

Issue 184 - £3.50
April 2016

for Coaches Code

British Canoeing's magazine for coaches

this issue

► USE OF MODERN TECHNOLOGY TO AID COACHING	03
► AQUATIC INVADERS	07
► NATIONAL CANOEING WEEK	08
► KEEPING IN TOUCH	09
► NEWS ROUND-UP	10
► FSRT PROVIDER INFORMATION	11

Use of Modern Technology to Aid Coaching



WELCOME TO CODE 184

Spring is with us again and while everyone is no doubt busy planning spring, summer coaching and boating sessions there are a couple of diary dates to flag for you to put in your diaries for later in the year.

Firstly and with just (as we go to print) 116 days and 149 days to go to the 2016 Olympic Games and Par-Olympic Games, respectively let's remind ourselves of 2012 success and of the great opportunity the games provide for showcasing our sport as a whole. There's no doubt that such high visibility promotion increases interest in and participation in Paddlesport. Lets all look to ways in which we can both support and take advantage of this great opportunity.

Secondly and with just 221 days to go (as we go to print!), please block out the weekend of 19th / 20th November - the date of our 2016 Coaching Conference in England. Following on from the success of previous years events we are aiming for this years event to engage with and attract coaches and coach educators at all levels with opportunities to stimulate thinking and practice. The main theme of the event and further details will be available in the June edition of Code, however, in the meantime we would encourage you to save the weekend.

OK diary matters concluded please enjoy this edition of Code and your planning and summer.

Happy Paddling and Coaching.

Coaching Matters Events 2016

NORTH

■ **Cumbria -**
Bendrigg Lodge, Kendal
9th December 2016
Details available from Mike Sunderland
coaching.cumbria@britishcanoeing.org.uk

CENTRAL

■ **Eastern – Bedfordshire, TBC**
22nd May 2016
Details available from Gary Denton
coaching.eastern@britishcanoeing.org.uk

■ **West Midlands – Tewkesbury**
11th September 2016
Details available from Dave McEneaney
coaching.herefordshire@britishcanoeing.org.uk

SOUTH

■ **South West – Haven Banks**
Outdoor Education Centre
15th May 2016
Details available from Chris Waters
coaching.devonandcornwall@britishcanoeing.org.uk

■ **Eastern – Essex/Suffolk, TBC**
19th June 2016
Details available from Gary Denton
coaching.eastern@britishcanoeing.org.uk

■ **South West – Tamar Canoe**
Association, Saltash
18th September 2016
Details available from Chris Waters
coaching.devonandcornwall@britishcanoeing.org.uk

■ **Eastern – Cambs/Herts, TBC**
2nd October 2016
Details available from Gary Denton
coaching.eastern@britishcanoeing.org.uk

■ **South East – Wey Kayak Club**
9th October 2016
Details available from Andy Hall
coaching.southeast@britishcanoeing.org.uk

■ **Southern – Berkshire**
15th October 2016
Details available from Alex Shiell
southern@britishcanoeing.org.uk

■ **South West – Kingston**
Maurward College, Dorchester
16th October 2016
Details available from John Purse
coaching.dorset@britishcanoeing.org.uk

■ **West Midlands - Trentham,**
Staffordshire
12th November 2016
Details available from Mark Brian
staffordshire@britishcanoeing.org.uk

Contents

USE OF MODERN TECHNOLOGY	
TO AID COACHING	03
AQUATIC INVADERS	07
NATIONAL CANOEING WEEK	08
KEEPING IN TOUCH	09
NEWS ROUND UP	10
FRST PROVIDER INFORMATION	11

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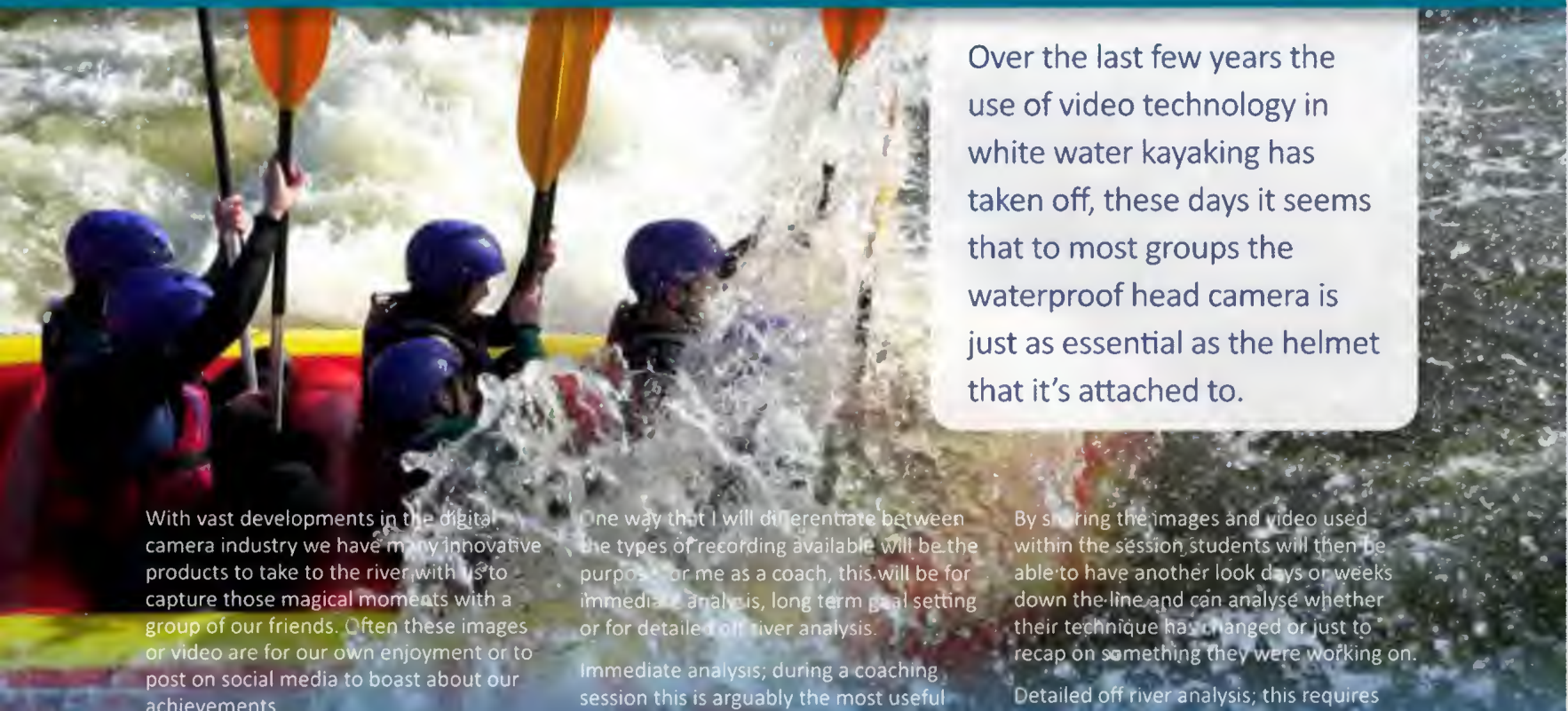
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Use of Modern Technology to aid Coaching - Josh Litten



Over the last few years the use of video technology in white water kayaking has taken off, these days it seems that to most groups the waterproof head camera is just as essential as the helmet that it's attached to.

With vast developments in the digital camera industry we have many innovative products to take to the river with us to capture those magical moments with a group of our friends. Often these images or video are for our own enjoyment or to post on social media to boast about our achievements.

The white water environment is an extremely dynamic place in which a paddler needs to apply many techniques in order to achieve a successful performance. As a regular paddler and paddlesport coach I find these images and video very useful in breaking down a paddlers performance to highlight elements that I could work on, for example; to see exactly where an individual places their top hand during a tight eddy turn, or where the final paddlestroke is placed when boofing a drop. Modern equipment allows me to do many things with these videos and I have a great selection of methods of capturing these images to better help me understand exactly what someone is doing.

I do not mean to suggest that the use of video equipment must be used all of the time because for some people it may over complicate what they are feeling, or it may feel intrusive or unnecessary. If the situation and the individual indicate that video is appropriate I think we should understand the possible benefits and how best to use it.

In this article I intend to outline my findings on the benefits of using technology to aid self analysis and coaching, and offer a user guide to the most appropriate and successful methods of gathering video.

One way that I will differentiate between the types of recording available will be the purpose for me as a coach, this will be for immediate analysis, long term goal setting or for detailed off river analysis.

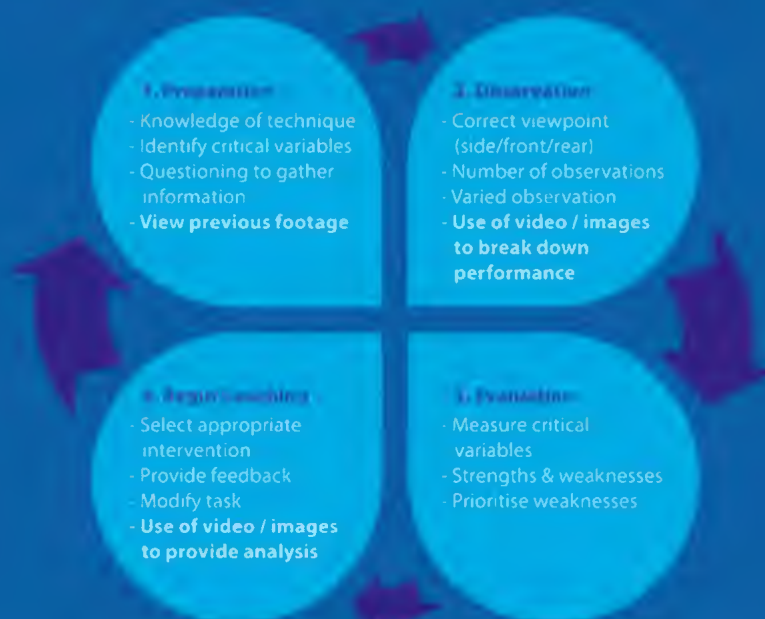
Immediate analysis; during a coaching session this is arguably the most useful because we are replaying and analysing the footage at the river bank. This can offer the student contextualised practice relating kinaesthetic feel to visual points of reference. This reflection-in-practice can have a powerful effect on learning which then maximises time spent in the coaching environment.

Long Term Goal Setting; for students to continue with their learning outside of coaching sessions it is important to aid the way they can access information for review and give themselves feedback.

By storing the images and video used within the session students will then be able to have another look days or weeks down the line and can analyse whether their technique has changed or just to recap on something they were working on.

Detailed off river analysis; this requires capturing the images during a coaching session and analysing them back at home with use of computer software to aid the analysis. This may work when coaching long term students as a way of tracking progress or spotting elements of their performance that can be worked on next time you are coaching them.

Video analysis can be useful as part of general observations integrated in the coaching process, this diagram shows how it might fit in;



Modified from Knudson & Morrison (2002) Qualitative Analysis of Human Movement 2nd Ed, Human Kinetics

Digital Stills Camera – Waterproof / not waterproof

This highly user friendly style of camera is probably the most common place within many action sports. For coaching purposes I find the most useful function is using the multi burst setting which most modern cameras have, because it allows you to continually take photos in rapid succession. This function is great for instant playback so whilst on the river you can check through the stages of someone's performance and break down key coaching points. I find both waterproof and non waterproof cameras useful for different reasons, the waterproof camera is great for instant out of PFD pocket up close pictures, however, for locations where I can coach from the bank I find a non waterproof camera has additional functions and a zoom feature the will get you more detail on a paddlers performance.

For both coach and learner this instant playback can be vital in one's ability to relate feelings and actions to correct technique. This ability to analyse and immediately try again will help the learner gain a more developed cognitive response to a physical action.

Waterproof Video Camera

In modern boating this is used for a variety of reasons, for this article I am interested only in its ability to aid the coaching process. By far the most popular for many sporting enthusiasts is the GoPro Hero camera which is a fairly indestructible and high performing camera with a variety of attachment options. For the purpose of coaching however, this camera will only offer video analysis back at home when you have downloaded the footage (although some do connect to mobile phones for playback). I have been using a Ghost camera which has a built in LCD display and will allow instant playback.

For the best results in terms of coaching footage we need to make the paddler the focus of attention and not the impressive water or scenery so the way we attach the camera must be considered. I found that by using a pole we could gather some much more useful footage which easily highlights all of a paddler's performance.

Head Cam

- Allows us to see future water
- Useful to analyse a paddlers tactics when running a rapid
- Unable to clearly see body or blade position



Front Mounted Cam

- Very clear observation of paddler
- Useful to identify and break down technique
- Can see effectiveness of paddle strokes
- Great for deductive phase of coaching e.g. BBB, Posture, Connectivity, Power transfer, Feel
- Gives you a fixed reference point with which to work out angle of edge



Rear Mounted Cam

- Great for observing the Tactical and Technical aspects
- Useful in spotting body position whilst on edge
- Measurable accuracy
- We can see how interference effects performance



Coaches Eye



Coaches Eye

This brilliant piece of software is available to download to a mobile device and gives you the opportunity to break down a paddlers performance with ease. The main feature is that you can video through the software using a mobile device and have access to instant video playback which offers the coach analysis and the paddler feedback at the river. With the video playback there are a number of other features to help you break down the performance. These options include the ability to move

through the video frame by frame, and play the video in slow motion with the option to pause at any point.

This frame by frame feature allows you to pinpoint the exact moment when unwanted behaviours appear so that coaching can become far more specific and measured.

I find other features such as the angle tool or drawing on the image fairly ineffective when on the river bank with cold fingers, however, this may have some use for further diagnostic back at home.



Kinovea

This free software can be found to download to your computer online and works really well for detailed performance diagnostic back at home. This level of analysis may only be necessary for high performance reviews where only minor changes need to be made which are difficult to see without the features available with this software. This is useful with long term students as a way of reviewing and measuring performance and setting long term goals.

This software allows you to upload videos taken on the river which you can then analyse with use of many tools and features. One very useful feature is the

ability to compare two videos at the same time, this has many advantages for a coach when trying to identify what needs to happen to improve performance or as a way of reviewing long term student progress.

Conclusion

With a greater understanding of what products are available and their functionalities I feel that benefits can be made to coaching sessions with the use of such technology. This by no means suggests that coaching sessions must include video analysis.

For the best results in using video analysis it is important to consider; what you intend to analyse, the method of capturing footage and the feelings of the student you are coaching. Firstly, before capturing footage ensure that the student is receptive to this method of analysis and is comfortable with being filmed during their performance. Once you have established that a video or images are the right way to develop your student's

performance then you must decide how to go about it.

A large part of capturing a usable image or video is getting the right angle to clearly show the element of performance you intend to work on. This might mean getting into an obscure position or might dictate the equipment you use to capture it.

One of the fastest and easiest methods that I have found is to have 'coaches eye' on a mobile device with a waterproof case. With this you are able to capture footage of a reasonable quality and have access to a range of analysis tools to use on the river bank during a coaching session.

By using the equipment and analysis tools as discussed in this article I have been able to offer a greater depth of input and a more detailed action plan for my students thus improving the quality of coaching I have provided. I expect greater developments in both technology and software over the coming years which I am sure will have a positive impact on our ability to give more detailed and measurable coaching sessions.



2016 COACH CONFERENCE

19TH – 20TH NOVEMBER 2016

Register your interest with the following link: [Register your interest](#) to receive updates on developments as they happen.

Theme and venue to be announced in May! If you are interested in speaking, exhibiting or leading a workshop at the 2016 Coach Conference please contact: Natasha Devonshire, Coaching Projects Officer via: Natasha.Devonshire@britishcanoeing.org.uk



Environmental Sustainability

As coaches we are tasked with the responsibility of ensuring that new comers and experienced paddlers are informed to a sufficient level to ensure that they have the skills to enjoy the sport safely and responsibly. To that end we begin a series of articles reminding/asking ourselves if these responsibilities extend to educating paddlers about being environmentally sustainable.

Non Native Species – Keep a look out for those Aliens!

For the last few hundred years since the first explorers sailed the seven seas, people have brought unusual plants and animals into this country. Many were brought in to enhance someone's land or out of idle curiosity. Today we live with the consequences of their actions. The grey squirrel was introduced and now our native red squirrel has all but disappeared. Japanese Knotwood brought in to add a different dimension to the gardens of the wealthy has become a notifiable species yet still it infests large parts of the country and it almost impossible to destroy. These are just two examples of alien species that have been brought in to our country and have upset the ecosystem.

So What!

You may well think - What has it got to do with me and my coaching role?? Well not only does a number of these alien species detrimentally impact our native species but has a massive impact on our waterways where you may well be teaching your students. Several plant species have caused a major headache to navigation authorities who have to spend £25 million per year in clearing these plants that are able to totally block river, lake and canal systems and prevent the commercial and recreational use of these waters.

Still today people bring in to the country alien species of plants and animals without due consideration what their impact can be. Even within our country we can unwittingly transfer species from one area to another. The very nature of canoeing is that the craft is highly transportable and can go from one water course to another and one country to another.

What can I do as a paddler and coach to help?

As coaches you have a vital part to play in the promotion for the need to prevent the spread of alien species by all canoeists regardless of where they are paddling.

How do we stop the spread?

Regardless of the type of canoeing you do, whether competitive or recreational, inland or coastal, the chances are is that you take your canoe/kayak on to different watercourses where there is a chance you may come in contact with these harmful species.

Check you're not carrying living organisms

1. Check

- Check your equipment and clothing for living organisms
- Your equipment - pay particular attention to areas that are damp and hard to inspect such as the bow and stern of the boat, under the seats and rims and behind buoyancy bags and foot rests.
- Your clothing- check folds of cagoules, buoyancy aids, spray-decks, throw-lines, and the clothes you wear under your cagoules.

Clean all equipment, clothing and shoes

2. Clean

- Check your equipment and clothing for living organisms
- Your equipment - pay particular attention to areas that are damp and hard to inspect such as the bow and stern of the boat, under the seats and rims and behind buoyancy bags and foot rests.
- Your clothing- check folds of cagoules, buoyancy aids, spray-decks, throw-lines, and the clothes you wear under your cagoules.

Dry equipment and clothing carefully

1. Dry

- Dry all equipment and clothing - some species can live for many days in moist conditions. If it's a warm sunny day, leave your boat out in the sun to dry - along with your extra kit.
- If the sun won't help then do dry your kit with towels etc ... they will need to be washed after use (unless you can dry them out properly between uses). You might need to think of innovative ways of reaching inside your the end of your boat but it's important to do so.
- Make sure you don't transfer water elsewhere.

The above means YOU need to do it ...if you are:-

- a competitive paddler who trains and races on different water courses
- a freestyler/river runner who enjoys visiting a variety of waterways
- a sea paddler/kayak angler who also uses inland waterways
- a recreational paddler who enjoys touring around
- a canoe polo player who uses outdoor pitches
- a canoe sail participant who visit different places

Fundamentally we ALL need to do this as we have a major part to play in protecting the waterways we enjoy and are needed for our sport.

Prevent the spread of invasive species by asking members as well as visiting participants and competitors to wash down and dry boats, plus any other equipment such as wetsuits that may have been in contact with the water. Do this every time you leave the water and before you launch in new areas.

For more information visit:

Non Native Species Secretariat
<https://secure.fera.defra.gov.uk/nonnativespecies/home/index.cfm> that details these measures and identification guidance for over 50 non-native animal and plant species.

Report suspected sightings of invasive species to the Environment Agency or call 0800 807060.

Attend an Environmental Awareness Presentation at your Local Coach Update

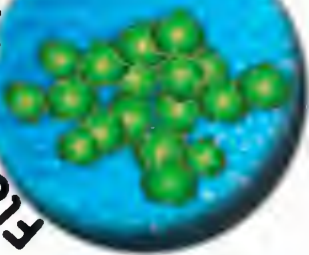
The Waterways and Environment Team are pleased to announce that they are working in partnership with The Rivers Trust on an informative and interesting environmental awareness presentation. It has already been delivered to over 50 coaches at an Eastern England Coach update near Cambridge. It is hoped that further presentations will take place at other coach updates between August and December 2013. Let the Waterways and Environment Team know what you think by contacting Richard Atkinson (Waterways and Environment Manager) on 07808640108 or email richard.atkinson@britishcanoeing.org.uk



WATCH OUT FOR AQUATIC INVADERS

Invasive Non-Native Species Can Damage Our Native Species And Habitats

Floating Pennywort



Check your equipment
and clothing for living
organisms & plant matter

**DON'T LET
THEM HITCH A
RIDE ON YOUR
CANOE / KAYAK**

Clean all of your
equipment before you plan
to paddle on a different
waterway or the sea.

Dry all of your equipment
and clothing
(some species can survive
for many days)

Zebra Mussel



American Signal Crayfish



Salmon Fluke



Remove visible fouling and put in the bin, not back in the water

Chinese Mitten Crab

In association with



A joint BMF and RYA initiative

www.britishcanoeing.org.uk

Canoe Wales
Canw Cymru



How Are You Going To Join The Journey This National Go Canoeing Week?!

This year's National Go Canoeing Week runs from 28th May to 5th June and we need your help to reach our target of 30,000 miles paddled!

Anything that you can do to help spread the word about Go Canoeing Week among your paddlers and club members would be fantastic. This could be as simple as displaying a Go

Canoeing Week poster where you coach, or encouraging your paddlers to register the miles they paddle during the week.

Of course, if you've got the time to organise an activity during Go Canoeing Week, that would be fantastic. Although there are lots of great activities on offer across England during the event, we encourage you and your paddlers to

clock up your own miles too, in any way you choose.

We have recently launched the exciting new [National Go Canoeing Week website](#) which gives lots of ideas on how everyone can get involved; from new or experienced paddlers to clubs and centres.

Perhaps someone in your area will beat the record for the fastest completion of the [Three Lakes Challenge](#) this year?!



If you have any questions about Go Canoeing Week, please contact the Go Canoeing team via gocanoeing@britishcanoeing.org.uk. We hope you will Join The Journey!

Keeping in touch

PLBs and SENDs in the mountains

Following recent comment on 'Who to call in an emergency' (Code Feb 2015) we publish an article from Heather Morning of the Mountaineering Council of Scotland. Although written from a mountaineering perspective the content is very pertinent to paddlers.

What are PLBs and how do they work?

A PLB is primarily a life-saving device, similar to the size of a mobile phone, which radios distress signals to orbiting weather satellites. Once triggered, the PLB will alert the emergency services to your exact location. Satellite technology ensures that PLBs are a more reliable way of calling for help than mobile phone, as they only need a clear view of the sky, unlike a mobile phone which relies on a signal from a land based transmitter. PLBs do not require an annual subscription.

By using the equipment and analysis tools as discussed in this article I have been able to offer a greater depth of input and a more detailed action plan for my students thus improving the quality of coaching I have provided. I expect greater developments in both technology and software over the coming years which I am sure will have a positive impact on our ability to give more detailed and measurable coaching sessions.

What are Satellite Emergency Notification Devices and how do they work?

SENDs – the SPOT Messenger is probably the best known of these – are not just an emergency device. Besides sending an SOS distress message to the International Emergency Response Co-ordination Centre in Houston, Texas, SENDs can notify friends and family with short, pre-arranged status messages, accompanied always with your GPS position. Users of SENDs must have an annual service plan or they do not function. They work in many areas of the world, but there are some significant gaps.

Do you need a PLB or SEND?

If you head out into the mountains alone, particularly in areas where mobile phone reception is either poor or non-existent, then one of these devices could save your life.

Different hill users have different needs. If you habitually go out alone, the SEND's advantage is that you can turn on the tracking function and even if you fall and are unconscious, your position is logged – provided that you have told your Emergency Point of Contact that you are out and about and want them to keep an occasional eye on you. If you are looking for a handy device to track your route and update family and friends, the SEND is the tool for the job.

If you're looking for an emergency transmitter that will notify emergency services of your distress, and which will work anywhere in the world – and which has the facility for SAR helicopters to 'home in' to it – a PLB is the most reliable choice. But remember, a PLB has to be manually activated, so if you or your party fall and are unconscious or are avalanched and buried, then you may be unable to access or activate the device.

Some important do's and don'ts for users of PLB & SENDs

- It is essential that you register your beacon with the UK Distress & Security Beacon Registry. This is free and a simple job, providing the emergency services with up to three Emergency Point of Contact details should your unit ever be triggered.
- If you do not register your unit then the emergency services will still respond, however, without the Emergency Point of Contact details the response may be significantly delayed.
- It is estimated that over 50% of all UK-coded beacons have not been registered.
- It is essential that you only activate your emergency beacon in a life-threatening situation, when you are unable to 'self-rescue'. Be aware that your call may divert lifesaving resources away from other people in direct need of help.
- If you activate your beacon, ensure it is in a position where it has a clear view of the sky to maximise its potential of being 'seen' by passing satellites.
- Once you trigger your PLB you should ideally remain in the same location. Your PLB transmits a half-second data burst every 50 seconds. If you move after activating your PLB, the emergency services may initially be sent to the wrong location, resulting in confusion and delay.

- If you have activated your PLB, do not switch it off.
- For SENDs, be aware that, once you have triggered your beacon it may take up to 30 minutes to get a signal out, depending on the current position of passing satellites.
- The vast majority of beacons triggered in the UK in 2015 were false alarms that wasted a huge amount of time. The danger of false alerts diverting search and rescue resources from genuine incidents should always be borne in mind.

How much do PLBs and SENDs cost?

PLB's are available at Tiso stores and on-line. You can expect to pay about £170 upwards.

SENDs retail at £140 upwards depending on the model, plus an annual service plan typically starting at £100 for the basic service.

Article by MCoFS Mountain Safety Adviser Heather Morning

Images for this press release are downloadable here:

www.mcofs.org.uk/assets/media/heather_morning_in_glenelg.jpg

Heather Morning, Mountain Safety Adviser, Mountaineering Council of Scotland

Further information

Contact Neil Reid, Communications Officer, on **01738 493941** or **07788 871803** or neil@mcofs.org.uk



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:

Channel Islands.

Our congratulations and thanks go to Gavin Lewis, Wessex RCR, and Mike Sunderland, Cumbria RCR who have been reelected. Our thanks go to Gary Denton for all his hard work as the Eastern RCR.

Area Coaching Representative Elections & Vacancies

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

Team North: North Yorkshire, South West Cumbria.

Team Central: Suffolk, Lincolnshire, North Derbyshire, Norfolk

Team South: South London, Oxfordshire, Devon.

Our congratulations go to James Dougherty who has been elected as the Durham ACR.

Our thanks and congratulations go to Lesley Medina, **Humberside ACR**, Rob White, **North Cumbria ACR**, Dave McEneaney, **Herefordshire ACR**, and Mark-Jan Dielemans, **Bristol ACR**, who have all been reelected into their roles. Our thanks go to Jevon Jennings for all his hard work as the **Devon ACR**.

The **East Cumbria ACR**, **Shropshire ACR**, **East Cornwall ACR**, **Guernsey ACR** roles are up for reelection and we invite alternative nominations.

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@britishcanoeing.org.uk) who can help answer your questions.

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 6th May 2016.

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

British Canoeing Coach Educator Opportunities 2016

British Canoeing is opening applications for Level 1 and 2 Coach Educators.

Applications for Tutor and Assessor roles will be considered from active and updated coaches with a minimum of a Level 3 qualification or Moderate Water Enforcement.

Applications for Director roles will be considered from active Level 1 or Level 2 tutors/assessors who hold a UKCC Level 3 or Level 5 Coach qualification (or are working towards completion of one of these qualifications).

The strongest applications will be selected considering the following:

- Depth and breadth of coaching qualification / experience
- Tutoring qualification / experience
- Assessing qualification / experience
- Knowledge and understanding of the award syllabus
- Fit to Home Nation Delivery Centre workforce demands

Application Packs will be available on request from the 1st May, by emailing karen.bagshaw@britishcanoeing.org.uk. The closing date for submission of applications is the 3rd June.

Candidates who make the final shortlist will be required to deliver a session at a selection day which will take place on the 28th July at the National Water Sports Centre in Nottingham. Successful applicants will be invited to progress to Orientation on the 24th-25th September after which they will be required to work through an individualised action plan supporting delivery on courses and completing a portfolio of evidence tracking their development.

Level 3 Courses

UKCC Level 3 Core Training

18th-20th April 2016 - Lee Valley White Water Centre, Hertfordshire.

13th-15th May 2016 - Tees Barrage International White Water Centre, Stockton-on-Tees.

7th-9th October 2016 - National Water Sports Centre, Nottinghamshire.

28th-30th November 2016 - Haven Banks Outdoor Education Centre, Exeter, South West.

2nd - 4th June 2017. Team Central, venue TBC. Lee Pooley & Kim Bull.

UKCC Level 3 Discipline Specific Training

Canoe Slalom. 18th-19th February 2017. National Water Sports Centre, Nottinghamshire.

Open Canoe. 5th-6th July 2016. Hexham Canoe Club.

Open Canoe. 7th-8th November 2016. Location TBC.

Marathon. 11th-12th March 2017. Exeter

Sea Kayak. 9th-10th May 2016. Adventure Sunderland. Kim Bull.

Sea Kayak. 30th-31st July 2016. Salcombe, Devon. Lee Pooley.

Surf: Date TBC. Please email natasha.devonshire@britishcanoeing.org.uk to express your interest.

Touring: Dates TBC. Please email natasha.devonshire@britishcanoeing.org.uk to express your interest.

White Water Kayak. 10th-11th November 2016. Location TBC. Kim Bull. Book here. - 4 spaces

UKCC Level 3 Assessment

Open Canoe / Sea Kayak / White Water Kayak: 3rd October 2016.

Open Canoe / Sea Kayak / White Water Kayak: 4th October 2016.

Open Canoe / Sea Kayak / White Water Kayak: 5th October 2016.

Sea Kayak. 29th July 2016. South Devon. Lee Pooley.

Sea Kayak. 1st October 2016. South Devon. Lee Pooley.

FSRT Provider Orientation

British Canoeing has the following Orientation events planned:

05-Sept-2016	Distant Horizons, Cumbria
11-Sept-2016	Manvers Waterfront Boat Club, Rotherham
26-Sept-2016	Lee Valley White Water Centre, Hertfordshire
02-Oct- 2016	Burton Canoe Club, Staffordshire

You must already have an FSRT logbook to attend Orientation. To request a logbook or a booking form, please contact Karen Bagshaw, Coaching Workforce Officer, on 0845 370 9524 or email karen.bagshaw@britishcanoeing.org.uk.

FSRT Provider Moderation

25-Sept-2016	Salford Watersports Centre, Salford
02-Oct- 2016	Guildford Sea Cadets, Surrey
07-Oct- 2016	Distant Horizons, Cumbria

To request a booking form, please email karen.bagshaw@britishcanoeing.org.uk.

ASSESSOR TRAINING

The British Canoeing Assessor Training Day covers essential assessing skills required for providers of Star Award Assessments. It is appropriate for 3, 4 and 5 Star Providers in all disciplines and only needs completing once if providers are working towards multiple roles.

British Canoeing will be running the following Assessor Training event:

05-Nov-2016	PGL, Boreatton Park
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For more information please email karen.bagshaw@britishcanoeing.org.uk.

4 STAR DISCIPLINE SPECIFIC PROVIDER ORIENTATION

The Discipline Specific 4 Star Provider Orientation provides an induction to the discipline specific requirements, standards etc. and is delivered by a British Canoeing Trainer.

This can be run either as a specific training day, or through the full observation of the relevant 4 Star Assessment course.

British Canoeing will be running the following 4 Star Provider Orientation event:

06-Nov-2016	PGL, Boreatton Park
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You must already have a 4 Star Provider logbook to attend Orientation. To request a logbook please contact Karen Bagshaw, Coaching Workforce Officer, on 0845 370 9524 or email karen.bagshaw@britishcanoeing.org.uk.

Looking for a challenge?

Why not encourage your paddlers or friends to take the **Go Canoeing Three Lakes Challenge?! It's the ultimate canoeing challenge in the UK, which will see you paddling the three longest lakes in England, Scotland and Wales.**

The Three Lakes Challenge suits all motivations, whether it is for a personal challenge, charity fundraising, attempting the fastest time or just for enjoyment.

A more experienced paddler may want to complete the 43 mile challenge in the fastest time possible with the aim of reaching the top of our **Challenge Leaderboard**. However, those who are more interested in touring and leisure may prefer to complete the Challenge over three or more days. You could even spread it out one lake at a time over a week; month or year...the choice is yours! Less experienced paddlers can choose to take on just one of our **Challenge Routes**.

All three routes are on beautiful lakes in stunning locations and they really will tick the 'I need a challenge' box! So what are you waiting for, embark on the adventure and start planning your challenge this summer.

To find out more information on the three lakes challenge [click here](#).





Live the adventure

Tollymore National Outdoor Centre, Bryansford, Newcastle, Co. Down, BT33 0PZ
Tel: 028 4372 2158 www.tollymore.com

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



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