

W O R K



- Nutrition for Recreational Paddlers
- Course Dates
- Updates



Level 1

13-Dec-2010 - Reaseheath College, Nantwich, North West,	Leo Hoare	email: leohoare@mac.com
13-Dec-2010 - Worcester, West Midlands,	Philip A Hadley	email: phil@philhadley.co.uk
22-Jan-2011 - Leicestershire, East Midlands,	Colin J Broadway	email: colinbroadway@hotmail.com
29-Jan-2011 - Clitheroe CC, North West,	Andrew Noblett	email: a.noblett@tiscali.co.uk
29-Jan-2011 - Clitheroe, North West,	Andrew Noblett	email: a.noblett@tiscali.co.uk
14-Feb-2011 - PGL Boreatton Park, West Midlands,	Darryll Shaw	email: darryll.shaw@pgl.co.uk
14-Feb-2011 - Worcestershire, West Midlands,	Philip A Hadley	email: phil@philhadley.co.uk
19-Feb-2011 - PGL Boreatton Park, West Midlands,	Darryll Shaw	email: darryll.shaw@pgl.co.uk
21-Feb-2011 - Bedford, Eastern,	Leo Hoare	email: leohoare@mac.com
05-Mar-2011 - Clitheroe CC, North West,	Andrew Noblett	email: a.noblett@tiscali.co.uk
07-Mar-2011 - PGL Boreatton Park, West Midlands,	Darryll Shaw	email: darryll.shaw@pgl.co.uk
12-Mar-2011 - Hampshire, Southern,	David A White	email: dawwhite1979@mac.com
18-Mar-2011 - Portsmouth, Southern,	Owen Burson	email: enquiries@low-seakayaking.co.uk
19-Mar-2011 - Mepal, Cambridgeshire, Eastern,	David Savage	email: david@mepal.co.uk
25-Mar-2011 - Thames, London,	Darren Joy	email: darren@fluidskills.com
25-Mar-2011 - Clitheroe, North West,	Andrew Noblett	email: a.noblett@tiscali.co.uk
26-Mar-2011 - Cumbria,	Sean McGrath	email: sean@wildriver.co.uk
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05-Apr-2011 - Cumbria,	Stephen D Banks	email: steve@stevebanksoutdoors.co.uk
09-Apr-2011 - Clitheroe, North West,	Andrew Noblett	email: a.noblett@tiscali.co.uk
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11-Apr-2011 - PGL Boreatton Park, West Midlands,	Darryll Shaw	email: darryll.shaw@pgl.co.uk
16-Apr-2011 - Longridge, Marlow, Bucks, Southern,	Andy Maxted	email: andymcoaching@googlemail.com
05-May-2011 - PGL Boreatton Park, West Midlands,	Darryll Shaw	email: darryll.shaw@pgl.co.uk
09-May-2011 - PGL Boreatton Park, West Midlands,	Darryll Shaw	email: darryll.shaw@pgl.co.uk
21-May-2011 - Clitheroe CC, North West,	Andrew Noblett	email: a.noblett@tiscali.co.uk
21-May-2011 - Clitheroe, North West,	Andrew Noblett	email: a.noblett@tiscali.co.uk
24-May-2011 - Reaseheath College, Nantwich, North West,	Leo Hoare	email: leohoare@mac.com
11-Jun-2011 - Hampshire, Southern,	David A White	email: dawwhite1979@mac.com
25-Jun-2011 - Mepal, Cambridgeshire, Eastern,	David Savage	email: david@mepal.co.uk
05-Jul-2011 - Heninsbury Head,	Ian W Cave	email: ian@computadoc.co.uk
13-Aug-2011 - Hampshire, Southern,	David A White	email: dawwhite1979@mac.com
17-Oct-2011 - Worcestershire, West Midlands,	Philip A Hadley	email: phil@philhadley.co.uk
25-Oct-2011 - Bedford, Eastern,	Leo Hoare	email: leohoare@mac.com
12-Dec-2011 - Worcestershire, West Midlands,	Philip A Hadley	email: phil@philhadley.co.uk

Female only - Level 1 Coach:

- 06-Mar-2011, 19-20-Mar-2011, 26-27-Mar-2011 - South West, for more information please email:
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- 03-Apr-2011, 09-10-Apr-2011, 16-17-Apr-2011 - East Midlands, for more information please email:
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- 09-13-May-2011 - North East, for more information please email:
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- 09-13-May-2011 - Southern, for more information please email:
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- 18-Sep-2011, 24-25-Sept-2011, 08-09-Oct-2011 - North West, for more information please email:
rachel.derry@canoe-england.org.uk
- 24-25-Sept-2011, 30-Sept-2011, 01-02-Oct-2011 - South East, for more information please email:
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BCU Level 2 Certificate in Paddlesport Coaching - Training

29-Jan-2011 - Burton, West Midlands,	Stuart Briggs	email: stuart.briggs@canoe-england.org.uk
01-Feb-2011 - Devon, South West,	Lee Pooley	email: i.c.g@live.co.uk
12-Feb-2011 - Quorn, East Midlands,	Colin J Broadway	email: colinbroadway@hotmail.com
19-Feb-2011 - Mepal, Cambridgeshire, Eastern,	David Savage	email: david@mepal.co.uk
02-Mar-2011 - Leamington, West Midlands,	Darryll Shaw	email: darryll.shaw@pgl.co.uk
15-Mar-2011 - Hampshire, Southern,	David A White	email: dawwhite1979@mac.com
19-Mar-2011 - Clitheroe CC, North West,	Andrew Noblett	email: a.noblett@tiscali.co.uk
11-Apr-2011 - Bedford, Eastern,	Leo Hoare	email: leohoare@mac.com
09-May-2011 - Worcestershire, West Midlands,	Philip A Hadley	email: phil@philhadley.co.uk
23-May-2011 - PGL Boreatton Park, West Midlands,	Darryll Shaw	email: darryll.shaw@pgl.co.uk

Canoe England BCU (UKCC) Certificate in Paddlesport Course

For a full up
to date listing
of BCU
Coaching
courses and more
go to

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



Introduction

Whilst there is guidance for competitive sports and general government guidance on nutrition there is lack of accessible guidance for recreational paddlers. The objective of this article is to provide for recreational paddlers:

- A summary of nutritional requirements based on the paddler, their lifestyle and the amount of exercise that they undertake;
- Simple, practical guidance on meeting nutritional needs;
- Simple, practical advice on when to eat to ensure that performance does not diminish and to ensure a rapid recovery;
- Guidance on drinking, both on what and when to drink.

Nutritional Needs

The food we eat needs to provide sufficient energy for our needs together with proteins to maintain our muscles and body structure. The amount we need is affected by factors including:

- Age
- Weight
- Sex
- Lifestyle (how active we are routinely day to day)
- Exercise

Basic nutritional needs can be assessed from the graphs at the end. These are based on a mostly sedentary lifestyle. Graphs are shown for 3 age ranges and for males and females. The effect of lifestyle can be calculated by increasing the calorie needs as follows:

For example consider a male, aged 40 and weighing 70kg. From the graphs the basic needs for a sedentary lifestyle would be approximately:

□ Target calorie intake	2400kCal
□ Carbohydrate	360g
□ Protein	110g
□ Fat	60g

- Moderately active (brisk walking or equivalent throughout the day) – increase overall calorie intake by 20%
- Very active (generally physically active throughout the day) - increase overall calorie intake by 40%

The change in lifestyle will not affect the protein requirement so the additional calories will need to be provided by 60% as carbohydrates (divide the number of kCal by 4 to get the weight in grams) and 40% fats (divide the number of kCal by 9 to get the weight in grams).

We can use a similar process to allow for exercise. Take the basic values from the graphs. Then increase the overall calorie intake to reflect lifestyle. Finally add the calories needed for any exercise. The table below gives calories use for a person weighing 65kg: for a heavier person the energy use will be greater and it would be less for a smaller person. The calories used will also be influenced by the intensity of the exercise which will in turn be influenced by a person's skill level and fitness. As a guide low intensity kayaking would involve the same physical effort as walking: a paddler performing within their comfort zone.

High intensity kayaking might be a paddler in more demanding conditions or maintaining a higher speed in less demanding conditions: the level of exertion would be akin to jogging or racquet

For the same individual with a moderately active lifestyle the target calorie intake would be increased by 20% (480kCal) to 2880kCal.

60% (288kCal) should be provided by carbohydrate so the target intake would rise by 72g to 432g.

40% (192kCal) should be provided by fats so the target intake would rise by 21g to 81g.

sports. As with the lifestyle correction the target protein intake does not change and any extra calories should be taken on as 60% carbohydrate and 40% fat. In general the effects of exercise are best considered on a weekly rather than daily basis: add up the calories used in exercise over one week and then divide by seven to arrive at an increase in the daily calorie needs for exercise.

Exercise	Intensity	Energy Use (kCal/hr)	Example
Archery		290	Again consider a male, aged 40 and weighing 70kg with a moderately active lifestyle. From the previous examples his basic requirements would be approximately: ☐ Target calorie intake 2880kCal ☐ Carbohydrate 432g ☐ Protein 110g ☐ Fat 81g If he cycled 4 hours at 9 km/hr each week, he would need an extra 1000kCal or 140kCal per day. His target calorie intake would be increased to 3220kCal. 60% (84kCal) should be provided by carbohydrate so the target intake would rise by 21g to 453g. 40% (56kCal) should be provided by fats so the target intake would rise by 6g to 87g.
Aerobics	high intensity	520	
Aerobics	low intensity	400	
Badminton		370	
Boxing (sparring)		865	
Cycling	16 km/hr	335	
Cycling	9 km/hr	250	
Dancing	high intensity	550	
Dancing	low intensity	500	
Gardening		205	
Golf		250	
Judo		250	
Kayaking	low intensity	250	
Kayaking	high intensity	450	
Rowing machine		445	
Running	3.8 min/km	1000	
Running	5.6 min/km	750	
Squash		615	
Swimming	fast	630	
Tennis	singles	415	
Walking		280	

The division of food stuffs into carbohydrates, fats and proteins is essential in considering what to eat. It is also important to understand how fast the energy from food will be released to the body. This is measured using the glycaemic index or GI. The GI of any food lies in the range 0 to 100 and most lie between 20 and 100. 0 indicates a very slow release with no measurable increase in blood sugar levels, whilst 100 is a very rapid release and is based on the uptake of pure glucose, which is used as a standard.

For carbohydrates in general less refined starchy foods have a low GI, whilst sugary foods and refined starchy foods have a high GI and are absorbed more rapidly. Fats and proteins typically have a low GI. A low GI means a steady release of energy that the body can use during exercise. Common foods with a low GI include fruit, dairy products, and less refined starchy food like porridge, muesli, beans and lentils. Food stuffs with a high GI include sugary drinks, biscuits, white bread, white rice and potatoes. There are times when a high GI is desirable, for example after heavy exercise when there is a need to replace lost energy quickly, but generally low GI is better.

Good Eating

There are three main nutritional issues that affect recreational paddlers:

- ☐ Existing diet – is it providing the right balance and quantity of carbohydrates, fats and protein?
- ☐ Should any changes be made when paddling?
- ☐ How to eat appropriately when away from home and having to eat in pubs and restaurants.

Most paddlers are probably familiar with the “five a day” campaign, the calls to cut down on salt intake and other similar government advice which reaches the general public as a series of sound bites, often with little context.

These tend to be great at indicating general concerns about the diet of the population as a whole but for an individual do not give a whole picture with which to compare the existing diet.

The “eatwell plate” promoted by the Food Standards Agency (www.eatwell.gov.uk), shown on the right, attempts to illustrate the balance between the various elements of our diet but fails to indicate quantities. Taken at face value, it shows 11 potatoes, 2 loaves of bread, a packet of cereal, numerous rolls, a handful of spaghetti and a bowl of rice. However, it does not give any indication whether that is the amount to eat in a day or a week or some other period. Based on the 20 to 25 portions of fruit and vegetables the period for eating the eatwell plate of food might be 3 to 5 days.

It is easy to criticise the work of others but can a more useful guide be provided? The “food guide pyramid”, shown over leaf, developed by the US Department of Agriculture might be easier to understand (mypyramid.gov).

The food guide pyramid focuses on requirements for one day and seems to provide a clearer indication of not only the types of food and their overall balance, but also how many portions of each should be included in our diet. It also clearly shows that a healthy diet is based on the bread and cereals group together with fruits and vegetables. The range of serving sizes reflect a range of diets from around 1600kCal per day for young children and some older adults to around 2800kCal per day for active adults.

The food guide pyramid gives a good indication of overall balance in our diet and the amount we need to eat. How do we move from that to guidance for recreational kayakers? Essentially there are three questions to answer:

- ☐ What to eat?
- ☐ How much to eat?
- ☐ When to eat?

The food guide pyramid gives an initial answer to the first two questions. The US Department of Agriculture food pyramid website (mypyramid.gov) includes interactive features to calculate nutritional needs and the nutritional values of most common foods. This leaves deciding when to eat, which will affect what and how much is eaten.

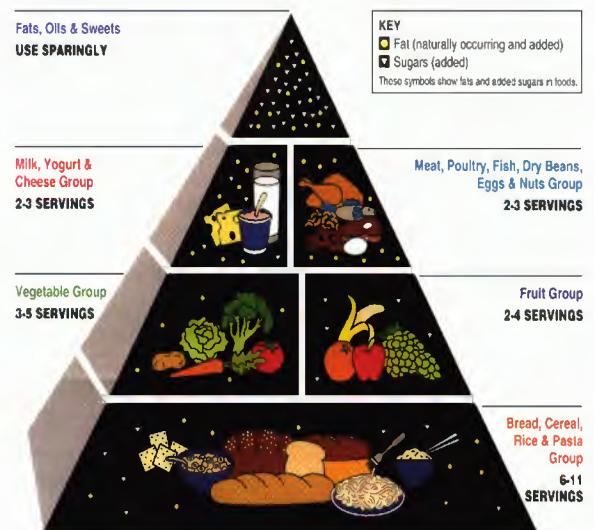
When to Eat

Deciding when to eat is easy: eat before exercise; eat during any exercise lasting longer than 60 minutes and eat after

Source www.eatwell.gov.uk



Source mypyramid.gov



Nutrition for Recreational Paddlers Cont;

exercise. The important question is how much to eat when.

Eating before exercise has been shown to improve performance. The additional carbohydrate will release energy during the activity to replace the fuel which has been used. The guidance is to eat about 2.5 grams of carbohydrate per kilogram of body mass, so typically 125 to 250 grams. The ideal timing is 2 to 4 hours before exercise: too long before and the energy has been used or stored; too close and it can cause discomfort. As the aim is to release energy steadily through the period of exercise starchy foods with a low GI are better than sugary foods with a high GI. In practice this might be achieved by eating a good breakfast before paddling in the morning: see box.

Breakfast

For example a paddler weighing 70kg should be aiming to eat about 175 grams of carbohydrate. A breakfast comprising a large bowl of muesli (120g) with semi-skimmed milk, a glass of orange juice, two slices of whole wheat toast with marmalade or honey and a banana would contain about:

☐ Energy	950kCal
☐ Carbohydrate	160g
☐ Protein	28g
☐ Fat	24g

If you struggle with a large breakfast then leave the banana to eat when you arrive at the paddling venue.

During exercise the energy stored as glycogen in our bodies is used. For periods of activity less than about one hour replacing this energy will not change performance as the body stores more than enough glycogen for one hour of activity. However, if the exercise lasts more than one hour, and it often does when paddling, we need to eat to replace the energy used. Ideally we should take on between 30 and 60 grams of carbohydrate per hour, starting about 30 minutes into the period of exercise. In this case we need rapid absorption, so sugary foods or high energy sports drinks with a high GI are more appropriate than starchy foods. In practice we need to snack regularly whilst paddling.

Examples of Snacks

High GI

- ☐ 2 bananas (46g carbohydrate)
- ☐ 70g raisins (49g carbohydrate)
- ☐ 500ml sports drink (32g carbohydrate)

Lower GI

- ☐ 2 slices of bread and honey (57g carbohydrate)
- ☐ 2 cereal bars (40g carbohydrate)

Less Healthy

- ☐ A 58gram Mars Bar (40g carbohydrate)

After Paddling Snacks

- ☐ Chicken sandwich (2 slices bread)
- ☐ Jacket potato with either tuna or baked beans
- ☐ 2 portions of fruit with a glass of milk
- ☐ Half a malt loaf

After exercise the glycogen levels in muscles are depleted. However, at the same time those muscles can absorb glycogen at up to 150% of normal rate for up to 2 hours after exercise and at higher than normal rates for up to 4 hours. This is also the time to take on protein both to aid glycogen recovery and to promote repairs to any muscle damage. Either a full meal should be eaten within 2 hours paddling, which may not be practical, or more realistically a snack should be taken at the end of the paddle. The recommendation is to eat about 1 grams of carbohydrate per kilogram of body mass, so typically 50 to 100 grams, together with 20 to 40 grams of protein. To continue the refuelling and recovery process we should continue to eat about 50 grams of carbohydrate every 2 hours until the next meal.

If we follow the guidance given above does the food eaten in the snacks during and after paddling equal the extra used during paddling?

Cont on page 8

BCU Level 2 Certificate in Paddlesport Coaching - Training cont;

30-May-2011 - Reaseheath College, Nantwich, North West, Leo Hoare
 25-Jun-2011 - Clitheroe CC, North West, Andrew Noblett
 16-Jul-2011 - Hampshire, Southern, David A White

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BCU Level 2 Certificate in Paddlesport Coaching - Assessment

12-Dec-2010 - North West, North East, Andrew Noblett
 29-Jan-2011 - Cumbria, Stephen Banks
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12-Feb-2011 - PGL Borreatton Park, West Midlands,
 13-Feb-2011 - PGL Borreatton Park, West Midlands,
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 03-Apr-2011 - Leamington, West Midlands,
 09-Apr-2011 - Cumbria,

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10-Apr-2011 - PGL Borreatton, West Midlands,
 01-May-2011 - Hampshire, Southern,
 01-May-2011 - Cumbria,
 07-May-2011 - Clitheroe CC, North West,
 08-May-2011 - Mepal, Cambridgeshire, Eastern,
 19-Jun-2011 - Mepal, Cambridgeshire, Eastern,
 13-Aug-2011 - Mepal, Cambridgeshire, Eastern,

Darryll Shaw
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 Sean McGrath
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BCU Level 2 -Transfer

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 02-Apr-2011 - Meapl, Cambridgeshire, Eastern,

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Simon D Westgarth email: simon@gene17.com

Level 3 Coach Assessment - Canoe:

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Stephen Banks

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Foundation-Coaching the Mind:

18-Dec-2010 - Exeter, South West,
 13-Jan-2011 - Northumberland,

Katy Hensby
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Foundation-Coaching Young Paddlers:

11-Dec-2010 - Exeter, South West,

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Foundation-Fitness for Paddlesport:

04-Feb-2011 - Totnes, South West,
 10-Feb-2011 - Northumberland,

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Foundation-Mentoring Skills for Paddlesport Coaches:

11-Dec-2010 - Exeter, South West,

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Foundation-Outdoor Education & Paddlesports:

18-Dec-2010 - Exeter, South West,

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Foundation-Performance Planning Skills for Paddlers:

10-Mar-2011 - Northumberland,

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BCU Discipline Support Module - Slalom

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Canoe England BCU (UKCC) Certificate in Paddlesport Courses

For a full up
to date listing
of BCU
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[www.canoe-england.org.uk/
coaching/
courses-dates](http://www.canoe-england.org.uk/coaching/courses-dates)



- In a typical two hour session a recreational kayaker might use 500 to 900kCal.
- Our snacks, 30 to 60 grams per hour of carbohydrate, would provide 120 to 240kCal per hour so between 240 and 480kCal if our paddler had two snacks during the two hour paddle.
- This is about half the exercise related requirement.
- If we add one after paddling snack of 50 to 100 grams this would add a further 200 to 400kCal, which would be close to replacing the energy used.

For longer sessions, when the snacks taken during exercise become more dominant, the paddlers would be gradually building up a deficit particularly if the intensity of the session is high. If we snack regularly during and after paddling then there is no need to take on extra food for sessions up to about two hours; for longer sessions the paddlers will probably need to eat extra with their regular meals either before or after the paddle. If the paddler does not snack regularly they will need to eat extra, mainly carbohydrates, with their meals.

Paddlers meals need not be changed significantly if existing diet is well balanced and provide the proteins and variety that are not found in breakfast and paddling snacks. However if it includes excessive fats and sugars these should be cut out. Whilst fats are an essential part of our diet and provide a concentrated source of energy, that energy is only released slowly and cannot meet the demands of higher intensity paddling. Sugars have a high GI and the rapid release in energy will be converted to fat if the body is unable to use it. Once converted to fat the energy is only available for slow release.

At a simple level the guidance for recreational paddlers could be summarised as follows:

- Eat a generous, healthy (low fat) breakfast before paddling;
- Try to take a sugary snack (high GI so readily absorbed and converted by the body) after 30 minutes of paddling and then every hour whilst paddling;
- Have a larger snack or meal as soon as possible after paddling;
- Eat a moderate lunch and a good dinner;
- Increase your carbohydrate intake, but probably not your intake of protein (meat, fish, eggs and beans).

Eating Away From Home

A particular issue for recreational paddlers trying to eat well is that their sport often takes them away from home. A good set of guides are published by the Australian Institute of Sport (<http://www.ausport.gov.au/ais> and follow the links to nutrition then travel). These cover a range of relevant topics from travel, to eating out and food safety.

Good Drinking

If the way we eat and what we eat can affect our performance as paddlers, then what about the amount we drink. A guide to the amount that a person needs to drink can be estimated as 1 litre of fluid for every 1000kCal used: around 2 to 2½ litres for a sedentary lifestyle, some of which will come from the water that is in food. However, as more energy is used so more fluid is needed, possibly an extra litre of fluid for an active two hour session.

Dehydration can have a dramatic effect on performance: a loss of as little as 1 to 2 kg (1 to 2 litres) of fluid can reduce aerobic

BCU Coastal Navigation and Tidal Planning Courses based in the East Midlands/Nottingham area.

BCU Coastal Navigation and Tidal Planning course	Saturday 8th January 2011
BCU Open Water Navigation and Tidal Planning course	Sunday 9th January 2011

BCU Coastal Navigation and Tidal Planning course	Saturday 12th March 2011
BCU Open Water Navigation and Tidal Planning course	Sunday 13th March 2011

BCU Coastal Navigation and Tidal Planning course	Saturday 19th March 2011
BCU Open Water Navigation and Tidal Planning course	Sunday 20th March 2011

Cost £70.00 per day/course or £125.00 for both days/courses. Excluding BCU administration fee. Non-residential.

For more details contact
Howard Jeffs - h.n.jeffs@btinternet.com

Canoe England RCO Update

At the time of writing we have a full contingent of RCO's, although there are two positions coming up for election in March 2011 - these are for the;

Southern region, where Andy Maxted is standing down,
and the North West where Ian Bell is up for re-election.



BCU Level 5 Conference 21st – 23rd January 2011

The Canoe Association of Northern Ireland and Tollymore National Outdoor Centre invite you to attend the BCU level 5 conference at the newly built national centre.

The main theme of the conference will be “**what’s it all about**” along with mentoring, goal agreement, long term relationships and setting practice. This won’t be your run of the mill conference as the team are preparing a fun filled and enlightening programme.

Tollymore is 90 min drive from both Belfast airports, collection available. The accommodation will be twin and triple on suite – check out www.tollymore.com for a virtual tour of the centre and the catering will be top class by the Tollymore award winning chef.

Make it a date ! Put the date in your diary - More details from maria.winfiled@bcu.org.uk



Live the adventure...

Tollymore Mountain Centre, Bryansford,
Newcastle, Co. Down, BT33 OPT

Tel: 028 4372 2158

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.



'Pilot' Female Only UKCC Level 1 Coaching Courses 2011*

NORTH

- **North East:** 09-13 May 2011
- **North West:** 18 September 2011; 24-25 September 2011; 08/09 October 2011

CENTRAL

- **East Midlands:** 03 April 2011; 09/10 April 2011; 16/17 April 2011

SOUTH

- **South West:** 06 March 2011; 19-20 March 2011; 26-27 March 2011.
- **South East:** 24-25 September 2011; 30 September 2011; 01-02 October 2011
- **Southern:** 09-13 May 2011

COURSE VENUES WILL BE CONFIRMED AT A LATER DATE. COURSE COST IS £300 FOR THE 5 DAY PROGRAMME, INCLUDING FSRT.

*** A BURSARY FUND OF £150 WILL BE AVAILABLE TO EACH PERSON ATTENDING THE COURSES**

TO BOOK A PLACE OR FOR MORE INFORMATION CONTACT RACHEL DERRY

Email: rachel.derry@canoe-england.org.uk

Coach Update Forums in England

North West
2nd February 2011
Details available from
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Devon and Cornwall
27th February
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Darren Joy rco.devonandcornwall@bcu.org.uk
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**South East Region -
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Cumbria Region
Cumbria Water Park
6th March 2011
Gavin Smallbone
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07766900125

West Midlands Region - Hereford
26th March 2011
Ian Dalaway
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07715005153

London
10th April
Adrian Green
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01403 732389

Wessex
Weymouth
3rd April
Simon Westerman
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01202 425173

Yorkshire
Aldwalk Centre
9th-10th April
John Lucas
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SAFEGUARDING AND PROTECTING CHILDREN

Training Update – deadline extended

The BCU are committed to ensuring that any young person participating in Paddlesport can do so free from harm of abuse and as part of this aim we have achieved the Advanced Standard for Safeguarding and Protecting Children in Sport.

Training is a key element of the Standards and it is a requirement that all staff and volunteers are provided with opportunities to learn how to recognise and respond to concerns about child abuse. The training requirements were introduced in 2007 with a deadline to have completed by December 2010.

Some areas of the country were experiencing difficulties in accessing the appropriate courses so **we have now extended the deadline for coaches and volunteers** to have completed the training. A new date will be agreed by the BCU Child Protection Steering group and we will notify you of this once it has been approved.

The training requirements for coaches are as follows:

- ☐ Coaches and Volunteers who work regularly or alone with children (Under 18) should complete the 3 hour Safeguarding and Protecting Children (SPC1) workshop or equivalent.
- ☐ BCU coaches Level 2 and above who do not work regularly or alone with children should complete the Paddlesafe On Line Child Protection course. This takes only 30-45 minutes and is subsidised by Canoe England costing just £7.99 for members.

Further information about the training and how to access courses can be found on the safeguarding pages of your home nation website.

Disclosure Update – England and Wales*

The BCU welcomes the recent announcement by the CRB with respect to the introduction of portability of CRB's and we are investigating options that we could adopt to avoid the situation where some coaches are currently required to undertake multiple checks. In the meantime, coaches in England and Wales who do not hold a BCU CRB after 31st December will not be classified as an active updated coach and will be unable to assess and award BCU qualifications from April 2011.

*Coaches in Northern Ireland and Scotland should check the disclosure requirements for their home nation with their Child Protection Lead Officer.

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!

Vacancies:

LCO Vacancies up for re-election:

There are a number of positions up for re-election this year those which fall within the first four months of the year are as follows;
Oxfordshire (January 2011); East London (February 2011); and Buckinghamshire (April 2011).

Vacant LCO positions

In total there are just four vacancies out of the 59 LCO positions, two of these are in the Central region, these are Norfolk (Eastern); Shropshire (West Midlands); and two are in the Southern region, these are South London; and Somerset (South West).

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 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.

PYB Add
??????

RCO Service in Scotland

RCO Central
Vacant
rco.central@canoescotland.org RCO Borders

Giles Chater
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RCO Dumfries & Galloway
Alex Lumsden
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RCO Fife
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RCO Grampian, Speyside and Shetland
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RCO Highlands and Islands
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RCO Lothians
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RCO Strathclyde East
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RCO Strathclyde West
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RCO Tayside
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RCO Military
Scott Simon
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SCA BCU Certificate in Paddlesports Coaching Awards Course Calendar

Course	Displayed Dates	Company	Booking Details
BCU Paddlesport Performance Awards			
3* Assessment - Open Canoe	4-Dec-10	Strathclyde West	07500 470 976 paddlepoweradventure@hotmail.co.uk
4* Leader Assessment - White Water	4-5 Dec 10	Highlands and Islands	07775 682 034 macksteve@btinternet.com
BCU (UKCC) Certificate in Paddlesport Coaching Awards			
BCU UKCC Level 1 Coaching for Teachers	12 - 13 Mar 11	Lothians	www.canoescotland.org/selfservice.aspx
BCU UKCC Level 2 Transfer	13-14 Dec 10	Tayside	01887 829202 email@beyondadventure.co.uk
BCU Level 2 Assessments			
BCU Level 2 Assessment	4-Dec-10	Grampian Speyside and Shetland	aquaplay@sky.com
BCU (UKCC) Certificate in Paddlesport Coaching			
BCU UKCC Level 2 Transfer	13-14 Dec	Beyond Adventure	01887 829202 email@beyondadventure.co.uk
Coaching Endorsements and CPD			
Coaching Processes	06-07 Dec	Glenmore Lodge	01479 861256 enquiries@glenmorelodge.org.uk
Coaching the Mind Foundation Module	02 Dec	Glenmore Lodge	01479 861256 enquiries@glenmorelodge.org.uk
Coaching the Mind Intermediate Module	03 Dec	Glenmore Lodge	01479 861256 enquiries@glenmorelodge.org.uk
Coaching Young Paddlers Foundation Module	02 Dec	Glenmore Lodge	01479 861256 enquiries@glenmorelodge.org.uk
Coaching Young Paddlers Foundation Module	15-Jan-11	Highlands and Islands	01479 861256 enquiries@glenmorelodge.org.uk
Coastal Navigation + Tidal Planning	15-Jan-11	Highlands and Islands	01479 861256 enquiries@glenmorelodge.org.uk
Level 2 Support Day	19-Feb-11	Fife	www.canoescotland.org/selfservice.aspx
Level 2 Support Day	27-Feb-11	Highlands and Islands	www.canoescotland.org/selfservice.aspx
Level 2 Support Day	26-Mar-11	Strathclyde East	www.canoescotland.org/selfservice.aspx
Navigation & Tidal Planning-Open Water	5-Dec-10	Highlands and Islands	01479 861256 enquiries@glenmorelodge.org.uk
Slalom Discipline Support Module	12-Mar-11	Tayside	www.canoescotland.org/selfservice.aspx
White Water Safety and Rescue			
White Water Safety and Rescue	11-Dec-10	Strathclyde West	Paddle@standingwaves.co.uk 01786 464777
Coach Update and Coach Educator Moderation			
Coach Educator Moderation Event	17-Feb-11	Lothians	www.canoescotland.org/selfservice.aspx
Coach Update	11-Dec-10	Grampian Speyside and Shetland	www.canoescotland.org/selfservice.aspx

Nutrition for Recreational Paddlers Cont;

capacity by 10 to 20%. However, as paddlers we often try to avoid loo stops both because they require inconvenient landings and the difficulties of removing and replacing sufficient waterproof clothing. Nevertheless the message should be clear, recreation paddlers do need to be properly hydrated to perform to the best of their ability.

To remain hydrated but minimise the number of loo stops paddlers should drink little and often and, as with eating, the timing should be before the paddle, during the activity and after the paddle. Drinking about 500ml about 2 hours before paddling should ensure full hydration at the start of activity whilst allowing time for any excess to be excreted. During paddling the aim should be to drink regularly, possibly 100 to 200ml every 20 to 30 minutes and possibly a little more in the first hour to get rehydration started. Plain water is fine, but sometimes a flavoured drink is more palatable. Commercial isotonic sports drinks will help to replace energy whilst drinking; a cheaper alternative would be to dilute pure fruit juice with water to create a 50:50 mixture and add 1/5th teaspoon of salt per litre. The salt not only replaces salt lost in sweat but also aids rehydration and reduces the production of urine.

After paddling any fluid deficit should be replaced as quickly as possible. If fluid has been taken on during the paddle, then the aim should be to drink about 500ml immediately after the paddle. At this stage sports drinks that contain carbohydrate and a small amount of sodium may be better than plain water at encouraging full rehydration and promoting recovery.

What about other drinks? These tend to come in two categories those containing caffeine and those containing alcohol. Caffeine is a stimulant and in larger quantities a diuretic. Taken in moderate quantities by regular users, say 4 or 5 cups per day of coffee or 6 to 8 cups of tea, chocolate or cans of cola, the diuretic effect is slight. If taken in larger quantities or by someone who does not regularly take caffeine the diuretic effect can be pronounced and additional fluid will need to be drunk.

Alcohol is a depressant and is toxic. Its effects include reducing co-ordination, impairing judgement and balance, reducing strength and endurance, reducing the body's ability to regulate temperature, increasing urination and increasing the risk of accident or injury. These are clearly undesirable effects whilst paddling. So if recreational paddlers consume alcohol they need to be certain that it has all been broken down by the liver before going paddling. What about drinking alcoholic drinks after paddling?

There is some evidence to suggest that taken in moderation alcohol particularly red wine may have a beneficial effect on life expectancy. However, taken in excess it has an adverse effect. Government's advice is to limit alcohol intake to 3-4 units per day to minimise the toxic side effects. Consumed in moderation it is unlikely to adversely affect paddling ability the following day. However, the liver can only process alcohol at about 1 unit per hour so binge drinking (more than 6-8 units) would be likely to adversely affect paddling ability the following day.

Alcohol is used by the body as a source of energy and should be included in the assessment of overall calorie intake. A pint of beer contains 160kCal and a 175ml glass of wine contains 150kCal.

Conclusions

The benefits of good nutrition for recreational paddlers will be improved endurance, performing closer to their full potential for more of the time and faster recovery.

Eating well for paddlers is likely to start with a good breakfast based on slow release (complex) carbohydrates such as cereals and breads and including sufficient fluid to ensure full hydration. During paddling drinking little and often will keep paddlers hydrated whilst avoiding the need for excessive loo stops. Snacks should be taken every hour or so to replace energy being used with a bigger snack and drink when you finish paddling. Dinner should include sufficient protein and vegetables to balance the diet. If paddling for more than two hours in the day then it should include more carbohydrate (pasta, rice and potato) than usual.

Caffeinated drinks, such as tea, coffee and cola are fine in moderation. Alcohol should only be consumed after the day's paddle and then in moderation. Any alcohol consumed should be included in the overall calorie intake.

Further Reading

BCU Coaching Handbook (Physiological Principles chapter), BCU, Pesda Press
Fuelling Performers, Jeanette Crossland, Sports Coach UK
The Complete Guide to Sports Nutrition, Anita Bean, A&C Black

Websites

www.ausport.gov.au/ais
www.eatwell.gov.uk
www.mypyramid.gov

Peter Mansell