

W D O C



Establishing a Safe Coaching Environment
BCU (UKCC) Level 3
Course Dates
Regional News



Canoe England Coach Updates 2012

North East- Adventure Sunderland
18th February 2012 Details available from
Ken Hughes rco.northeast@bcu.org.uk
Tel 07890 139908

Cumbria- Water Park
4th March 2012 Details available from
Gavin Smallbone rco.cumbria@bcu.org.uk Tel 07766 900125

East Midlands- Leicestershire
10-11 March 2012 Details available from Colin Broadway
rco.eastmidlands@bcu.org.uk Tel 07768 876 756

Eastern- Hertfordshire
14th March 2012 Details available from
Gary Denton rco.east@bcu.org.uk Tel 07795 561741

South East-Sussex-Cobnor
17th March 2012 Details available from Graeme Moss
grahamemoss@clovers.fsnet.co.uk

West Midlands- Birmingham
24th March 2012 Details available from Ian Dallaway
rco.westmidlands@bcu.org.uk Tel 07715 005153

Yorkshire- Aldwark
31st March - 1st April 2012
Details available from John Lucas rco.yorkshire@bcu.org.uk
Tel 07884 18828

London- Leaside
1st April 2012
Details available from Andy Noakes andy.noakes@gll.org
Tel 02084428116

South West- Weymouth
22nd April 2012 Details available from Paul Hurrell
P.Hurrell@dorsetcc.gov.uk Tel 01305 777633

South West- Devon
28th April 2012 Details available from Darren Joy
rco.devonandcornwall@bcu.org.uk Tel 07946 763667

Eastern- Suffolk
9-10th June 2012 Details available from Gary Denton
rco.east@bcu.org.uk Tel 07795 561741

North West- Manchester
16th June 2012
Details available from Kevin Beattie kevin@venture-out.co.uk

South West- South Cerney
16th June 2012 Details available from Gavin Lewis
Gavin.Lewis@gloucestershire.gov.uk Tel 01285860388

North East- Ellerton
5th August 2012 Details available from Ken Hughes
rco.northeast@bcu.org.uk Tel 07890 139908

North West- Lancs
9th September 2012 Details available from
Ian Bell rco.northwest@bcu.org.uk Tel 07768 088876

East Midlands- Lincolnshire
15th September 2012 Details available from Colin Broadway
rco.eastmidlands@bcu.org.uk Tel 07768 876756

West Midlands- Staffordshire
16th September 2012 Details available from Ian Dallaway
rco.westmidlands@bcu.org.uk Tel 07715 005153

Eastern-Cambridgeshire
22nd September 2012 Details available from Gary Denton
rco.east@bcu.org.uk Tel 07795 561741

London- Shadwell
29th September 2012 Details available from Luke Smallman
luke@smallman.org

Yorkshire- Manvers
6th October 2012 Details available from John Lucas
rco.yorkshire@bcu.org.uk Tel 07884 18828

East Midlands- Nottinghamshire
7th October 2012 Details available from Colin Broadway
rco.eastmidlands@bcu.org.uk Tel 07768 876756

South East-Shoreham
21st October 2012 Details available from Chris Childs
chris-alison@lineone.net Tel 01273 554688

West Midlands- Warwickshire
10th November 2012 Details available from Ian Dallaway rco.
westmidlands@bcu.org.uk Tel 07715 005153

North East- Northumberland
10th December 2012 Details available from Ken Hughes
rco.northeast@bcu.org.uk Tel 07890 139908

Level 5 Update

Level 5 Coach Assessment Dates:

14/15 April 2012	Scotland	Kayak/ Canoe/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.

ESTABLISHING A SAFE COACHING ENVIRONMENT

ESTABLISHING A SAFE COACHING ENVIRONMENT -

Part 2 - Equipment Checks

The third of a series of articles taken from the BCU's Level 2 Coach Support Book. Supporting Coaches develop and improve their coaching practices.

All equipment and resources that you will use need to be checked to make sure they meet the relevant health and safety requirements.

You need to be confident that when you issue any equipment to participants it is in good working order.

How you do this will depend on the individual situation.

by Ed Christian

Policies should be in place to make sure that equipment is well looked after and damaged equipment is removed from use. If the equipment belongs to your employer, i.e. the club or an outdoor centre, your induction should include an explanation of how kit is cared for, and your responsibilities. If you are not sure who used the equipment last or when it was last used, check it through before the group arrive.

If you are reasonably confident it will be in good working order, check it as you issue it.

Boats - Check to make sure:

- ☐ You have enough of the right type / size
- ☐ They have no sharp edges
- ☐ They will float! No extra holes! Is there a bung?
- ☐ The footrest is in good working order and adjustable
- ☐ The backrest is in good working order and adjustable
- ☐ There are no snag hazards, no loose ropes, etc.
- ☐ End grabs are operational

Paddles - Check to make sure:

- ☐ You have enough of the right type / size (left and right handed?)
- ☐ They have no sharp edges

Buoyancy Aids - Check to make sure:

- ☐ You have enough of the right type / size
- ☐ The stitching is intact
- ☐ The buoyancy condition has not deteriorated significantly
- ☐ Any adjustable features are functional

Helmets - Check to make sure:

- ☐ You have enough of the right type / size
- ☐ The cradle or padding is securely fitted
- ☐ Adjustable straps are functional
- ☐ Adjustable cradles are functional
- ☐ The helmet body is generally sturdy

Personal Clothing - If you are issuing any personal clothing such as Wetsuits, Cagoules, appropriate footwear or thermal clothing you need to make sure that:

- ☐ It is clean
- ☐ Appropriately sized and fitted
- ☐ In good working condition

Safety Equipment:

The session risk assessment will identify potential risks that you are likely to encounter during the session and identify how to control them. This is likely to include the requirement for the Coach to have some safety equipment to hand during the session. The Coach will need to be able to deal with potential and likely problems, for example:

Potential Problem:

Participants get too cold or too hot
Participants get tired or hungry
Participants get injured or ill
Participants get trapped
Equipment gets damaged or lost

Safety Equipment to Consider:

Spare clothing, group shelter, survival bag,
Spare food and drink, towline
First aid kit, mobile phone
Knife
Spare paddles, repair kit

It is important that the safety equipment is appropriate to the session and is prepared and accessible during it.

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/coachingcourses-dates



BCU Navigation Courses

18th to 19th February 2012, Nottingham, East Midlands.

Saturday 18th February
BCU Coastal Navigation & Tidal Planning
Sunday 19th February
Open Water Navigation

10th & 11th March to 2012, Nottingham, East Midlands.

Saturday 10th March
BCU Coastal Navigation & Tidal Planning
Sunday 11th March Open Water Navigation

31st March to 1st April 2012, Nottingham, East Midlands. (Fully booked, closed course)

Saturday 31st March
RYA VHF-DSC Operators Certificate and/or BCU Coastal Navigation & Tidal Planning
Sunday 1st April BCU Coastal Navigation & Tidal Planning

If any of the above dates do not fit in with your calendar or you would like a course to run through your own club or centre, please feel free to contact me for availability and price.

For more information contact

Howard Jeffs.
h.n.jeffs@btinternet.com <mailto:h.n.jeffs@btinternet.com>
Mobile 0774-0554618

Moving and Handling Equipment

You will have covered manual handling on your Level 1 course and Level 2 training in some detail. Injury prevention is a major focus in coaching and again it is our responsibility to ensure that risks of injury are minimised. When moving heavy loads such as canoes and kayaks remember the following models

Remember that most injuries occur when you least expect it! It is important ensure that all moving is done safely: this will include taking boats on and off trailers, moving to and from the water, rescues, etc.

Principles of Manual Handling

To protect the body

- ☐ Adopt a balanced stance
- ☐ Bend the knees so you lift with the thigh muscles
- ☐ Get a good grip
- ☐ Orientate yourself so that you're facing the direction of travel
- ☐ Keep the load close to the body

To make the task easier

- ☐ Raise the centre of gravity of the load before lifting
- ☐ Get under the load (like a weightlifter)
- ☐ Use gravity when lowering (allow the load to slide to the floor)
- ☐ Communicate when working in pairs
- ☐ Know your limitations
- ☐ If in doubt seek help

Environmental awareness

The environment in which we operate will invariably present risks that we should build into our risk assessment process. Special consideration should be given to changes in the weather that may affect your coaching session. For this reason it is important to obtain a weather forecast and attempt to build up an accurate a picture as possible as to what to expect from the weather. This will affect your operating area, your choice of content, safety equipment, and time on the water.

We should also remember how environmental conditions affect different participants. Children, for example are more affected by hot and cold weather. It's a fact that when immersed in water we lose heat 23 times faster than we do in air of the same temperature. This is a serious statistic when considering young people with less fat and fewer physiological coping strategies than adults.

Also, be mindful of the quality of the water where we are paddling and the risk of dangers such as Weil's disease.

The Safety Brief

The safety brief should contain all the necessary health and safety information that you need to convey to your participants. What you decide to tell the group and the manner in which you deliver it is something that you will develop in your own style.

However, a good safety brief should contain information on the following basic principles;

- ☐ Safety equipment, and how to use it
- ☐ Operating areas (setting boundaries)
- ☐ How to lift, carry and launch safely
- ☐ Ground rules for behaviour
- ☐ Action in the event of capsize
- ☐ Action in the event of an emergency

Dealing with incidents / injuries

During a coaching session it is conceivable that you may have to deal with any of the following;

ESTABLISHING A SAFE COACHING ENVIRONMENT - cont

5

- ☐ An adult/child suffers a minor injury (e.g. cut, bruise, strain)
- ☐ An adult/child suffers a major incident (e.g. broken bone, concussion, asthma attack)
- ☐ An adult/child becomes ill (e.g. vomiting, headache, sore throat, dizziness)

There is a series of actions that we should take in order to deal with each of these events:

- ☐ Conduct an assessment of the situation
- ☐ Protect the participant and others from further injury (get off the water)
- ☐ Provide reassurance and comfort
- ☐ Remain calm and follow organisational procedures
- ☐ Assess the extent of the injury
- ☐ Administer first aid to your level of qualification
- ☐ Contact qualified assistance, if required
- ☐ Contact emergency services, if necessary
- ☐ Contact parents/carers with information
- ☐ Advise the participant to seek medical attention if required
- ☐ Record/report the incident to the appropriate person / authority

Following emergency procedures

Should you find yourself in an emergency situation in your coaching, it is important that you stay calm and act effectively to solve the problem. An emergency could be; a missing person, a near miss, a security incident, etc.

When responding to any emergency you should consider the following;

- ☐ Stay calm
- ☐ Clearly inform participants and others involved of the correct emergency/evacuation procedures
- ☐ Ensure the appropriate behaviour of participants during the procedure
- ☐ Maintain participants' safety
- ☐ Report the incident to the appropriate persons

Reporting accidents

Reporting an accident is a legal requirement. You should be fully conversant with reporting procedures and be able to produce an accident report form legibly and containing all the relevant information. If possible, a witness should be obtained to validate the incident. If you are working as a freelance Coach or independently of an organisation that has a procedure for recording accidents, you will need to report the incident to the Health and Safety Executive (HSE) by downloading a RIDDOR form or by contacting the HSE directly. You should also record an account of the incident with as much information in as possible and keep a copy in your own files should you ever need to justify your actions.

Journey Management

As a Level 2 Coach working on sheltered water it is reasonable

to assume that you could be in charge of short trips on grade 1 rivers, canals or lakes. Journeys provide a good opportunity to coach in an applied environment. But be careful to manage the role of a Leader and a Coach effectively. Too much leading can be at the detriment of coaching and vice versa.

When leading groups it is important to remember some key principles. One of the most effective and usable models of leadership is the **CLAP** model:

C Communication

L Line of sight

A Avoidance is better than cure

P Position of maximal usefulness

Communication - Communication is an important part of journey leadership. Not only will you communicate with your group verbally but also in the way in which you speak and use body language. We will discuss communication in more depth in part 6. Other forms of communication include hand and paddle signals (for a good guide to signals see White Water Safety and Rescue by Franco Ferrero). We also need to consider communication between the group and others that are on hand for support - this may be a centre, minibus pick-up or even the emergency services. Mobile phones offer an excellent means of communication by which we can summon assistance relatively easily and are almost an essential piece of equipment when leading a journey. In areas where signal is limited the leader should consider other means of communication-these could be flares, pay phones or other water users.

Line of Sight - Keeping the entire group within our line of sight is an essential part of journeying. If we can't see members of the group then we will not know what they are doing or what is happening. Maintaining line of sight is good for group control as it keeps members reasonably close together. Many water features can obstruct line of sight; bends in rivers, moored boats, jetties, banks, etc. Where we position ourselves and our briefings help us to maintain visual contact.

Avoidance is better than cure - This goes without saying but is often overlooked. An ability to foresee what might happen and taking steps to ensure that it doesn't is an important skill for the Coach. This could be something as simple as applying sun cream on a hot day to prevent participants getting sunburn.

Position of maximal usefulness (PMU) - Your position within the group depends on a number of factors; you may decide to lead from the front, middle or back depending on the circumstances. Placing yourself between the group and a potential danger as a buffer is a good example of useful positioning. For a more detailed look at positioning you should refer to the Safety and Leadership chapter of the BCU Handbook.

Using a combination of the CLAP model and filling in journey planners provided in your logbook is a good basis for managing journeys. Proper planning is the key as it gives you a chance to consider any potential problems before they arise.





BCU (UKCC) LEVEL 3

Introduction

This article has been put together to help coaches understand both what the Level 3 is about and how the process works as well as giving you information on the core training, the modules and all the delivery options available.

Historically our coaching scheme has focused on short term technical coaching with some focus on the tactical, the psychological and physiological elements have been left to each coach to either make it up them selves or ignore.

The new Level 3 course with its Core, Intermediate support and discipline specific modules now fully integrates all aspect of performance into the coaches skill set.

The Level 3 course is designed to give coaches the knowledge and ability to design, develop and deliver annual programs for paddle sport.

The course is aimed at coaches that are working with or aspire to work with paddlers over a longer period of time.

Level 3 Coach Overview

Two worlds collide
One of the key things the core course does is bring both recreation and competition coaches together, this approach gives the coaches the opportunity to learn from each other and share ideas, for example competition coaches maybe very good a planning for the long term development and recreation coaches maybe very good at getting new students each day and improving their performance. It's a unique opportunity for coaches to see what and how others do the job.

Is Level 3 right for you?
If you're a level 2 coach trained or assessed or are looking to transfer from the "old scheme" and are looking at working with paddlers over a longer period of time and feel that you need more knowledge of both the psychological and the physiological demands of our sport as well as the annual planning aspect then this is the right direction for your coaching. Alternative, if not, after Level 2 you could go on to moderate water endorsement then advanced water endorsement.

What's involved in the core?
3 days mixed practical and classroom covering the following

- Analysis and profiling paddlers / Planning for Annual programs
- Long term coaching strategies / Mentoring coaches

What are the modules?
The modules are designed as 6 hour blocks of input, they are offered as seperate modules so that you can choose which module suits you and when and where you want to do it.

Coaching The Mind - This module covers the following;
Relationship between performance and arousal
Control strategies such as attentional focus and imagery
Motivational factors
Behavioral change

Optimising Fitness for Paddlesport 1 -This module covers;
Energy systems
Nutrition
Physical demands of paddlesport
Components of fitness
Fitness testing
Profiling

Optimising Fitness for Paddlesport 2 - This module covers;
Principals of training
Practical training sessions
Injury prevention
Stretching
Core & functional stability

The Journey to Level 3 coach

What are my options?
There are many ways to complete your Level 3, each option has pro's and con's so you can decide on the best route for you. When deciding bare in mind travel time and costs, amount of information gained and how you like to learn i.e short blocks of information or a more intensive large chunk of information.

Option 1
Attend 3 day core training
Attend the coaching the mind and the optimising performance part 1 and 2
Discipline specific training
Period of coaching practice (max 2years)
1 day assessment

Pro's
Short chunks of training
You can choose where and when
Interaction with greater variety of coaches

Con's
Extra travel time and cost
possibility of being disjointed
longer to complete



BCU (UKCC) LEVEL 3

Option 2
Attend 3 day core generic training
Complete 1 module and hold the MWE
Discipline specific training
Period of coaching practice (max 2years)
1 day assessment

Pro's
Short chunks of training
You can choose where and when
Interaction with greater variety of coaches
Can work in Moderate Water Environments

Con's
Extra travel time and cost
possibility of being disjointed
longer to complete
Missing 2 module

Option 3
Attend the coaching the mind and the optimizing performance part 1 and 2
Attend 3 day core generic training
Discipline specific training
Period of coaching practice (max 2years)
1 day assessment

Pro's
You can choose where and when
Interaction with greater variety of coaches
Greater understanding from modules pre course

Con's
Short chunks of training
Extra travel time and cost
possibility of being disjointed
longer to complete

Option 4
Plas y Brenin delivers a 5 day all inclusive package that includes the core 3 days and all the modules coaching the mind and the optimizing performance part 1 and 2
Discipline specific training
Period of coaching practice (max 2 years)
1 day assessment

Pro's
Less travel time and cost
All modules integrated into course

Con's
5 day time commitment
Large amount of information

Option 5
Glenmore lodge offer a 4 day all inclusive package that includes the 3 day core and the coaching the mind module.
Discipline specific training
Period of coaching practice (max 2 years)
1 day assessment

Pro's
Less travel time and cost
All modules integrated into course
Coaching the mind integrated into course

Con's
4 day time commitment
Large amount of information
1 module or MWE still to do

Option 6
Any of the above but don't do assessment just treat it as further training

Discipline Specific Training
What to coach / How to coach it / When to coach it / Why to coach it

The discipline specific course is 2 days, the course links all the core content and the modules and puts it fully into context of your discipline. The course is practical and you will get to do some coaching and receive feedback.

The discipline specific courses are available in:
Racing / Slalom / Open Canoe / Sea Kayak / Surf Kayak / White Water

The following disciplines are currently under development:
Canoe Polo / Freestyle / Touring / Wild Water Racing

Continued on page 8

PERSONAL DEVELOPMENT BREAKFAST CLUBS

Targeted at coaches qualified at level 3 or working towards level 3 Sports Coach UK, in partnership with UK Sport and Sport England is hosting a series of breakfast clubs to provide targeted personal development for coaches working with athletes in sport talent pathways.

For more information visit the Canoe England Website



Summary

As you will have seen from reading the information above there are several ways to move through the Level 3 process, the choice is yours so ask yourself the following questions and then select the right option for you.

Is Level 3 my next best step? What knowledge do I need to improve my coaching?
Which modules are best for me? / How much time can I put into developing as a coach?
Would I like to attend lots of short courses? / Would I prefer the all-inclusive option?

For further information and dates:

www.pyb.co.uk/courses-bcu-level3 / www.glenmorelodge.org.uk / www.canoewales.com / www.tollymore.com

CANOE ENGLAND RCO & LCO ELECTIONS & VACANCIES

Congratulations to David John Redington who will be taking on the role of RCO London. Thank you to all who nominated him.

The following RCO position is up for re-election in March 2012 and we invite alternative nominations, this is as follows:
North East – current RCO Kenneth Hughes.

The following RCO position is up for re-election in April 2012 and we invite alternative nominations, this is as follows:
Channel Islands – current RCO Brian Aplin.

LCO Elections & Vacancies

Congratulations to the following: Jed Wright, who will be taking on the role of LCO South Yorkshire. Jim McCarthy, who will be taking on the role of LCO Northamptonshire. Thank you to those who nominated them.

Congratulations and thanks to the following who will be continuing with their role as LCO:
Carl Halliday, LCO Northumberland. Grahame Moss, LCO West Sussex. Paul Hurrell, LCO Dorset.

LCO positions up for re-election:

The following LCO position was up for re-election in October 2011 and we invite alternative nominations, this is as follows:
Lancashire – current LCO William Hanham (standing down).

The following LCO positions were up for re-election in November 2011 and we invite alternative nominations, these are as follows:
Tyne & Wear – current LCO Nicola Smith (standing down). Teeside – current LCO Dave Hopwood.

The following LCO position was up for re-election in December 2011 and we invite alternative nominations, this is as follows:
Cheshire – current LCO Ian McMullen.

The following LCO positions are up for re-election in March 2012 and we invite alternative nominations, these are as follows:
Wiltshire – current LCO Peter Pendlebury. Jersey – current LCO Derek Hairon. West Yorkshire – current LCO Dick Constable.
Humberside – current LCO Stuart Teal.

The following LCO positions are up for re-election as the current LCOs are standing down and we invite alternative nominations, these are as follows: Shropshire – current LCO Tobias Date. Berkshire – current LCO Malcolm Clark. Isle of Wight – current LCO Kevin Richardson. North Yorkshire – current LCO Michael Reid.

South London – vacant. Hampshire – vacant. Nominations requested.

Please get in touch! If you (or someone you know) are interested in taking on one of these roles please get in touch with 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 2nd March 2012 – 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.



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

Canoe England's BCU UKCC Level 3 Regional Programme

Canoe England have teamed up with Plas y Brenin, the National Mountain Sports centre, to jointly deliver a programme of BCU (UKCC) Level 3 training and assessment courses across England. This partnership arrangement offers coaches the opportunity to train as a BCU (UKCC) Level 3 coach closer to home. As a Sport England funded facility Plas-y-Brenin, Sport England National Mountain Centre, are the ideal partner to coordinate the delivery of this programme on Canoe England's behalf and maximise the funding support provided to both organisations.

The administration of the courses will be taken care of by Plas y Brenin and the courses will be staffed using a combination of Plas y Brenin coaches and local coach educators. Future Level 3 courses will be programmed according to the interest registered by coaches within the Canoe England delivery team areas. Courses will then be being offered within each region to suit the demands of the specific discipline.

This programme will operate all-year round in a variety of locations. You will need to book two months in advance to ensure that the course has sufficient numbers to run. Courses that fail to meet the minimum numbers will unfortunately not be able to run. **Courses scheduled for the first half of 2012;**

Date	Region	Course Type	Closing date for bookings
Feb 27-2 March	PYB	L3 Core Training	January 5th 2012
Apr 21-22nd	Northern	L3 Discipline Specific Sea kayak	February 21st 2012
Apr 27-29th	SW region	L3 Core Training	February 28th 2012
April 28th	PYB	L3 Discipline Specific WW	February 1st 2012
May 5-7th	North	L3 Core Training	March 5th 2012
May 7-8th	PYB	L3 Discipline Specific WW / Canoe	January 10th 2012
May 26-28th	Southern	L3 Core Training	March 26th 2012
Jun 16-17th	Southern	L3 Core Training	April 16th 2012
Oct 27-28th	North Devon	Level 3 Sea Kayak Training	31st Aug 2012
Oct 27-28th	North Devon	Level 3 Surf Kayak Training	31st Aug 2012
Nov 5-7th	Northern	Level 3 Core training	17th Sep 2012
Nov 10-14th	PYB	Level 3 Core Training	
May 7-8th	PYB	L3 Discipline Specific WW / Canoe	
Nov 10-11th	Northern	Level 3 WW kayak Training	22nd Sep 2012
Nov 10-11th	Northern	Level 3 Open Canoe Training	22nd Sep 2012
Nov 17-18th	Southern	Level 3 WW kayak Training	29th Sep 2012
Nov 17-18th	Southern	Level 3 Open Canoe Training	29th Sep 2012
Dec 14-16th	Central	Level 3 Core training	27th Oct 2012

Please contact Plas y Brenin for further details of the above course. 01690 720 214 www.pyb.co.uk A June - December programme will be published in the April issue of Code along with venue and price details.

If you are looking for a BCU UKCC Level 3 training course and none of the above date's suit then visit the Plas y Brenin website, www.pyb.co.uk/level3 where you will be able to register your interest in the type of courses you're looking for. When there is sufficient interest within a region we will be able to generate a course to meet the demand. If you are a club or centre manager and feel that you'd like to host a course on behalf of Canoe England and/or feel that you have sufficient numbers to generate a course contact Sid Sinfield at Plas y Brenin who is coordinating this programme. Sid.sinfield@pyb.co.uk

*PYB Add
??????*



Dates for Canoe Wales BCU/ UKCC L3 and Coach Education Courses

Canoe Wales BCU/UKCC Courses

Date	Course Type	Area	Venue	Closing date for bookings
26/02/12	QA/IV Moderation Day	South	CIWW	12.02.12
27/28/02/12	Int. CPD Optimising Fitness (OFP) 1 & 2	South	CIWW	12.02.12
02/03/12	QA/IV Moderation Day	North	Plas Menai	18.03.12
10/11.03.12	Coach Update Weekend	North	Plas Menai	24.02.12
17/18/03/12	Int. CPD Coaching The Mind (CTM) & OFP 1	North	Plas Menai	24.02.12
12/15/04/12	Int. CPD CTM & L3 Core	South	CIWW	01.04.12
26/27/05/12	L3 Discipline Specific	North	TBA	12.05.12
31/05& 01/06	L3 Discipline Specific	South	TBA	16.05.12

There will be a similar programme of courses running in the autumn and winter. The dates should be available for the next edition of Code. **For more details about these and any other Canoe Wales courses please contact marianne.davies@canoewales.com.**

Cardiff International White Water Centre BCU/UKCC courses - For more information see <http://www.ciww.com/>

BCU/UKCC Level 1 Training & Assessment

03 / 04 and 10/11 March 2012; 30 /31 July and 01/02 Aug 2012
20/21 Oct and 27/28 Oct 2012; 26/27 May and 09 /10 June 2012

BCU/UKCC Level 2 Transfer

10th & 11th March 2012; 16th & 17th June 2012

BCU/UKCC Level 2 Paddle sports Coach Training

07/08 April and 14/15 April 2012; 13 till 16 August 2012; 18/19 February 2012 (2 days);
22/23 September 2012 (2 days).

BCU/UKCC Level 2 Assessment

01 April; 01 July; 11th November

Paddleworks-Courses

BCU/UKCC Course Dates

For more information see
<http://www.paddleworks-courses.co.uk/store/>

BCU/UKCC Level 1

Mod 1 (2 days) £150, 14-15 Jan and 31st march- 1st April
Mod 2 (2 days) £150, 11-12 Feb and 28-29 April
Block (4 days) £250 14-17 Jan and 31 March - 3 April

BCU/UKCC Level 2 training

Module 1, 21/22 Jan; 12/13 April
Module 2, 4/5 Feb; 26th-27th May

Block (4 days) 21-24 Jan; 12th-15th April

BCU/UKCC Level 2Assessment

25 March; 23rd June

Tom Parker Coaching BCU/UKCC Course Dates

<http://www.tomparkercoaching.co.uk/>

UKCC L1 Coach Training
3-6th April 2012

UKCC L2 Training
13-16th February 2012

Moderate Water Endorsement Training
24-25th March 2012

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.



'GO CANOEING' LEADERS WANTED

Canoe England is seeking to appoint a number of 'Go Canoeing' Tour Leaders to support the Canoe England 'Go Canoeing' programme. Places are limited and only the very best candidates with a passion for providing exceptional Canoeing experiences need apply.

2012 sees the introduction of a series of Go Canoeing Tours within England. Safe guided tours for individual or family groups of improver paddlers offered throughout England and accessed via a web based booking system.

Applicants should be approachable, friendly, and welcoming and you should be at ease working with young people, families and adults as these qualities which are vital to ensuring the positive customer experience of a Go Canoeing Tour.

In addition applicants will need to possess a clear working knowledge of the flora, fauna and wildlife associated in, on and around the Waterways environment.

Applicants must be at least 18 years old and have over 6 years of canoeing experience. You will be currently active and as a minimum be a confident BCU 3 star ability paddler as well as a gold standard administrator providing accurate and timely web based and paper driven administration.

The Go Canoeing Tour Leader role is a leadership role, rather than a coaching role and while successful candidates may hold a coaching award this is not essential and all successful applicants will be required to meet the overall role requirements above and successfully complete a training course.

For further details and an application form please contact

**Jenny Spencer -
gocanoeing@canoe-england.org.uk**

In Paddlesport we work and play in an inherently dangerous environment. We go there for adventure and its not always possible or desirable to take away all of the dangers from the environment. **The alternative is to direct all of our efforts in to making ourselves safe.** Participant, Coach, Client, Student - all play a part in ensuring safety out on the water **Know your limitations and always work within them.**

Prepare yourself, your equipment and others appropriately for each and every trip and journey and undertaking and be particularly aware of and prepared for the prevailing seasonal and weather conditions

Emerging Disiplines and BCU Personal Performance Awards

It is currently possible to undertake any 3* award in/on a suitable Sit on Top craft. Suitable may mean that it is of sufficient length, have thigh straps attached or have knee blocks. We believe that it is not necessary to alter the content of any of the syllabi, so the decision on the suitability of the craft lies with the coach or assessor, in much the same way that it would with making a decision on the suitability of any craft for an award.

Due to the rising popularity and relevance to paddle sport it has been decided to add Stand up Paddle boards (SUP) to the list of craft that it is possible to complete the Paddle-sport start award, 1 and 2 star and also enable individuals to have SUP as their main craft within the BCU/UKCC L1 coach award. There is a foundation module in development for coaches interested in introducing SUP to novices in the sheltered water environment. It is anticipated that this will be rolling out for the summer 2012.

For those with an interest in the use of coracles, the coracle 3 and 4 star are still in the process of being finalised and it is hoped that these will be ready soon.

Also in development is a one day Paddlesport fishing safety module that looks at equipment and kayak set up, personal skills and planning.

We hope to publish details of these modules in the next CoDe.

Best check those navigation lights

If you are a tidal Thames paddler and use a flashing light, do ensure it has a regular frequency and cannot be mistaken for Morse Code. Earlier in January there was a major Search and Rescue call out on the River Thames in London when an alert member of the public spotted a light flashing SOS in the river and called the coastguard.

Fortunately it emerged that it was just a paddler who had chosen a light that flashed in that code. The Port of London Authority allows for a white flashing light to aid visibility as an addition to the normal white light.

See - <http://www.boatingonthethames.co.uk/Paddling>.

The authority is firmly behind canoes and kayaks being lit on the river, but this is not quite how they would like to see it done.



RCO Central	Steve Linksted	07710 415539	rco.central@canoescotland.org
RCO Dumfries & Galloway	Alex Lumsden	07920 528119	rco.dumfries@canoescotland.org
RCO Fife	Ian Vosser	07917044492	rco.fife@canoescotland.org
RCO Grampian, Speyside and Shetland	Lyle Smith	07974431153	rco.grampian@canoescotland.org
RCO Highlands and Islands	Donald Macpherson	07808071810	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 Military	Scott Simon	07533 497013	rco.military@canoescotland.org

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

Name and Start Date	Displayed Dates	Booking Details
3* Sea Assessment Sea	14-16 Feb	paddle@standingwaves.co.uk 01786 464777
4* Leader Assessment - Open Canoe	18-19 Feb	paddle@standingwaves.co.uk 01786 464777
4* Leader Training Open Canoe	20-22 Apr	email@beyondadventure.co.uk 01887 829202
4* Leader Training White Water	8-9 Feb	paddle@standingwaves.co.uk 01786 464777
5* Leader Assessment - Sea	28th - 30th Mar	enquiries@glenmorelodge.org.uk or 01479 861256
5* Leader Training - Open Canoe	27-30 Mar	email@beyondadventure.co.uk 01887 829202
5* Leader Training - Open Canoe	24-27 April	enquiries@glenmorelodge.org.uk or 01479 861256
5* Leader Training - Sea	27th - 28th Mar	enquiries@glenmorelodge.org.uk or 01479 861256
5* Leader Training - White Water	26th - 27th April	enquiries@glenmorelodge.org.uk or 01479 861256
Advanced Water Training - Open Canoe	28th - 29th April	enquiries@glenmorelodge.org.uk or 01479 861256
Advanced W W Safety and Rescue Training	24th - 25th April	enquiries@glenmorelodge.org.uk or 01479 861256
BCU UKCC Level 1 Train and Assess	3-18 Mar	paddle@standingwaves.co.uk 01786 464777
BCU UKCC Level 2 Assessment	15 Mar	paddle@standingwaves.co.uk 01786 464777
BCU UKCC Level 2 Transfer	23-24 Apr	email@beyondadventure.co.uk 01887 829202
BCU UKCC Level 2 Transfer	20th - 21st April	enquiries@glenmorelodge.org.uk or 01479 861256
BCU UKCC Level 3 Core	6-8 Mar	www.canoescotland.org or 0131 317 7314
BCU UKCC Level 3 Training - Sea	13th to 14th Mar	www.canoescotland.org or 0131 317 7314
BCU UKCC Level 3 Training - White Water	26th - 27th Apr	enquiries@glenmorelodge.org.uk or 01479 861256
Moderate Water Assessment - Open Canoe	23-Feb	paddle@standingwaves.co.uk 01786 464777
Moderate Water Assessment White Water	29-Feb	paddle@standingwaves.co.uk 01786 464777
Moderate Water Training - Open Canoe	20-21 Feb	paddle@standingwaves.co.uk 01786 464777
Moderate Water Training White Water	27-28 Feb	paddle@standingwaves.co.uk 01786 464777
Navigation & Tidal Planning-Open Water	26 March	enquiries@glenmorelodge.org.uk or 01479 861256
Slalom Discipline Support Module	04 April	www.canoescotland.org or 0131 317 7314
White Water Safety and Rescue	6-7 Feb	paddle@standingwaves.co.uk 01786 464777



inspiring adventure

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

For more details contact 01479 861256

www.glenmorelodge.org.uk