White Water	05/06/2010	Glenmore Lodge	01479 861 256	enquiries@glenmorelodge.org.uk
White Water	24/04/2010	Paddlepoweradventure	01436 671 627	paddlepoweradventure@hotmail.co.uk

4 Star Training

Discipline	Start Date	Provider	Telephone	Email
Open Canoe	26/05/2010	Beyond Adventure	01887 829 202	email@beyondadventure.co.uk
Open Canoe	08/05/2010	Glenmore Lodge	01479 861 256	enquiries@glenmorelodge.org.uk
Open Canoe	07/06/2010	Glenmore Lodge	01479 861 256	enquiries@glenmorelodge.org.uk
Sea	05/04/2010	Skyak Adventures	01471 820 002	info@skyakadventures.com
Sea	16/05/2010	Glenmore Lodge	01479 861 256	enquiries@glenmorelodge.org.uk
Sea	22/06/2010	Glenmore Lodge	01479 861 256	enquiries@glenmorelodge.org.uk
Surf	09/05/2010	Glenmore Lodge	01479 861 256	enquiries@glenmorelodge.org.uk
Surf	22/06/2010	Glenmore Lodge	01479 861 256	enquiries@glenmorelodge.org.uk
White Water	09/04/2010	Jim Gibson	07787 225 021	jim.gibson@onetel.net
White Water	08/05/2010	Ian Vosser	07917 044 492	ianvosser@hotmail.com
White Water	10/05/2010	Glenmore Lodge	01479 861 256	enquiries@glenmorelodge.org.uk
White Water	07/06/2010	Glenmore Lodge	01479 861 256	enquiries@glenmorelodge.org.uk
White Water	08/06/2010	Ian Vosser	07917 044 492	ianvosser@hotmail.com
White Water	14/06/2010	Ian Vosser	07917 044 492	ianvosser@hotmail.com

