

Issue 178 - £3.50

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for Coaches Code

British Canoeing's magazine for coaches

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Teaching Early Success



Welcome

Welcome to Code 178

While it seems hard to believe, we are approaching the end of yet another calendar year and as always, at this time, we find ourselves looking back on a busy summer of paddlesport and in particular paddlesport coaching - with many new enthusiasts introduced to the sport and many existing converts and paddlers developing and improving their skills through our hard coaching efforts. We can now look forward to an equally busy autumn / winter of conferences and coach updates and indeed for those who continue to take their paddlesport pleasure throughout the winter we can begin to plan ahead work out programmes and trips to do.

In terms of the coach update scheme this issue of Code provides an overview of developments to the coach update process.

For those looking forward to a busy and exciting winter of activity lets make sure we are prepared. In paddlesport we work and play in an inherently challenging environment. We go there for adventure and as such it's not always possible or desirable to take away all of the challenges presented. The alternative is to direct all of our efforts into 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.

Have a great winter and be sure to take care.

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British Canoeing Coach Updates

North West - TBC

1st March 2015

Details available from Ian Bell
coaching.northwest@canoe-england.org.uk

North West - TBC

26th September 2015

Details available from Ian Bell
coaching.northwest@canoe-england.org.uk

Cumbria - Sedbergh

7th March 2015

Details available from Mike Sunderland
coaching.cumbria@canoe-england.org.uk

Eastern - Hertfordshire

4th October 2015

Details available from Gary Denton
coaching.eastern@canoe-england.org.uk

East Midlands - Nene White Water Centre, Northampton

25th October 2015

Details available from Jim McCarthy
jim.mccarthy@dsl.pipex.com

West Midlands - Worcestershire

28th March 2015

Details available from Dave Bateman
dave.bateman@ackers-adventure.co.uk

West Midlands - Shropshire

13th September 2015

Details available from Charlie Miller
cswm@freenetname.co.uk

West Midlands - Lemington

15th November 2015

Details available from Jenna Sanders
coaching.warwickshire@canoe-england.org.uk

South East - TBC

7th March 2015

Details available from Andy Hall
coaching.southeast@canoe-england.org.uk

South East - Cobnor Activity Centre

October 2015 - TBC

Details available from Andy Hall
coaching.southeast@canoe-england.org.uk

Southern - Longridge Activity Centre, Marlow

18th April 2015

Details available from Alex Shiell
coaching.southern@canoe-england.org.uk

Southern - Calshot Activity Centre

17th October 2015

Details available from Alex Shiell
coaching.southern@canoe-england.org.uk

South West D&C - West Cornwall

12th April 2015

Details available from Richaren Uren
coaching.westcornwall@canoe-england.org.uk

South West Wessex - Bristol

TBC

Details available from Mark-Jan Dielemans
coaching.bristol@canoe-england.org.uk

South West Wessex - Gloucestershire & Wiltshire

26th July 2015

Details available from Gavin Lewis
coaching.wessex@canoe-england.org.uk

South West Wessex - Somerset

18th October 2015

Details available from Darren Sherwood
coaching.somerset@canoe-england.org.uk

Channel Islands - Jersey

7th February 2015

Details available from Derek Hairon
coaching.jersey@canoe-england.org.uk

Channel Islands - Guernsey

8th February 2015

Details available from Ruth Briggs
coaching.guernsey@canoe-england.org.uk

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Teaching Early Success

So you have done your safety briefing, showed your group a paddle and even told them how to use it. You launch them on the water and then undoubtedly they start to **spin in circles**. Fast forward 10 mins and they are still weaving around, struggling to make any forward progress, with the only difference being, they are now totally disheartened that they can't do, what is in their mind the easiest skill; going forwards!



I can still remember my first day in a kayak, I had been on the river for all of 1 minute, when our instructor said to the group "OK, follow me" and then continued to paddle up the flow in an effortless style, boat staying dead straight. So like perfect students we followed on in one straight line. Well, that is for the first 2 metres!

I remember thinking, my boat must be broken, it won't go straight. So I nagged my instructor, who kindly gave me the advice to keep paddling on the same side until it comes straight again. So for the next hour I stuck to this advice and proceeded to paddle as hard as I could on one side, so that the boat would hopefully come back straight again.

This had 2 outcomes, the first was that no matter how hard I

paddled on that side, the boat would still spin out. The other was after lot's of effort the boat would temporarily come straight. How strong my instructor must be I pondered?

It's really important that we give our students a good start in our sport, other wise who knows what kayaking prodigies we could be putting off? So the following article is a study on teaching our beginners how to paddle in a straight(ish!) line in whitewater/club kayaks.

As coaches we know that forward paddling is a really difficult technique to fully master, and top athletes spend years honing their technique. However our beginners don't have to be masters, they just need to get from A - B and enjoy themselves, we can save the really nitty gritty for a later time in their kayaking careers.

So first thing's first let's look at why the kayaks we often put our beginners in spin so easily.

Imagine sitting on the bottom of a clear lake, looking up to the surface. On the surface are two kayaks and a beach ball, one of the kayaks is a racing K1 and the other is a typical club boat. The K1 would look like a long thin shape, whereas the club boat looks like a much wider rectangle. Now think about that beach ball with its round shape. A beach ball will turn with complete ease, but try to push it forwards and it won't go very far! However a K1 won't turn easily, but give it a push and it will go a mile! So our club boats sit somewhere between this, but in some way's is very similar to the beach ball, the slightest push and they want to start spinning.

I remember thinking, my boat must be broken, it won't go straight. So I nagged my instructor, who kindly gave me the advice to keep paddling on the same side until it comes straight again.

The first thing I do when I get my students on the water is to positively encourage them to spin their kayaks in both directions. This is for three reasons, the first is group control. If they are spinning then they are staying near by. The second is because it's something I know they will be able to do, so they are getting instant success which in turn leads into motivation to want to do more. The third is because in a few minutes when we start looking at moving forwards its going to be really, really useful!

Progressing on from spinning is usually paddling forwards, and by the fact that they can already turn in both directions we would have thought that going in a straight line would just be a balance between this? But it never quite seems to work out like that. Often we watch a beginner paddling forwards, and we will see that their boat starts to uncontrollably wonder off in one direction or another. Our beginner then tries to counteract that by either paddling on the same side over and over (where the boat usually wins which usually results in the tail spinning out) or they put a back stroke in and waste their hard earned momentum.

Head on demonstration



Rear demonstration



So something is different when we paddle forwards compared with when we are static. Something that causes a beginners kayak to get a mind of it's own and turn off line.

Think back to the times where you have been paddling forwards, then stopped paddling and allowed your boat to just drift. It never just carries on straight, it will always want to turn

It's really important that we give our students a good start in our sport, other wise who knows what kayaking prodigies we could be putting off?

off in one direction or another. Several things cause this to happen, the first is that more than likely your last stroke has encouraged your boat to start turning. Another might be a current, or the wind. However, even in dead still conditions, with you trying your hardest to leave the boat balanced, it will still eventually spin out. This is also true to when we are paddling forwards we are in a constant balancing act, making small adjustments with our paddles to keep us going straight.

The explanation to why this happens is relatively complex with several effecting factors. Imagine paddling forwards, the bow is the part cutting through the water, whereas the stern is just following.

As a result of this, the bow is quite well anchored, whereas the stern is a lot more free to slide about, that is the first part of the puzzle.

The next is that when our boat is static, the turning point or pivot point is usually under our bum, which is also where the bulk of our mass is. However, when we start to paddle forwards the turning point also moves forwards, but our mass stays in the same place.

As a result of this when we stop paddling our mass (us) wants to keep going and the easiest way for it to go is one side or the other of the pivot point. When this happens the back end of the boat pushes to one side and skids out. You can hear and see this happening at the tail of the boat (a whooshing noise and bubbles), but you may also notice that the front of the boat is not skidding its still pushing through the water. That's the point when our mass over takes the pivot point.

As a little class room example try pulling a pencil by its end along a desk. You should

find that the pencil just follows. Now try pushing it by its end along the desk. Harder?

So as we get better at kayaking we learn to pull our kayak along with good forward strokes and any chance of our body mass over taking the pivot point is soon fixed with a tweaked forwards stroke. Going back to teaching our beginners, we are all familiar with the 'Sweep stroke' technique, which is undoubtedly a good technique for turning kayaks in a static setting.

How about a technique for turning a kayak on the move? Or even better yet, a technique for correcting a kayaks direction on the move? A sweep stroke sort of does this, but what we really need is a refined version that is tailored to do the job, and is easily accessible to someone with the most basic of skill sets.

So going back to that paddle briefing at the start of the day I like to show beginners two areas on the kayak.

The power area and the turning area.

The **power area** is located from as far forward as they can reach, to about mid thigh. Whereas the turning area is located from their hips to as near the stern (tail) of the kayak as they can reach. If they want to use the power area then the paddle is near vertical, and if they want to use the turning area, then they need to flatten the paddle and sweep as much water as they can and squeeze this into the stern of the kayak, in a rainbow/arc like shape. Another way of explaining this could be to sweep as much water under the stern as they can. The important bit is that the paddle ends up as far back as they can reach (while maintaining a normal posture), this is where the turning really happens.

This should be followed with a good example of the skill in use, both in power mode, and then demonstrating the turning mode in context. e.g when the kayak starts to go off line.



The photo's on the previous page show the '**Turning mode**' in use. Notice the arm closets the water is fairly straight to give the arc shape good reach. Once the paddle has swept the water under the back of the boat it is then removed, the idea is not to then use it as a rudder. At this point we can either repeat the stroke to turn more, or if the direction is correct then forwards paddling can continue.

A good question to ask your beginners could be "*Where is a sailing boat is steered from?*"

This will hopefully get them thinking about the rudder being at the back of the boat, and will help them to visualize the correct kind of images.

Now that the learners have an awareness of the two areas of the kayak, and how they can be used, we need to create an environment that they can practice and succeed within.

At this point there are many different exercises or challenges that could be set, and the only limitation is your imagination. To get the ball rolling here are a few ideas:

EXERCISES / CHALLENGES

Follow the leader

Good for the more visual learner as they get to see more demonstrations.

Kill the Spin

Have your group spinning in circles, and on your command they are to kill the spin with the above talked about stroke - make sure they are not using a backwards stroke as this could later be used in their forward paddling.

Slalom Course

Save your milk floats and gather some string! By setting a fairly linear slalom course that weaves its way up your lake/river your beginners will have to make subtle adjustments to their direction, but principally keep themselves going forwards. You can hang back, observe, give feed back and answer any questions.

Open Practice

Give your learners some time to go work it out and experiment. This suits self motivated groups.

A - B

A simple paddle from this side to the other, could be enough for your learners to start experimenting, and getting the hang of that straight(ish) line.

Conclusion

To conclude the article, remember the two zones of the boat, the power zone and the turning zone, get your group to understand these and how they can access them. Hopefully you have found it useful and will take something 'forward' from it, so that the next time you are out teaching some novices, you will have them paddling in straight(ish) lines in no time.

Jake Holland

Dynamic Coaching – An expanding skill set

British Canoeing Coaching Conference

22nd -23rd November 2014

Wyboston Lakes | Bedfordshire

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CONFERENCE



Taking place at the excellent facilities offered by Wyboston Lakes, this year's coaching conference, **Dynamic Coaching – An expanding skill set** will turn the spotlight back on to developing coaching skills and behaviours.

The event offers a line up of **25 workshops** and keynotes by **former European Freestyle Champion, Lowri Davies** and **author and adventurer, Dave Corthwaite**, which look at taking existing skill sets to the next level or applying existing skill sets into new contexts, as well as offering development in some new areas.

Delegate Packages start from **just £85**, for the full weekend and a range of single day and residential options are also available.

Take a look at the full programme and book you place www.canoe-england.org.uk/coaching/coaching-conferences



British Canoeing Technical Groups 2015 - 2018

British Coaching's Coaching Strategy Group (CSG) and Coaching Operations Groups (COG) wish to review and update a number of the existing technical panels to support and provide guidance to them as required on discipline related technical matters

Purpose

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

The Technical Panels will therefore act as a source of discipline specific and or technical information being directed by and reporting to CSG and COG, either maintaining a watching brief on relevant issues or investigating and reporting on issues relevant to specific developments.

Initially we are looking to review the following groups:

- White Water
- Sea
- Surf
- Canoe
- Touring
- Emerging Disciplines
(to include Sit-ons, Stand-up Paddleboards)
- White Water Rafting
- Safety Groups

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

Membership

Individual members of the technical panels shall be agreed by COG for the period 2015 – 2018 and will be required to show a high personal level of skills, knowledge, competency and expertise in their discipline:

- Current and active Level 5 or **holding equivalent experience**
- Experience of Coaching Award Delivery.
- Knowledge of the appropriate paddler pathways (foundation to elite)
- Understanding of the support given by British Canoeing to coaches and paddler working on British Canoeing programmes and initiatives

Additionally any Involvement in, and knowledge of, workforce planning and Development at all levels of coaching may be useful.

Tech group size will comprise a maximum of 10 individuals. Technical panel members should be available to attend at least two meetings per year and they should be prepared to be assigned aspects of project work as determined and to engage in e-mail forums.

Involvement in the panels will be on a voluntary basis with travel and out of pocket expenses reimbursed.

To express an interest and receive an application form please contact. We are looking to review and make any new appointments in the new year 2015.

Joanne Simpson - joanne.simpson@bcu.org.uk



British Canoeing Coach Update Scheme Review

The Coaching Operations Group (COG), through an established project group, has recently completed a review of the Coach Update Scheme across all four Home Nations, and would like to thank all those who contributed their views and feedback through the consultation.

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The review which started in 2012, was conducted in a series of phases, which are described here;

Phase 1:

Initially consultation was sought by means of online survey (yielding 973 responses) and at national and regional forums. This analysis of the data from this phase of consultation highlighted:

- a) A significant level of misunderstanding over terminology, and inconsistent use of terminology across communications. Specifically this related to the use of 'coach update' to mean the overall scheme as well as one component of the scheme, which in turn was also referred to as 'revalidation'. Furthermore, the term 'licence', appeared to raise concerns amongst some respondents.
- b) Strong desire for greater flexibility in the recognition of Continuing Personal Development activities undertaken by coaches; including refreshment of safety skills (61% of respondents) and recognition of discipline specific experience (62% of respondents)
- c) Strong support (71%) for keeping the Coach Update Scheme free of charge 71%, and for retaining different aspects of the scheme; Membership (68% of respondents), First aid (91% of respondents), CPD/Revalidation (65% of respondents), Safeguarding Training (49% of respondents).

Phase 2:

The Coach Update Scheme was then reviewed in light of key findings from Phase 1 and wider publications from this field. During this phase, the review group was also supported by a sports coach UK advisor and considered similar schemes in other sports locally and in other paddlesport governing bodies overseas. The outcome from this phase was a series of proposed updates to the existing scheme.

Phase 3:

During the final phase of the review, further consultation was sought from the Home Nation coaching committees on the proposals. Feedback from these groups indicated some minor adaptations to the communication of the information, but an overwhelming support for the proposed changes to the scheme. In light of this response the proposals were then accepted by the COG in July 2014.

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Recommendations and Changes

The following recommendations will now be implemented from 1st October 2014

1. UPDATED TERMINOLOGY.

For clarity, the following glossary of terms will be adopted:

Coach Update Scheme – Refers to the overall scheme which is composed of 4 elements: Membership, First Aid, Safeguarding Training and Coaching CPD.

Coaching Continuous Personal Development (CPD) – Activity undertaken by the coach to develop their skills and knowledge. This can be recorded by attendance at a Coaching Matters event or a recognised course or logged by submitting an Application for Recognition of CPD.

Coaching Matters Events – coach development days organised by the Home Nation Association, one way of meeting the Coaching CPD element (formerly known as Coach Update days).

British Canoeing Coach Update Scheme – Update 2014
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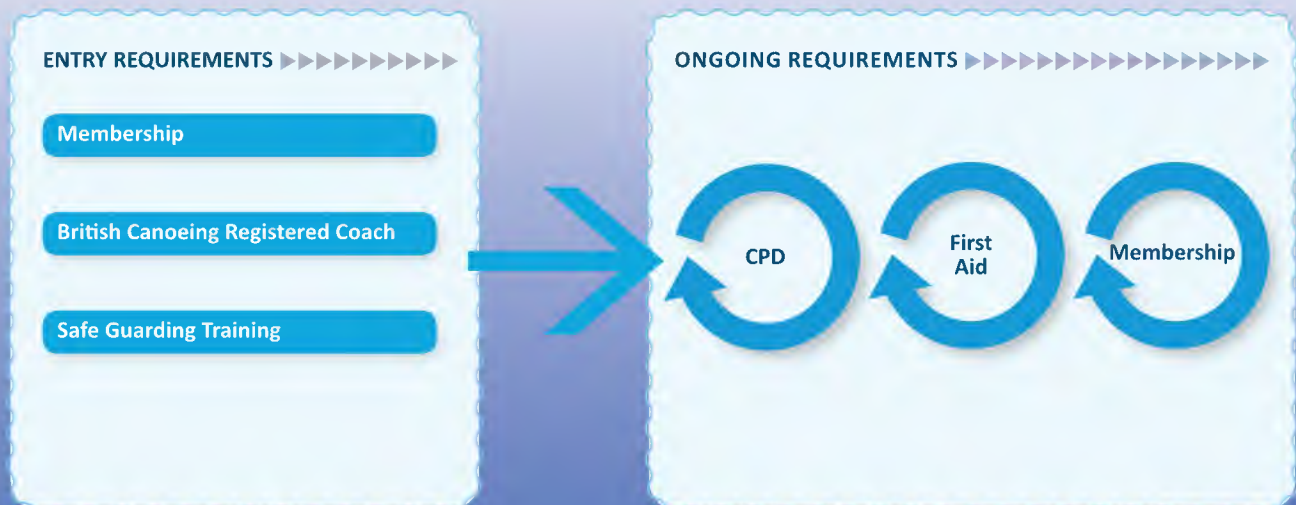
2. EXPANDING THE SCOPE AND FLEXIBILITY WITHIN THE COACHING CPD ELEMENT OF THE SCHEME.

The following changes have been made to offer broader recognition:

- Over 20 courses have been added to the list of Recognised CPD Courses. The additions include further British Canoeing courses and sports coach UK courses, as either 18 month or 3 year Coaching CPD validity.
- A Recognition of CPD application form will replace the self-assessment form, and will provide a more user friendly option for coaches to gain recognition for CPD that is done using means other than through Coaching Matters Events and the list of Recognised CPD courses. This will also allow
- The Recognition of CPD service can also be used to recognise in-house training and other coaching events.

Coach Update Scheme

'Recognising a commitment to relevant development and learning.'



Questions

What impact will this have on coaches who already meet Coach Update Scheme requirements?

The nature of the changes should mean that the impact on all coaches is positive. There should be little direct impact on coaches who meet the existing requirement. Prior to their CPD expiring, they can now choose from a much wider range of options including some new options valid for 18 months.

I recently completed one of the courses now listed as recognised CPD, will this be recorded as?

Home Nation Associations will be carrying out updates to their databases to review courses from the last 18 months and 3 years. Where a British Canoeing course is now included on Recognised CPD Courses list, the appropriate CPD timescale will be added. Where the course was done with a third party organisation a copy of the certificate can be submitted to gain recognition.

Further Information

Full detail of the revised Coach Update Scheme is available from Home Nation websites.

News round-up

COACHING REPRESENTATIVE ELECTIONS and VACANCIES

Regional Coaching Representative

Elections & Vacancies

The following RCR positions are up for election and we invite nominations:

North East **East Midlands**
Devon & Cornwall **Channel Islands**

Area Coaching Representative Elections & Vacancies

The following ACR positions are currently up for election and we invite nominations:

Team North:
Durham
North Yorkshire
South West Cumbria
Lancashire

Team Central:
Bedfordshire
& Luton
Suffolk
Lincolnshire
North Derbyshire
Worcestershire

Team South:
East London
Oxfordshire
Gloucestershire

Central London
Dorset
Isle of Wight

The **Hertfordshire ACR**, **Essex ACR** and **South Derbyshire ACR** are up for election and we invite alternative nominations.

The following ACR roles are up for election and we invite alternative nominations:
Kent ACR, **West Sussex ACR**, **Cambridgeshire & Peterborough ACR** and **Hertfordshire ACR**.

Our congratulations go to Mike Ryder, newly elected **Cheshire ACR** and James Gay, newly elected **Berkshire ACR**. Our congratulations and thanks also go to Clive Marfleet, **Essex ACR** and Tony Laws, **South Derbyshire ACR**, who will be continuing in their roles.

Our thanks go to Richard Simpson, **South West Cumbria ACR**, Jacqui Dutton, **Worcestershire ACR** and George Haisman, **Lancashire ACR**, for their hard work in their roles.

All applicants must submit a profile (not more than 200 words) and must be proposed by two current RCRs/ACRs or by five other coaches. These coaches must meet the British Canoeing Coach Update Scheme requirements and live, work or be a member of a canoe club in the respective area. These all need to be received by Natasha Devonshire in the British Canoeing Office by 4:00pm on 12th December 2014 – 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.

Please get in touch! If you (or someone you know) are interested in taking on one of these roles please contact Natasha Devonshire (natasha.devonshire@canoe-england.org.uk) who can help answer your questions.

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

SEMINAR SEMINAR CANOE WALES COACHING SEMINAR SEMINAR SEMINAR

Coaching Theory into Practice

Exploring theory and practice; a constraints-led approach

Professor David Collins, Dr. Loel Collins, Marianne Davies and Dean (Sid) Sinfield invite you to a one-day coaching seminar hosted at Plas y Brenin National Mountain Centre on 28th November 2014.

This seminar is aimed at all coach educators within the adventure sports industry. The day will be based around sharing ideas and expertise to explore how we can more effectively coach adventure sports using the interaction of personal, environmental and task-specific constraints, and in particular focus on the application of theory into practice.

0900 REGISTRATION AND REFRESHMENTS – 1430 FINISH

MORNING: A series of presentations and discussions. Topics will include; de-bunking research and practical coaching myths; exploring what a 'constraints-led' approach is, what it means, and how it is influencing our understanding of how we interact and learn to move within our environment; the professional judgment and decision making process in adventure sports coaching and exploring how adventure sports coaches and researchers can utilise theory in practice and for practice to influence theory; using practice structure, focus of attention, feedback, and other coaching tools.

AFTERNOON: A series of practical sessions working in facilitated, informal peer groups, exploring how you can effectively put the morning's discussions into practice within a number of adventure sports. It is envisaged that this session will be flexible and can be shaped to meet the theoretical and practical interests of those attending.

Refreshments, lunch and afternoon tea and cakes will be provided.

£30 non-residential, rooms available. All bookings through Plas y Brenin at <http://www.pyb.co.uk/courses-detail.php?coursecode=WEB125>



SEMINAR SEMINAR SEMINAR SEMINAR SEMINAR SEMINAR SEMINAR SEMINAR SEMINAR

COACHING THEORY INTO PRACTICE

Exploring theory and practice - a constraints-led approach



CanoeWales
CanwCymru



uclan
University of Central Lancashire

A 1-day Seminar 28th November - £30 (or £60 with B&B)

Professor David Collins, Dr. Loel Collins, Marianne Davies and Dean (Sid) Sinfield invite you to a one-day coaching seminar at Plas y Brenin, The National Mountain Sports Centre on 28th November.

Aimed at all adventure sports coaches, this is an opportunity to share ideas and expertise and explore how we can coach adventure sports more effectively, focusing on the application of theory into practice. The morning will be a series of discussion based sessions followed by lunch and an afternoon packed with practical group sessions, putting the morning's conclusions into practice in a number of adventure sports.

To find out more or to book your place visit www.pyb.co.uk/coaching



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