

W O R K



Coaching Tips for Coaching Sit-on-Top Paddlers
RCO / LCO Updates
Notices and Courses
Events



Canoe England BCU (UKCC) Certificate in Paddlesport Courses

BCU UKCC Level 1 Coach Level 1 Coach:

22-Jan-2011 - Laburnam Boat Club, London & South East, Elizabeth Ettinger
 22-Jan-2011 - Leicestershire, East Midlands, Colin J Broadway
 22-Jan-2011 - Leicestershire, East Midlands, Andrew Oughton
 28-Jan-2011 - Seaton, Devon, South West, Lee Pooley
 29-Jan-2011 - Clitheroe CC, North West, Andrew Noblett
 29-Jan-2011 - Clitheroe, North West, Andrew Noblett
 07-Feb-2011 - South Cerney OEC, Gloucestershire, Lee Pooley
 07-Feb-2011 - Coniston, Cumbria, Gregory P Bartlett
 07-Feb-2011 - St. Issey, Cornwall, South West, Samuel M. Roberts
 14-Feb-2011 - Worcestershire, West Midlands, Philip A Hadley
 14-Feb-2011 - PGL Boreatton Park, West Midlands, Darryll Shaw
 19-Feb-2011 - PGL Boreatton Park, West Midlands, Darryll Shaw
 21-Feb-2011 - Bedford, Eastern, Leo Hoare
 28-Feb-2011 - Dartmoor, Devon, South West, Lee Pooley
 05-Mar-2011 - Clitheroe CC, North West, Andrew Noblett
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 12-Mar-2011 - Hampshire, Southern, David A White
 18-Mar-2011 - Portsmouth, Southern, Owen Burson
 19-Mar-2011 - Mepal, Cambridgeshire, Eastern, David Savage
 25-Mar-2011 - Clitheroe, North West, Andrew Noblett
 25-Mar-2011 - Thames, London & South East, Darren Joy
 26-Mar-2011 - Herts Young Mariners Base, London, Ronald A. Hodgson
 26-Mar-2011 - Cumbria, Sean McGrath
 28-Mar-2011 - PGL Boreatton Park, South West, Darryll Shaw
 29-Mar-2011 - Cumbria, Sean McGrath
 05-Apr-2011 - Weymouth, Southern, Paul Hurrell
 05-Apr-2011 - Cumbria, Stephen D Banks
 09-Apr-2011 - Clitheroe, North West, Andrew Noblett
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 24-May-2011 - Reaseheath College, Nantwich, North West, Leo Hoare
 31-May-2011 - Reading, Southern, Robert A Yates

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 email: helenandron@greenbee.net
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 email: steve@stevebanksoutdoors.co.uk
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 email: dave.bateman@ackers-adventure.co.uk
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 email: debodene@hotmail.co.uk
 email: rob@elements.eu.com
 email: i.c.g@live.co.uk
 email: darryll.shaw@pgl.co.uk
 email: darryll.shaw@pgl.co.uk
 email: a.noblett@tiscali.co.uk
 email: a.noblett@tiscali.co.uk
 email: i.c.g@live.co.uk
 email: leohoare@mac.com
 email: rob@elements.eu.com



Level 1 Coach Transfer:

14-Mar-2011 - Weymouth, Southern, Paul Hurrell

email: p.hurrell@dorsetcc.gov.uk

Coach Educator Scheme - Level 1 Coach:

22-23-Jan, 5-6-Feb-2011 - Hereford CC, West Midlands, for more information
 05-06-Mar, 19-20-Mar-2011 - Southampton CC, Southern, for more information
 16-17-July, 23-24-July-2011 - Shropshire Paddlesport, West Midlands,

email: simon.hitchcox@canoe-england.org.uk
 email: simon.hitchcox@canoe-england.org.uk
 email: simon.hitchcox@canoe-england.org.uk

Female only - Level 1 Coach:

06-Mar-2011, 19-20-Mar-2011, 26-27-Mar-2011 - South West,
 03-Apr-2011, 09-10-Apr-2011, 16-17-Apr-2011 - East Midlands
 09-13-May-2011 - North East, for more information
 09-13-May-2011 - Southern, for more information
 18-Sep-2011, 24-25-Sept-2011, 08-09-Oct-2011 - North West
 24-25-Sept-2011, 30-Sept-2011, 01-02-Oct-2011 - South East

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

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

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

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As coaches we need to be on the lookout for opportunities to pass on our knowledge and training. At times it seems that mainstream kayaking tends to ignore the growth of the sit-on-top market.

The sit-on-top kayak explosion means more people are entering paddle sport. For some coaches perhaps the biggest hurdle is to accept that sit-on-tops are here to stay. Whether you like them or not they are popular craft and used by a wide range of individuals who reckon they meet their needs better than other paddle craft.

Most coaching techniques and methods transfer to sit-on-top kayaks but there are differences to consider if we are to attract this group of paddlers into paddle sport. It is worrying to meet sit-on-top paddlers who though keen to learn skills feel excluded from paddle sport as a result of their choice of craft. Nationally we may be missing an opportunity to introduce a wider range of people to paddle sport, which draws on the sports quality of coaching and experience. 3 star sea now includes sit-on-tops.

The perception that sit-on-top paddlers are not interested in developing their skills is incorrect. A quick look at the kit purchased and the level of debate about technique on some sit-on-top kayak and fishing forums suggest that many are well and truly hooked on the sport – and not just to go fishing.

Many sit-on-top kayak fishing paddlers recognise the importance of good skills and safety training. The key is to offer training that meets their needs. When accidents happen as far as the media is concerned it was a canoeist/kayaker who got rescued, so it is important to offer training to all paddlers.

1. Choice of craft and kit

As coaches we need to know, what kind of paddling experience our clients want. There are enormous range of sit-on-tops on the market so it is worth making time to try a few designs. Similar principles to closed cockpit kayaks apply in terms of length and width but there can be big differences in handling.

Correctly sized kit is crucial. With some wide sit-on-tops the length of paddle may need to be longer and can therefore lead to low entry paddle styles. Encourage high angle styles to demonstrate the importance of the lower body mobility and improved efficiency.

With young people there are junior sized and smaller sit-on-tops. Some designs list age ranges but weight and height is a more important factor. Putting children on adult sized sit-on-tops can be a big turn off.

2. Speed

If you mix different sit-on-tops and closed cockpit kayaks together expect to notice differences in speed and handling. Like closed cockpit kayaks there is a huge range of designs from the ultra stable fun platform to the ocean racer. This presents problems if including sit-on-tops in any general paddle event where speed and distance are key.

Next time people moan about some of the group being too fast or too slow, perhaps it is worth considering how we managed the group. Were we clear about what sort of paddle was planned, so paddlers knew what to expect. The same applies, when mixing levels of experience in your session.

3. Size and build

When looking at a general client base there are differences in size and build. This creates new challenges. Sit-on-tops seem to appeal to larger built paddlers. A quick look at some American manufacturers shows this is a growing market with a trend towards wider and higher load carrying craft. I often work with people sized XXL and XXXL. Weight is not always the crucial factor (providing the kayak is suited for the weight range). The key factor is the paddler's upper body strength.

This reflects the different range of people wanting to get afloat. Many perceive closed cockpit kayaks as small, unstable or white water based craft. This may be a result of successful marketing by sit-on-top manufacturers, who advertise stability and ease of use in contrast to images of closed cockpit kayak





2. Posture

Time spent working on posture will result in big improvements in technique as many arrive largely self-taught or are unaware of the improvements that can be achieved.

Just as with traditional Kayak and Canoe coaching good posture is key to developing technique. This can be a problem if a paddler finds it hard to maintain an upright posture even with a seat or back rest. A common indicator here would be reports of aching stomach and/or thigh muscles. Though this may be a result of a poorly designed seat, in many cases it is due to having developed a poor posture. For most this difficulty is overcome within a few classes once muscles have strengthened as a result of exercises.

To check if some people are likely to find paddling difficult or may have problems with posture check if they can sit unsupported on the floor with legs out stretched for a few minutes. If this proves very difficult – and in some cases impossible – then paddling a sit-on-top is likely to be very difficult, until the person has regained core body strength.

The existence of lower back problems may require high back support, which can reduce rotation. This therefore may need to be taken into account when developing session plans.

3. Connectivity

There may not be a deck but this does not mean sit-on-top paddlers cannot connect with the craft. Key is having foot rests, seats and good back support. Too often sit-on-tops are used without any form of back support. Some moulded backrests do not assist good power transfer and do little to connect the lower body with the paddle stroke.

An advantage when explaining connectivity is that the sit-on-top paddler can observe what their lower body is doing.

Try getting people to paddle without using the foot rests or a back rest to discover the importance of these. It may also be necessary to explain the importance of leg and foot position as some may sit with knees and feet in inefficient positions which do not allow full power transfer.

Many seats are adjustable and this can make big differences in forward paddling technique and control.

4. Types of paddler

In my experience 49% of sit on top paddlers are female, so women's sized kit is crucial. This level of participation may

also indicate, how sit-on-tops attract a different profile of people taking up paddle sport.

Many sit-on-top paddlers take up kayaking to explore, discover and do something as a family. We may therefore need to adapt our delivery methods. Sitting around in a harbour working on paddle skills or loads of wet sessions is unlikely to maintain interest especially amongst some adult groups. Consider offering recreational and seniors classes (my oldest student is 83 years) and sessions targeting specific groups and interests. Many view the kayak as a vehicle to enable them to see and explore the coast.

The popularity of sit-on-top kayaking may attract people who have done little physical exercise in recent years.

Some sit-on-tops are heavy so trolleys are important especially for smaller and older paddlers. This also reduces the workload of the coach having to lift and shift equipment.

5. Kayak fishing

Kayak fishing is huge and the sit-on-top is seen as the ideal craft. Many who kayak fish are keen to learn skills and stay safe. But there is a barrier: Some kayak fishermen perceive that mainstream paddle sport does not accept the use of sit-on-tops.

As coaches we may not always know about fishing techniques, but we can develop paddle skills and safety afloat. Expect to learn. Anchors, using rods and hooks, carrying gear, plus what to do when you catch a fish can add a new dimension to coaching.

Consider offering short courses for kayak fishermen by contacting local fishing clubs that include kayak fishing in their membership. Very few fishermen are prepared to practice falling in with expensive fishing gear so use dummy rods and equipment. This allows you to remove sharp edges, excess line etc.

6. Falling in

In the past kayak coaches did a remarkably good job of turning people off kayaking. A common response from many sit-on-top paddlers is that they'd tried kayaking but had been put off by capsize practice or over zealous instruction. The sit-on-top gives confidence because they do not feel enclosed. Though many sit-inside kayakers have large cockpits, for some paddlers their early experience was a turn off. A capsize was their first (and last) experience of paddle sport – until they discovered sit-on-tops.



Capsize practice needs to be handled sensitively especially with adults who may have had negative experiences. Allow the paddler to avoid – in the early stages – getting their head wet. On a sit-on-top fall-ins can be introduced by sliding over the side and assistance to get back on board. Likening the experience to sliding off the side of a swimming pool or pontoon seems to help some people to relax. In some cases it may be necessary to work in shallow water. Pop a mask on and the event can be turned into underwater viewing.

7. Re-entry

When I hear of non-specialist retailers telling customers they will not fall off a sit-on-top because they are so stable I get worried.



Assisted re-entries are not a big issue providing people practice in a range of conditions suited to the sort of paddling they are likely to do. Key is the need for the “swimmer” to get her/his legs onto the surface and then kick as they pull themselves onto the kayak. This is preferable to trying to just use the arms to pull up. Smaller built paddlers can find reaching over to the opposite side of the kayak difficult. Grabbing a seat strap is easier.



For the rescuer a committed lean across the kayak with a low centre of gravity ensures stability and requires less effort.

Paddlers lacking upper body strength may need more assistance. Foot stops (length of rope hanging with a loop for the foot to step into) are often fiddly to set up and need practice in their use. This is a good reason to build in some fall-in practice, so problems can be identified.



When paddlers find re-entry difficult, use this as a reality check. Highlight the need to paddle within personal limits and develop a range of paddle skills that reduce the risk of falling in.

Get people to try and swim the sit-on-top to shore. Most discover this is harder than they thought even within a few yards of the beach.

It is better for the swimmer to roll the kayak upright by reaching/crawling over the upturned hull than by reaching underneath and attempting to flip it over. This reduces the risk of the craft landing on the persons head. Wear helmets during rescue practice sessions.



8. Tandems

Tandems are popular with families. Get parents to join in the “wet session” games so that when a fall in happens everyone knows what to do. Age, size and agility may influence who gets on board first. Capsizes are a good reality check to temper over enthusiasm and the erroneous view that because there are two people in/on the water it is safer. The reality is that a tandem capsize is in effect a solo re-entry. This is a good reason to try and encourage families to paddle with more than one kayak on the water.

Some believe that a tandem sit-on-top will be easier to paddle. Unfortunately many



Notice of Canoe England Local Coaching Organiser Vacancy

Canoe England

Coach Conference 2011

3rd and 4th
December 2011



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. We currently have a vacancy for an LCO to represent Coaches in a number of counties and are looking for keen volunteers!

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.

Please get in touch!

If you (or someone you know) are interested in taking on these roles please get in touch. Simon Hitchcox at Canoe England can help answer your questions and help ensure the required nominations are received (simon.hitchcox@canoe-england.org.uk) – so please don't hesitate to get in touch if you are keen.

LCO Vacancies up for re-election:

Oxfordshire
East London
Buckinghamshire

Vacant LCO positions

Greater Manchester
Somerset
South London

*PYB Add
??????*

tandem Sit on tops are no easier than single seat kayaks to paddle. Very few paddle well as solo craft.

9. Solo re-entries

Build in opportunities for solo self-rescues, first in calm water, which can then be developed in more realistic situations. Many discover solo re-entry is not as easy as in some YouTube videos and demonstrates the importance of having other paddlers to provide assistance.

10. Edging

Many sit-on-tops edge. If a student is keen this can be introduced early on. Without the deck the knees play a smaller part though some people still find the concept of raising and dropping knees an effective guide. Key is the action of placing emphasis on the transfer of body weight (or pressure onto the left or right buttock or hips) to edge the kayak.

Sit-on-tops like the Scupper Pro allow emphasis to be placed on the pressure of the hip and buttock in contact with the seat, because you sit deeper in the kayak. In contrast sit-on-top models, in which you sit on rather than in e.g. Prowler, highlight the un-weighting of the left or right buttock to edge the kayak.

11. Trim

It is easy to sit off centre using a sit-on-top. This can explain an unintended tendency to turn. In one case a new kayak was returned three times because it did not paddle straight. Sitting off centre can, however, be used to counter broadside winds.

12. Wind

Extended paddle methods can be handy skills to highlight especially if the paddler is going to paddle on the sea.

13. Towing

Families may be considering sit-on-top kayaking as a family activity. Most discover towing is harder than expected, even when towing a child sized kayak. Introducing towing practice can be a good reality check for paddlers who underestimate how much effort even towing a child requires.

14. Paddling backwards

In addition to the traditional backwards stroke try also to rotate around to face the stern. This makes exiting caves and gullies much easier. Legs can be used as out-riggers.

The method fits in well with classes to enhance balance. It is no use having kit in the hatch or stern if you cannot reach it. Include practice moving from seat to bow hatch to develop balance skills and confidence.

15. Support strokes

There is a limit to the size of swell a sit-on-top paddler can brace in without using thigh straps. A low support is often adequate. In larger waves/swell the paddler will be separated from the sit-on-top if trying a high brace unless they use thigh straps.

16. Paddling in bigger water

Paddling a sit-on-top in more challenging water presents a few surprises. With the right design and leadership rough water and tide races can be paddled.

A gradual introduction to more challenging water develops skills and an awareness of limitations. Short exposure to difficult conditions may help the paddler identify their comfort zones and limits. If they are not smiling it's too big.

The ease and speed of re-entry enables paddlers to easily over stretch their limits. This is a consequence of design, which allows rapid progression and instils confidence. The danger is that paddlers may get over confident. As coaches we need to maintain good group leadership and balance risk. Allow opportunity to learn and have escape options.

Sit-on-top kayaks are here to stay. Our role as coaches is to look at how we can meet the needs of this discipline. Today's Sit-on-top paddler may well be tomorrow's canoeist or closed cockpit kayaker. Given the volume of sales is it time to start viewing closed cockpit kayaking as a minority segment of paddle sport?

Author information

Derek Hairon is the author of Sit-on-top kayak. Published by Pesda Press. A level 5 (Sea) coach he works extensively with Sit-on-top kayak paddlers running courses and safety training as well as closed cockpit sea kayaking courses and tours.

Based in Jersey which has tides of up to 11.5m.

Director of Jersey kayak Adventures Ltd.

Web: <http://www.jerseykayakadventures.co.uk/>

Email: info@jerseykayakadventures.co.uk



BCU Coaching Strategy Group Update

The BCU Coaching Strategy Group met in London on January 12th to receive a progress report on the development of the BCU's Participant (Paddler) Development Model (PDM). The group were please at the continuing evolution of the model as a template for driving forward a paddler based coaching and Education system. The group became readily aware that the model would help to inform all of the BCU's services to members. In addition the Strategy Group examined the work programme of the newly formed Coaching Operations Group approving the establishment of 13 technical groups covering all aspects of canoeing activity and the development of a quality assurance system for BCU awards.

BCU Technical Panels

The BCU Coaching Strategy Group (CSG) and Coaching Operations Groups (COG) wish to establish a number of technical panels to support and provide guidance to them as required on discipline related technical matters

Purpose

The purpose / role of the individual technical panels shall be to provide a specific technical contribution to the development, management and administration of Paddlesport coaching and participation issues and matters.

The Technical Panels will therefore act as a source of discipline specific and or technical information being directed by and reporting to CSG and COG, either maintaining a watching brief on relevant issues or investigating and reporting on issues relevant to specific developments. Initially we are looking to establish the following groups:

White Water / Sea / Surf / Canoe (to include specialist Open canoe Activity) /
Touring / Slalom / Freestyle / Racing / Wild Water Racing /
Polo / White Water Rafting

Additionally we are also looking to establish a Safety Group and an Emerging Disciplines Group
(to include Sit-ons, Stand-up Paddleboards)

Currently we are inviting expressions of interest from members interested in being a member of one of the panels.

Membership:

Individual members of the technical panels shall be agreed by COG and will be required to show a high personal level of skills, knowledge, competency and expertise in their discipline:

Current and active Level 5 or equivalent
Experience of Coaching Award Delivery.
Knowledge of the appropriate paddler pathways (foundation to elite)
Understanding of the support given by the BCU to coaches and paddler
working on BCU programmes and initiatives
Additionally any Involvement in, and knowledge of, workforce planning and development
at all levels of coaching may be useful.

Tech group size will comprise a maximum of 10 individuals. Technical panel members should be available to attend at least two meetings per year and they should be prepared to be assigned aspects of project work as determined and to engage in e-mail forums. Involvement in the panels will be on a voluntary basis with travel and out of pocket expenses reimbursed. To express an interest and receive an application form please contact. **Maria Winfield on.....**

maria.winfield@bcu.org.uk.
Closing date for application 28th February 2011.

Activity Instructors

We are looking for instructors with RYA/BCU qualifications. This must be supported by energy, personality and enthusiasm, allowing you to deliver high quality activity sessions to our guests of all ages and abilities. In return we offer full and part time seasonal contracts to suit your availability and our needs. Remuneration is in line with your qualifications and experience.

We also welcome applications from locally based instructors available for casual work on a sessional basis.

Application forms available from: Angela Knipe, HR Administrator. Tel: 01539 790110 or 729777.
Email: a.knipe@lakesleisure.org.uk <mailto:a.knipe@lakesleisure.org.uk>
Website: www.lakesleisure.org.uk <http://www.lakesleisure.org.uk/>

North West

2nd February 2011 and 22nd May 2011
Details available from Ian Bell ianandalisonbell@yahoo.co.uk
Tel 07768 088876

Devon & Cornwall-Exeter Canoe Club

27th February 2011
Details available from Darren Joy rco.devonandcornwall@bcu.org.uk
Tel 07946 763667

Cumbria- Water Park

6th March 2011
Details available from Gavin Smallbone
gavin.smallbone@cumbriacc.gov.uk
Tel 07766 90 0125

Kent-Bewl

12th March 2011
Details available from Andrew Hall rco.southeast@bcu.org.uk
Tel 01903 767503
Mobile 07776 220690

Leicestershire- Quorn

12-13 March 2011
Details available from Colin Broadway rco.eastmidlands@bcu.org.uk
Tel 07768 876756

Norfolk- Denver SC

19th March 2011
Details available from Chris Davies rco.east@bcu.org.uk
Tel 07756 115480

Oxfordshire- Oxford Riverside Centre

26th March 2011
Details available from Andy Maxted rco.southernregion@bcu.org.uk
Tel 07730 852760

Herefordshire- Hereford

26th March 2011
Details available from Ian Dallaway rco.westmidlands@bcu.org.uk
Tel 07715 005153

Weymouth

3rd April 2011
Details available from Paul Hurrell P.Hurrell@dorsetcc.gov.uk
Tel 01202 425173

Yorkshire- Aldwark

9th-10th April 2011
Details available from John Lucas rco.yorkshire@bcu.org.uk
Tel 07884 181828

London

10th April 2011
Details available from Adrian Green rco.london@bcu.org.uk
Tel 01403 732389

Hertfordshire- Lea Valley WWC

11th June 2011
Details available from Chris Davies rco.east@bcu.org.uk
Tel 07756 115480

Gloucestershire

18th June 2011
Details available from Gavin Lewis gavin.lewis@gloucestershire.gov.uk
Tel 01202 425173

London

11th September 2011
Details available from Adrian Green rco.london@bcu.org.uk
Tel 01403 732389

Northamptonshire- Nene WWC

17th September 2011
Details available from Colin Broadway rco.eastmidlands@bcu.org.uk
Tel 07768 876756

Bristol

17-18 September 2011
Details available from Simon Westerman rco.wessex@bcu.org.uk
Tel 1202 425173

Birmingham- Edgbaston Reservoir

11th September 2011
Details available from Ian Dallaway rco.westmidlands@bcu.org.uk
Tel 07715 005153

Bedfordshire

24th September 2011
Details available from Chris Davies rco.east@bcu.org.uk
Tel 07756 115480

Buckinghamshire- Longridge

8th October 2011
Details available from Andy Maxted rco.southernregion@bcu.org.uk
Tel 07730 852760

Derbyshire- Derby

9th October 2011
Details available from Colin Broadway rco.eastmidlands@bcu.org.uk
Tel 07768 876756

Shropshire-Oswestry

15th October 2011
Details available from Ian Dallaway rco.westmidlands@bcu.org.uk
Tel 07715 005153

Surrey

15th October 2011
Details available from Andrew Hall rco.southeast@bcu.org.uk
Tel 01903 767503
Mobile 07776 220690



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.



BCU UKCC Level 2 Coach - Training

24-Jan-2011 - Weymouth, Southern, Paul Hurrell
 29-Jan-2011 - Burton, West Midlands, Stuart Briggs
 01-Feb-2011 - Devon, South West, Lee Pooley
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 26-Feb-2011 - Reading, Southern, Robert A Yates
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 10-Jun-2011 - Hampshire, Southern, Owen Burson
 25-Jun-2011 - Clitheroe CC, North West, Andrew Noblett

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 email: a.noblett@tiscali.co.uk

Coach Educator Scheme - Level 2 Coach - Training:

11-14-Apr-2011 - Chelmsford CC, Eastern,
 14-15-May, 2-3-July-2011 - Trentham CC, West Midlands,

email: simon.hitchcox@canoe-england.org.uk
 email: simon.hitchcox@canoe-england.org.uk

Level 2 Coach - Assessment

29-Jan-2011 - Cumbria, Stephen D Banks
 12-Feb-2011 - PGL Boreatton Park, West Midlands, Darryll Shaw
 13-Feb-2011 - PGL Boreatton Park, West Midlands, Darryll Shaw
 14-Feb-2011 - South Cerney, Gloucestershire, Lee Pooley
 26-Feb-2011 - Lancs, North West, Andrew Noblett
 06-Mar-2011 - PGL Boreatton Park, West Midlands, Darryll Shaw
 19-Mar-2011 - Northampton, East Midlands, David Balazik
 25-Mar-2011 - Oxfordshire, Southern, Jonathan Cox
 26-Mar-2011 - Portsmouth, Southern, Owen Burson
 27-Mar-2011 - Portsmouth, Southern, Owen Burson
 27-Mar-2011 - PGL Boreatton Park, West Midlands, Darryll Shaw
 31-Mar-2011 - Weymouth, Southern, Paul Hurrell
 03-Apr-2011 - Leamington, West Midlands, Darryll Shaw
 09-Apr-2011 - Cumbria, Stephen D Banks
 10-Apr-2011 - PGL Boreatton, West Midlands, Darryll Shaw
 01-May-2011 - Hampshire, Southern, David A White
 01-May-2011 - Cumbria, Sean McGrath
 07-May-2011 - Clitheroe CC, North West,
 08-May-2011 - Mepal, Cambridgeshire, Eastern,
 10-May-2011 - South Cerney OEC, Gloucestershire, Lee Pooley
 11-May-2011 - South Cerney OEC, Gloucestershire, Lee Pooley

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 email: i.c.g@live.co.uk

Level 2 Coach - Transfer

23-Jan-2011 - Clitheroe CC, North West, Andrew Noblett
 25-Feb-2011 - Lancs, North West, Andrew Noblett
 17-Mar-2011 - Weymouth, Southern, Paul Hurrell
 19-Mar-2011 - Marlow, Bucks, Southern, Andy Maxted
 02-Apr-2011 - Mepal, Cambridgeshire, Eastern, David Savage
 28-Apr-2011 - Weymouth, Southern, Paul Hurrell
 12-May-2011 - South Cerney OEC, Gloucestershire, Lee Pooley
 21-May-2011 - Nene Whitewater Centre, David Balazik

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 email: i.c.g@live.co.uk
 email: dave@balazik.wanadoo.co.uk

Canoe England BCU (UKCC) Certificate in Paddlesport Course

cont.....

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

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**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
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**Howard Jeffs
h.n.jeffs@btinternet.com**

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

RCO Borders	Giles Chater	RCO.Borders@CanoeScotland.com 01387 375394
RCO Central	Vacant	RCO.Central@CanoeScotland.com
RCO Dumfries & Galloway	Alex Lumsden	RCO.Dumfries@CanoeScotland.com 07920 528 119
RCO Fife	Ian Vosser	RCO.Fife@CanoeScotland.com 07917044492
RCO Grampian & Speyside	Vacant	RCO.Grampian@CanoeScotland.com
RCO Highlands & Islands	Ian Murray	RCO.Highlands@CanoeScotland.com
RCO Military Personnel	Scott Simon	RCO.MilitaryPersonnel@CanoeScotland.com 07533497013
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 07779094667

SCA BCU (UKCC) Certificate in Paddlesport Course

Course	Date	Organiser	Area / Contact
BCU UKCC Level 1 Coaching for Teachers	12 - 13 Mar 2011	SCA	Lothians 0131 317 7314 or www.canoescotland.org/Selfservice.aspx
BCU UKCC Level 1 Train and Assess	13-16 May 2011	Paddle Power and Adventure	Strathclyde East paddlepowerandadventure@hotmail.co.uk
BCU UKCC Level 1 Train and Assessment	30th May 2011	Glenmore Lodge	Highlands and Islands 01479 861256 or enquiries@glenmorelodge.org.uk
BCU UKCC Level 1 Train and Assessment	25-29 Apr 2011	Lochore Meadows OE Centre	Fife mike.spencer@fife.gov.uk
BCU UKCC Level 1 Transfer	3rd - 4th May 2011	Glenmore Lodge	Highlands and Islands 01479 861256 or enquiries@glenmorelodge.org.uk
BCU UKCC Level 2 Training	8-11 Apr 2011	Paddle Power and Adventure	Strathclyde West paddlepowerandadventure@hotmail.co.uk
BCU UKCC Level 2 Training	16-19 May 2011	Lochore Meadows OE Centre	Fife mike.spencer@fife.gov.uk
BCU UKCC Level 2 Transfer	2 - 13th May 2011	Glenmore Lodge	Highlands and Islands 01479 861256 or enquiries@glenmorelodge.org.uk
BCU UKCC Level 2 Transfer	13 - 14th May 2011	Glenmore Lodge	Highlands and Islands 01479 861256 or enquiries@glenmorelodge.org.uk
BCU UKCC Level 3 Core	22-24 Feb 2011	Scottish Canoe Ass	Lothians 0131 317 7314 or canoescotland.org/Selfservice.aspx
BCU UKCC Level 3 Training WW	2nd - 3rd May 2011	Glenmore Lodge	Highlands and Islands 01479 861256 or enquiries@glenmorelodge.org.uk
Coastal Navigation + Tidal Planning	15 -18 May 2011	Glenmore Lodge	Highlands and Islands 01479 861256 or enquiries@glenmorelodge.org.uk
Foundation S and R Training	23-Apr-11	Lochore Meadows OE Centre	Fife mike.spencer@fife.gov.uk
Level 2 Support Day	19-Feb-11	Scottish Canoe Ass	Fife 0131 317 7314 or www.canoescotland.org/Selfservice.aspx

Coach Educator Moderation Event

17-Feb-11

Scottish Canoe Ass

Lothians

0131 317 7314 or www.canoescotland.org/Selfservice.aspx



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SCA BCU Paddlesport Courses

Course	Dates	Company	SCA Region	Booking Details
4* Leader Assessment Sea	4th-5th April 2011	Skyak Adventures	Highlands and Islands	info@skyakadventures.co.uk
4* Leader Assessment Open Canoe	21-22 May 2011	Paddle Power and Adventure	Highlands and Islands	01479 861256 or enquiries@glenmorelodge.org.uk
4* Leader Assessment Open Canoe	30th May - 1st June 2011	Glenmore Lodge	Highlands and Islands	01479 861256 or enquiries@glenmorelodge.org.uk
4* Leader Assessment White Water	26-27 Mar 2011	Paddle Power and Adventure	Highlands and Islands	paddlepowerandadventure@hotmail.co.uk
4* Leader Training - Sea (incl. CNTP)	30th March-1st April 2011	Skyak Adventures	Highlands and Islands	info@skyakadventures.co.uk
4* Leader Training Open Canoe	16-17 Apr 2011	Paddle Power and Adventure	Highlands and Islands	paddlepowerandadventure@hotmail.co.uk
4* Leader Training White Water	11th - 12th May 2011	Glenmore Lodge	Highlands and Islands	01479 861256 or enquiries@glenmorelodge.org.uk
4* Leader Training White Water	28-29 May 2011	Paddle Power and Adventure	Highlands and Islands	enquiries@glenmorelodge.org.uk
5* Leader Assessment Open Canoe	13th - 15th May 2011	Glenmore Lodge	Highlands and Islands	paddlepowerandadventure@hotmail.co.uk
5* Leader Assessment Sea	21st-23rd March 2011	Skyak Adventures	Highlands and Islands	01479 861256 or enquiries@glenmorelodge.org.uk
5* Leader Assessment Sea	6th - 8th April 2011	Glenmore Lodge	Highlands and Islands	info@skyakadventures.co.uk
5* Leader Assessment White Water	13th - 15th Nov 2011	Glenmore Lodge	Highlands and Islands	01479 861256 or enquiries@glenmorelodge.org.uk
5* Leader OC Trg	19th - 22nd April 2011	Glenmore Lodge	Highlands and Islands	enquiries@glenmorelodge.org.uk
5* Leader Training Sea	17th-20th March 2011	Skyak Adventures	Highlands and Islands	enquiries@glenmorelodge.org.uk
5* Leader Training Sea (incl. OWNTP)	3rd - 6th April 2011	Glenmore Lodge	Highlands and Islands	info@skyakadventures.co.uk
5* Leader Training Surf	23rd - 26th May 2011	Glenmore Lodge	Highlands and Islands	01479 861256 or enquiries@glenmorelodge.org.uk
Advanced Surf Safety & Rescue Training	23rd - 26th May 2011	Glenmore Lodge	Highlands and Islands	enquiries@glenmorelodge.org.uk
Advanced WW Safety & Rescue Training	19th - 20th April 2011	Glenmore Lodge	Highlands and Islands	01479 861256 or enquiries@glenmorelodge.org.uk

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