

# W D O C



**The BCU 4 Star Sea  
Sea Kayaking - A Guide to Good Environmental  
Practice  
RCO / LCO Updates  
Notices and Courses  
Events**





#### **BCU (UKCC) Level 1 Coach:**

16-Aug-2010 - Plas-y-Brenin, Wales, Dean Sinfield  
16-Aug-2010 - Exeter, South West, Andrew Davey  
21-Aug-2010 - London, London & South East, Hila Coggans  
21-Aug-2010 - Mepal, Eastern, David Savage  
27-Aug-2010 - Sunderland, North East, Kenneth Hughes  
28-Aug-2010 - Hindleap, West Midlands, David Balazik  
02-Sep-2010 - Isle of Wight, Southern, Samuel M. Roberts  
04-Sep-2010 - Oxford, Southern, Robert A Yates  
11-Sep-2010 - Norwich, Eastern, Leo Hoare  
13-Sep-2010 - Plas-y-Brenin, Wales, Dean Sinfield  
25-Sep-2010 - Leicester, East Midlands, Colin J Broadway  
27-Sep-2010 - Plas-y-Brenin, Wales, Dean Sinfield  
28-Sep-2010 - Weymouth, South West, Paul Hurrell  
02-Oct-2010 - North West, North West, Andrew Noblett  
23-Oct-2010 - Chichester, Southern, Andrew Hall  
01-Nov-2010 - Thames, London & South East, Gareth Moss  
09-Nov-2010 - Weymouth, South West, Paul Hurrell  
30-Nov-2010 - Devon, South West, Leo Hoare

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#### **BCU (UKCC) Level 1 Coach Transfer:**

18-Oct-2010 - Weymouth, South West, Paul Hurrell

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#### **BCU (UKCC) Level 2 Coach - Training**

17-Aug-2010 - Totnes, South West, Lee Pooley  
13-Sep-2010 - Pensarn Harbour Harlech, Wales, Leo Hoare  
18-Sep-2010 - Peterborough, Eastern, Ian W Cave  
20-Sep-2010 - Plas-y-Brenin, Wales, Dean Sinfield  
02-Oct-2010 - Berkshire, Southern, Kevin C Dennis  
07-Oct-2010 - Norwich, Eastern, Leo Hoare  
09-Oct-2010 - Leicester, East Midlands, Colin J Broadway  
11-Oct-2010 - Weymouth, South West, Paul Hurrell  
16-Oct-2010 - Debdale, North West, Stuart Gibbon  
16-Oct-2010 - Berkshire, Southern, Kevin C Dennis  
06-Nov-2010 - TBC, North West, Andrew Noblett  
20-Nov-2010 - Chichester, Southern, Andrew Hall  
23-Nov-2010 - Weymouth, South West, Paul Hurrell  
23-Nov-2010 - Thames, London & South East, Gareth Moss  
27-Nov-2010 - Northampton, East Midlands, David Balazik  
06-Dec-2010 - Devon, South West, Leo Hoare

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#### **BCU (UKCC) Level 2 Coach - Assessment**

14-Aug-2010 - Mepal, Eastern, David Savage  
05-Sep-2010 - Marlow, Southern, Andy Maxted  
10-Sep-2010 - Norwich, Eastern, Leo Hoare  
11-Sep-2010 - TBC, North West, Andrew Noblett  
17-Sep-2010 - Pensarn Harbour Harlech, Wales, Leo Hoare  
24-Sep-2010 - Plas-y-Brenin, Wales, Dean Sinfield  
03-Oct-2010 - Northampton, East Midlands, David Balazik  
06-Oct-2010 - Norwich, Eastern, Leo Hoare  
10-Oct-2010 - Oxford, Southern, Robert A Yates  
16-Oct-2010 - Cumbria, Northern, Stephen D Banks  
09-Dec-2010 - Weymouth, South West, Paul Hurrell  
12-Dec-2010 - North West, North East, Andrew Noblett

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email: [www.pyb.co.uk](http://www.pyb.co.uk)  
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#### **BCU (UKCC) Level 2 Coach - Transfer**

28-Aug-2010 - Plas-y-Brenin, Wales, Dean Sinfield  
12-Sep-2010 - North West, North West, Training  
19-Sep-2010 - Northampton, East Midlands, David Balazik  
16-Oct-2010 - Marlow, Southern, Andy Maxted  
21-Nov-2010 - TBC, North West, Andrew Noblett  
01-Dec-2010 - Weymouth, South West, Paul Hurrell

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#### **Level 2 Coach Assessment (Old Scheme) - Canoe:**

None currently planned

Contact Details for Assessors are available at  
[www.canoe-england.org.uk/coaching/course-dates/](http://www.canoe-england.org.uk/coaching/course-dates/)

### **Canoe England BCU (UKCC) Certificate in Paddlesport Course**

**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/  
courses-dates](http://www.canoe-england.org.uk/coaching/courses-dates)**



## **BCU Four Star Sea Kayak**

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# **4 Star Sea**

### **Introduction**

A Paddler who has successfully obtained the BCU Four Star Sea kayak award is someone who has the skill to lead small groups of paddlers on short 6-8 mile journeys in moderate tidal water environments not exceeding Sea State 4.

They would be able to perform competently practical skills in force 4/5 winds and be able to judge the conditions and standard of the group and make appropriate decisions about route planning and be able to modify plans as required.

For assessment the candidate needs to be able to demonstrate their understanding and ability in four key areas, Personal Skills, Rescue Skills, Safety, Leadership and Group Skills and fourthly, Theoretical issues regarding potential risks, precautions and safety thresholds pertinent to paddling on moderate tidal water in conditions for the respective award.

The candidate must be appropriately equipped as a competent leader of a group undertaking a day's journey using a modern closed cockpit sea kayak which is designed for the demands of open sea conditions. Good awareness and sound understanding of additional sea kayak specific equipment is expected. This will allow the candidate to deal with a variety of situations involving members of the group, their equipment and craft.

The candidate needs to demonstrate their ability to skillfully control their kayak in the prescribed conditions through the blending of their body, boat and blade positions. This should incorporate the application of the practical techniques shown in this section of the DVD. The paddler should keep their actions within the "Safety Box" and perform strokes on both sides.

### **Practical Navigation – Demonstrate an ability to;**

The candidate needs show they can effectively plan by interpreting maps, charts and sources of tidal information for the purpose of navigation.

They need to demonstrate the use of a variety of simple techniques to navigate accurately along coastlines avoiding danger areas, on small crossings (up to 2 naut miles) and in poor visibility using a combination of dead reckoning tidal timing and a compass.

If they are carrying a handheld Global positioning system receiver (employing either Navstar or Galileo) they need to demonstrate an effective way to aid navigation and obtain a position fix.

### **Launching and landing.**

Candidates need to carry suitable equipment for leading a group on moderate tidal waters and show an awareness of boat packing techniques appropriate to the conditions.

They should also be able to launch and land in a variety of situations including: moderate surf and rocky shores, ensuring minimal damage to person and equipment.

### **Efficient forward paddling.**

Candidates should demonstrate efficient and sustained, forward paddling reflecting different tidal and wind directions in conditions up to sea state four throughout the day's journey.

The paddler should demonstrate a range of techniques and tactics to cope with the variations of the environment and conditions by adjusting their cadence, trim and using a combination of power and steering strokes.

### **Reverse Paddling.**

Candidates need to demonstrate accurate and efficient reverse paddling in these environments.

Maintaining Direction and Changing Direction and Moving Sideways.

The candidate needs to demonstrate the ability to handle their kayak in waves from all directions and the interface between flow and eddy, caused either by wind or tide, using a range of techniques and blending of steering and turning strokes.

### **Support strokes.**

Candidates need to perform support strokes with the kayak well off balance. These should be seen in realistic conditions where the recovery stroke or brace is needed e.g surf, rough water and waves.

### **Rolling.**

Each candidate needs to demonstrate any effective roll performed in sea state 4, with no pre-set up.







## Part B - Safety and Rescue

### 3. Towing and use of towline.

Each candidate must demonstrate the use of a variety of towing techniques, including towing a casualty that requires the support of a non-towing paddler in moderate conditions on open water. Towing techniques to be demonstrated include tandem tow, rafted tow, contact tow and anchored tow.

The demonstration should be over a reasonable distance and will include sections of beam and quartering seas.

The use of the towline's emergency quick release mechanism must be demonstrated under load. The candidate must be aware of the inherent dangers of towing.

1. Rescues. The candidate should have a range of rescues and be able to adapt them to the prevailing conditions including putting incapacitated paddlers back in their kayak.

2. Self Rescue. The candidate must be able to get back into their kayak from the water unaided in calm conditions.

### 4. VHF Radio

When considering a means of summoning emergency assistance the leader must clarify in the areas they paddle, the necessity to carry a VHF set.

## Part C - Leadership

### Incidents

The candidate needs to demonstrate sufficient strategies and the ability to deal with the following incidents whilst maintaining an overview of the situation so that the safety and well being of the whole group is never forgotten;

1. Various strategies for group control including positioning and appropriate leadership styles etc.

2. Incidents that involve people – e.g. seasickness, hypothermia, injuries etc.

3. Incidents that involve equipment – e.g. Boat repair, paddle repair, lost hatch etc.

4. Incidents that involve rescue – in different circumstances and conditions thereby requiring a working knowledge of a variety of approaches to the rescue.

5. Although not a coaching award candidates must be able to pass on sufficient information to group members in order to achieve the days proposed objectives. For example the candidate would need to guide and encourage group members around small headlands where the sea state increased. They would need to have the skill to pass on tips to improve the group members overall paddling ability and confidence.

6. The ability to judge the conditions and the standard of the group and make appropriate decisions about the planned route, along with the need to modify plans as required.

The candidate must carry and have easily accessible;

- suitable means of summoning help in an emergency.
- A first aid kit and be familiar with the use of its contents, whilst afloat as well as being able to deal with more substantial problems whilst ashore.
- A repair kit. It should be possible to effect a repair on a kayak whilst afloat as well as being able to deal with more substantial problems to the equipment whilst ashore.

The candidate should be equipped and prepared to manage any incidents, which could occur during the course of the journey.

### Theory

For the Theory part of the assessment the candidates need to demonstrate their awareness of potential risks, safety precautions and safety thresholds pertinent to leading groups on moderate tidal waters, including:

- The likely effect and interaction of tide, tidal stream and wind
- National Coastguard organisations and rescue services
- Potential hazards both environmental and other water users
- Basic collision regulations and sound signals.
- Personal, Legal and Ethical responsibilities.

Other areas the candidates need to demonstrate a knowledge and understanding are:

Hypothermia/First Aid – Hold a current recognised 8-hour first aid certificate.

Access – be aware of regional and national access issues and legislation as well as our basic freedom to paddle on the sea.

Planning – Be able to plan a day journey in an unfamiliar area using appropriate resources and tidal planning. e.g. pilots, charts, maps etc.

Weather – Be aware of a variety of sources of weather forecast. Be able to interpret such weather forecasts and be mindful of the conditions actually experienced, showing an understanding of the impact of various weather conditions on the sea environment.

History – Have a knowledge and awareness of the history of sea kayaking and current developments.

Knowledge of the advantages, range and application of sea specific equipment (e.g. kayaks, skegs and rudders, paddles, clothing, towlines, emergency communication, and navigation resources).

Awareness level knowledge of typical coastal flora and fauna.

**Coming soon !!!**  
**New BCU 3 and 4 Star**  
**Leader Sea CD**  
**Available October 2010**

[www.bcushop.org.uk/](http://www.bcushop.org.uk/)



## Canoe England Coach Conference & Volunteer Awards



### “Beyond 2012” “The Paddlesport Legacy”

**Saturday 4<sup>th</sup> & Sunday 5<sup>th</sup> December 2010**  
**Liddington - nr Swindon**

We are predicting that many thousands of people will be inspired to go paddling (or go paddling more) as a result of the power of the London 2012 Olympic and Paralympic Games. This two day Coach Conference aims to capture the imagination and help with the continuing development of **all** Paddlesport Coaches working across every aspect of the sport to help ensure we maximise the impact of this opportunity.

An exciting programme will be on offer with two guest speakers being lined up for the Saturday, complimenting a huge range of workshops to choose from over the weekend.

**Registration:** We plan to open Registration on 1<sup>st</sup> September 2010.

**Keeping informed:** If you would like to join our email distribution list to be kept up-to-date with current developments please email [simon.hitchcox@canoe-england.org.uk](mailto:simon.hitchcox@canoe-england.org.uk)

You can also keep up-to-date by visiting our conference page;  
<http://www.canoe-england.org.uk/coaching/canoe-england-coaching-conference/>

**Workshop Options:** We plan to have an exciting programme of approximately 20 different and optional workshops running throughout the weekend. The selection is designed to provide options for everyone involved in coaching Paddlesport; from those just starting out, to those with many years of experience, with lots to offer both competition and recreational coaches.

**Canoe England Volunteer Awards:** Saturday evening sees the presentation of the Canoe England Volunteer Awards. Come and support those who are due to be rewarded for their contribution to the sport! More information including how to nominate can be found at [www.canoe-england.org.uk/volunteers](http://www.canoe-england.org.uk/volunteers).

**Venue:** Liddington is the newest addition to the PGL centres, formerly a training centre and more recently a four star hotel, this is an outstanding purpose-built facility! Just minutes from the M4 in Wiltshire, it has a very accessible location - sitting almost half way between Carlisle and Penzance! The site has 150 acres with fields, woodland, lakes, high quality conference facilities, and high standard en-suite accommodation.

**Bring the Kids:** We are working with PGL to provide a range of general outdoor activities for children aged 6 to 16! Family rooms will also be available to try and make things easier for you!

**Cost:** The conference packages are yet to be confirmed but we expect them to range from approx. £35 to £135 depending on the workshop/meals/accommodation options you choose.





## Sea Kayaking - A Guide to Good Environmental Practice



Paddling on the sea offers a fantastic platform from which to watch seabirds and seals, and even whales and dolphins in their natural environment. To experience the nature of the sea at such close quarters is an amazing privilege, but like all privileges it carries a responsibility.

In our enthusiasm to see wild animals we can accidentally cause disturbance without realising it, so a good way to minimize our impact on wildlife is to become more knowledgeable about it.

For instance, an awareness of the breeding seasons of birds and seals will help us avoid getting too close when they are most sensitive to our presence.....

Canoe England  
Access and  
Environment Team

### Minimising Disturbance

When encountering wildlife, whether on sea or on land, your aim should be to minimise any disturbance that you might cause to wild animals and the habitats in which they live. In order to achieve this the following basic principles should be adhered to:

Try not to startle or panic wild animals; never surround them, and don't block them in from their escape routes. You will enjoy the sightings much more if they are relaxed about your presence. Sudden movements scare wildlife and give you away.

Be aware that the size of your group, the length of time you are there, and the frequency of human disturbance are all factors that could threaten their wellbeing.

Don't linger for too long when you are close to wildlife. By all means look, but then move on.

As well as avoiding disturbance to marine animals, also be aware of the need to avoid damaging plants and the habitats that the animals depend upon. Remember, you are sharing the environment – leave it undisturbed for the wildlife and those who follow.

### Sea Birds

Cliff nesting seabirds are most vulnerable when the adults are with their eggs and young chicks. If they are suddenly scared off the ledges they may lose their young, which may fall or be taken by predators. It is good practice to move by quietly and steadily so as not to panic the birds. As well as being aware of cliff nesting birds whilst you are on the water, remember that your presence whilst walking on cliff tops could also be threatening to the birds.

In preparation for your journey check to see what animals and birds might be affected by your presence and when the breeding and nesting times are and manage your behavior and journeys appropriately.

Many birds nest in burrows or even on open ground along the tops of cliffs. Walking over a burrow can crush the nest, or cause the adult to desert its young, so do try to be aware of their presence. Be vigilant for nest grounds and move out of any breeding area as soon as you realise you are in or close to it.

It is therefore vital that we do our best to avoid disturbance and help seabird numbers to become re-established.

### Birds on the Open Sea

Try to avoid panicking seabirds on the water into flight. Adult birds at sea are likely to be feeding or resting so disturbance is likely to cause them to expend extra energy, thereby reducing their feeding time, which in turn affects their survival chances. In late summer many birds moult and are at their weakest and most vulnerable. You can help by moving away quietly and steadily as soon as you are aware of being close to a colony.

### Seal colonies

Never land on a beach with a colony of breeding seals, except in an emergency.

Avoid beaches with small pups on them, as a sudden disturbance can lead to pups being squashed, or separated from their parents. Common seal pups can go into the sea almost immediately after birth, whereas grey seal pups remain on the beach for about 3 weeks as they cannot swim.

Seals will often watch kayakers pass by, either from a rock or in the water. Do not use your ability to approach quietly as a way to get close to seals. If you approach silently, seals (and other animals) may be startled by your sudden appearance. The best way to avoid causing them to panic is to avoid making eye contact. If you watch a seal out of the corner of your eyes it is far less likely to dive. Try to maintain a slow, steady and predictable rhythm as you paddle past seals.

Please be aware that many tour boat owners make a living from taking tourists to look at seal colonies. The seals usually stay put when these boats approach, but often take to the water when kayakers are in the same area. Difficulties arise when kayakers cause the seals to leave their rocks and beaches, to be followed by tour boats with tourists who are disappointed at not seeing the seals hauled out on land and this in turn leaves the tour boat owners annoyed. You can assist by being aware of the areas where such tour boats operate and take extra care to avoid disturbing the seals.

## Sea Kayaking - A Guide to Good Environmental Practice cont;

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### Porpoises, Dolphins, Whales and Basking Sharks

Many cetaceans (porpoises, dolphins and whales) and basking sharks etc can be seen from a sea kayak, but it is important to be aware how you can be a danger to the animal, and how it can be a danger to you.

When approaching large animals - such as cetaceans and basking sharks, remember - a moving kayak outline can appear threatening when heading straight towards them. Always approach at an oblique angle. Move steadily and predictably, and do not go too close.

Never chase after a cetacean or basking shark. If they want to see you they will come over and check you out, but if they choose to swim away from you then respect their wish.

- **Porpoises** never show any interest in kayaks so you will just see them swim by without altering their course.
- **Dolphins** on the other hand are more inquisitive and will often come over towards you. The best advice if you are close to dolphins is to just stay still and watch, or maintain a straight course and they will follow if they are interested in you.
- There are various species of **whales** and they can also come close to you. Their colossal size is obvious when they are next to you, so avoid blocking their escape route, but otherwise stay still and let them do the moving.
- <http://www.mcga.gov/> Avoid getting too close to a basking shark as it could easily capsize you if you get in front of it, or cause you serious injury if it lashed out with its powerful tail with you alongside it.

### Otters

Otters are commonly encountered along many coastlines. They should be observed from a distance that doesn't disturb their routine activities, such as fishing, resting and playing. Under no circumstances should they be pursued by kayak.

### Shingle Shores and Dunes

There are many varieties of birds nest on shingle beaches. Care should be taken not to disturb nesting birds on these sites. The eggs and chicks are very well camouflaged against the shingle and are easily trodden underfoot. Check before you plan your trip as to the nesting arrangements etc of the birds and mammals in the area you plan to canoe in.

Take care during stops not to damage vegetation on dunes, which is important for stabilising and helping them grow. Carry canoes/kayaks rather than dragging them, especially in dunes.

### Non-Native or Alien Species

The seas around many countries/continents can contain a number of non-native, or alien, species of plants and animals, some of which can cause problems due to their ability to out compete our native species.

Take care not to transfer alien species including seaweed between locations by cleaning your boat and checking inside the housing of retractable skegs.\*

### Estuaries

Many estuaries in the world play host to waders and waterfowl. Undisturbed feeding and resting may be vital to their survival, especially in severe weather. You can assist by avoiding mudflats and sandbanks with large concentrations of birds.

### Rocky Outcrops and Marshes

Be aware that rocky outcrops and marshes often provide shelter and safety for wildlife. Otters use outcrops for their nest holts and seals haul out onto rocks exposed by the tide. A number of birds live in marsh areas and use reed beds for security from predators.

### On Land

When on land kayakers still need to be aware of their responsibilities towards wildlife. Do not leave behind any food scraps, as these attract scavenging animals and birds. Take out all your litter and if you take out some litter left by other people you will be leaving the coastline that bit cleaner than it was before your visit. Carry a trowel and bury your own waste (ortake it back with you) and urinate well away from open water, rivers and nesting areas etc.

### Fires

Sea kayakers on multi-day trips will quite often have a fire on a beach as part of their overnight camping experience. Following a few simple guidelines should ensure that you don't cause any damage. (Check first to see if the local laws/by laws allow fires)

Fires below the high water mark are washed away by the next high tide, so this can be a good way of ensuring that your fire is cleared away and properly put out.

Before starting to build a fire assess the fire risk. Consider the wind direction and strength and think about the proximity of any dry forest or vegetation. If in doubt, don't have a fire.

Be careful on boulder beaches that there aren't any birds, such as storm petrels nesting under the boulders.

If you have a fire above the high water mark then use established fire rings or mound fires on sand or soil piled up to provide a protective base for your fire.

Make sure your fire is well burnt out and that there is no risk of it spreading before you go to your tents and check there is no trace whatsoever of your fire before leaving in the morning.

### Paddling in Context

The impact that paddling at sea has on the sea has to be seen in context. Compared to certain industries and other recreational activities the disturbance we cause is minimal, but we should not be complacent. Canoe England is actively promoting the



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fact that all canoeists should strive to learn more about the sea, and develop skills and senses that ensure marine wildlife does not suffer from our visits. The breeding season for birds and common seals coincides with the best conditions for kayaking, so it is important to be aware of the needs of wildlife.

#### Seeking Further Wildlife Advice

If in doubt about carrying out any activity contact one of the nature conservation bodies in your desired route for advice regarding special areas, or species that may be at risk from your presence, or particular nesting and breeding times when you should be particularly vigilant.

Follow these three principles and we can all ensure a sustainable coastal environment for us and future generations to enjoy.

#### Be aware.

- Before you go wildlife watching learn as much as you can about the animals.
- Understand how your actions could affect wildlife and recognise the signs that animals make when they feel threatened.
- Be alert, observant and patient, and be sensitive to the interests of the wildlife you are watching.

#### Take responsibility for your own actions and those you are leading by;

- Constantly assess wildlife, and if you see signs of disturbance move away quietly.
- Consider how much time you spend watching animals. The presence of people over long periods can be disturbing, however careful you may be.

#### Have respect for other people, other coastal users, wildlife and the environment.

- Respect the privacy and livelihoods of those who live by the sea.
- Leave the environment as you find it.

#### Identification of Species

It is always interesting to get home from a trip and look up in a wildlife book the bird or mammal that you have seen. Most people who canoe at sea have a few wildlife books to help them with their identification queries.

#### Caring for the Marine environment Summary.

Your canoe is a traditional craft used throughout the world for exploring wilderness areas and quietly observing wildlife and flora. It causes no erosion, noise or pollution, and leaves no trace of its passing.

By following the simple steps below you can ensure your presence is not detrimental to the freshwater and marine

environment, minimise and avoid accidentally disturbing wildlife and their habitats.

- Find out about the area before you go, noting its sensitive places, species and breeding seasons.
- Leave no trace of your visit and take your litter home with you.
- When clearing litter left by others, handle it with care. Leave the environment as you find it
- Keep noise to a minimum.
- Do not "seal" launch or drag boats to avoid wearing away natural banks. Float your canoe for launching, lift out when landing and carry it to and from the water.
- Do not damage bank side vegetation when launching or landing.
- Where possible keep to any designated paths or launching points.
- On coastal waters take care on shingles beaches - they may be nesting grounds
- Avoid dragging canoes through sand dunes and associated areas .
- Canoe a safe distance away from wildlife to avoid causing disturbance and stress – otters, seal colonies, rafts of wildfowl and sea birds, their nesting, shelter and feeding areas i.e. mudflats, marshes. Remember basking sharks, dolphins and whales can also be a danger to you.
- Constantly assess wildlife. If you see signs of disturbance move away quietly.
- Note Environment Agency information on measures on the spread of alien species in UK rivers and threat of disease to UK salmon stocks after using canoes and equipment overseas

Be the eyes and ears on the water. Report pollution, wildlife problems, damage, incidents etc to the relevant authorities.

There is a wealth of wildlife for you to see and enjoy throughout the British Isles and off our extensive coastline, but a lot of these animals are vulnerable to disturbance if not approached in a responsible way that respects their wild nature.

We share the waters we use for our recreation with a wide range of birds, fish and cetaceans but the presence of boats should not necessarily have to mean disturbance to the local wildlife. If craft are handled with sensitivity there can be minimal or zero disturbance.

Above all enjoy your paddling and don't forget your camera!

We can help by report pollution, wildlife problems, damage, incidents etc to the relevant authorities

Leave No Trace <http://www.lnt.org/>

Natural England <http://www.naturalengland.org.uk/>

Environment Agency [www.environment-agency.gov.uk](http://www.environment-agency.gov.uk)

Greenblue <http://www.thegreenblue.org.uk/>

Maine and Coast Guard Agency  
<http://www.mcga.gov.uk/>

For Coastguard and other emergency services call 999

RSPCA <http://www.rspca.org.uk/>

RSPCA for wildlife and animals in distress – Telephone

0990 55 59 99 (24 hours)

RSPB <http://www.rspb.org.uk/>

\*Alien species from canoeing in some waters could be transferred to inland waters etc. A fish parasite (Gyrodactylus Salaris) from Europe would have serious consequences for UK salmon stocks. It can survive in damp or wet conditions for 5 or 6 days on water recreation clothing and equipment – canoes, small boats, fishing tackle etc. It is particularly important all equipment used abroad is disinfected before re-use in the UK. For details of this procedure and further information visit <http://www.canoe-england.org.uk/access-and-environment/environment/> and [www.environment-agency.gov.uk](http://www.environment-agency.gov.uk)



Canoe England Access and Environment Team

### 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!

#### What does the LCO do?

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:

**Cumbria South Worcestershire  
South London Somerset**

We would also like to announce that the LCO for South Yorkshire (Ian Holmes) is due for re-election. If anyone else is interested in taking on this role they can put their nomination forward.

#### We want your nominations!

If you know someone who you think would be good at this job, or if you are keen – please contact [simon.hitchcox@canoe-england.org.uk](mailto:simon.hitchcox@canoe-england.org.uk) for more information. Anyone who is a BCU qualified Coach (who is updated, within current membership, and whose membership address is normally within the specific area) is eligible to stand.

#### Live the adventure...

Tollymore Mountain Centre, Bryansford,  
Newcastle, Co. Down, BT33 OPT  
Tel: 028 4372 2158  
[www.tollymore.com](http://www.tollymore.com)

**Tollymore Mountain Centre** is the Sports Council for Northern Ireland's National Outdoor Training Centre, and provides a full range of BCU coaching courses, plus personal skills and expedition courses.





**Level 2 Coach Assessment (Old Scheme) - Kayak:**

Contact Details for Assessors are available at [www.canoe-england.org.uk/coaching/course-dates/](http://www.canoe-england.org.uk/coaching/course-dates/)  
18-Jul-2010 - Maidstone, South East, Paul Newman email: paulnewmanpaddlesport@blueyonder.co.uk

**Level 3 Coach Assessment - Inland Kayak:**

24-Aug-2010 - Plas-y-Brenin, Wales, Dean Sinfield email: www.pyb.co.uk  
23-Oct-2010 - Cumbria, Northern, Gregory P Bartlett email: greg.bartlett@impact-dtg.com  
02-Nov-2010 - Cumbria, Northern, Stephen D Banks email: steve@stevebanksoutdoors.co.uk  
27-Nov-2010 - North West, North East, Andrew Noblett email: a.noblett@tiscali.co.uk  
10-Dec-2010 - Cumbria, Northern, Stephen D Banks email: steve@stevebanksoutdoors.co.uk  
11-Dec-2010 - Devon, South West, Simon D Westgarth email: simon@gene17.com

**Level 3 Coach Assessment - Canoe:**

23-Aug-2010 - Plas-y-Brenin, Wales, Dean Sinfield email: www.pyb.co.uk  
09-Nov-2010 - Cumbria, Northern, Stephen D Banks email: steve@stevebanksoutdoors.co.uk  
17-Dec-2010 - Cumbria, Northern, Stephen D Banks email: steve@stevebanksoutdoors.co.uk

**Level 3 Coach Assessment - Sea:**

08-Oct-2010 - Cumbria, Northern, Stephen D Banks email: steve@stevebanksoutdoors.co.uk

**Level 3 Coach Assessment - Surf:**

None currently planned

**Foundation-Mentoring Skills for Paddlesport Coaches:**

11-Sep-2010 - Isle of Wight, Southern, Owen, Burson email: enquiries@iow-seakayaking.co.uk

**Moderate Water-Canoe (Training):**

21-Aug-2010 - Northumberland, North East, Kim Bull email: kim@kimbull.co.uk  
06-Nov-2010 - Cumbria, Northern, Stephen D Banks email: steve@stevebanksoutdoors.co.uk  
17-Dec-2010 - Cumbria, Northern, Stephen D Banks email: steve@stevebanksoutdoors.co.uk

**Moderate Water-Canoe (Assessment):**

22-Aug-2010 - Northumberland, North East, Kim Bull email: kim@kimbull.co.uk  
07-Nov-2010 - Cumbria, Northern, Stephen D Banks email: steve@stevebanksoutdoors.co.uk  
18-Dec-2010 - Cumbria, Northern, Stephen D Banks email: steve@stevebanksoutdoors.co.uk

**Moderate Water-Whitewater (Training):**

25-Sep-2010 - Northumberland, North East, Kim Bull email: kim@kimbull.co.uk  
30-Oct-2010 - Cumbria, Northern, Stephen D Banks email: steve@stevebanksoutdoors.co.uk  
13-Nov-2010 - tbc, North West, Andrew Noblett email: a.noblett@tiscali.co.uk  
04-Dec-2010 - tbc, North West, Andrew Noblett email: a.noblett@tiscali.co.uk  
10-Dec-2010 - Cumbria, Northern, Stephen D Banks email: steve@stevebanksoutdoors.co.uk

**Canoe England  
BCU (UKCC)  
Certificate in  
Paddlesport  
Course**

cont.....



PYB Add  
???????

**December 2010 Deadline - Have you got a BCU CRB?**

11

The BCU wishes to ensure that all those taking part in canoeing are able to do so protected and kept safe from harm while they are with staff, coaches, and/or volunteers. To help us achieve this BCU agreed a Disclosure Policy, which forms part of the Child Protection policies and Procedures in England, Northern Ireland, and Wales. (Due to variations in legislation and procedures this policy does not apply to those living in Scotland who should contact the SCA for information).

**All BCU coaches in England, Northern Ireland, and Wales are required to have an enhanced CRB or equivalent disclosure through the BCU by December 2010.**

To request a CRB Disclosure Application Form from the BCU, please email: joanne.simpson@bcu.org.uk including your name, BCU number, and address. Alternatively please phone her on 0845 370 9529 or helen.laywood@bcu.org.uk - tel 08453709525.

The CRB helps protect the public through its Disclosure service. For further information on this service why not visit the Disclosure Website or telephone the CRB Information Line on 0870 90 90 811. For more information on the BCU Child Protection Policies, useful resources etc please visit your Home Nation Website.



**Coach Update**

**BCU Courses which automatically update a coach**

The following courses will count as a valid coach update opportunity for any coaching member and should automatically update coaches in BCU / Home Nation database.

Aquatic First Aid Assessor or Examiner  
Lifeguard Assessor  
BCU UKCC Level 1 Coach  
BCU UKCC Level 1 Transfer  
BCU UKCC Level 2 Coach Training  
BCU UKCC Level 2 Coach Assessment  
BCU UKCC Level 2 Transfer  
BCU Moderate Water Training  
BCU Moderate Water Assessment  
BCU UKCC Orientation Days  
National Trainer Training  
Old BCU Level 2 Assessments  
Old BCU Level 3 Assessments  
Old BCU Level 5 Training  
Old BCU Level 5 Assessment  
All BCU Raft Guide training and assessment Courses  
Bellboat Helm Coaching Award  
Coaching Process Course  
Coach Process Director Provider Status  
Cadet Leader Award  
4 Star Leader Assessment  
5 Star Leader Training  
5 Star Leader Assessment  
4 Star Leader Assessor Status  
5 Star Leader Assessor Status  
Foundation Module Provider Status  
BCU Discipline Specific Module Courses  
BCU Discipline Specific Module Provider Status  
Self Assessment  
BCU or Home Nation Coach Conferences  
BCU Update Forums  
RCO/LCO Forum  
WWSR / CNTP / OWNTP / AdWWSR Provider Day

**Surf-fest  
North East  
16th-18th October 2010**

After an absence of a couple of years the ever popular surf fest is set to return, this year offering the full range of BCU Surf specific personal performance awards for enthusiastic paddlers of all abilities.

Visit <http://www.surf-fest.com/> to find out about the courses that will be running over the weekend and details of how to book your place.

For those of you who use Facebook, there is now a community set up for those interested in the weekend, check out

<http://www.facebook.com/group.php?gid=205443153458&ref=mf> and become a member to ensure you are kept up to date with any surf related developments.









## Canoe England

### Volunteer & Recognition Awards 2010

Canoe England would like to hear about the volunteers, officials and coaches working behind the scenes supporting our paddlers in your clubs, centres, regions and disciplines who have made an outstanding contribution to Paddlesport over the last 12 months.

**Nominations open now!**

**Categories for**  
Volunteers, Coaches & Officials  
Including awards for  
Access Volunteers  
Event Volunteers  
Young Volunteers & Coaches  
Employed Coaches & Teachers  
Community Volunteers & Coaches  
Impact on Disability Canoeing  
Outstanding Contribution  
and Inspiring the  
Ruth Holdway Award for Volunteering

Nomination forms available on  
[www.canoe-england.org.uk/volunteers](http://www.canoe-england.org.uk/volunteers)  
Nomination forms should arrive no later than  
noon on September 30th 2010

Canoe England Volunteer & Recognition Awards  
lead onto the UK Awards for those who qualify for  
an award of Merit, Valour and Honour as well as  
the prestigious Geoff Good award for Coaching.

Volunteer Development Officer, Canoe England,  
18 Market Place, Wingham, Nottingham NG13 8AP  
[volunteers@canoe-england.org.uk](mailto:volunteers@canoe-england.org.uk) / 01466 570099

# CLUB FORUMS 2010

## CANOE ENGLAND

During the Winter of 2010/2011, Canoe England staff will travel across the country to meet clubs and volunteers, providing you with updates and giving you the opportunity to share your ideas and ask your questions.

The **Club Forum Programme** includes sessions on:

- **Making the Most of your Club:** Understanding your legal options (CASC, charitable status & incorporated), the responsibilities and funding advantages - a runningsports workshop designed especially for Canoe Clubs;
- **Support available** to your club;
- Update on **Safeguarding** in England;
- **How clubs can work together;**
- **Open Forum:** an opportunity to ask your questions and share ideas with other clubs on topics such as **funding, budgeting, action planning, Clubmark, membership** and much more!

**Workshops in your area (10am - 3pm):**

| TEAM NORTH                    |                                                                                                 |
|-------------------------------|-------------------------------------------------------------------------------------------------|
| • North East / Yorkshire      | Saturday 27th November, Teeside<br><i>Bookings close Wednesday 17th November</i>                |
| • North West / Cumbria        | Sunday 28th November, Kendal<br><i>Book your place by Wednesday 17th November</i>               |
| TEAM CENTRAL                  |                                                                                                 |
| • West Midlands               | Saturday 6th November, Worcester Canoe Club<br><i>Book your place by Wednesday 27th October</i> |
| • East Midlands               | Saturday 13th November, Leicester (LOPC)<br><i>Book your place Wednesday 3rd November</i>       |
| • East                        | Saturday 27th November, venue tbc<br><i>Book your place Wednesday 17th November</i>             |
| TEAM SOUTH                    |                                                                                                 |
| • South West                  | Sunday 7th November, venue tbc<br><i>Book your place Wednesday 27th October</i>                 |
| • South East / London / South | Saturday 29th January, venue tbc<br><i>Book your place Wednesday 19th January 2011</i>          |

Places cost £15 per person. Refreshments provided, please bring your own lunch.  
Booking form available on [www.canoe-england.org.uk/volunteers](http://www.canoe-england.org.uk/volunteers); from your Paddlesport Development Officer or by emailing [volunteers@canoe-england.org.uk](mailto:volunteers@canoe-england.org.uk).



**Canoe England**  
18 Market Place  
Bingham  
Nottingham  
NG13 8AP

Tel: 0845 3709500  
Email: [volunteers@canoe-england.org.uk](mailto:volunteers@canoe-england.org.uk)

### Canoe England - RCO Update:

**New RCOs** - I am pleased to announce that Darren Joy has recently taken on the role of RCO for Devon & Cornwall.

**RCO Southern Region** - Andy Maxted, the current Southern Region RCO is planning to stand down when his term finishes next year. We would like to invite any interested parties to get in touch. Please contact either Andy Maxted ([rcs.southernregion@bcu.org.uk](mailto:rcs.southernregion@bcu.org.uk)) or James Hives ([james.hives@canoe-england.org.uk](mailto:james.hives@canoe-england.org.uk)) to discuss.

Contact Your RCO:

The Regional Coaching Organiser plays a vital role within paddlesport coaching in England. They form a key communication connection between the English Coaching Department and the wider membership.

The main tasks of the RCO is to:

- ☐ Represent the needs of coaches within their region at English and UK policy making committees
- ☐ Communicate English Coaching Matters to the members within their region through the Local Coaching Organisers; providing support to the LCO team, helping to establish an effective team
- ☐ Co-ordinate the provision of Coach Update and Coach Education opportunities. Any other activities / initiatives in support of the general development of Coaching
- ☐ To monitor the regional coaching workforce; identifying where gaps exist that affect paddler pathways and targeting coach education opportunities appropriately, through a Regional Coaching Programme

All contact details regarding RCOs 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/>

Lara Tipper, English Coaching Manager.



[www.bcushop.org.uk/](http://www.bcushop.org.uk/)



## RCO Service in Scotland

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|                         |                 |                                                      |
|-------------------------|-----------------|------------------------------------------------------|
| 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 Vosser      | RCO.Fife@CanoeScotland.com                           |
| RCO Grampian & Speyside | Andy Yule       | RCO.Grampian@CanoeScotland.com 07739 910960          |
| RCO Highlands & Islands | Position Vacant | RCO.Highlands@CanoeScotland.com                      |
| RCO Military Personnel  | Scott Simon     | RCO.MilitaryPersonnel@CanoeScotland.com 01855 811348 |
| RCO Lothians            | John Lewis      | RCO.Lothians@CanoeScotland.com 01506775390           |
| RCO Strathclyde East    | Willie Macleod  | RCO.Strathclydeeast@CanoeScotland.com 07866 557490   |
| RCO Strathclyde West    | Roddy McDowell  | RCO.strathclydewest@canoescotland.com 01700 503126   |
| RCO Tayside             | Ben Kellet      | RCO.Tayside@CanoeScotland.com 07751 722927           |

## SCA BCU Certificate in Paddlesports Coaching Awards Course Calendar

### Level 1

|                      |                 |                |               |                                |
|----------------------|-----------------|----------------|---------------|--------------------------------|
| 02 - 10 Oct 2010     | Inverness       | H2O Outdoors   | 07775 682 034 | macksteve@btinternet.com       |
| 09 - 13 Aug 2010     | Aviemore        | Glenmore Lodge | 01479 861256  | enquiries@glenmorelodge.org.uk |
| 20-24 Sep 2010       | Aviemore        | Glenmore Lodge | 01479 861256  | enquiries@glenmorelodge.org.uk |
| 28 Aug-26 Sep 2010   | Stornoway       | H2O Outdoors   | 07775 682 034 | macksteve@btinternet.com       |
| 23-27 Aug 2010       | Lochore Meadows | Fife Council   | 01382 543 073 | mike.spencer@fife.gov.uk       |
| 24 Jul - 22 Aug 2010 | Speyside        | Jim Gibson     | 07787 225 021 | jim.gibson@onetel.net          |

### Level 1 Transfer

|                  |          |                |              |                                |
|------------------|----------|----------------|--------------|--------------------------------|
| 15 - 16 Sep 2010 | Aviemore | Glenmore Lodge | 01479 861256 | enquiries@glenmorelodge.org.uk |
|------------------|----------|----------------|--------------|--------------------------------|

### Level 2 Training

|                  |           |                |               |                                |
|------------------|-----------|----------------|---------------|--------------------------------|
| 04 - 19 Sep 2010 | Inverness | H2O Outdoors   | 07775 682 034 | macksteve@btinternet.com       |
| 11 - 15 Oct 2010 | Aviemore  | Glenmore Lodge | 01479 861256  | enquiries@glenmorelodge.org.uk |
| 14 - 29 Aug 2010 | Inverness | H2O Outdoors   | 07775 682 034 | macksteve@btinternet.com       |
| 16 - 20 Aug 2010 | Aviemore  | Glenmore Lodge | 01479 861256  | enquiries@glenmorelodge.org.uk |
| 17-20 Aug 2010   | Loch Tay  | SCA            | 0131 317 7314 | coaching@canoescotland.org     |

### Level 2 Transfer

|                  |           |                  |               |                                |
|------------------|-----------|------------------|---------------|--------------------------------|
| 13-14 Dec 2010   | River Tay | Beyond Adventure | 01887 829202  | email@beyondadventure.co.uk    |
| 16 Sep 2010      | Aviemore  | Glenmore Lodge   | 01479 861256  | enquiries@glenmorelodge.org.uk |
| 28 - 29 Aug 2010 | Inverness | H2O Outdoors     | 07775 682 034 | macksteve@btinternet.com       |

### Level 2 Assessment

|                  |          |                |              |                                |
|------------------|----------|----------------|--------------|--------------------------------|
| 04 - 05 Nov 2010 | Aviemore | Glenmore Lodge | 01479 861256 | enquiries@glenmorelodge.org.uk |
| 13 - 14 Sep 2010 | Aviemore | Glenmore Lodge | 01479 861256 | enquiries@glenmorelodge.org.uk |

### Level 3 Core Training

|                  |               |                |               |                                |
|------------------|---------------|----------------|---------------|--------------------------------|
| 01 - 03 Sep 2010 | Castle Semple | SCA            | 0131 317 7314 | coaching@canoescotland.org     |
| 23 - 26 Nov 2010 | Aviemore      | Glenmore Lodge | 01479 861256  | enquiries@glenmorelodge.org.uk |



**FULL RANGE OF BCU COURSES**  
**RIVER • SEA • SURF • OPEN**

**For more details contact 01479 861256**

[www.glenmorelodge.org.uk](http://www.glenmorelodge.org.uk)



## SCA Paddlesport Performance Awards Course Calendar

### 4 Star Leader Assessment

|       |                  |                  |              |                                |
|-------|------------------|------------------|--------------|--------------------------------|
| Canoe | 08 - 09 Nov 2010 | Beyond Adventure | 01887 829202 | email@beyondadventure.co.uk    |
| Sea   | 09 - 10 Aug 2010 | Skyak Adventures | 01471 820002 | info@skyakadventures.com       |
| Sea   | 10 - 12 Nov 2010 | Glenmore Lodge   | 01479 861256 | enquiries@glenmorelodge.org.uk |
| Surf  | 17 - 19 Nov 2010 | Glenmore Lodge   | 01479 861256 | enquiries@glenmorelodge.org.uk |
| WW    | 23 - 24 Oct 2010 | Chris Dickinson  | 01397 713856 | speanbridge@googlemail.com     |

### 4 Star Leader Training

|       |                  |                  |              |                                |
|-------|------------------|------------------|--------------|--------------------------------|
| Canoe | 15 - 19 Nov 2010 | Glenmore Lodge   | 01479 861256 | enquiries@glenmorelodge.org.uk |
| Canoe | 19 - 21 Nov 2010 | Beyond Adventure | 01887 829202 | email@beyondadventure.co.uk    |
| Canoe | 28 - 29 Oct 2010 | Glenmore Lodge   | 01479 861256 | enquiries@glenmorelodge.org.uk |
| Sea   | 07 - 10 Nov 2010 | Glenmore Lodge   | 01479 861256 | enquiries@glenmorelodge.org.uk |
| Sea   | 20 - 22 Sep 2010 | Skyak Adventures | 01471 820002 | info@skyakadventures.com       |
| Surf  | 14 - 17 Nov 2010 | Glenmore Lodge   | 01479 861256 | enquiries@glenmorelodge.org.uk |
| WW    | 07 - 10 Sep 2010 | Glenmore Lodge   | 01479 861256 | enquiries@glenmorelodge.org.uk |
| WW    | 18 - 19 Sep 2010 | Chris Dickinson  | 01397 713856 | speanbridge@googlemail.com     |

### 5 Star Leader Assessment

|       |                  |                  |              |                                       |
|-------|------------------|------------------|--------------|---------------------------------------|
| Canoe | 02 - 04 Nov 2010 | Glenmore Lodge   | 01479 861256 | enquiries@glenmorelodge.org.uk        |
| Canoe | 03 - 05 Nov 2010 | Glenmore Lodge   | 01479 861256 | enquiries@glenmorelodge.org.uk        |
| Canoe | 20 - 21 Nov 2010 | Beyond Adventure | 01887 829202 | email@beyondadventure.co.uk           |
| Sea   | 07 - 09 Oct 2010 | Skyak Adventures | 01471 820002 | info@skyakadventures.com              |
| Sea   | 17 - 19 Nov 2010 | Glenmore Lodge   | 01479 861256 | enquiries@glenmorelodge.org.uk        |
| WW    | 2-3 Oct 2010     | Chris Dickinson  | 01397 713856 | speanbridge@googlemail.com            |
| WW    | 13 - 14 Nov 2010 | Keith Davis      | 01436 672824 | paddlepowerandadventure@hotmail.co.uk |
| WW    | 28 - 30 Nov 2010 | Glenmore Lodge   | 01479 861256 | enquiries@glenmorelodge.org.uk        |

### 5 Star Leader Training

|       |                      |                  |              |                                |
|-------|----------------------|------------------|--------------|--------------------------------|
| Canoe | 3-6 Nov 2010         | Beyond Adventure | 01887 829202 | email@beyondadventure.co.uk    |
| Sea   | 07 - 10 Sep 2010     | Skyak Adventures | 01471 820002 | info@skyakadventures.com       |
| Sea   | 14 - 17 Nov 2010     | Glenmore Lodge   | 01479 861256 | enquiries@glenmorelodge.org.uk |
| Canoe | 28 Nov - 01 Dec 2010 | Glenmore Lodge   | 01479 861256 | enquiries@glenmorelodge.org.uk |
| WW    | 05 - 08 Oct 2010     | Glenmore Lodge   | 01479 861256 | enquiries@glenmorelodge.org.uk |
| WW    | 13-14 Sep 2010       | Chris Dickinson  | 01397 713856 | speanbridge@googlemail.com     |

## Level 5 Assessments 2010 /11

If you are an aspirant Level 5 coach, planning to put yourself forward for assessment please be advised that we have the following dates scheduled:

| Date                       | Venue       | Director      | Disciplines               | Registration Closing Date |
|----------------------------|-------------|---------------|---------------------------|---------------------------|
| Nov. 2010 (exact date TBC) | Scotland    | Gordon Brown  | Sea, Surf, Inland & Canoe | Aug. 2010                 |
| 26/27 Feb. 2011            | North Wales | Dean Sinfield | Inland & Canoe            | Nov. 2010                 |

Further dates available shortly.

**The cost of Level 5 Assessment from Jan 2011 will £600 - Candidates may wish to note that all home nations would look to offer candidates a financial support option off set against 'volunteering' coaching hours for the home nation coaching committee. For more details contact your Level 5 Co-ordinator.**

#### Registration:

In order to register for one of these dates you will need to send the following to the BCU before the Registration Closing Date:

- A letter of support from your tutor, making a recommendation that you are ready for an assessment
- Your Level 5 project; the marking process may result in further actions required prior to Certification.
- Any aspirant Level 5 can send their project to the BCU for marking – the earlier you start this process the better!
- A copy of your completed action plan with a self declared statement completion
- Your C1 form stamped for assessment
- A £50 deposit (Cheques made payable to the BCU)

#### Please register with BCU: 18 Market Place, Bingham, Nottingham, NG12 8AP.

If you wish to discuss your assessment further, please contact the Course Director, or your Home Nation Assessment Co-ordinator;

|                 |                 |                                  |
|-----------------|-----------------|----------------------------------|
| • Canoe Wales   | Dean Sinfield   | sid.sinfield@pyb.co.uk           |
| • SCA           | Gordon Brown    | gordon@skyakadventures.com       |
| • Canoe England | Lara Tipper     | lara.tipper@canoe-england.org.uk |
| • CANI          | Oisín Hallissey | oisin.hallissey@sportni.net      |