

W O R D



- Establishing Working Relationships with Participants
- Are you ready for the Summer
- Kayak Fishing - Thoughts from the committed angler
- Regional News
- Courses

Canoe England Coach Updates 2012

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

Cumbria- Sedbergh

23rd June 2012
Details available from Mike Sunderland
mikesunderland@tiscali.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

East Midlands- North Derbyshire New Date

1st September 2012 Details available from Colin Broadway
rco.eastmidlands@bcu.org.uk Tel 07768 876756

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

Please Note that this event has had to be postponed

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

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
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

*PYB Add
???????*

ESTABLISHING AND MAINTAINING WORKING RELATIONSHIPS WITH PARTICIPANTS AND OTHERS

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

by Ed Christian

Introduction

The process of establishing and maintaining working relations with others is a natural process that we undertake everyday in our lives. As part of the coaching process it is an area that is often overlooked to the detriment of quality coaching. To get the most out of our learners we need to ensure that they are well informed of what we expect of them... and what they can expect of us!

Well informed learners are far more likely to make the most of coaching sessions and it is down to us as coaches to let participants know what we expect in terms of standards and behaviour. If we fail to establish a good working relationship with our learners there is a good chance that they might not come back next week, which is exactly the thing we wish to achieve!

The key area of establishing and maintaining working relations is communication. We will look at communication later in this section.

Explaining roles and responsibilities

As part of your session brief you will almost certainly introduce yourself and explain your role as the coach. You may also include some of the responsibilities that you have to the group in terms of safety, enjoyment and learning. Obviously your individual coaching circumstances will determine exactly what and how much information you give, for example, adults will require less explanation of your role than young people. A youth at risk group, however, may require much more!

Learning Contracts

One good way of informing learners of your responsibilities (and their own) is to agree on a learning contract with them. This gives you a chance to agree on what you wish to achieve in the session both in terms of technical skills but also interpersonal issues, for example, how to treat each other and other water users. Clearly establishing what is expected of the coach and what the coach expects in return helps create a good learning environment.

Effective Communication

Being able to communicate effectively is an essential tool in every coach's toolbox. In fact we can even think of the whole coaching process as no more than an exchange of information. As coaches we have a good level of technical and tactical ability, however, if we do not communicate this effectively to our learners the information could be misunderstood and not acted upon. The following are some of the key principles of effective communication.

- ☐ Presenting information clearly
- ☐ Using positive body language
- ☐ Providing clear and accurate demonstrations
- ☐ Providing clear and accurate information
- ☐ Checking participants understand
- ☐ Displaying a positive and encouraging attitude
- ☐ Using questioning and answering to check understanding
- ☐ Smiling and being enthusiastic!
- ☐ Providing positive feedback

You will remember from level 1 that people learn in different ways. Put very simply we can think of the way that people learn in terms of VAK.

Visual
Auditory
Kinaesthetic

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



You may yourself prefer one or another of these ways of learning (we will explore them further in the next article). But we need to be aware that other peoples learning will happen in different ways and we can communicate to them in different ways based on this. For example, we may find that learners with a preference to learn visually will rely more heavily on the demonstrations that we provide.

As paddlesport coaches working with a range of individuals we are likely to use a lot of verbal communication or instruction. In order to maximise the effectiveness of this there are some points that are worth remembering.

Top tips for effective verbal communication

- ☐ Plan what you are going to say before you say it
- ☐ Remember the type of learner you are talking to
- ☐ Give the instruction when the learner is in the best physical and mental position to receive it. Wait until they have stopped their activity
- ☐ Be clear and concise. Use less than 8 words in any one instruction
- ☐ Use language that will provoke an image i.e. "dig the paddle in".
- ☐ Check the message has been understood by getting the students to repeat it in their own words



For more information on the role of communication in coaching look at:

- ☐ Coaching: The BCU Coaching Handbook (Pesda Press)

APPLIED ACTIVITY - Use the VAK model to think about how people learn and how we can communicate to individuals to accommodate their preference. Link the boxes below to indicate the best method of communication to the learning style.

Visual	Allowing time for practice
Auditory	Verbal Instruction
kinaesthetic	Demonstration

Active Involvement

An important focus of our coaching activity should centre on retaining our learners. In fact one of the most important aims you have as a coach should be ensuring that all of the group come back for next week's session. The best way to ensure this happens is to make sure the entire group are included and actively involved in the session. Maximising the amount of time that learners are active; and minimising the time that they are listening, watching or waiting around goes without saying but it's not always that easy. You may find that a particular member of the group requires more attention than the rest. With experience you will develop strategies to deal with this. Use your existing experience to work through the scenarios below, which are based on inclusion in each one think about how to keep the group actively involved.

APPLIED ACTIVITY - From your experience, how would you make these scenarios more inclusive?

1. Playing games where the less competent paddlers are knocked out of play first and then are inactive.
2. A group member who repeatedly capsizes and needs rescuing while the rest of the group are inactive.
3. A group member becoming frustrated on a journey because the rest of the group is too slow.
4. Spending long periods with one member who is struggling with a stroke or concept.

Setting ground rules and standards

Safety, enjoyment and learning in paddlesport coaching can easily be compromised by inappropriate behaviour and it is all too easy for individuals to disrupt or spoil a session for the group. As the coach you have the responsibility to establish ground rules for behaviour at the start of the session. If correctly managed this should prevent incidents of inappropriate behaviour before they occur.

When thinking about ground rules and standards you may want to consider;

- ☐ The need to avoid discrimination on any grounds
- ☐ What the boundaries of ethical relationships with participants are
- ☐ The development of relationships with players that are open honest, and engender mutual trust and respect
- ☐ Encouraging learners to take responsibility for their own decisions and actions
- ☐ Projecting a professional image
- ☐ Being a positive role model for the sport and profession
- ☐ Correct usage of equipment
- ☐ Respect for other water users and the environment

It is unlikely that you would talk directly to the group about these issues, however, the manner in which you conduct yourself, the language you use and your image will convey your expectations.

Encouragement and Reward

One of the tools you will develop in your coaching tool box will be the process of encouragement and reward. When things are going smoothly the activities themselves are rewarding enough and learners will not need any encouragement. On those days where things aren't going right you may find yourself slipping into the role of the motivator. The need for encouragement and reward is usually linked to challenging behaviour or with learners that are de-motivated. In these situations it's important to remember that the coaches mood and behaviour usually set the tone for the group, remember to be positive and enthusiastic and this will rub off on the group. You may find that you need to offer reward to motivate the group, which can be done in a number of ways. Below are a few 'top tips' on offering encouragement and reward.

- ☐ Be empathetic
- ☐ Acknowledge positive behaviour as soon as it is observed
- ☐ Reward more than you punish with challenging individuals, this can increase self confidence
- ☐ Praise good behaviour and achievements in front of the rest of the group
- ☐ Change rewards that are not effective
- ☐ Promote and encouraging atmosphere within the group

DEVELOPMENT ACTIVITY

Create a list of possible rewards that you could offer to your learners, list as many as you can.

Managing Inappropriate Behaviour

Coaching paddlesport will not always go smoothly. You will almost certainly be confronted with situations where a member or members of the group are causing so much disruption that is affecting the rest of the group. This may occur in a multitude of ways and leaves you with decisions to make as how to deal with it. Although each situation will be different, requiring you to be adaptive and resourceful, here are some options that are available to you.

- ☐ Restructure the activity (change rules or activity)
- ☐ Change your coaching style
- ☐ Engage disruptive members in new and challenging activity
- ☐ Discuss the situation one-to-one with disruptive members be positive and praise them where you can
- ☐ Use group discussion to encourage positive peer pressure
- ☐ Remove disruptive members as a last resort

Remember most inappropriate behaviour is due to boredom or a need for attention try and keep challenging members engaged and praise them where ever possible. Raising your voice or shouting is usually totally counterproductive as it is a sign that you are losing control of the situation. A calm collected approach is by far the best one.

Ed Christian

Level 5 Update

Level 5 Coach Assessment Dates:

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
13/14 April 2013	N.Wales	TBC	
21/22 Sept 2013	S. Wales	TBC	
16/17 Nov 2013	Scotland	TBC	

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

Coaches are you ready for the Summer of 2012?



Each summer coaches across the country prepare themselves to welcome a wave of paddlers into our sport. This year with the Olympics at the heart of the season and the launch of Go Canoeing tours, we are expecting even more people to be inspired to get on the water.

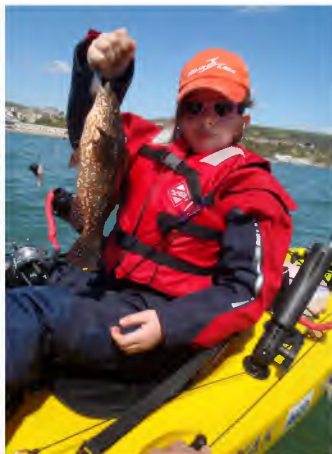
Paddlepower and Star Awards are very popular ways by which new, returning and developing paddlers can get recognition for their improvements and achievements. Only fully updated coaches are eligible to deliver these or any other BCU awards. Help us be prepared for this season by checking yourself against the following 5 criteria to ensure you are recognised as an Updated coach:

1. Do you hold Current BCU Membership? This includes members of any home nation association Canoe England, SCA, Canoe Wales and CANI.
 - ☐ If not please visit www.canoe-england.org.uk or your home nation association to join
2. If in Canoe England / Wales do you have a Current CRB Certificate issued by the BCU? Or can you provide evidence of a CRB Certificate issued by another organisation within the last 12 months?
 - ☐ CRB and Portability forms can be requested from Helen.Laywood@canoe-england.org.uk or on 08453709525 and full information on these issues can be found on the coaching pages of the Canoe England site. If applying for a new CRB Check please be aware that this may take up to 10 weeks to be issued by the Bureau.
3. Have you provided evidence of a First Aid Certificate relevant to your highest level of coaching/leadership qualification?
 - ☐ If you already have a First Aid certificate please ensure that you have sent a scanned or printed copy to Canoe England, 18, market Place Bingham NG13 8AP or info@canoe-england.org.uk or your own home nation association.
 - ☐ Depending on the level of your highest coaching or leadership qualification you will need to show either a 1 day or 2 day training course. Please see the Canoe England website for a list of recognised courses.
4. Have you provided evidence of recognised Child Protection Training relevant to your coaching role?
 - ☐ Coaches working regularly and/or alone with children will need to provide evidence of face-to-face child protection training. To find a Safeguarding and Protecting Children in Sport course in your area please visit <http://www.sportscoachuk.org/workshops>
 - ☐ If you are not working regularly and/or alone with children you may take the training online at <http://bcu.wt-associates.co.uk/>
5. Have you undertaken some form of Revalidation activity within the last 3 years?
 - ☐ This includes attending coach updates, gaining higher level coaching or leadership awards or completing self-assessment forms amongst other things.

If you are unsure about any of the above please contact our customer services team on 08453709500 or info@canoe-england.org.uk. We do not process pass slips or issue course numbers unless all five aspects of the Coach Update scheme are in place. Please check with us before sending in any pass slips as those signed by coaches who are not updated cannot be certificated.

Reminder: The following revised Star Award prices now apply

	Members	Non-members
BCU 1 Star Certification	£6	£7
BCU 2 Star Certification	£6	£7
BCU 3 Star Certification	£12	£25
BCU 4 Star Leader Registration	£12	£25
BCU 5 Star Leader Registration	£12	£25



....an anglers perspective from

Andy Benham

Sitting down to write this I feel a bit like Julia Roberts in *Sleeping With The Enemy*, after all, for many years my kayak angling friends have told me the BCU is my enemy, and now here I am writing for their coach's news letter.

What has brought me to this point is that over the last couple of years a number of people, among them dealers, coaches (both angling and kayaking), manufacturers, and most interestingly, fishery owners, have been leaning on the BCU trying to get them to commit to training kayak anglers. Just last month it was announced that the BCU has now bitten the bullet and has introduced a canoe and kayak fishing safety course. Personally I feel this is a massive step forward. I'm a lifelong angler, converted to kayak angling, more recently still I even started taking the kayak out without rods on, something an increasing number of kayak anglers are doing, and last year I decided to start on the road to becoming a fully fledged kayak coach.

In my day job I write for the angling press, and my main driver for nagging at the BCU is that every month I tell anglers just how great it is to fish perched on top of just a few kilos of rotomoulded plastic. Until now the options for training would be kayak anglers have been limited to say the least, which means that there are large amounts of middle aged blokes rushing out to fish from their newly acquired 'toy', with no one to help them take their first tentative steps on the kayaking ladder.

To me, as a kayak angler, I found my first few sessions with dyed in the wool kayakers quite strange, all you did was paddle, for me, paddling was just a way to get out to where the fish were. But over time I've come to appreciate that being more efficient in my paddling has huge advantages, close control of a kayak is useful in all sorts of situations, and a better understanding of tides and currents will save me a lot of time and effort, not to mention avoiding potential risk.

Buying a fully fitted fishing kayak, with all the safety gear, is not a cheap option, and frequently runs to over £2,000, and as most kayak anglers are 40 - 50 year old, relatively affluent males more than willing to spend money on their hobby, I think kayak angling provides not only an opportunity for BCU coaches to get involved and make the sport safer for all involved, but also the chance to open up their businesses to a completely new target audience.

Interestingly, most kayakers kayak on inland water, while the majority of anglers are so called coarse fishermen, fishing in fresh water. And it has to be said that these two groups have in the past come into conflict over the thorny question of access. However 99.9% of the UK's kayak fishermen fish in the seas around our island, and the skills they are seeking are those currently held by sea kayaking coaches, two groups who actually tend to quite like and respect each other when they meet on the water.

Kayak fishing is a relatively new arrival on these shores, and is a hybrid sport, requiring the skills of both the kayaker and the fisherman. However, although a hook can inflict a nasty wound, it's the kayaking side of the hobby that carries the biggest risk. Although there are a huge number of responsible kayak anglers out there who wouldn't dream of fishing without a PFD, VHF radio, and using a properly equipped, well fitted boat, there is also a large number of people coming into the sport for the first time and unsure in which direction to proceed.

By introducing the canoe and kayak fishing safety course, the BCU has put together a simple one day course that will get people started on the right track, and perhaps more importantly, show would be kayak anglers the vast wealth of relevant training and courses that already available within the existing club and centre structure. Many existing courses are also excellent for kayak anglers, tidal planning and coastal navigation being an obvious example, while the three star Sea Award can be taken on a sit on top and provides an excellent skills base for those looking to progress their kayak fishing further.

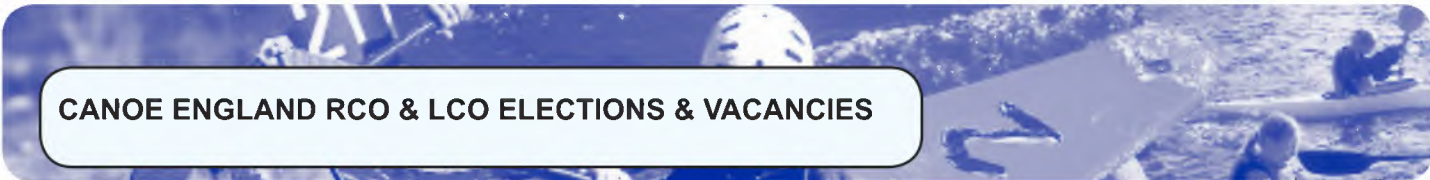
In the UK the watersports scene has become increasingly tribal, with sailors hating those that use a motor, jetskiers being looked down on by almost everyone, but does it really need to be that way. I see no reason why kayak angling and the BCU shouldn't make excellent bed fellows, perhaps we won't always agree on everything, but I do think both sides fundamentally agree on the need for safety and a system that enables new entrants to the sport to progress safely and have access to a structured range of courses has to be good for both parties.

So I'm asking for the support of kayaking coaches in putting on courses to help anglers take to the water safely. With several thousand serious fishing kayaks being sold each year, there is a small, but relatively affluent market out there, and if you include the more casual sit on top user, then that few thousand become tens of thousands every year. Surely an opportunity that is just too good to be missed for the sake of some outdated internal politics?

The BCU is in the process of introducing a CANOE and KAYAK FISHING SAFETY AWARD for those taking to the water with fishing specifically in mind. The objective of this module will not be to teach fishing, however, it will provide guidance to anglers in respect of boat handling, safety, self rescue, equipment storage and safe anchoring etc.

For dates and details see the BCU Website.





CANOE ENGLAND RCO & LCO ELECTIONS & VACANCIES

RCO Elections & Vacancies

The following RCO position is up for re-election in June 2012 and we invite alternative nominations, this is as follows:
West Midlands – current RCO Ian Dallaway

The following RCO positions are up for re-election in July 2012 and we invite alternative nominations, these are as follows:
Cumbria – current RCO Gavin Smallbone. East Midlands – current RCO Colin Broadway.

LCO Elections & Vacancies

The following LCO positions are currently up for election and we invite nominations, these are as follows:

Team North:

Humberside
Teeside
Merseyside

Team Central:

Shropshire

Team South:

Berkshire
South London
Guernsey

The following LCO positions are up for re-election in August 2012 and we invite alternative nominations, these are as follows:
Rutland – current LCO Steve Newton. Leicestershire – current LCO Andy Oughton. Nottinghamshire – current LCO Ossie Higgins.

Congratulations and thank you to the following who have been elected as LCO: North Yorkshire – Anthony Liddy. Hampshire – Ian Pitchford. Tyne & Wear – Fergus Lynch. Lancashire – George Haisman. East Sussex – Stewart Lindfield.
Thank you to all who nominated them.

Congratulations and thank you to Andrew Pearson who will be continuing with his role as LCO Surrey.

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 applicants must also be proposed by two current RCOs/LCOs, 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 30th June 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.

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 offered within each region to suit the demands of the specific discipline.

If you are looking for a BCU UKCC Level 3 training course 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

Canoe England is currently seeking to appoint additional tutors to deliver the suite of BCU Intermediate modules.

The BCU Intermediate Modules are a series of training courses aimed at developing coaches understanding and application of selected topic areas. The themes for these modules are driven by current understanding in sport science and coaching, and are open to any coach regardless of discipline preference.

The intermediate modules serve as Continued Professional Development opportunities for coaches who wish to supplement their coaching skills with an understanding of diverse areas within sport science and coaching pedagogy. These modules allow coaches to develop broad selection of expertise or to gain better understanding in particular areas which directly benefit their paddlers.

There are currently 3 intermediate modules:

Coaching the Mind is aimed at coaches, parents, and paddlers who are interested in using psychology to improve performance in paddlesport. It aims to develop candidates' existing understanding of sport psychology to include further psychological skills that can be used to enhance performance in paddlesport.

Optimising fitness and performance for Paddlesport Part 1 aims to introduce methods and concepts used to optimise efficiency and effectiveness when preparing for a performance, with a specific focus on the utilisation of nutrition in this process. This intermediate module follows on from the BCU Foundation Modules; 'Fitness for Paddlesports' and 'Performance Planning for Paddlesport Coaches'.

Optimising fitness and performance for Paddlesport Part 2 is designed for coaches, parents and paddlers who have complete Part 1 and would like to further develop their understanding of this subject area. This intermediate module focuses on the impact of the activity and the participant in developing fitness and performance.

Others under development include

Paddle-ability: Adapting Equipment and Coaching / Strength and Conditioning for Paddlesport

Each module involves a minimum of 6 hours contact time and can be delivered in 1 full day or over the course of several days.

Person Specification

Experience and Qualifications	Essential	Desirable
Educated to degree-level (or equivalent) in a relevant subject area.	X	
Relevant post-graduate or professional qualification		X
Teaching Qualification		X
Experience coaching progressive sessions to improve paddlesport performance by applying the subject area	X	
Experience tutoring or teaching in a classroom environment	X	
Experience of delivering or tutoring on BCU UKCC Coach Education courses		X
Current updated BCU Coach, minimum Level 3 or equivalent		X
Knowledge and Understanding		
Understanding of the application of the relevant sport science knowledge to paddlesport	X	
Proficient understanding of coaching pedagogy and best practice	X	
Knowledge and understanding of the UKCC Coaching qualifications		X
Understanding of both recreational and competitive canoeing disciplines		X
Skills and Abilities		
Ability to deliver a minimum of 3 courses per annum	X	
Excellent administration skills	X	
Proven ability to adapt delivery to the support individuals		X

If you meet the above criteria and are interested in becoming a recognised tutor for one or more of the above modules please submit a CV and covering letter clearly stating which modules you would like to deliver, to English Coaching Manager, Canoe England, 18 Market Place, Bingham NG13 8AP by Friday 20th July 2012



The Protection of Freedom Act 2012 and the BCU

The Protection of Freedoms Act 2012 received Royal Assent on 1st May 2012. It contains all of the new safeguarding and vetting requirements that will affect individuals in sport and recreation organisations who have contact with children and vulnerable adults.

The legislation is now fixed and the new legal requirements are due to come into force in mid to late 2013 with statutory guidance being released by the Government later this year.

The CRB (Criminal Records Bureau) and the ISA (Independent Safeguarding Authority) will be merged later this year to form the Disclosure and Barring Services which will issue all disclosures.

Impact of the Act on the sport and recreation sector

There are three significant changes that we need to start to understand and prepare management solutions for in relation to checking individuals that have contact with children and vulnerable adults in their environments. These changes are:

1. Regulated Activity and which individuals must be checked legally.
2. Single Disclosures being sent to individuals only.
3. Continuous Updating and Portability arrangements.

What the BCU needs to do now

Firstly we need to make a decision on how, to what extent and when we address these legislative changes. Secondly we will need to allow an appropriate lead in time to any change.

This will take us a little while, however, we will provide further guidance as soon as possible. In the meantime the BCU's Child Protection Policy and CRB requirements will remain as they are and as such we will continue to require disclosure as per the current CRB policy.

Canoe Wales BCU/UKCC Courses

Date	Course Type	Area	Venue
25/29/06/12	L3 Core - (includes 3 CPD modules)	South	CIWW

For more details about this 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

30 /31 July and 01/02 Aug 2012

20/21 Oct and 27/28 Oct 2012

BCU/UKCC Level 2 Transfer - 16th & 17th June 2012

BCU/UKCC Level 2 Training - 13 -16 August 2012

BCU/UKCC Level 2 Assessment - 01 July; 11th November



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.

Name and Start Date	Displayed Dates	Company	Booking Details
Coaching Courses			
BCU UKCC Level 1 Train and Assess	2-5 Jul 2012	willie.mcleod@clydemuirshiel.co.uk	01505 842882 Ext 21
BCU UKCC Level 1 Train and Assess	7 - 10 Aug 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
BCU UKCC Level 1 Train and Assess	20-24 Aug 2012	mike.spencer@fife.gov.uk	or 01592 583388
BCU UKCC Level 1 Train and Assess	30 June, 1,7,8 July 2012	lowport.centre@westlothian.gov.uk	or 01506 775390
BCU UKCC Level 2 Assessment	7th - 8th July 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
BCU UKCC Level 2 Training	18th - 21st Aug 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
BCU UKCC Level 2 Training	11th - 14th June 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
BCU UKCC Level 2 Training	19-22 Jun 2012	mike.spencer@fife.gov.uk	or 01592 583388
BCU UKCC Level 3 Assess - OC	1st-2nd June 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
BCU UKCC Level 3 Assess - WW	1st-2nd June 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
BCU UKCC Level 3 Assess -Sea	2nd - 3rd June 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
BCU UKCC Level 3 Core	26th - 28th June 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
BCU UKCC Level 3 Training - OC	30th - 31st Aug 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
BCU UKCC Level 3 Training - WW	30th - 31st Aug 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
Coaching Processes	21st - 22nd July 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
Moderate Water Assessment - OC	21st - 22nd June 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
Moderate Water Assessment Surf	23rd - 24th June 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
Moderate Water Assessment WW	2nd - 3rd June 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
Moderate Water Training - OC	21st June 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
Moderate Water Training - Surf	23rd June 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
Moderate Water Training White Water	2nd June 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
Optimising Performance Intermediate Part 1	14th July 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
Optimising Performance Intermediate Part 2	15th July 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
Coaching and the Outdoors Foundation Module	15th July 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
Coaching the Mind Foundation Module	14th July 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
Coaching the Mind Intermediate Module	29th June 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
Coaching the Mind Intermediate Module	15th July 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
Coaching Young Paddlers Foundation Module	14th July 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
Coaching Young Paddlers Foundation Module	17th Aug 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
Coaching Young Paddlers Foundation Module	15th June 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
Mentoring for Paddlesport Foundation Module	15th July 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
Coaching Young Paddlers	25 Aug 2012	willie.mcleod@clydemuirshiel.co.uk	01505 842882 Ext 21
Performance and Leadership			
3* Assessment - Open Canoe	30 Jun - 1 Jul 2012	willie.mcleod@clydemuirshiel.co.uk	01505 842882 Ext 21
3* Assessment - Open Canoe	9th -13th July 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
3* Assessment - Open Canoe	9 Jun 2012	mike.spencer@paddleactive.co.uk	or 07769 866 454
3* Assessment - Touring	23rd - 27th July 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
3* Assessment - White Water	16th -20th July 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
3* Assessment - White Water	18 Aug 2012	mike.spencer@fife.gov.uk	or 01592 583388
3* Assessment - White Water	10 Jun 2012	mike.spencer@paddleactive.co.uk	or 07769 866 454
3* Assessment - White Water	5 Aug 2012	mike.spencer@paddleactive.co.uk	or 07769 866 454
3* Assessment - White Water (U18s)	16th - 20th July 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
3* Sea Assessment Sea	25 Jun 2012	cumbraecentre@sportsotland.org.uk	
3* Sea Assessment Sea	11th - 15th June 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
3* Sea Assessment Sea	2-3 Jun 2012	mail@paddlelochaber.co.uk	or 01855 340123
4* Leader Assessment - Open Canoe	20th - 22nd June 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
4* Leader Assessment - Surf	22nd - 24th June 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
4* Leader Assessment - White Water	25-26 Aug 2012	mike.spencer@paddleactive.co.uk	or 07769 866 454
4* Leader Training Open Canoe	6th - 8th June 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
4* Leader Training Surf	19th - 22nd June 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
4* Leader Training White Water	6th - 8th June 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
4* Leader Training White Water	7-8 Jul 2012	mike.spencer@paddleactive.co.uk	or 07769 866 454
Coastal Navigation + Tidal Planning	24 Jun 2012	mail@paddlelochaber.co.uk	or 01855 340123
Foundation Safety and Rescue Training	17 Jun 2012	willie.mcleod@clydemuirshiel.co.uk	01505 842882 Ext 21
Foundation Safety and Rescue Training	11 Aug 20	willie.mcleod@clydemuirshiel.co.uk	01505 842882 Ext 21
Foundation Safety and Rescue Training	17 Jun 2012	cumbraecentre@sportsotland.org.uk	
Foundation Safety and Rescue Training	6th Aug 2012	enquiries@glenmorelodge.org.uk	or 01479 861256
Foundation Safety and Rescue Training	21 Aug 2012	mike.spencer@fife.gov.uk	or 01592 583388
Foundation Safety and Rescue Training	15 Jun 2012	mail@paddlelochaber.co.uk	or 01855 340123
White Water Safety and Rescue	4th - 5th June 2012	enquiries@glenmorelodge.org.uk	or 01479 861256



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For more details contact 01479 861256
www.glenmorelodge.org.uk

RCO Central	Steve Linksted	07710 415539	rco.central@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	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
RCO Tayside	Richie Neill	07533 497013	rco.tayside@canoescotland.org

Coaching Matters Series

Throughout the summer and autumn of 2012, the SCA is organising a series of regional training days to support the development of coaches. The events will be delivered in partnership by some of the leading paddling coaches from sportscotland National Outdoor Training Centre, Glenmore Lodge with SCA volunteer Regional Coaching Officers providing local facilitation and input. This new style of event replaces the previous regional coach update events and will offer a wide range of practical workshops suitable for all coaches.

Each day comprises three parts:

Part 1 - SCA/Regional Update on everything coaching for all attendees. (Classroom based).

Part 2 - Focus on 2 Star delivery and standards, with underlying 'Fundamentals' considerations throughout. (classroom and water based).

Part 3 - Discipline specific coaching and technical update where attendees choose which craft they want to work in. We will then deliver update to meet the needs of the disciplines and try and pitch it at a level to suit their coaching level e.g. old Level 3 update, L5 update, new level 2 update.

Dates and Venues

30th June 2012	Strathclyde West	Castle Semple, Lochwinnoch
1st July 2012	Lothians	Low Port Centre, Linlithgow
4th August 2012	Highlands	Glenmore Lodge, Aviemore
15th September 2012	Grampian	Adventure Aberdeen
3rd November 2012	Central/Tayside	Firbush, Loch Tay
4th November 2012	Lothian/Fife	Lochore Meadows

Club Coach Support Programme

The SCA Club Coach Support Programme aims to provide financial support and subsidised courses SCA members within affiliated clubs. There are three ways to receive support from the programme, one of which is through centralised SCA Courses. A series of 4 Star Leader Training and Assessment courses and White Water Safety and Rescue (WWSR) courses have been organised by the SCA (See dates below). Eligible members can book directly onto the course online or by contacting the SCA office. Candidates must be Full SCA members and appear on the latest updated club list from their club. Courses will be priced at £25/day (including certification fees where applicable).

Course dates:

3 Star Assessments Sea - 29/30 September (Ballachulish)
 3 Star Assessment - Canoe - 18/19 August (Stirling / River Teith)
 3 Star Assessment - White Water - 21/22 July (Stirling/River Teith)
 4 Star Leader Training - Open Canoe 20/21 Oct (Grandtully)
 4 Star Leader Assessment - Open Canoe 10/11 Nov (Grandtully)
 4 Star Leader Training - Sea 11/12 Aug (Inchree area)
 4 Star Leader Assessment - Sea TBC
 4 Star Leader Training - White Water 21-22 Jul (Grandtully)
 4 Star Leader Training - White Water 21-22 Sept (Grandtully)
 4 Star Leader Assessment - White Water 6/7 Oct (Grandtully)
 White Water Safety and Rescue - 7/8 Jul (Grandtully)
 White Water Safety and Rescue - 4/5 Aug (Grandtully)