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June 2013

for Coaches Code

The BCU's magazine for coaches

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Evaluating and reviewing

Continuing our look at coaching practice for Level 1 and 2



Welcome

Well, summer seems to have arrived! And no doubt with it an increase in paddlesport activity.

Certainly if this year's Canoe England Go Canoeing week is anything to go by then its going to be a very busy time. With record numbers of people, of all ages and abilities taking part it is a clear indication that interest in Paddlesport, as a healthy and engaging activity is on the increase.

As coaches, let's do all we can to ensure those taking to the water for the first time or over their first summer get both a welcome and an appropriate and safe introduction to our sport... and whether working with paddlers new to our sport or old hands lets remember that as coaches we have an important and responsible role when it comes to improving their skills, knowledge, safety and environmental awareness.

Have a great summer and see you next time.

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Canoe England Coach Updates

■ **North East – Location TBC**
2nd-3rd August 2013
Details available from Ken Hughes
rco.northeast@bcu.org.uk

■ **West Midlands – Wychavon, Worcestershire**
15th September 2013
Details available from Jaqui Dutton JDutton@BearCreekAdventure.co.uk

■ **East – Essex**
21st September 2013
Details available from Clive Marfleet
clive.marfleet@tiscali.co.uk

■ **North West – Crosby Lakeside Adventure, Crosby Coastal Park, off Cambridge Road, Waterloo L22 1RR**
21st September 2013
Details available from George Haisman
ghaisman@talktalk.net

■ **East Midlands – Boat House, Barrow Upon Soar, Leicestershire**
5th October 2013
Details available from Colin Broadway colinbroadway@hotmail.com

■ **Yorkshire – South Yorkshire**
5th October 2013
Details available from Jed Wright
jed.wright0@gmail.com

■ **South – Longridge, Buckinghamshire**
19th October 2013
Details available from Paul Sutton paul.sutton25@btinternet.com

■ **East Midlands – Nene Centre, Northamptonshire**
20th October 2013
Details available from James McCarty
jim.mccarthy@dsl.pipex.com

■ **South East – Cobnor Activity Centre, Chichester**
3rd November 2013
Details available from Andy Hall
rco.southeast@bcu.org.uk

■ **West Midlands – Leamington, Warwickshire**
16th November 2013
Details available from Jenna Sanders jennasanders1@yahoo.co.uk

■ **North East – Location TBC**
15th December 2013
Details available from Ken Hughes
rco.northeast@bcu.org.uk

To make gaining awards easier, we've introduced multiple choice.

This year we're running more courses, on more dates, than ever before. Making it easier for you to choose a date that fits in with your schedule. We run a full range of BCU qualification courses including the new Level 1, 2 and 3, throughout the year. What's more, if you can't find a course date that suits you in our brochure or on our website, we can arrange one for you. For clubs, or groups of four or more booking together we can programme a bespoke course date specially for you. But we know it's not all about gaining qualifications, which is why we run a huge range of recreational

courses, holidays and expeditions too, including paddling holidays for families.

When you get here you'll be convinced you made the right choice because everything we provide is first class, from the coaching, boats and equipment down to the facilities, food and accommodation.

So if you are looking for somewhere to improve, expand or enjoy your paddling, you'll find we tick all the right boxes. For a free 72-page colour brochure telephone us on 01690 720214 or e-mail us on brochure@pyb.co.uk



Evaluating and Reviewing

part 9 - evaluating and reviewing by Ed Christian

The coaching process does not end when the participants go home. As effective coaches we should be constantly looking at ways to improve what we do and how we do it.

This section has two broad aims. Firstly, we will look at some considerations for concluding sessions. Secondly, we will consider evaluating and reviewing coaching sessions as well as evaluating and reviewing our own coaching practice.

9.1 Concluding sessions

Part of our session planning should factor in time to wind the session down and prepare participants to finish. You may end your session with a game, free time or a practice period. Using language that gives participants a time frame is advisable, especially with children. Using phrases like "OK, Last three times round the circuit" is good for winding down.

Warming down after physical activity is as important as warming up. Returning our bodies to their resting state is good for muscle relaxation, circulation to joints and tissues, removing waste products and reducing muscle soreness.

Warm downs can be done on or off the water and should focus on slow movements that include stretching muscles that have been used in the session.

Concluding requires that you get participants safely off the water and taking care of their needs before departure. You will need to make sure, for example, that changing facilities are separate for girls and boys. You will also need to follow correct procedures for

returning and storing equipment, this should be done safely and leave no hazards for others after you have left.

Concluding sessions should also involve communicating future plans to your learners. Letting your students know what will happen in the next session keeps them informed and an active part of the learning process. It also helps link together what they have already done with what is required for the next step.



Ending your session with a game, free time or a practice period, gives time to wind down



9.2 Evaluating and Reviewing

When your session is finished it is important to take time to reflect on it with a view to establishing how effective it was. In order to do this we need to foster and develop a culture of reflective practice within our coaching.

Reflective Practice

Reflective practice is the process of taking past experiences and knowledge, and critically evaluating them in light of new experiences and knowledge. The key to reflective process is to be honest about what you do and be prepared to criticise your own coaching. The idea is that by reflecting on what we have done we are able to structure experiences and decide what we did well and what could be improved. The process of reflecting on what has happened allows us to build

on what we already know about coaching and develop new ideas by adding value to past and present learnt skills. Reflective practice encourages a multi-answer approach to problem solving and arms us with more tools to achieve our aims.

The result of this is not just a broadening of skills and solutions that we can call on but also a deeper understanding of the reasons that some things work and some things don't. Reflective practice works at all levels of coaching and coach education. When used by paddlers it helps develop free thinking and problem solving skills which again result in **coach independence**.

The following are some top tips for reflective practice;

- ▶ Encourage an honest and non-judgemental atmosphere when reflecting with your learners
- ▶ Allocate time in sessions for both you and you learners to reflect on the learning undertaken.
- ▶ Use it to link one coaching session to the next. Use what you have learnt to guide future practice.
- ▶ Use training diaries, logbooks and session planners to provide opportunities for reflection.
- ▶ Use group settings to reflect on learning in your sessions, this encourages a wider range of thoughts and feelings.

Developing a culture of reflective practice in your coaching philosophy is important as it means that you will not stagnate and will continue to develop and evolve. Once you have incorporated reflective practice into your everyday coaching activities you can use it to reflect on what your students have learnt as well as the effectiveness of your own coaching.

Evaluating and reviewing sessions and coaching

Evaluating and reviewing requires gathering information on the learning from a variety of sources. Your students should be central to this process and you should become used to extracting information from them in a variety of ways.

When reviewing a coaching session or block plan we should seek to;

- ▶ Collect, analyse and review information about the session by

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

Applied activity

In your level 2 candidate pack you will have a copy of a self review form. These are quick and easy ways of reviewing your sessions and will help address the above bullet-points. Fill one in after every session that you do, especially when working toward assessment.

Development activity

Using question and answer sessions with learners is a great way of extracting information from them that you can use to review your session. Use the spaces below to think about the kind of questions you might ask. Using open questions (those that require more than yes or no answer) will encourage a more detailed response. Two examples have been given to get you started.

1	What bit of the session sticks out most in your mind?
2	What was the worst part of the session for you?
3	
4	
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utilising self-reflection and feedback from participants and other staff involved in the session

- ▶ Identify the effectiveness of the session in achieving its aims as set out in your plan
- ▶ Review the key aspects of the session, e.g. the effectiveness of the activities and practices used
- ▶ Identify students development needs and undertake further learning to address these.

When we look at the specifics of reviewing there are a number of considerations that we need to consider.

Performance against pre-set goals – As a level 2 coach you will have established a series of both long and short-term and longer-term goals. An effective review of a coaching session will allow you to judge whether the short-term session goals were met and how far participants



You can use a variety of methods to extract information from students that will help you evaluate and review your session. Some of these include; Group discussions, question and answer sessions, feedback from self-reflection and evaluation forms

have progressed in their long-term goals. We should ask ourselves whether students achieved the desired session goals and how performance gains compare with anticipated targets.

Participant's progress – Reviewing helps us monitor participant's progress and achievements over a period of time.



Assessing how well students are progressing will help us plan for future sessions. As part of this process we might ask ourselves;

- ▶ How well did the participants learn the techniques and skills introduced to them?
- ▶ What performance developments were evident for each participant?
- ▶ Are the participants ready to progress within the next session?

Coaching ability – This is the element of reviewing where we evaluate our own performance rather than that of our students. We need to consider our success (or otherwise) of a coaching session in terms of our actions and behaviours. We should consider;

- ▶ What aspects of the session worked well
- ▶ What aspects of the session worked less well
- ▶ How the participants responded to the instructions given
- ▶ Whether the participants responded to instructions and activities
- ▶ Whether participants showed signs of restlessness or boredom
- ▶ Whether the coaching behaviour was appropriate

One of the assessment tasks in your candidate pack is to use the 'Self review' form. It's a good idea to fill one of these after every session. When you have qualified and have more experience under your belt you may find that this process occurs naturally.

Future targets

Evaluating and reviewing is about looking forward as well as back. In order to plan effectively we need to use our review to help set future goals and objectives based on the achievements and progress made by participants.



Coaching and the environment

One of the pleasures of canoeing whether it's fast running white water, lowland canal/river/lake systems or the open waters of the coast is the sheer pleasure of being out amongst our beautiful natural and historic industrial environments both inland and coastal.

As coaches you are tasked with the responsibility of ensuring that newcomers and experienced paddlers are trained to a sufficient level to ensure they have the skills to enjoy the sport safely and responsibly. However, ask yourself this – does this extend to teaching folks about being environmentally sustainable?

With paddling now becoming more popular, the need for a better understanding of our natural waterways and coastlines has never been greater. With a more environmentally awareness and

knowledgeable coaching team, we can inform others of the fantastic world we paddle through and ensure that they have a responsibility to protect and enjoy the environment.

Not only do we have a responsibility to protect the natural environment and save it for the future for others to enjoy but we also need to demonstrate to

other users that canoeing is an environmentally benign sport when carried out responsibly.

Our leaflet (shown above right) "You and Your Canoe and the Environment" highlights Canoe England's position for environmentally sustainable paddling.



At Canoe England there is a Waterways and Environment team for who part of their role is promoting environmental matters. Their environmental role can be divided into two categories:

- ▶ Protecting and respecting the environment whilst paddling in the natural environment
- ▶ Greening canoe club –making canoe clubs think about how they run their clubs in an energy efficient manner.

This can be further broken down in to

- ▶ inland
- ▶ coastal waters

Canoe England (indeed canoeing in general) has been challenged from a number of different areas in that canoeing can damage the environment – whether it's through seal launching or paddling down a river when water levels have been too low. To defend sustainable paddling it is important that everyone associated with paddling including our coaches has a good understanding of potential environmental issues as it could well impact on where and when you can canoe!

Seal launching is an age old activity however recently we have come to realise that seal launching can potentially do huge damage to banks, vegetation and lichen on rocks.

Why not build your own seal launching point as has been done in partnership with Canoe England, North Pennine AONB and Natural England (*see below*).

Alien species also known as non-native species, are becoming more and more of an issue as the water in and around many other countries/continents can contain a number of non-native, or alien, species of plants and animals. Some of these can cause problems due to their ability to out compete our native species and importantly for us, prevent the use of some waters for recreational purposes as they literally clog up and block the waterway. This costs navigation several million pounds every year to remove and dispose of such plants as Floating Pennywort.

Canoe England has been actively involved in the "stop the spread" campaign in partnership with a number of environmental and boating

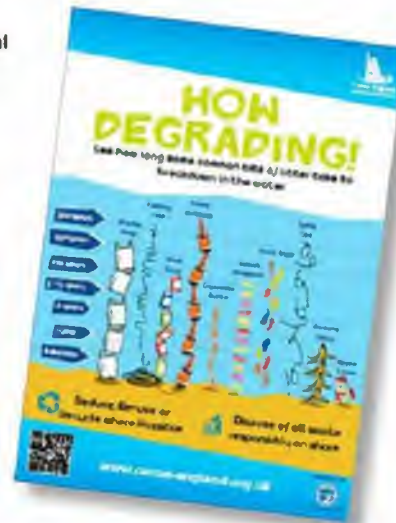


Building wooden seal launching points can protect the river banks

Caring for the environment... Inland and estuaries

By following the simple steps below you can ensure your presence is not detrimental to the freshwater environment, minimise and avoid accidentally disturbing wildlife and their habitats.

- Find out about the area before you go, noting its sensitive places, species and breeding seasons.
- Leave no trace of your visit and take your litter home with you.
- When clearing litter left by others, handle it with care.
- Leave the environment as you find it
- Keep noise to a minimum.
- Do not "seal" launch or drag boats to avoid wearing away natural banks. Float your canoe for launching, lift out when landing and carry it to and from the water.
- Do not damage bank side vegetation when launching or landing.
- Where possible keep to any designated paths or launching points.
- On rivers, avoid paddling over gravel banks in low water conditions – they may contain fish spawn.
- Constantly assess wildlife. If you see signs of disturbance move away quietly.
- Check clean and dry all your equipment when paddling on different water courses to stop the spread of alien species.



organisations. The campaign aims to counter the threat to Britain's economy and wildlife posed by the spread of invasive non-native species such as the 'Killer Shrimp' and the American Signal Crayfish which have been introduced into the UK from other parts of the world.

As coaches you can help pass this message on by promoting the following information.

All recreational water users can take some SIMPLE STEPS to help prevent the colonisation of these harmful organisms into our healthy waterways:

- Check equipment and clothing for live organisms – particularly in areas that are damp or hard to inspect.
- Clean and wash all equipment, footwear and clothing thoroughly. If you do come across any organisms, leave them at the water body where you found them.
- Dry all equipment and clothing – some species can live for many days in moist conditions. Make sure you don't transfer water elsewhere.

To summarise

Canoe England has material which can help you in your role as coaches and we are happy to send you posters and leaflets to assist you.

Information that you as coaches can pass on in your interactions with canoeists is vital to spread the environmental message.



Canoe England is actively involved in 'stop the spread' campaign

Important Update

DISCLOSURE AND BARRING SERVICE (DBS) applications

There are several changes and messages we need to relay to you as a result of the government changes to the Safeguarding and Vetting requirements in particular with respect to the government announcement on 24th May 2013.

As with many changes of this nature, it is not straight forward therefore we will be gradually informing you of the changes over the next couple of months.

The three main changes to the DBS application process are:

- ▶ Who is eligible to undertake a DBS check and which level of check is required
- ▶ The introduction of Single Disclosures
- ▶ The introduction of the online DBS Update Service

As a result of these fundamental changes there are two immediate important messages you should be aware of which take effect from 1st June 2013:

1 As a result of the announcement on 24th May, the BCU recommend that no DBS renewals or new checks are applied for from now until 22nd July. In the interim period, clubs should use people who already hold a DBS/CRB check.

If it is imperative that the club submits a DBS application before this date then we will of course process it as normal. There are several reasons for these recommendations and

benefits to the applicant, if they are able to wait until this date to submit a DBS application.

Benefits of delaying a DBS application:

- ▶ The applicant may no longer need to submit a DBS check, as they may not meet the new eligibility criteria.
- ▶ The applicant will be able to apply for your DBS check online.
- ▶ The applicant will be able to join the new DBS Update Service, which has additional benefits.

2 The new DBS eligibility requirement is linked to a person's specific role and the frequency and intensity in which they carry out that role. Therefore coaches will no longer be required to hold a DBS Certificate (formerly CRB) to meet the Canoe England Coach Update requirements, or to complete BCU UKCC Level 2 qualification. Coaches may still be required to undertake a DBS Check by their deployer in line with the type of activities/ role they are carrying out.

We are looking to provide as much guidance and information as possible to

help our members understand the new requirements. Further details, information and guidance can be found on the Canoe England website, which will be regularly updated with new information.

Canoe England

Please check the website periodically to keep informed. www.canoe-england.org.uk/about/safeguarding-and-protecting-children-and-vulnerable-adults.

▶ If you are unsure about any of the information provided, please check the guidance on the website in the first instance, and if you are still unsure please contact: kimberley.walsh@canoe-england.org.uk. or helen.laywood@canoe-england.org.uk.

Canoe Wales

If you are a Canoe Wales member please also check out Canoe Wales web site www.canoewales.com/news.aspx?ArticleID=227 or if you have specific questions please contact Nigel Midgley on midgley852@btinternet.com

CANI / SCA Coaches

Due to variations in procedures and or legislation CANI and SCA Coaches with questions regarding Child Protection and DBS checks are advised to contact their own Child Protection lead officer.



Sit on tops, canoe and kayak angling and paddlesport

Sit on Top Kayaking (SOT) is one of the fastest growing areas in Paddlesport. Its stability and ease of use have made it accessible to a wide range of people young and old. The ability to sit on rather than in removes the fear of the capsize and the ability to travel some distance with minimal technique is both an advantage and disadvantage enabling the paddler to get places early on in their learning that maybe they should not.

Kayak fishing has gained popularity as the Sit on Top (SOT) kayak has been developed. Indeed many fishermen keen to widen their fishing grounds have bought a kayak and found that they get hooked on kayaking.

While many participants of the sport undertake plenty of training and ensure they carry all the relevant safety equipment, there has also been a significant increase in more casual users taking to the water on SOT's either just for fun or to fish from. People that don't have any previous experience on the water are trying out the sport for the first time.

While this is great for Paddlesport, at least in terms of introducing people to a great sport with fantastic opportunities for experiencing the great outdoors, and for encouraging those starting in this way to have a go at other aspects of Paddlesport, we should all look to encouraging new people to our sport to gain a good solid, early introduction that

With the summer months upon us we should all reflect on the increasing starter interest in Paddlesport via the use of Sit on tops... and how best we can promote and support safe and meaningful introductions to our sport!

covers both skills training and safety knowledge – how do we do this ?

Well, of course we need to look into ways of communicating with and directing such newcomers to coaches, clubs and centres and that's just what we are currently looking to do through manufacturers, retailers and safety agencies, however we also need coaches, clubs and centres, where they have an interest in working with SOT's and Canoe and kayak anglers, to welcome them and provide them with just the sort of training they need.

While this might sound a little strange, for why wouldn't we wish to welcome them?

Discussion with SOT Paddlers and Anglers suggest, when they do make an approach for help, that they don't always feel welcome, or that the Star Awards don't accommodate SOT's. If that's the case then may be this short article will dispel a few myths.

Firstly it is possible for Paddlesport coaches to provide a good introduction to SOT activity and while this doesn't necessarily need to be through the Star Awards, Paddlepower and Paddlesport Start Awards and the BCU 1 - 3 Star

Awards can all accommodate SOT activity if you are looking to encourage milestones to learning and progression.

Also check out the Canoe England 'Go Canoeing' website for details of Go Canoeing opportunities for starter and improver paddlers looking for both taster and follow on paddling opportunities.

Alternatively SOT paddlers and Canoe and kayak Anglers can be directed to other options that can all encourage a better understanding of Paddlesport, improved skills development and safety;

- ▶ GENERAL TASTER SESSIONS / BESPOKE TRAINING / INTRO TO SEA /
- ▶ INTRO TO MOVING WATER
- ▶ FOUNDATION SAFETY RESCUE TRAINING / INTRO TO SURF
- ▶ WHITE WATER SAFETY RESCUE TRAINING / COASTAL NAVIGATION

As coaches let's do all we can to ensure those taking to the water in these emerging 'disciplines' get both a welcome and an appropriate and safe introduction to our sport.

News round-up

RCO & LCO ELECTIONS and VACANCIES

Canoe England RCO Elections and Vacancies

The following RCO position is up for re-election and we invite nominations:

Channel Islands

The following RCO position is up for re-election in July 2013 and we invite alternative nominations:

Devon & Cornwall (SW)

Canoe England LCO Elections and Vacancies

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

Team North: Durham

Team Central: Rutland; Nottinghamshire

Team South: Central London; Oxfordshire

The following LCO positions will be up for election in August 2013 and we invite alternative nominations, these are as follows:

Team South: North London; West London

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 5th July 2013 – 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.

RCOs play a vital role in supporting coaching across our 10 SCA regions. RCOs are volunteers and form part of the SCA Coaching Committee, liaising with local coaches and clubs and forming part of the committee. It is an excellent opportunity to get more involved in the development of paddlesport in your region and gain a wider range of experience and skills.

The RCO role description is available on the coaching committee page of the SCA website. The role is open to any SCA 'updated' coach over 18, ideally a BCU Level 3 Coaching Award or a BCU UKCC Level 2 plus Moderate Water Endorsement.

Nomination should be submitted to coaching@canoescotland.org or direct to the SCA Edinburgh office by 14th July. Nominations must be supported by two 'updated' coaching members within the region. In the event of multiple nominations, a ballot of Updated Coaches in the region will be carried out to select the new RCO. RCO appointment is for a period of 3 years.

➤ In addition, the role of **Approved Paddlesport Provider Representative** is also open for election.

Volunteers from any SCA Approved Paddlesport Provider should contact coaching@canoescotland.org by 14th July.

SCA News

SCA RCO vacancies

Nominations are invited for the following volunteer Regional Coaching Officer roles on the SCA Coaching Committee.

RCO Strathclyde West

RCO Strathclyde East

RCO Highlands & Islands

RCO Dumfries & Galloway

➤ Congratulations and thanks go to the following:

Ruth Briggs who has been elected

as **LCO Guernsey**

Charles Miller who has been elected

as **LCO Shropshire**

Barry Curley who has been elected

as **LCO Cumbria East**

Pat Murray who has been elected

as **LCO Teeside**



Regional Coaching Officers

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	07917 044492	rco.fife@canoescotland.org
RCO Grampian, Speyside and Shetland	Lyle Smith	07974 431153	rco.grampian@canoescotland.org
RCO Strathclyde East	Willie Mcleod	07866 557490	rco.strathclydeeast@canoescotland.org
RCO Lothians	Ian Stewart	07963 750557	rco.lothians@canoescotland.org
RCO Borders	Sam Ritchie	07724 609483	rco.borders@canoescotland.org
RCO Military	Scott Simon	07533 497013	rco.military@canoescotland.org
RCO Tayside	Richie Neill	07747 108902	rco.tayside@canoescotland.org
RCO vacancies in Highlands & Islands, Strathclyde West. See www.canoescotland.org for further info.			

SCA Coaching Matters Series

Coaching Matters is a series of workshops at venues across Scotland, 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.

The general idea of the day is to work it in three parts as follows:

Part 1 - The BCU Coaching Pathway, classroom based. Or if attended Coaching Matters in 2012: Observation of performance, class/practical

Part 2 - Foundation Safety and Rescue principles. A chance to update rescue skills looking at the similarities of rescue across a range of craft. (wet & dry options)

Part 3 - Evaluation of performance. Discipline specific coaching and technical update where attendees choose which craft they want to work in.

DATES AND VENUES 2013

- 27 July – Glenmore Lodge
- 24 August – Dundee (TBC)
- 2 November – Lochore Meadows, Fife
- 3 November – Firth, Loch Tay

The events are subsidised by sportscotland, Glenmore Lodge and the SCA and cost £30 per candidate.

Find out more and book online at www.canoescotland.org

Canoe Wales 2013 Training and Support Dates

24 - 26 Sept UKCC L3 Core	CIWW, South Wales
27 - 29 Sept CTM and OFPP	CIWW, South Wales
19 - 20 October 4* Assessor Training	North Wales
9 - 10 Nov UKCC L3 Discipline Specific	CIWW, South Wales

Canoe Wales
Canw Cymru

The National Governing Body for Paddlesport

Canoe England Coach Conference 2013



Attract. **Retain.** Develop.

Nurturing lasting involvement in Paddlesport



Save the Date!

This year's conference will take place on the 23rd– 24th November at the Alexandra House in Swindon.

Booking for this event opens in September, until then **register your interest** to receive updates on workshops and speakers.



Live the adventure

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Tel: 028 4372 2158 www.tollymore.com

Tollymore National Outdoor Centre, situated on the edge of the Mourne, is Northern Ireland's National Centre for Mountaineering and Canoeing Activities and is funded and managed by Sport Northern Ireland



Based in Cheshire, Outdoor Approach First Aid offers a range of courses that include the Rescue Emergency Care (REC) Emergency First Aid course; which has been recognised for decades as the 'course of choice' and subsequently accepted by many UK National Governing Bodies such as the Mountain Leader Training (ML, SPA, MIA, MIC, IML and BMG) British Canoe Union (BCU) BASI and the RYA.

Now offering a 12½ % discount for all BCU members when quoting your BCU membership number.

For more information and how to book go to www.outdoorapproach.co.uk or call on 07889 399 747



Star Award Courses/Coach Education Courses

4,5 Star Leader Courses

FSRT and WW Safety and Rescue Courses

Cardiff International White Water,
Watkiss Way, Cardiff, CF11 0SY
Tel: 02920 829970, Fax: 02920 877014
Email: info@ciww.com

Free Qualification Courses^{*}

Offering the full range of BCU coaching, performance, safety & CPD modules

Surf

White water

Sea

Open Boat



*If funding is a genuine barrier to gaining a qualification we offer a range of potential sources of financial support that could in some cases mean you receive your training free. Majority of funding only available to volunteer coaches or leaders living in Scotland

www.glenmorelodge.org.uk/sources-funding.asp

