

WATER DOGS



New BCU Advanced Water Endorsement
Canoe England Coaching Conference
Producing Plans
Coaching Women
First Aid Update



New BCU Advanced Water Coaching Endorsement

We are preparing to launch an exciting new BCU Advanced Water Coaching award at the start of 2012. This award is designed for Coaches working in Advanced Water Environments, and will be available in White Water Kayak, White Water Canoe, Open Water Canoe, Sea, and Surf. This new award will replace the 'old' Level 5 Coach Award and is designed to help Moderate Water Coaches and 'old' Level 3 Coaches take the next steps to coaching in advanced environments.

Here we outline a short summary of the award structure;

Prerequisites;

The training course will be open to coaches with the following prerequisites;

- BCU Moderate Water Endorsement in the relevant discipline
- OR
- AND one of the following completed within the previous 5 years;
 - Coaching Process
 - 2 Day BCU (UKCC) Level 2 Transfer
 - BCU (UKCC) Level 2 Training
 - BCU 5 Star Leader, or 5 Star Award in the appropriate discipline
 - 18 years of age or older
 - Recognised 2 day first aid award
 - A minimum of 20 logged coaching hours in the Moderate water environment
 - A minimum of 20 logged leading hours in the specific Advanced water environment

Training;

Once registered Candidates will complete a training course. This will be run over a minimum of two days and will focus on the skills required to plan, deliver, and review progressive coaching sessions (normally 6 session progressions) in the Advanced Water Environment. The course will help candidates apply skills developed through previous qualifications, to coach paddlers working in advanced water situations. This will include;

- Coaching technical skills (e.g. 4 and 5 Star Skills)
- Developing tactics for the discipline and environment
- Developing physiological elements and psychological skills

The course should leave the aspirant coach with the tools to be able to develop paddlers with a range of abilities in the advanced water environment, and to go away and start practicing their application.

Development Phase;

Candidates have a maximum of three years after training to present for a final assessment. Prior to the assessment it is important coaches have time to practice their skills, a minimum of 15 logged days coaching in the specific advanced water environment, including a minimum of 3 different geographical areas after training is required.

Final Assessment;

The Assessment will take place over 1 day. Candidates will be assessed working with a 'real' group of paddlers at, or around,

4 Star Technical standard. The day will consist of two coaching sessions; candidates will be expected to show sound performance that provides suitable progressions and coaching to the needs of the learners. Personal paddling, safety management, and leadership skills will be assessed alongside coaching performance.

Coaching practice will be assessed at a similar standard to that expected at BCU (UKCC) Level 2, although now applied in a more dynamic and changing environment.

Notes for Potential Providers;

Registration to become a BCU Advanced Water provider will be open to providers of the Moderate Water Endorsement and 5 Star Leader Award. The Home Nations will be in a position to register providers, authorise courses, and provide detailed Trainer/Assessor notes in October 2011, ready to launch the new award in January 2012. Course ratios are 1:4 for Training, and 1:2 for Assessment. Please contact your Home Nation Coaching Officer if you would like more information to help you plan for 2012.

What about the 'old' BCU Level 5 Award?

The last BCU Level 5 Training courses will run at Plas y Brenin, Glenmore Lodge, and Tollymore this autumn. Assessments will continue to allow those who have trained to complete the award.

Should I consider BCU (UKCC) Level 3, the Advanced Water Award, or BCU Level 5?

The BCU (UKCC) Level 3 award focuses on coaching in a moderate water environment, whilst lifting the coaching skills from coaching short series of progressive sessions, to the skills required to coach long-term programmes. If you wish to develop your coaching skills the BCU (UKCC) Level 3 is the award to consider.

The Advanced Water Endorsement focuses on coaching short series of progressive sessions in the advanced water environment. If you wish to expand the environments in which you can work you should consider the Advanced Water Endorsement. The BCU Level 5 is best suited for coaches already working in the advanced water environment. It is aimed at experienced and practicing paddlesport coaches with over 3 years experience coaching in an advanced setting. This course would best suit experienced BCU Level 4 Coaches.

How do I find a Course?

We will be working with providers so they can plan for courses in the New Year. These will be advertised through the Home Nation websites, along with other coaching courses, and via individual providers. Keep your eyes peeled towards the end of this year as dates will begin to emerge.

Who can I speak to for more information?

Providers of the BCU (UKCC) Level 3, 5 Star, and Level 5 programme will be able to provide advice to help candidates choose the correct award for their individual needs, and be able to explain more detail about what is involved in achieving the different qualifications'. If you are having trouble, contact your Home Nation Coaching office who will be able to point you in the right direction. Fashfd

The second of a series of articles taken from the BCU's Level 2 Coach Support Book.

Supporting Coaches develop and improve their coaching practices.

PRODUCING PLANS

The old proverb "Failure to plan is a plan to fail" couldn't be more relevant to sports coaching.

If we don't know where we are going with our coaching sessions then we will not know when we get there and this devalues the activity for the coach and the learner.

by Ed Christian

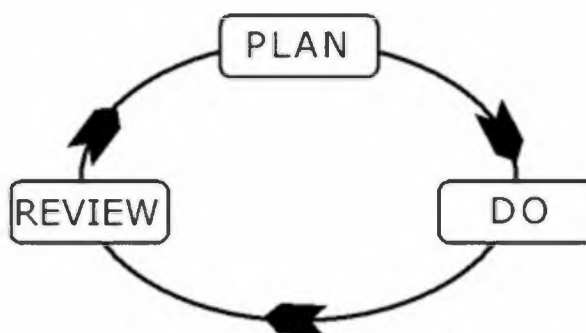
In June's offering we looked at reviewing participant's needs and focused on gathering and analysing the information that helps us build a picture of what we need to give the participants. In this section we will consider how we use this information to produce plans based on the needs of the participants. We will look at the planning process in more detail, helping you develop your skills to plan progressive sessions, which is appropriate to the level 2 coach. It examines the role of planning in the coaching process and introduces how to plan to make coaching more effective.

Why Plan?

Planning cannot be over emphasised as the key component of the coaching process. It is also useful to have a contingency plan within your plan to account for larger or smaller numbers than expected, or the session not running as you had expected. The main reasons for planning are as follows:

- ☐ To meet participants needs based on the information gathered
- ☐ To ensure safety
- ☐ To make the session interesting and fun
- ☐ To provide the session with direction and focus
- ☐ To ensure progression
- ☐ To increase motivation
- ☐ To ensure variety, and to suit individual and group needs.

You will remember the plan – do – review cycle from your level 1 course. This is a really helpful model to remember when planning as it gives us a fundamental framework to base our coaching activities on.



The plan-do-review cycle helps ensure that you achieve a safe, enjoyable, learning environment.

Long-Term Paddler Development (LTPD)

The underlying principle of LTPD is that individual paddlers are given opportunities based on their personal needs. The Long-Term Paddler Development pathway aims to create a framework that provides paddlers at all levels of skill development, in all disciplines, the opportunity to be the best they can. The model seeks to provide individuals the opportunity to enjoy our sport at whatever level they choose, whether recreationally or high performance. It also aims to help deliverers provide the right opportunities at the right time, ensuring that paddlers are enjoying paddlesport and progressing at an optimal level.

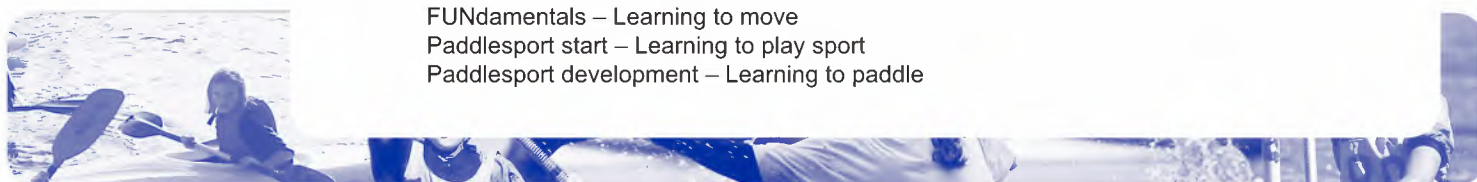
The Long-Term Paddler Development model supports paddlers from the first day they first get into a boat over a span of many years, providing a logical progression of programme planning and skill development from the young paddler to the experienced performer.

There are three key areas in the LTPD pathway:

A. Foundation Paddlesport

This is applicable to anyone starting out in paddlesport and is split into three stages:

- FUNDamentals – Learning to move
- Paddlesport start – Learning to play sport
- Paddlesport development – Learning to paddle





The Foundation Paddlesport stages are designed to develop a strong core of skills through enjoyable and appropriate activities. They aim to give paddlers a base to progress either into recreational or performance paddlesport or into other sports depending on their aspirations. This stage is based on having fun and developing quality movement skills.

Optimal development requires an early start; ideally paddlers should be passing through these stages between the ages of about 5 and 13 years old. However the principles can be applied and be very beneficial for anyone in their first few years of paddling.

B. Recreational Paddlesport

This area aims to give paddlers opportunities and skills to maximise their enjoyment and satisfaction from the sport to whatever level they desire. This is applicable to paddlers who wish to achieve personal goals, e.g. enjoy a surfing holiday, be able to paddle class 3, learn to cartwheel, use paddling as a fitness session, or to enjoy regular trips on a local river. The Long-Term Paddler Development model can be used as a goal setting evaluation tool, helping individuals and Coaches to identify specific areas that need development in order to reach their personal goals.

C. Performance Paddlesport

This area is applicable to anyone wishing to maximise their potential and equally applies to the competitive and non-competitive disciplines. It is split into three stages:

Train to train – Develop skills and fitness
Train to perform – Learn how to perform under pressure
Train to excel – Producing the goods when it matters

Paddlers who come into this category would include, for example, those with high aspirations on the competitive strands of paddlesport, but equally those wishing to pursue a recreational discipline to the highest level, for example, a solo sea kayaking expedition or a first descent.

The LTPD model takes the paddler from basic to complex skills, from general to specific and from beginner to expert. It seeks to ensure that individuals who come into the sport, stay in the sport and achieve performances that reflect potential and aspirations. As Coaches we should be applying the principles of LTPD into all our delivery.

DEVELOPMENT ACTIVITY

It's really important that you have a good working knowledge of LTPD as it forms an important part of the BCU UKCC philosophy of paddlesport coaching. Get hold of a copy of the BCU Long-Term Paddler Development Pathway Document from the BCU, give it a good read and be able to talk about it to your peers and students.

Session planners and Block plans

As a level 1 coach you should be used to using session planners to assist session delivery. Session planners are useful

tools; they allow us the time and space to work out exactly what activities we are going to use to meet our needs and ensure that nothing is forgotten.

An effective session planner will pay close attention to timing and sequencing. Take time to consider how long each element of the session will take, giving enough time for participants to achieve the desired level taking into account their existing skill level. Punctuality is important too, not only does it set a good example but starting on time will ensure you get the most out of your session.

When thinking about the sequencing of the session (or the order in which you will run the activities) try and be progressive. Start with an activity that students will find simple and gradually build them up to make them more challenging. You can do this either by adding another element to the skill or by changing the environment.

For example if you are planning a session on sweep strokes we could sequence the main activities as follows, after an introduction and demonstration:

1. do a paired activity
2. practice this on both sides, with individual coach feedback
3. practice: paddle around a buoy and back
4. practice: paddle your boat around some shapes
5. practice: paddle your boat around the shape of your written name
6. Summarise the key learning points
7. play a game of tag

Each of the practices and challenges is becoming progressively harder and more challenging.

Block Plans

As a level 2 coach you will be expected to plan and deliver block plans of work, which is derived from the needs of the participants. The block planner consists of an overview of a six-session block of work; the six sessions must also show a clear progression of an appropriate technique, skill or tactic.

When programming a 6 session block of work try and be creative, you are only restricted by your imagination! As you become more experienced you will find this becomes easier as your coaching tool box becomes more and more full. A good point to remember is to try and focus on core concepts rather than individual strokes.

For example, a 6 session plan based the low brace turns isn't going to keep participants motivated, whereas a programme focusing on turns on the move will encompass lots of elements that are central to overall paddling performance. On the following page you can see an example of a six session block of work.

Plan broad outline for 6 sessions: Edging and balancing

Session 1: This session will focus on introducing the concept of changing the shape of the boat in the water and focus on

the notion of balance as a concept in Paddlesport. Group will consider static and dynamic balance and play various games to highlight to effects of weight transfer. A coach led session.

Session 2: In this session the group will have to opportunity to explore the concept of edging in craft with different hull designs (V, flat, rounded). Tasks and games will be aimed at highlighting the differences in craft design when edging. Group will also consider the difference between edging and leaning. A student centred session.

Session 3: This session will look specifically how the movements behind edging and balancing should feel. Tactics that emphasise kinaesthetic awareness will be used (ie. Blindfolding) (Coach and student led)

Session 4: Bracing and other stroke progressions will be explored. What is the role of balance and edging in strokes like bracing and sculling for support? (Student led)

Session 5: How does edging and weight transfer affect our stability through the turn? This session is about turning on the move and how changing the shape of the boat assists the turn (bow rudder, low brace turn etc.)

Session 6: This session is a consolidation of the previous 5. Extensive opportunities for variable practice will be given. Games and competitions which highlight key concepts will be used as well a session focusing on stress proofing.

When planning a 6 session block of work try and ensure that you demonstrate a clear and realistic progression from one session to the next. The progression should be for a particular technique, skill or tactic rather than; we are doing low braces in session 1 then high braces in session 2.

DEVELOPMENT ACTIVITY

Planning a series of 6 sessions is a central element of coaching at level 2. Using a blank planner have a go at writing a block of work. You might choose a theme like stability, posture, blade awareness or just make up your own. Getting another coach to give you feedback on your plan is a good way to discuss your thoughts and develop your plan.

As you become more experienced you may find that you use individual session planners less. This may be due to your experience allowing you to be reactive to participant's needs and act on instinct rather than relying on a session plan. However, working within the framework of the 6 session block is important as it provides a framework and a time frame to measure success. Rather than completing individual session plans for you block of work you might decide to use a mind map, a diagram or just some notes in your buoyancy aid pocket.

How you decide to plan your coaching is up to you and is very individual but it is essential that within our plans we set goals for our learners.

London

11th September 2011
Details available from

rco.london@bcu.org.uk

Bristol

17-18 September 2011
Details available from Simon Westerman

rco.wessex@bcu.org.uk

Tel 01202 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

Northamptonshire- Nene WWC

2nd October 2011
Details available from Colin Broadway

rco.eastmidlands@bcu.org.uk

Tel 07768 876756

Buckinghamshire- Longridge

8th October 2011
Details available from Ian Flanders

rco.southernregion@bcu.org.uk

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





Over the next few editions of Code we will be sharing with you information taken from a series of fact sheets produced by Women's Sport and Fitness Foundation (WSFF) and Sports Coach UK. The series of 6 fact sheets provide insight into the female athlete and her needs, as well as guidance on how better to coach and support her. Each one explores a different area surrounding women in sport, which may help inform your approach to your current coaching practice. (Full versions of the fact sheets can be found at www.canoe-england.org.uk/our-sport/women-and-girls).

The factsheets include:

- Coaching Female High-performance Athletes
- Coaching Myth Buster
- Developing Female Coaches
- Female Psychology and Considerations for Coaching Practice
- Female Physiology and Considerations for Coaching Practice
- Socially Inclusive Coaching

It is important to be aware that although the information contained within the factsheets has been academically evidenced, sports coach UK and WSFF recognise that there are generalisations. All people are individuals and it is for you, the coach, to contextualise the information to your own coaching environment.

Part 1: Myth Buster

If something is said enough times, it starts to become 'fact'. When it comes to coaching female sport, much of these facts are often based on stereotypes and things our colleagues have told us over the years. After all, every athlete and player we work with is an individual with their own traits and idiosyncrasies. Should we, as coaches, make assumptions based on the gender of the athlete we are working with? However, some generalisations can be drawn upon by those working with female athletes to assist them in getting the best out of the individual and the relationship. The Myth Buster factsheet will address some of the common assumptions made about female athletes and consider whether they are based on fact or on hearsay.

Women are more difficult to coach.

Women are often more open to being coached and new ways of doing things, especially if it will help them perform better. Female athletes also have a tendency to give coaches more initial respect and are more open in expressing their appreciation for good coaching. Women and girls generally have a strong desire to please the coach and give their best efforts for others as much as for themselves.

Women communicate differently.

There is some truth in this, but it shouldn't make women more difficult to coach; in fact, quite the opposite. Women are more likely to open up and share their concerns or problems, which can actually be a beneficial trait if these issues are preventing focus on training or competition. Listening and being listened to are also qualities that are valued by women. Female athletes will often be more likely to ask questions of the training programme or methods. This is not because they disagree with what is being asked of them, but because they want to better understand what is required and establish a rapport with the coach via two-way dialogue.

Female athletes lack confidence.

Low confidence is often more pronounced in female athletes. Women tend not to give themselves enough credit and are likely to put good performances and success down to luck rather than talent and hard work. Women's confidence levels are also influenced far more by the opinions of those around them. Female athletes might reflect their concerns both verbally and through their body language. Coaches can use this as an indicator that their athletes need 'a boost' and some words of encouragement to help build their confidence.

Female athletes over-analyse and can't take criticism.

Women may spend time reflecting what has happened in their performance and what is said after the event. This internal scrutiny can have a negative effect on confidence levels and self-perception. Among women there is likely to be a far greater sense of not wanting to let the team down, and taking ownership of mistakes made during a competition or match. So, given that females tend to be more sensitive to comments made, coaches need to consider when and how feedback is given and the tone in which this is done.

Female athletes are more worried about blending in or fitting in than standing out.

There is far more concern among women wanting to maintain relationships with each other and not seeing themselves as 'better' than one another. The coach should value this trait as it can lead to a cohesive team. Teams are most effective and successful when the relationships between the women are working well. Team building, away from training and matches, may also be a feature of women's teams and used to enhance a sense of community. It's vital we ensure female players have an opportunity to bond with each other beyond having a common competitive goal.

When female athletes are menstruating they cannot train as hard or perform as well.

It is generally accepted that menstruation does not interfere with a woman's strength, speed, coordination or endurance. Various research with world-class female athletes show that the vast majority believe menstruation has absolutely no effect on their athletic performance. Further information on the menstrual cycle can be found within the Female Physiology and Considerations for Coaching Practice factsheet that has been produced as part of this series.



For a whole range of ...

Coach Education Courses, Moderate Water Endorsement Courses, 4,5 Star Leader Courses, FSRT and WW Safety and Rescue courses,

and more go to

www.canoeengland.org.uk/coaching-courses-dates

Coaching Women

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Female athletes can't or don't want to work as hard as male athletes.

Female athletes have their own training requirements: physiologically; biomechanically; nutritionally; and even psychologically. An athlete's capacity for hard work is down to the individual and is not dependant on gender.

Women just want to chat to their mates.

Social interaction is important between female athletes and something that has already been alluded to here. Given that we know a harmonious team is often a successful team, coaches shouldn't be overly concerned by the desire to chat. Consider building time into the training sessions to allow for this in a way that will be least disruptive to the actual practice.

Female athletes don't want to train alongside male athletes.

For some women this may be true, they may be embarrassed and self-conscious or feel that the male athletes dominate the session; however, this is very much down to individual choice. Some female athletes relish the challenge of being pushed by others to reach their potential and perhaps find this easier to do in a male-dominated environment where less value is placed on social interaction.

Female athletes don't work as hard when they are training alongside men.

This view may have come about in two ways. Firstly, from a sense that female athletes may be distracted when training alongside men, which may be true in part, but could also be a reflection of the way women tend to interact on a social level and their desire to feel a part of the group. Secondly, by the coach comparing the athletes 'like for like'. Could it be that some coaches subconsciously 'protect' female athletes and do not challenge them in the same way as male athletes in the group?

While it is true to say that women and girls are less likely to take part in organised competitive sport (thus contributing to the assumption that women are less competitive than men), for those women that do choose competitive sport, there is little evidence to suggest that 'on the field' they are any less aggressive or strong-willed than their male counterparts. Social conditioning contributes to this assumption, but women who choose to compete in sport are competitive and, in the team environment, often have an added incentive of wanting to win not only for themselves, but for others.

Think about how you could change your approach to your coaching sessions. You don't have to be able to identify with everything on this factsheet, but the differences you will achieve from changing a minor part of your coaching methodology could bring great results.

Next edition

Part 2: Female Psychology- Considerations for Coaching

www.wsf.org.uk
www.sportcoachuk.org



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.





Level 5 Update

We have recently published the 'BCU Level 5 Assessment Protocol V1-0'. This document provides guidance for Level 5 Trainees, Mentors, Trainers, and Assessors regarding all matters relating to Level 5 Assessments run from 1st October 2011. It is available from your Home Nation Association, or from maria.winfield@bcu.org.uk.

2011 Level 5 Coach Training Dates:

24-30 September: Glenmore Lodge www.glenmorelodge.org.uk

17-23 October: Plas y Brenin www.pyb.co.uk

28 November - 4th December: Tollymore www.tollymore.com

Level 5 Coach Assessment Dates:

15/16 October 2011	S.Wales	Sea and Surf	Registration Closing Date 25th July 2011
29/30 October 2011	Devon	Kayak & Canoe	Registration Closing Date 8th August 2011
19/20 November 2011	Scotland	All Disciplines	Registration Closing Date 29th August 2011
14/15 April 2012	N.Wales	Sea	Registration Closing Date 23rd January 2012
13/14 October 2012	S.Wales	Sea & Surf	Registration Closing Date 23rd July 2012
27/28 October 2012	Devon	Kayak & Canoe	Registration Closing Date 6th August 2012
17/18 November 2012	Scotland	All Disciplines	Registration Closing Date 27th August 2012
Feb 2013	N.Wales	TBC	

Please contact maria.winfield@bcu.org.uk if you wish to book onto one of these assessments.

CODE



How would you like to take yours ?

We are keen to improve Code and considering a number of options. Currently these options include continuing with a printed version, moving to an electronic format as part of the BCU Website or as a however we are also keen to ensure we continue to make it available to all eligible coaches in a format they can best access.

We are keen therefore to hear from you .Please let us know how you would like to take yours.....A simple email to coaching@bcu.org.uk would do the trick and look for a change in the new year !

Thank you

*PYB Add
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Canoe England Coach Conference Saturday 3rd & Sunday 4th December 2010



Wyboston Lakes Conference Centre, Bedfordshire

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: Registration will be open in the Autumn

Keeping informed: If you would like to join our email distribution list to be kept up-to-date with current developments please email

karen.bagshaw@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

Venue: We are returning to the fantastic conference facility using the Robinson Executive Suite at Wyboston Lakes, in Bedfordshire. There is an onsite water facility, high quality conference facilities and excellent accommodation. The venue is just off the A1 between Bedford and Cambridge, visit <http://www.wybostonlakes.co.uk> for more details

Cost: The conference packages are yet to be confirmed but we expect them to range from approx. £45 to £135 depending on the workshop/meals/accommodation options you choose.



BCU Coastal Navigation and Tidal Planning Courses based in the East Midlands / Nottingham area.
BCU Coastal / Open Water Navigation and Tidal Planning course
22nd / 23rd Oct 2012

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

Changes to BCU First Aid Training Requirements

Important notice for all Coaches

RCO elections and vacancies

Following a postal vote Ian Flanders has been elected as RCO for the Southern region taking over from Andy Maxted who stepped down in April to concentrate on his role as Vice Chairman of EMMC – English Coaching Management Committee.

RCO Vacancy

London – vacant.

RCO positions up for re-election

The following RCO positions are up for re-election in June 2011 and we invite alternative nominations, these are as follows:

Yorkshire – June
South East – June

The following RCO position is up for re-election in July 2011 and we invite alternative nominations, this is as follows:

Eastern - July

LCO elections and vacancies

Robin Oakley has been re-elected unchallenged as Hertfordshire LCO as of 1st May 2011. Kevin Richardson has been re-elected unchallenged as Isle of Wight LCO as of 1st May 2011. Malcolm Clark has been re-elected unchallenged as Berkshire LCO as of 1st May 2011. Darren Sherwood has been elected as Somerset LCO as of 1st May 2011. Gary Denton has been re-elected unchallenged as Bedfordshire and Luton LCO as of 1st June 2011.

Following a postal vote Gavin Lewis has been elected as Gloucestershire LCO as of 1 July 2011. Thank you to all who voted.

LCO Vacancies

South London – vacant.

LCO positions up for re-election

The following LCO position is up for re-election in June 2011 and we invite alternative nominations, this is as follows:

Devon LCO – currently split between Gary Peverill and Andy Wright

Please get in touch! If you (or someone you know) are interested in taking on this role(s) please get in touch with either Karen Bagshaw at Canoe England (karen.bagshaw@canoe-england.org.uk) who can help answer your questions and help ensure the required nominations are received.

All applications must also be proposed by two current LCO's, or by five other updated and active Canoe England Coaches registered within the region – these individuals must hold current comprehensive Canoe England membership, be up to date with their coaching qualifications, and be working or living in the area – these all need to be received by Karen Bagshaw in the Canoe England Office by 4:00pm on 31/12/2011 – so please don't hesitate to get in touch if you are keen.

Note - before nominating anyone, please ensure you have discussed this with them and that they are willing to stand.

All active Coaches have a responsibility to maintain a current first aid award to ensure they can look after paddlers in their care. Coaches sign a declaration upon registration for our Coaching qualifications accepting this responsibility. Holding a valid first aid award is also part of the BCU Coach Update Scheme; Coaches who meet these

requirements are recognised by the BCU as being active and up-to-date.

In order to meet these requirements all BCU Coaches (except BCU (UKCC) Level 1) need a BCU recognised first aid certificate (that meets the required training contact time), recorded on their Home Nation Association membership record.

Following a review of the current BCU First Aid Policy, changes to the required training time are to be implemented over the next 3 years. Please make sure that you are aware of the new first aid training requirements applicable to your level of qualification;

BCU (UKCC) Level 1 Coaches;

There are no major changes to the current policy. BCU (UKCC) Level 1 Coaches are not required to register their First Aid qualification as part of the Coach Update Scheme. However, we recommend these Coaches hold a BCU recognised 1-day first aid award if working independently. 6-Hour courses are now recognised as appropriate for the 1-day requirement.

'Old' BCU Level 1 and 2 Coaches;

There are no major changes to the current policy. 'Old' BCU Level 1 and 2 Coaches are now required to complete First Aid Training, with minimum contact training time of 1-day. This has increased from 4-hours. However, we have revised the list of recognised 1-day courses to include more options.

New first aid awards being registered on a Coaches membership record after the 1/1/12 must be a BCU recognised 1-day Course Coaches who already have a First Aid recorded on their membership record are not required to update to meet the new requirement, until that first aid training expires. Coaches who are

looking to complete First Aid Training after 1/1/12 should ensure that is a BCU recognised 1-day Course

BCU Moderate Water Endorsement

BCU 4 Star Leader

BCU (UKCC) Level 3 Coaches

'Old' BCU Level 3, and 4 Coaches

'Old' BCU 5 Star

There are significant changes affecting Coaches and Leaders with these qualifications. In order to ensure that those qualified to work in a Moderate Water environment have adequate first aid training, the minimum contact training time has increased from 1-day, to 2-days.

- New first aid awards being registered on a Coaches membership record after the 1/1/12 must be a BCU recognised 2-day Course
- Coaches who already have an First Aid recorded on their membership record are not required to update to meet the new requirement, until that first aid training expires
- Coaches who are looking to complete First Aid Training after 1/1/12 should ensure that is a BCU recognised 2-day course
- From 1/1/12 candidates registering for these BCU Coaching or Leadership awards are required to hold a BCU recognised 2-day Course, unless their first aid training was completed prior to 31/12/11 (in which case a BCU recognised 8-hour course is acceptable)

BCU 5 Star Leader / 'Old' BCU Level 5 Coach

There are no major changes to the current policy; Coaches and Leaders are required to complete First Aid Training with minimum contact training time of 2-days. The new policy does however state that any Coach working in a remote / wilderness environment should ensure they are appropriately trained to deal with first aid situations that they are likely to occur, and should consider attending more thorough training than the BCU minimum requirements. 4-day wilderness/expedition first aid training is considered more appropriate.

More Information

The revised BCU First Aid Policy is available to download from your Home Nation Websites. This includes further information regarding;

- Recognised BCU First Aid Courses
- What to do if your first aid award is not on our list of recognised courses
- What to do if you live/work overseas, and have an overseas First Aid qualification
- Exceptions for serving military personnel, police officers, fire brigade, ambulance, personnel, doctors, nurses, and physiotherapists

In all cases Coaches are advised to attend a First Aid Training that includes watersports related specifics within the course that is relevant to their normal coaching activity. For example, Hypothermia, Hyperthermia, Drowning, Dealing with first aid situations in an outdoor environment, and Incident Management.

Required Training Contact Time

The minimum requirement for training contact time is listed below;

	Training Contact Time	
	Requirement until 31/12/11	Requirement from 1/1/12
BCU (UKCC) Level 1 Coach (working under direct supervision)	n/a	n/a
BCU (UKCC) Level 1 Coach (working independently)	6-Hours	1 Day
'Old' BCU Level 1 Coach	4-Hours	1 Day
'Old' BCU Level 2 Coach	4-Hours	1 Day
BCU (UKCC) Level 2 Coach	8-Hours	1 Day
BCU Moderate Water Endorsement	8-Hours	2 Days
'Old' BCU Level 3 Coach	8-Hours	2 Days
'Old' BCU Level 4 Coach	8-Hours	2 Days
BCU 4 Star Leader	8-Hours	2 Days
BCU (UKCC) Level 3 Coach	8-Hours	2 Days
'Old' BCU 5 Star	8-Hours	2 Days
BCU 5 Star Leader	2 Days	2 Days
'Old' BCU Level 5 Coach	2 Days	2 Days



RCO Service in Scotland

RCO Central	Steve Linksted	07710 415539	rco.central@canoescotland.org
RCO Borders	Giles Chater	01387 375394	rco.borders@canoescotland.org
RCO Dumfries & Galloway	Alex Lumsden	07920 528119	rco.dumfries@canoescotland.org
RCO Fife	Ian Vossler	07917044492	rco.fife@canoescotland.org
RCO Grampian, Speyside and Shetland	Lyle Smith	07974431153	rco.grampian@canoescotland.org
RCO Highlands and Islands	Ian Murray		rco.highlands@canoescotland.org
RCO Lothians	John Lewis	01506 775390	rco.lothians@canoescotland.org
RCO Strathclyde East	Willie Macleod	07866 557490	rco.strathclydeeast@canoescotland.org
RCO Strathclyde West	Vacant		rco.strathclydewest@canoescotland.org
RCO Tayside	Ben Kellett	07779094667	rco.tayside@canoescotland.org
RCO Military	Scott Simon	07533 497013	rco.military@canoescotland.org

BCU (UKCC) and 4/5 Star Leader Award Courses in Scotland

Name	Start Date	Dates	Booking Details
3* Assessment - Open Canoe	4/1/2011	Various dates	www.canoescotland.org 0131 317 7314
3* Assessment - Open Canoe	7/11/2011	11th - 15th July	enquiries@glenmorelodge.org.uk 01479 861256
3* Assessment - Open Canoe	7/16/2011	16-Jul-11	paddlepowerandadventure@hotmail.co.uk
3* Assessment - Open Canoe	7/18/2011	18-Jul-11	email@beyondadventure.co.uk
3* Assessment - Open Canoe	4/1/2011	Various dates	www.canoescotland.org 0131 317 7314
3* Assessment - Sea	7/2/2011	2-Jul-11	paddlepowerandadventure@hotmail.co.uk
3* Assessment - Sea	7/13/2011	13th - 17th July 2011	enquiries@glenmorelodge.org.uk 01479 861256
3* Assessment - White Water	8/6/2011	6-Aug-11	mike.spencer@fife.gov.uk
3* Assessment - White Water	8/14/2011	14-Aug-11	Chris Dickinson 01397 713 856
3* Assessment - White Water	4/1/2011	Various dates	www.canoescotland.org 0131 317 7314
3* Assessment - White Water	7/18/2011	18th - 22nd July 2011	enquiries@glenmorelodge.org.uk 01479 861256
4* Leader Assessment - Open Canoe	7/15/2011	15-Jul-11	email@beyondadventure.co.uk
4* Leader Assessment - Open Canoe	7/25/2011	25th - 26th July 2011	enquiries@glenmorelodge.org.uk 01479 861256
4* Leader Assessment - Sea	4/1/2011	27th - 28th Aug 2011	www.canoescotland.org 0131 317 7314
4* Leader Assessment - White Water	4/1/2011	27th - 28th Aug 2011	www.canoescotland.org 0131 317 7314
4* Leader Training Sea	7/18/2011	18-20 Jul 2011	info@skyakadventures.com
4* Leader Training White Water	8/20/2011	20-21 Aug 2011	Chris Dickinson 01397 713 856
BCU UKCC Level 1 Training and Assess	8/8/2011	8th - 12th August 2011	enquiries@glenmorelodge.org.uk 01479 86125
BCU UKCC Level 1 Training and Assess	8/22/2011	22-26 Aug 2011	mike.spencer@fife.gov.uk
BCU UKCC Level 1 Training and Assess	7/23/2011	23-31 Jul 2011	www.canoescotland.org 0131 317 7314
BCU UKCC Level 2 Assessment	7/2/2011	2nd - 3rd July 2011	enquiries@glenmorelodge.org.uk 01479 861256
BCU UKCC Level 2 Assessment	8/15/2011	15-Aug-11	ardgour@abernethy.org.uk
BCU UKCC Level 2 Support Day	9/4/2011	4th Sept 2011	www.canoescotland.org 0131 317 7314
BCU UKCC Level 2 Support Day	7/9/2011	7/9/2011	www.canoescotland.org 0131 317 7314
BCU UKCC Level 2 Support Day	7/22/2011	22nd July 2011	www.canoescotland.org 0131 317 7314
BCU UKCC Level 2 Support Day	8/20/2011	20th Aug 2011	www.canoescotland.org 0131 317 7314
BCU UKCC Level 2 Training	8/15/2011	15th - 19th August 2011	enquiries@glenmorelodge.org.uk 01479 861256
BCU UKCC Level 3 Training - WW	4/1/2011	Various	www.canoescotland.org 0131 317 7314
Coaching & the Outdoors Foundation	7/17/2011	17th July 2011	enquiries@glenmorelodge.org.uk 01479 861256
Coaching Processes	7/23/2011	23rd - 24th July 2011	enquiries@glenmorelodge.org.uk 01479 861256
Coaching the Mind Foundation Module	7/16/2011	16th July 2011	enquiries@glenmorelodge.org.uk 01479 861256
Coaching the Mind Intermediate Module	7/17/2011	17th July 2011	enquiries@glenmorelodge.org.uk 01479 861256
Coaching Young Paddlers Foundation	8/15/2011	15th - 19th August 2011	enquiries@glenmorelodge.org.uk 01479 861256
Coaching Young Paddlers Foundation	7/16/2011	16th July 2011	enquiries@glenmorelodge.org.uk 01479 861256
Coastal Navigation + Tidal Planning	8/6/2011	Various Dates	www.canoescotland.org 0131 317 7314
Foundation Safety and Rescue Training	8/8/2011	8th - 12th Aug 2011	enquiries@glenmorelodge.org.uk 01479 861256
Foundation Safety and Rescue Training	8/19/2011	19-Aug-11	mark@paddlelochaber.co.uk 07841353460
Foundation Safety and Rescue Training	8/20/2011	20-Aug-11	paddlepowerandadventure@hotmail.co.uk
Foundation Safety and Rescue Training	8/20/2011	20-Aug-11	mike.spencer@fife.gov.uk
Foundation Safety and Rescue Training	5/7/2011	Various Dates	www.canoescotland.org 0131 317 7314
Mentoring for Paddlesport Foundation	7/17/2011	17th July 2011	enquiries@glenmorelodge.org.uk 01479 861256
Moderate Water Assessment - OC	8/29/2011	29th - 30th Aug 2011	enquiries@glenmorelodge.org.uk 01479 861256
Moderate Water Assessment WW	8/29/2011	29th -30th Aug 2011	enquiries@glenmorelodge.org.uk 01479 861256
Moderate Water Training - OC	8/29/2011	29th August 2011	enquiries@glenmorelodge.org.uk 01479 861256
Moderate Water Training White Water	8/29/2011	29th August 2011	enquiries@glenmorelodge.org.uk 01479 861256