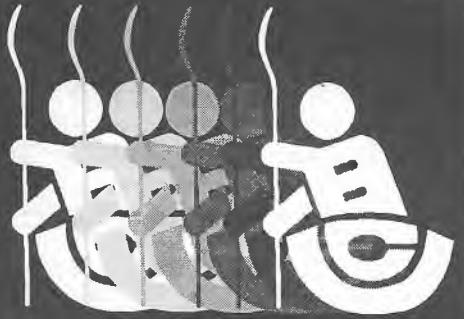


# CoDe

Coaching Development



the magazine

BCU Coaching Service

## THE AIM OF THE BCU COACHING SERVICE IS:

To promote the sport and recreation of canoeing and to ensure that newcomers are introduced to canoeing in a safe and enjoyable way and that they and those already in the sport are assisted to progress to whatever level and in whichever discipline within canoeing suits them best.

## RCO ELECTIONS- WEST MIDLANDS / EASTERN REGION

Elections have taken place for the positions of RCO for the West Midlands and Eastern Regions. Whilst no coaching service rules have been broken some administrative problems have come to light. The RCOs for the respective regions have therefore asked the National Coaching Committee to re-run the elections. The request was granted and a working party set up to review the election procedures and hopefully save any embarrassment to RCO's in the future. The working party will be chaired by Graham Lyon.

Within this issue of CoDe you will find resubmitted election addresses from all candidates for the posts of RCO Eastern Region and RCO West Midlands region along with details of voting procedures. Eligibility to vote is open to any and all current coaching service members registered on the respective regional coaching panels.

If you voted in the October mail shot please accept our apologies and please, please vote again as we believe that it is in the best interests of the Coaching Service, the BCU and the RCO's for the election to be re-run.

## CENTRAL REGISTRATION

You will remember that it will become necessary from the 1st January 1998 for all newcomers to the scheme, and all those who are due to proceed to assessment, or across the disciplines, or up the awards ladder, to register their intention to do so. This should be done by completing a registration form (C3A) and returning it along with evidence of the relevant pre-requisites in advance of the course, to the BCU or their National Association Office. **Please note that candidate registration will now take place at each level not for each course.** Despite the increasing workload placed on the Coaching Office it remains our objective to be ready to respond to coaching registrations in this way. Procedural details are available within this issue of CoDe and we would ask all current course providers, to bring themselves up to date in this respect. A further bulletin will be sent to all course providers during December.

N.B - Students wishing to take placid water awards / competition trainer awards and Bell Boat helm awards will be exempt from this central registration and will still be able to register on the course. See pages 7-8

## PADDLEFEST 97

Paddlefest seems to have been a great success. No doubt helped by the weather! 300 plus paddlers attended the various elements of the weekend all, in their respective ways, having a great time. It would seem that we have a formula for success and so our thoughts are turning to '98 and establishing Paddlefest as an annual event - this years working experience enabling us to run an even better programme of events next time around. See the Paddlefest report in Focus.

Paddlefest '97 was supported by over 50 Coaching Service members and supporters who gave of their time voluntarily. Many many thanks to you all.

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CoDe is the official organ of the BCU Coaching Service. Members are free to express their views within its pages. Articles and comments therefore reflect the thoughts of the author and do not necessarily state the policy of the National Coaching Committee.

CoDe is programmed for publication in February, April, June, August, October, December.

Final copy date: 1st of previous month. Contributions, including pictures, are welcome. Please send them to: BCU, Adbolton Lane, West Bridgford, Nottingham NG2 5AS.

Editor: Director of Coaching

The Coaching Service is supported by



# Dear CoDe

Dear CoDe

The article entitled 'The Pygmalion Effect' troubled me in the use of the word pre-conception. It has been elevated to the status for a dirty word when in fact our whole life is based on the use of pre-conceptions.

A baby is born and it turns to its mother for food. This is our first preconception. We expect the mother to feed the baby and in 99 cases out of 100 this happens. When we step on to a zebra crossing our pre-conception is that the traffic will stop for us; again, in 99 cases this happens. In the 100th case we get run over! Another and better word for pre-conception is experience. If a group of children from Nottingham come to us we pre-conceive that they will speak English. If a group come from St Etienne we expect them to speak French.

The problem with experiments such as that quoted is the creation of an artificial environment which negates the use of that most valuable asset, experience. You can do it with canoeists. Look at a rapid and ask your group if they can shoot it safely. They may well say no, based on their experience. Ask the same question and add the misinformation that a two star has just done it and they will say yes. Experience has been coerced by misinformation and they will probably get pulped. I have instructed everything from driving, navigation, dinghy sailing, to archery and I need my pre-conceptions to start the process. If you argue with that, change the word and say I need my experience to start the process. We adapt our pre-conceptions to circumstances and this is where good teaching begins. We assume our pupils will speak and understand English. If it turns out that they don't, we get an interpreter or we draw pictures in the sand and wave our arms around. In short, we modify our pre-conceptions in the light of the information that we obtain at the start of a course. You cannot begin every course by asking if your students are potty trained.

Avoiding misinformation is the pitfall. The teachers in the Pygmalion Experiment failed to identify the subterfuge that was being used on them. Their mistake was not in using their pre-conceptions, but in failing to use them to realise that they were the victims of an artificially created experiment. They were no doubt told that the information given them was cast in iron and not open to interpretation. If you are reliably informed that a rabbit has no legs, you don't waste time trying to teach it to run. Teach the other rabbits to run and that one to hide. It may not come out of the teaching process with as high an IQ but it will certainly live longer.

On another subject. The concept of the paddle providing an anchor about which the boat pivots. Don't forget that for a thousand years people thought the sun went round the earth. When you sit in a canoe for the first time the paddle moves in relation to your stationary point of view. We all locate ourselves at a point in space and describe things by their movement relative to that point.

It all seems so easy to us to talk about the boat rotating around the paddle in a sweep stroke but this is not the perception of the new paddler, just as the earth going around the sun was not the observation of the early astronomer. Unless you give them a paddle blade of astronomic proportions or literally set it in concrete, they will see that the paddle is moving through the water and that it does not have the resistance to totally overcome the friction of the boats wetted surface. You are therefore, teaching an ideal that does not equate with the evidence of their eyes. If you entered a K1 sprint with this concept you would be left at the start.

Don't labour the point in coaching, let them work it out for themselves in a lunchtime theory session. People find difficulty I accepting an ideal that does not agree with the evidence of their own eyes. It will not take them a thousand years to get the point and when they do it will last for ever. Until then let them get on with shovelling water if that is what gets them into the fun of the sport.

IVOR WARD, Bude, Cornwall.

## COACHING SUPPLIES

Caps and clothing are all emblazoned:

'BCU Coaching Service' or 'British Canoe Union Coaching Service'

### Coaching Polo Shirt

Black, at £15.00 each Size: M L XL XXL

### Coaches Bank Jacket

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(These superb jackets are fleece lined, the shell being breathable Cyclone material)

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Geoff Smedley - £17.95

### Instructors Crib Cards £7.95 per set

(a set of 12 plastic cards - 5" x 4" - outlining the main elements of the basic strokes, plus the W(R)IGGLE test).

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(a set of plastic cards - 7.75" x 5.25" or 5" x 4" - for marking 1-4 Star Tests candidates).

Please state SIZE REQUIRED and KAYAK or CANOE

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A4 contents only	£6
A4 with binder	£8
S/NVQ - contents only	£8
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All prices include postage and packing.

Please send cheque / Visa etc No with order to:

**BCU, Adbolton Lane, West Bridgford, Notts NG2 5AS**

Dear CoDe

Recently, unfortunately without me knowing, 4 friends of mine took what was billed as a BCU 1 Star Course and test at a Centre near me. The course was 2 x 2 hours sessions. For this they were charged £55 each, and were then asked to send in their forms and cash for the certificate!!! These four, two adults and 2 teenagers, could have joined my club, and most other clubs in the country, for a whole year, boat use included, for this £220. At the end of the course, they were given no encouragement to continue canoeing or guidance on how or where to join a club.

What has this got to do with canoeing as a Sport?

Their money was just used as fodder for the centre, and sport of canoeing, and the BCU got nothing out of it at all, except for a bad name.

We must do something about these places who are exploiting unsuspecting potential members, in the name of a Centre offering approved BCU courses.

Can I suggest that as part of their Approval as a Centre, that the fees they charge for an approved BCU course are capped to a realistic level. Also that they must provide information on how to take up canoeing as a sport, with details of local clubs.

JIM ROSSITER Marathon Team Manager

# OPEN CANOE FORWARD PADDLING

Lots can be found in text about how to steer the open canoe once the forward power stroke has been taken, but much less about what happens before steerage occurs. Here are some ideas, old and new, about what we do to make the boat go forwards with power BEFORE thinking about how to correct the boats' tendency to travel away from the paddle side.

A few points:

i) Ideally we would like to be able to pull the paddle through a slot in the hull of the boat in order to gain the greatest forward efficiency, and to do away with the need for correction strokes.

ii) The forward power stroke in an open boat is mechanically imperfect as it is almost impossible to pull the paddle blade through the water keeping the shaft upright throughout the power phase. (Unless we use the slot in the bottom of the boat). If the paddle shaft is not upright longitudinally the drive of the blade through the water is hydro-dynamically inefficient and if the paddle shaft is not upright laterally the boat will yaw away from the paddle side more than need be.

Given that the power phase of the stroke is hindered by our physiology (most of us have arms which are the same length), and that it is somewhat impractical to paddle with the suggested slot, then it is expedient to use the best technique available to help offset these inherent drawbacks.

As it is not physiologically possible to keep the shaft upright in longitudinal and lateral dimensions throughout the power phase of the stroke it is important to **keep the shaft as upright as possible for as long as possible at the critical moments** to gain the greatest efficiency. Undoubtedly the paddle shaft should be upright in two dimensions as it coincides with:

i) the point at which the boat is least likely to turn away from the paddle side.

ii) the point at which most power is able to be delivered to the paddle blade by the torso and which exists when the lower arm is working within the range of 80 to 90 degrees. (Try to do a pull-up from a dead hang; muscles working in the range of 170/180 degrees. Try to do a pull up with the arms bent; muscles working in their critical range of 80 / 90 degrees).

Try this simple check to verify the vertical orientation of the paddle shaft throughout the power phase of the stroke:

Sit in the boat in the position you would normally adopt for forward paddling. Hold the paddle blade in the water with your left hand holding the shaft and with full extension to your arm, making sure of course to check the paddle shaft is upright. Next, take your right hand and place it on the T grip. If your arms are the same length you will probably not be able to reach. Ease the angle of the loom back towards you until you are able to hold the T grip comfortably. The angle is probably in the region of 20 to 30 degrees off the vertical and the best you can hope for at this range of the stroke.

To get good extension to your forward power stroke, turn from the hips towards the bow and lead with your paddleside shoulder reaching forwards as if ready to start a chainsaw or lawnmower. You should feel the sensation of pivoting around the offside shoulder.

To make sure that the paddle shaft is as upright as is practical (ie, working efficiently without being off-balance in the boat) 'stack' your hands. This involves making sure that not only is your bottom hand outside the gunnel, but your top hand is also and appears to be stacked above the lower one. Similarly, visualise yourself paddling at night with luminous gloves and picture the path of your hands as the stroke is taken.

Placid water paddling highlights the flexibility of open canoes, with particular reference to efficient forward movement. Heeling the boat over to the paddleside takes a little getting used to, but the rewards outweigh the initial concerns about falling out. Primarily the fish-eye view changes as the boat is heeled, from a long fat shape to a long sleek shape. Float a heeled over canoe next to a racing K1 and 9 out of 10 fishes would be hard pressed

to confidently tell the difference (One or two of the bright ones may notice the rudder, but that's another story).

Heeling the boat over really gets the paddleside gunwale out of the way and allows the paddler to enjoy a particularly efficient and upright stroke. The tendency to slide too far towards the gunwale can be counteracted by hooking your foot under whatever it is you are resting on. Taping a small block of either foam around the kneeling thwart can keep you spaced away from the gunwale and balanced so that the boat can be handled without the worry of capsizing.

As you continue to work on the power phase of the stroke try to feel that the paddle is not sliding through the water, but in fact is stuck in there and that you are now pulling your boat past your paddle. As each stroke is taken, picture yourself pulling the boat past stakes which have been driven into the river bed for your convenience. Visualise whacking the paddle blade into wet concrete and feel how much torque you can transmit to the boat via your hips and knees as you pull yourself along using these firm anchors.

As you pull yourself up to the 'stuck' paddle, the time to leave this stroke for the next one will become apparent. It is impossible to propel yourself along any further once the paddle shaft has reached your hips whilst retaining any semblance of verticality to the paddle shaft.

As you draw the boat to the paddle, monitor the degree of uprightness. Check on the point where the paddle becomes vertical and also the distance that it actually remains vertical for before the shaft passes your hips and goes on to do a different job.

If the power phase of the stroke is continued past the hips, the net result is that you end up lifting water, which not only pulls the stern down into the water and causes the bow to bob, thereby creating extra resistance to your stroke, but simply expends your energy on a fruitless task.

Instead of following the line of the gunwale with the paddle as the stroke is taken, try to make the blade run through the water in a line parallel to the keel line; the line which is in fact the long axis line of symmetry. In this way the boat will need less correction as it is driven forwards with the minimum amount of deviation relative to the pivot point. If the path of the paddle follows your paddleside gunwale you are inadvertently performing a stroke which is not dissimilar to a cut-down sweep. In this case the boat is being pushed away from the paddle at the start of the power stroke and pulled away at the finish. Not what you really want to achieve when attempting to make the boat go forwards with directional stability.

Continued page 4

## ROBINWOOD ACTIVITY CENTRE FOR CHILDREN

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particularly those with BCU qualifications

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## RCO ELECTIONS WEST MIDLANDS / EASTERN REGION

For those who may not be aware or feel a sense of "Deja Vu" a short note of explanation. Due to reasons beyond our control at H.Q. the election details were not published in October CoDe. A personal mail-shot to coaching service members entitled to vote in BCU elections may have been incomplete. NCC believe that it is in the best interests of the Coaching Service, the BCU and the RCOs for the above elections to be re-run. The election will be run in accordance with Coaching Service Rules (Revised 1996) and as detailed in Document CB559/97.

Your vote should be made as follows..

**A piece of plain paper should be used.**

**It should contain the phrase "I wish to vote for (name)"**

**It must contain the (coaching service) members signature and BCU number. It would also assist if you printed your name!**

**Votes should be posted in a sealed envelope, marked RCO election -(state region) to reach BCU HQ by Friday 9th January 1998**

### **EASTERN REGION R.C.O. NOMINATIONS ARE AS FOLLOWS...**

#### **GARY DENTON**

**BCU Qualifications:-**

Level 3 Kayak Coach, E2/A3, Level 5 aspirant Kayak Coach, Level 3 Canoe Coach, E1/A3, Level 3 Placid Water Coach, E1/A3, Level 3 Surf Coach Trainee, Level 2 Racing Coach, Disabled Endorsement, BCU Lifesaving Examiner,

I am 34 years old and work full time in the construction industry and also as a freelance instructor at Bedford College working on Outdoor Education NGB awards. I have worked all round the region and England delivering BCU Awards. I have canoed since I was 15 and coached for the last 9 years, mainly working with the forces and youth groups, coaching at all levels. I have completed a Level 5 coach-training course and hope to complete my assessment within the next 2 years. I have been involved with Bedfordshire Canoe Association for 8 years as one of its senior instructors and am director for Priory Watersports facility in Bedford. This is a voluntary role with no financial gain. I have also been the district coaching organiser for the Bedford area for 2 years working alongside the LCO, and at present, I represent the voice of the independent paddlers on the Eastern region committee. One of my aims, if chosen as the RCO would be to create a coach/mentor scheme, so that any coaches who aspire to achieve a higher level of qualification have someone to turn to for some constructive feedback and to achieve some form of consistency throughout the regions coaches.

#### **PAUL FYNNE**

**BCU Qualifications:-**

Level 5 Trainee Coach, Level 3 Inland Kayak, E2, Level 3 Placid Water Coach, Level 3 Canoe Trainee Coach, Level 3 Surf Trainee Coach, Lifesaving Examiner.

Formerly a voluntary instructor, Paul served as LCO for Norfolk for over four years. He was Chairman of Norfolk Canoe Association and Vice-Chairman of Eastern Region before establishing his own independent canoeing centre. His clients include three charities, reflecting his concern for co-operation, not competition. He is presently working to improve canoeing access in the Norfolk Broads.

With experience and qualifications across most disciplines, Paul completed Level 5 training this spring. He is concerned that the region needs to recognise and promote the radical

When paddling solo (assume amidships) the paddle will start away from the gunwale, travel close to the hull as the paddleshaft is upright and close to your hips and then move further away as the paddle then goes into the correction phase. The bow paddler of a doubles crew will pull the paddle through the water parallel to the keel line but it will always come closer to the hull, finishing level with the hips. The stern paddler will originate the stroke closer to the hull and as the stroke is taken the blade will always be travelling away from the hull, given the shape of the boat. No matter where the paddler sits, she/he should always pull the paddle shaft through the water in a line parallel to the long axis of the boat.

When trying to get the boat to go forwards from a standing start, there are a number of techniques which may be employed to offset the tendency of the boat to turn away from the paddle. Making the boat purposefully deviate away from the intended route with 'C', heavy 'J' or stern pry on the previous stroke allows the paddler to put full power into the stroke given that some movement forwards will have occurred before the boat is back on its' original line of travel.

When taking forward power strokes solo, for example when trying to push up onto a wave, think about putting the paddle in much closer to the pivot point than you would on flat water. The longer the stroke is in terms of distance and time, the longer the correction part of the stroke will need to be accordingly. The stern pry is a useful whitewater stroke as it allows a swift and quite fierce correction due to the levering action it allows off the gunwale. In whitewater situations, the actual pry off the gunwale should last no longer than 1 second and should not travel away from the boat more than a few inches. If this happens, the stroke will degenerate into a momentum killing reverse sweep. When strong corrections are required, use pries in pairs and in quick succession but keeping close to the hull of the boat.

Paddle your boat concentrating only on the part of the stroke which makes the boat go forwards. Find yourself an area of open water and try to accelerate whilst taking more power strokes than corrective ones. Getting a ratio somewhere in the region of 3 power to 1 correction not only allows you to drive the boat forwards with little hesitation, but highlights some of the best technique you can have whilst going forwards with a single blade. It is undoubtedly an asset when paddling whitewater, especially in the company of wavehoppers ! Moving water can really highlight inefficiency in single blade paddling. It is often seen that canoeists struggling to get up onto a river wave paddle faster and faster without paying a great deal of attention to what the paddle is actually doing in the water. In whitewater situations it is worthwhile being judicious about where you plant the blade, as sloppy placement of the paddle will provide little resistance for your power stroke. Seek the 'quality water' which is usually found when the water is less aerated, unbroken and green.

Given that the speed of the boat is directly proportional to the stroke rate, the cadence will need to increase when trying to accelerate the boat from a standstill or when needing power for a mid-river manoeuvre. The likely stroke rate when really trying to get the boat moving is certainly in the order of 1 to 2 strokes per second, and typically faster !! The offshoot of this increase paddle rhythm is that the paddle blade is out of the water for the minimum amount of time. This benefit can only be utilised though if the power part of the stroke is of a high standard; paddling faster does not necessarily make you go faster unless the strokes are good ! Pull hard on the paddle when you feel it is 'locked in' and waste no time in getting the blade back into the position where it can work for the greatest efficiency; paddleshaft upright, lower arm about 80-90 degrees . . . blah, blah, blah.

Paddling solo against a swift current requires a certain amount of 'grunt' married to a fine level of skill. A fit paddler with little skill is unlikely to succeed in cases where a less fit skillful paddler often will. Being strong is great, but technique is crucial unless you want to fight the water all day.

MARTIN BARRY

## **Course Providers - Remember Central Registration - See Pages 7&8**

boat handling skills which have emerged in recent years and should be preparing for the next millennium. He feels that the current drop out rate amongst qualified examiners reflects the onset of careers and families, and identifies that the region is losing more Trainer/Assessors than it is recruiting. In particular he would like to see canoeists encouraged to work on Coach training courses earlier in paddling life.

Paul has an established track record in regional affairs and is up to speed with both the new coaching service structure and the Activity Licensing Act. He sees a change of leadership style as essential, and believes that he has the technical, diplomatic and organisational skills required to take the region forward.

#### **STEVE SCORER**

BCU qualifications:-

Level 4 Coach Placid Water, Bell Boat Helm, Competition Trainer Racing, Placid Water Assessor, A3, Level 5 Coach Training Kayak, E2, Level 3 Canoe Coach, A3 Canoe, Level 3 Sea Coach Trainee, Level 3 Surf Coach Trainee, Lifesaving Examiner Rescue Test/ CST. Coaching Processes Course, Disabled Endorsement, S/NVQ Training D32/34, Assessor Tutor Regional roles, BCU Centre Inspector, Vice Chairman Eastern Region, LCO Bedford, CASC Committee.

Over the past 25 years I have been privileged to meet, compete and paddle recreationally with many people. I have recently focused on personal coach progression and the delivery and development of Coaching Training courses. These have been delivered to commercial and voluntary organisations both in and out of region. I have allocated time to my own personal development so that my coaching and coach education courses reflect current best practice and methodology. This I believe gives me a balanced approach to Coaching as currently delivered within the Union. At present I enjoy flexible employment being responsible for Outdoor Education at Bedford College. If elected I will provide continuity, promote qualitative changes to progress the Eastern Region standing within the Union and relay the views of the membership to NCC.

**PAUL WEST** - nominated by 6 L.C.O.'s (Messrs Steve Cone, previously (Dr) Mike James & subsequently Ian Taylor, Henry Monaghan, Dave Savage, Keith Sunderland, Roger Ward.

BCU Qualifications:-

Aspirant C5, Coach Level 4-Inland, E3, Coach 3 Trainee 3-Sea Slalom Trainer, AIK, Canadian Proficiency. Manual Handling Course - Trainer.

I have participated and competed in most disciplines. I have continuously progressed my personal knowledge and skills, completing our 1997 Regional Coach Level 5 training! I have supported the Cardington Slalom Course since its design, including the completion of the "rocks" project. All-together I have been fortunate to enjoy the good company of many canoeists and coaches for (25?) years. I have been positively supported by all seven LCO's to stand for re-election, I have held the post of R.C.O. Eastern for just 4 years' (being previously LCO for Hertfordshire).

Communication and representation has been improved. I attend the National Coaching Committee meetings, you have been represented at ALL those meetings for 4 years. attend E.R. executive meetings I have offered three regional meetings per year.

My first period of office saw significant "Service Reforms". Quality-assured checking identified shortcomings in logbooks and course programmes causing delays, (now clear). I wish to sustain the balance for the volunteer who is professional in an increasingly "commercial" environment. My non-commercial position eliminates "conflicts of interest", commercial operatives approaching me openly. I'm not an all-embracing expert! I have delegated tasks where practicable. E.R has a TEAM trained for Assessor Training, Manual Handling, Centre Approvals and NVQ!

I remain accessible, keen to serve, and have family support to allow more time to provide the continuity and importantly, CONSOLIDATE, the recent progress made for Eastern Region.

## **FAIRBURN ACTIVITY CENTRE**

seeks to appoint a self motivated person to lead and instruct the following activities -  
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Applicants should have the following minimum qualifications: Summer ML, SPSA, Level 3 Open Canoe.

The successful applicant will also be involved in equipment maintenance, activity development and outdoor team development.

A driving licence is also essential  
Salary negotiable

For further information about the job and a job application form contact

Ray Cameron, Fairburn Activity Centre, Marybank, Muir of Ord, Ross-shire. IV6 7UT.  
Telephone No. 01997 433 397.

Fax No. 01997 433 328

## **WEST MIDLANDS ELECTIONS - CANDIDATES STANDING FOR ELECTION**

#### **DAVE CROOKS**

Most of you will know me from the 18 years I have been actively involved with the canoeing either through the years spent at Mobile Adventure or more recently through my own company Endless River.

In the past I have represented Great Britain at International level in both marathon and rodeo events, although as I get older (mid 30's) I am content with the occasional prize at key racing events. I am an Honorary level 5 canoe coach and level 4 kayak coach and at Endless River continue to run courses at all levels. As a canoe enthusiast I gain tremendous satisfaction when paddlers achieve their desired results progressing through the awards, although I do have concerns about the consistency of coaching standards throughout the region.

My involvement with canoeing is not limited to coaching as I regularly write articles for canoe magazines, assist various leading manufacturers with product development and participate in all major canoeing events and exhibitions.

As RCO for the West Midlands I will provide you with a fresh channel with which to voice your opinions, concerns and ideas at a national level. I will support LCO's in trying to improve coaching standards throughout local regions by providing them with the opportunity and encouragement to exchange views and suggestions.

As consistency can lead to complacency I feel that a change of RCO is required, someone who can provide fresh challenges to the new up and coming coaches of tomorrow to assist them to develop and expand the sport.

ROGER DRUMMOND

BCU Qualifications

Level 4 Kayak Coach, Level 3 Placid Water Coach, Level 4 Canoe Coach, Kayak Assessor Grade 4, Canoe Assessor Grade 5, E2 Placid Water, Rescue Test Examiner, Holder of Disabled Endorsement

Some years ago I was elected to serve as RCO for the West Midlands - a position of responsibility and trust which I have tried to conduct with fairness and integrity.

Throughout my adult life I have been involved in the outdoors, with canoeing, particularly the open canoe, playing a large part. I work full time in the outdoor industry running my family Kayak and Canoe Centre. I am an active Coach and Assessor committed to providing kayaking and canoeing at every level to a wide variety of ages and abilities.

My Centre operates an 'open door' policy which has given many coaches and aspirant assessors the opportunity to gain appropriate log book experience.

Part of my work has been with disability groups including taking youngsters with severe learning difficulties on canoe expeditions to Sweden and Ireland and introducing, or re-introducing, the spinaly injured to kayaking and canoeing.

As RCO I have seen many changes to the Coaching Service. Sometimes we are accused of becoming too commercially based but I have tried over the years to balance Club interests with the demands of outside agencies.

With your support I can continue to represent the West midlands at NCC and help to keep coaching on an even keel.

REMEMBER THE VOTING PROCEDURE...

**A piece of plain paper should be used.  
It should contain the phrase "I wish to vote  
for (name)"**

**It Must contain the (coaching service) mem-  
bers signature and BCU number. It would  
also assist if you printed your name!**

**Votes Should be posted in a sealed enve-  
lope, marked RCO election -(state region) to  
reach BCU HQ by  
Friday 9th January**



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## A COACHES MELLOW PADDLE

Despite numerous reports from various sources that there is an overwhelming feeling of apathy amongst coaching scheme members with regard to attending these 'Coaching workshops', some thirty coaching scheme members from various backgrounds/disciplines and with various experience/age decided to attend in order to meet other like minded individuals and have their say on the progression of the whole coaching scheme set up.

The course organizers, Nigel Robinson, (South Wales RCO), Paul Donovan, (S. Glam LCO), Mike Jenkins, (W. Glam LCO) and Nigel Whitehead (Gwent LCO) were obviously surprised/petrified by the room full of coaching members baying for their blood, (only kidding) awaiting their arrival.

The workshop details were posted to all coaching scheme members in the area inviting them to attend and was advertised in the WCA journal 'Ceufad'. Aims of the day were to discuss the new award schemes, the delivery of new awards, develop friendships, create a learning environment and to discuss implications of 'Manual Handling'.

John Moxham (North Wales RCO) provided advice and guidance with regard to manual handling implications/techniques. Further information/guidance sessions on manual handling are shortly to be arranged by the WCA/BCU.

It all started with the usual introductions and a gallon of tea or coffee and Nigel Robinson outlining the whole days events. We were then split up into discussion groups with topics such as overprovision of coaching assessments, coach revalidation possibilities, pool blade awards, the new awards scheme and the implications of manual handling. We then went off for another discussion/lunch at the Atlantic College refectory and on returning we had a decision to make whether to join the warm indoor pool group to examine the blade awards, the cold outdoor pool group who were looking at adapted rescue techniques and a mini demo boat session, or the very cold coastal group who were off for a 'mellow paddle' to Nash Point lighthouse and to discuss the star awards and what personal skills should a three star paddler have.

The day ended with more coffee/tea and a full and frank debriefing session.

The whole day proved to be beneficial to both the course participants and course organizers, intense discussions took place amongst all parties, information was shared and above all else there was the chance to enjoy a mellow paddle around the beautiful South Wales coastline.

PAUL JONES, Caerphilly

## **BCU CENTRE APPROVAL SCHEME ENGLISH REGIONS**

Required for the 1,998 season

A number of individuals to assist in the inspection  
of centres seeking BCU Approval

The available posts would be suitable to freelance / personnel  
with available time to undertake visits and make reports.

Interested parties should be Level 5 coaches have equivalent  
experience and also have wide experience of centre work.

Successful applicants should be prepared to take part in a  
training course and undertake to complete the inspection of  
allocated centers by specific dates.

Interested parties should send your current C.V. and covering  
letter to:-

Mike Devlin C.D.O. at BCU HQ

# CENTRAL REGISTRATION

From 1st January 1998

## CENTRAL REGISTRATION

Registration by candidates for all main stream coaching service coaching awards at each discipline level.

**Registration will be at each level and cover the candidate for both the training and assessment at that level.**

Candidates will register with their Association, paying membership and registration fees up front.

**Once satisfied that pre-requisite levels have been achieved and are in place, the Association will issue a validating document to be presented at the training / assessment course.**

## Why ? Victims of our own success!

The growing demands being placed on the coaching service are in many ways a direct result of the considerable growth we have seen in the numbers of people wishing to become either club based coaches or coaches operating in the growing commercial sector. The coaching service has long been a 'reactive' force, having to respond as best it can to the ever increasing administrative problems that such success inevitably creates. As such, it remains unable to take a more proactive view in terms of development and support for the service as a whole and indeed for coaches working at the coal face. Clearly it is our intention, and in the best interests of the coaching service to be in a position to be more proactive and developmental in outlook and as difficult a turn around (in view of the ever increasing pressures being placed on the service) as this may be, tackling the difficult administrative issues we face is the first major step required.

The realisation that a major overall of our administrative procedures is necessary may not be apparent to all. Indeed I would suggest that unless you have had the 'privilege' of spending time in HQ you may well be blissfully unaware of how our procedures are breaking down and are unable to provide the robust measures we need in place to enable the coaching service to maintain standards, validity and competence of delivery of the coaching award courses.

## ROBUST MEASURES

Maintaining standards and validity and monitoring competence of delivery of the coaching awards will require many wide ranging developments which will in themselves create many issues of concern and for debate as we address them. However the main focus of such developments should be based on a basic system of Central Registration so that the coaching service is underpinned by a central data base that is up to date and can support and validate the qualifications and awards of its members without adding burdensome paperwork and administration to either coaches and or HQ support staff.

The main premise of Central Registration is based on...

- 1) Reducing the workload of coaches prior to and during the course
- 2) Reducing the workload of HQ staff following the course.
- 3) Preventing candidates slipping the 'net' as far as eligibility to undertake an award is concerned,
- 4) Streamlining of membership and registration payments
- 5) Placing greater responsibility on the candidate to organise themselves and their own development as a coach.

The coaching service will, therefore, in overall terms benefit with professional and robust administrative procedures in place that will both support the membership and withstand the scrutiny of officialdom.

## Central Registration - Step by Step guide

EXAMPLE - COACH LEVEL 2

### Candidate - Step 1

Make contact with course provider / National Association and ask to be given / sent initial application form to register.

### Office - Step 1

Send out basic info pack including form C3A (registration form) / membership details / coach level 2 syllabus and course outline and background info / log book details and costs.

### Candidate - Step 2

Complete C3A recording all pre-requisites for both training and assessment at level 2. Return C3A along with any membership and registration fees due to the appropriate association ( Determined by candidate postal address i.e. if living in Wales send to WCA if living in England send to BCU HQ - Please note Scotland and Northern Ireland not participating in central Registration )

### Office - Step 2

Check all details provided on C3A. Record membership and pre-requisites on computer. (In instances where the required pre-requisite details cannot be verified registration will not be made and candidate informed that approval to take the course cannot be given. )

If pre-requisites and monies paid are correct the candidate will be issued with an approval form C3B valid for 3 Years. (During this period the candidate would need to complete the full process i.e. complete both the training and the assessment course at the level applied for).

At this point the candidate would also be sent their log book / two form C3C ( result / action plan for both the training and the assessment) / course notes and a list of course providers ( year book style)

N.B The first aid pre-requisite relevant to the level being taken will need to be in place at the time of registration and should be kept current throughout the process and indeed while ever the coach is practicing. This is the responsibility of the coach.

Continued on page 8

## CENTRAL REGISTRATION CONTINUED..

### COURSE DIRECTOR

When the candidate applies to the course provider to attend a course, the provider should send out their own booking form for the course and request that the candidate return this along with the course authority sheet (C3B) provided by the association.

When the candidate presents themselves for the course the course provider will check their certificates ( Hard Copies) and their Log book ( Log book should now contain the form C3B and two Form C3C) **No Log book - No Forms - No course.**

On completion of the course the course provider will sign the candidates Log book and on training courses form C3B confirming that they have successfully completed the training course. Only with this signed will the candidate be able to present themselves for assessment.

The course provider will also fill in details on form C3C and return copies of this along with the course schedule to the authorising association. The candidate will receive a copy of form C3C to place in their log book.

### Office - Step 3

*On receipt of the course schedule and form C3C the office will issue appropriate certification / details of the way forward but not a registration form for that level/*

### GENERAL COMMENT

Clearly we are looking at a number of significant changes to the way we currently administer the coaching awards scheme, however the majority of comment to date has been very favourable and reflects the growing air of professionalism in the way courses are run. Accepting that some people will always find fault in any process of change we would ask all course providers to appreciate the overall need to move to a more effective administrative system by making sure that they are themselves upto date and advising clients appropriately.

From the HQ standpoint the next step towards making sure that we are in a position to run with this system come January 1st will be the circulation of a bulletin to all course providers detailing the process. The forms involved and troubleshooting / highlighting specific situations which may 'crop up' in the early stages

of set up. This should be with you course providers by the middle of December!

### Notes for course providers

- 1) The courses involved in requiring candidates to register centrally are Coach Level 1 /2 / 3 all disciplines
- 2) All candidates should register centrally with their association from 1st January 1998.  
By 1st March 1998 all candidates on all courses covered by central registration should have complied with this requirement.
- 3) Registration is for each level and covers the candidate for both training and assessment ( course providers checking candidate coaching hours prior to assessment)
- 4) The cost of registration at each level will be £25 per person. This covers training and assessment ( no additional fees to be paid)  
Payment to be made to BCU at point of registration.
- 5) While the candidates should register with their own association they will be at liberty to take up courses outside of their association area.
- 6) Undertake to return all course schedules within 5 working days of the completion of the course.

### Current Advice for candidates

- 1) From 1st January all applications for registration for coaching course should be made to the relevant association coaching office or department.
- 2) The awards being covered in this way are Level 1/ 2/ 3 awards, all disciplines - Exemptions from this being Bell Boat helm Award and Placid water awards.
- 3) All pre-requisites for each level of award (training and assessment) must be in place at the point of registration. (Including 1st Aid)
- 4) Candidates already having completed a training course will need to register with the association prior to applying for their assessment

# ATTENTION SCOTTISH MEMBERS

**Please NOTE that there will be NO changes to the procedure for administering coaching courses in Scotland at this time.**

**Please contact Ruth Todd at the SCA office for further information if you wish a copy of the current administration procedure for your files.**

## SEA CANOEING AND THE ENVIRONMENT

This article is concerned with the sea as the medium whereon (and sometimes wherein) sea paddlers pursue their particular branch of canoe sport, the knowledge needed to carry this out safely along with the ability and judgement to exercise it. It is nothing to do with not leaving litter on beaches or the protection of marine wild-life. The sea is influenced by more natural forces and often on a larger scale than are other waters, that is not to ignore the impact of precipitation upon rivers or wind upon lakes, but in few other situations do wind and current combine to create so many variables. The competent sea canoeist, therefore, needs to understand, make decisions about and act upon the many facets of this environment.

This article originated from several factors. It first arose on a modular level 5 coach development programme. The generic nature of the course highlighted the varying levels of emphases that the different disciplines placed upon the actual environment. The sea canoeing candidates were unanimous in wanting to take the others 'sea canoeing' rather than 'canoeing on the sea'. This involved, amongst many things, trying to generate a sense of the scale and perspective that being at sea entails; frequently one is wholly dependant upon the sole resources of paddler and boat as landing is rendered impossible through distance or the nature of the coast. Secondly, on the subsequent sea specialist assessment (October '96), there was a concern amongst the assessors that the candidates were placing too great an emphasis upon the performance of the body, boat and paddle at the expense of fully exploiting the opportunities offered by the environment. Since we were from a variety of training programmes this suggested that perhaps refinement of performance had displaced the nature of the water on which we were specialising.

Finally, and not least amongst these prompts, is the fact that I love the sea. An extensive background of offshore sailing informs much of my paddling; a balance that also works in reverse. I do not mention this, however, simply to indulge some arbitrary passion, it serves to reinforce my suggestion that the term needed to encompass adequately this knowledge and its application is 'seamanship'. Despite possible connotations of mainbraces and marlin spikes it is normally used as a collective term for topics such as 'navigation', 'weather' and 'equipment'; the B.C.U. 5 star syllabus adds 'environment' to this list. The 'Admiralty Manual of Seamanship' explains '...it embraces and embodies a knowledge of every aspect of the day to day work of the ship,' yet I hope that this article will explain why I think even such a definition as this under-estimates the practice of good 'seamanship'.

At a time when we should be encouraging both genders into the sport, (especially one in which a beard seemed to be an unspoken pre-requisite) the term, 'seamanship' may well cause the raising of politically correct eyebrows. In sailing terms, the practice of 'man overboard' must be redundant unless a different technique is to be used to recover women, yet I think 'seamanship' should remain; whilst language does shape our perceptions its modernisation should not attempt to re-write history, particularly in a culture that has such a weight of maritime history. Possible replacements seem unsatisfactory; 'seawoman', 'seaperson', 'seaproductive' sound clumsy, lacking the grace that is inherent in the actions of anyone working expertly in their chosen field.

It would seem, therefore, that seamanship could be explained as a bank of knowledge that is subliminally put into action as a consequence of experience. This highlights the role and background of the individual. There are many fine examples of traditional seamanship in accounts of sailing expeditions but one from Robin Knox-Johnston emerges which illustrates that attitude also has a part to play. In choosing his boat for the first single handed circumnavigation of the world, he writes of his yacht, Suhaili, "I knew her now and she was a part of me".

It may well be this aspect of the sport that drives so many sea paddlers to customise endlessly their boats. Although this practice may well suggest that we should wear 'anoraks' rather than cagoules it stems from the fact that our paddling can cast us totally upon our own resources and this makes a demand both upon our abilities and our personalities.

When one's life could depend upon the sea-worthiness of the craft, can it be good seamanship to drag the kayak down the beach even if it is plastic? I think not.

Described by John Dowd as '...the art of living according to the sea' and '...the measure by which you partake of the wisdom of the sea' it becomes clear that it is not enough simply to carry a body of technical knowledge, it has to be 'processed' or 'synthesised' by the person. Two factors account for this. Firstly it is rare that a decision can be made in isolation, it frequently has an impact upon some other essential element. Secondly there is the more personal matter whereby if we go sea canoeing for some more intrinsic reason than simply to have fun then our decisions and actions take on the dimension of some form of self-expression. Although somewhat sceptical as to whether 'you are what you eat' I think there is some validity in 'you are what you paddle'.

As this article is in severe danger of becoming too esoteric let me use a tangible example as illustration. Paddling on a bearing; an important technique yet even as simple a task as this demands that extra layers be imposed upon it. The bearing, once calculated from the chart, must be checked against the resultant direction that is paddled relative to visible landforms. The kayak's course is evaluated against the wind direction and the sea state; either of these can suggest a possible modification. It may then be desirable to alter the grip upon the paddle or adjust the seating position in order to 'balance' the craft relative to these combined factors. The necessity of looking at the compass is drastically reduced and an overall awareness of the situation can be maintained (and it helps avoid sea-sickness). The degree of accuracy required can also vary and so yet another variable is introduced. To the inexperienced this may sound dreadfully inaccurate, yet beyond the confines of the mill-pond the compass bearing is only a part of the equation that generates direction. How accurately can you paddle on a bearing anyway... five degrees each side, ...ten? The answer, of course, varies with conditions, craft and paddler.

The important point to note from this is that a range of information has been processed by the canoeist to achieve a solution that harmonises the various demands and forces acting upon them. Often this will have to be done in circumstances far removed from the classroom or even the stability offered by land.

'How do you teach this skill?' is the obvious question a coach must ask. However I wonder if the question, 'Can it be taught?' is more realistic. Whilst I have little doubt that I can impart the ideas and practice of the stages of the previous example I am less convinced that I can coach someone to put this programme of action into place without them thinking about it. It is only when they are in a position of this 'unconscious competence' that real seamanship is being displayed, or more appropriately, exercised. I can teach someone about religion, put them in a church, but I cannot make them worship.

Annie Proux has a Newfoundland give the new arrival Quoyle this advice about choosing a boat, '... something that's got a bit of harmony between the two ends'. Many people enjoy the aesthetics of their sea kayaks and this appreciation runs deeper than simply thinking that it 'looks nice'. I was thrilled when an old fisherman on the west coast of Ireland complimented us upon the lines of our Nordkapps, he knew nothing about sea kayaking, but he had a lifetime of boats and the sea.

It may well be that seamanship when considered to this extent is almost impossible to define even though it can be seen and felt; it is an art, not a science. Although this article has ranged over a number of aspects, some basic, some abstract and some esoteric perhaps a return to the original term is timely and appropriate. 'Seamanship' is a compound of three words and their fusion into one represents, in itself, a definition or explanation of the term. In the harmonising of the sea, the man and the ship the quality is to be found. And even if the idea of this trinity as a holy one is too extreme, I still find myself agreeing with Hilaire Belloc, '...for he will find at sea the full model of human life; that is if he sails on his own in a little craft suitable to the little stature of one man.'

Bibliography: 'Admiralty Manual of Seamanship / Sea Kayaking' John Dowd / 'A World of My Own', Robin Knox-Johnston

The Shipping News, Annie Proux / 'The Cruise of The Nona', Hilaire Belloc

## NOTICES

### EASTERN REGION NEWS

#### LCO HERTFORDSHIRE

Mike James reached the end of three years service last November and regrettably no one was nominated at that time. Due to business pressures he was not seeking re-election and has therefore retired from the post. Following re-advertisement of the vacancy in August 97 CoDe, I am pleased to advise that (William) IAN TAYLOR has volunteered his services and been nominated and seconded for the post. In the absence of any other nominations he is duly elected. He may be contacted as follows

Mr Ian Taylor, 1 The Old Dairy, Green Street, Little Hadham, Herts, SG11 2EE Phone (Home) 01279 465594 but  
NOT BETWEEN 8.00pm and 09.00am.

When writing could we remind all enquirers to enclose an S.A.E.

#### DIARY DATES

February 28th - Regional Examiners Forum, Open to all.

March 1st - Assessor / Examiner / Paddle Activity

Venue:- Cambridge Area - Send S.A.E. to Paul West

Organisers:- Eastern Region R.C.O. Candidates.

### DEVON AND CORNWALL NEWS

North Devon Coaching Panel Meeting - Thursday 22 January 1998, 26 High Street, Bideford, at 7.00pm -To elect LCO and Plan area events and courses.

LCO Devon and Cornwall, South Devon Panel - Nominations are required.

#### COURSE INFORMATION

Level 3 Kayak Training and Assessment course planned for 21/22 March 1998 at Haven Banks, Exeter, has now been brought forward to 21/22 February 1998. Organiser Jan Bradford. Bookings or information contact Haven Banks Outdoor Education Centre, 61 Haven Road, Exeter, EX2 8BP 01392 434668.

#### MORE ON ELECTIONS

#### RCO Southern Region

Les Porter has decided to resign. Nominations please to BCU office By 31 December 1997

#### RCO South East

Paul Newman is to stand down as RCO. Nominations please to BCU office By 31 December 1997

#### RCO Devon and Cornwall

Jan Bradfords current term of office is up. She is prepared to stand again. Any further nominations to BCU Office please by 31 December 1997

#### RCO West Midlands, Wolverhampton and District

Dave Hart has resigned as LCO. Nominations please to BCU office by 31 December 1997

#### RCO Lancashire

Stephen Clough has resigned this post. Nominations please to BCU Office by 31 December 1997

#### New address for south Wales RCO,

Nigel Robinson

Y Bwthyn, fachelich, St Davids, Pembrokeshire SA62 6QL

Tel: 01437 720675

#### Assessor Forum, Cumbria Region,

Jan 10 98, Lakeside YMCA Details from Keith Morris

Tel: 015395 31758 (Work) 015395 34638 (Home)

### MANUAL HANDLING

Those of you who are aware of NCCs commitment to support coaches via the provision of training in Manual Handling Issues may well be wondering just what is happening and when such training will in fact begin. Those of you still blissfully unaware of the situation as far as Manual Handling is concerned should perhaps begin to take note. The situation to date is that the training of the trainers has taken place and as such a training resource is in place to run the first of the one day courses aimed at course providers to bring them up to date and support them with current best practice in lifting, loading and carrying issues. We are currently running three pilot courses to determine the effectiveness and suitability of the programme developed so far. Once an evaluation of the results has taken place and any required modifications have been made and all current syllabi and training guidelines have been amended we will then begin to deliver the course out in the field. The target date for this is FEB 1998 and as such more comprehensive details will be available in the February CoDe. So watch this space and if you have yet to appreciate the fact be aware that by February 1999 all course providers will have to attend the one day Manual Handling Training course.

### NVQ NEWS

Please note that from the 19 January 1998, those wishing to do an NVQ level 2 in canoeing will have to register with City and Guilds, via us, before completing the final assessment. This will be done by applying for an application form. The form will give information about price, log books cost etc. Costs are likely to be City and Guilds Registration £30 and £10 for BCU/NVQ log book. NVQ log books will no longer be for sale without being registered with us and C&G.

The New Level 2 Standards are now operative. (Those who are registered with C&G for the old standards, will have two years to complete.)

At the moment we have some problems over getting the Technical Definition which is written by us, approved by the Awarding Bodies Forum. This Technical Definition describes what a candidate has to do, and the National Standards how they should do it. Hopefully it will be sorted soon, and then all registered BCU/NVQ assessors will be notified about the changes.

Because of this, it might be worth candidates starting to gather evidence towards an NVQ e.g. Three Star, Canoe Safety, BCU Level 2 training and assessment etc. and only registering once they hear from their assessors the award is totally approved and log books are available. (Log books are not available at present, as until the technical definition is approved, we are not sure of the final format.) However there must be at least a six week gap between registration and final assessment.

Nigel Timmins

### Mountainwater Safety. REC

Specialist First Aid training for those who use the outdoors for work or leisure. Keep National Governing Body awards valid. HSE approved courses. At your venue or ours. Group rates.

R L S S , I T C , B C U , R Y A T r a i n i n g  
1 day and 2 day Emergency courses (16 hr + assessment). 4 day Standard FAW. Advanced First Aid. RYA Small Craft First Aid. BCU Aquatic First Aid. Trainers courses. Specialist courses.

**MWS**

**FAX 01429 222089**

**Contact**

# COURSES

## ASSESSOR TRAINING DAYS

25 January 1998 Sunderland Marine Activity Centre  
George Thompson, Dukes Wood Centre, Hexham, Northumberland. NE46 1TP 01434 602622

25 January 1998 Leicester OPC, Loughborough Road, Leicester. LE4 5PN 0116 2681426

22 February 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

8 March 1998 Kevin Dennis, The County River Centre, Whitchurch Road, Pangbourne, Reading. RG8 7DA 01189 843162

14 March 1998 Chichester Mike Watson, 6 Hillside Crescent, Angmering, West Sussex. BN16 4AA

22 March 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

12 April 1998 Leicester OPC, Loughborough Road, Leicester. LE4 5PN 0116 2681426

19 April 1998 Leicester OPC, Loughborough Road, Leicester. LE4 5PN 0116 2681426

19 April 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

11 July 1998 Claire Knifton, 72 Cornercroft, Clevedon, Somerset. BS21 5DA 01275 343702

20 September 1998 Leicester OPC, Loughborough Road, Leicester. LE4 5PN 0116 2681426

8 October 1998 Leicester OPC, Loughborough Road, Leicester. LE4 5PN 0116 2681426

10 October 1998 Mike Watson, Sussex Adventure Sports, 6 Hillside Crescent, Angmering, West Sussex. BN4AA 01903 771272

18 October 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

8 December 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

31 January 1999 Roger Drummond, Drummond Outdoor, South View, Severn Bank, Shrewsbury. SY1 2JD 01743 365022

16 February 1999 Leicester OPC, Loughborough Road, Leicester. LE4 5PN 0116 2681426

7 March 1999 Kevin Dennis, The County River Centre, Whitchurch Road, Pangbourne, Reading. RG8 7DA 01189 843162

20 March 1999 Mike Watson, Sussex Adventure Sports, 6 Hillside Crescent, Angmering, West Sussex. BN16 4AA 01903 771272

## COACHING PROCESSES COURSES

6 - 7 December Cumbria Keith Morris, YMCA National Centre, Lakeside, Ulverston, Cumbria. LA12 8BD 01539 531758

13/14 December Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

17/18 January 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

07/08 February 1998 Nigel Wilford, 3 Conyer Close, Richmond, North Yorks. DL10 4PW

08/09 February Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844.

21/22 February 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

## Coaching Processes Courses Continued..

20-22 March 1998 Kevin Dennis, County River Centre, Whitchurch Rd, Pangbourne, Reading

21-22 March 1998 Exeter Pete Whitfield, 62 Woodfield Crescent, Oakwood Manor, Ivybridge, Devon. PL21 OFB

4/5 April 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

25/26 April 1998 Kevin Dennis, The County River Centre, Whitchurch Road, Pangbourne, Reading. RG8 7DA 01189 84316216-17 May 1998 North Wales Plas Y Brenin, Capel Curig, Gwynedd. 01690 720280

4-5 July 1998 Exeter Pete Whitfield, 62 Woodfield Crescent, Oakwood Manor, Ivybridge, Devon. PL21 OFB 01752

18/19 July 1998 Leicester OPC, Loughborough Road, Leicester. LE4 5PN 0116 2681426

12/13 September 1998 Leicester OPC, Loughborough Road, Leicester. LE4 5PN 0116 2681426

17/18 October 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

14-15 November 1998 North Wales Plas Y Brenin, Capel Curig, Gwynedd. 01690 720280

21/22 November 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

28-29 November 1998 Cumbria Keith Morris, YMCA National Centre, Lakeside, Ulverston, Cumbria. LA12 8BD 015395 31758

12/13 December 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

16-17 May 1998 North Wales Plas Y Brenin, Capel Curig, Gwynedd. 01690 720280

4-5 July 1998 Exeter Pete Whitfield, 62 Woodfield Crescent, Oakwood Manor, Ivybridge, Devon. PL21 OFB 01752

18/19 July 1998 Leicester OPC, Loughborough Road, Leicester. LE4 5PN 0116 2681426

12/13 September 1998 Leicester OPC, Loughborough Road, Leicester. LE4 5PN 0116 2681426

17/18 October 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

14-15 November 1998 North Wales Plas Y Brenin, Capel Curig, Gwynedd. 01690 720280

21/22 November 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

28-29 November 1998 Cumbria Keith Morris, YMCA National Centre, Lakeside, Ulverston, Cumbria. LA12 8BD 015395 31758

12/13 December 1998 Current Trends, Adbolton Lane, West Bridgford, Nottingham. 0115 9818844

## LEVEL 5 COACH TRAINING COURSE

2-7 May 1998 North Wales Plas Y Brenin, Capel Curig, Gwynedd. 01690 720280

31 Oct-5 Nov 1998 North Wales Plas Y Brenin, Capel Curig, Gwynedd. 01690 720280

October/November Scotland Glenmore Lodge, Aviemore, Inverness-shire, PH22 1QU 01479 861276

## A Word From Vic Brown Coquet Shorebase Trust..

We are advertising for a new manager of the Coquet Shorebase Trust. We chose to advertise in Code because we need someone with BCU qualifications, but also because we need a special sort of person, in tune with the needs of all members of the community – the sort who read and write to Code. We need someone who takes pleasure in awarding Rainbow awards to children with special needs, who will encourage people to keep taking the next step up the ladder, to motivate volunteers, to foster talent at all levels. Someone who can relate to young children, delinquent boys, fashion-mad girls, people with severe handicaps, housewives, the unemployed, retired couples, as well as the normal fit young people. We include everyone in our activities, and they all have the opportunity to continue to be involved with us as long as they wish. Initial training leads to club membership, or instructor training can lead to working for us.

It is hard work, but immensely satisfying to see people develop and mature as the years go by. Work in outdoor centres just doesn't have this potential. Every Monday morning is different at Amble.

It is a job with enormous potential for development. We very much hope that we get some excellent applications. The ability to speak 'Geordie' is not essential – coaching will be available!

The centre has developed over the last 10 years following a simple philosophy: everyone can do watersports, everyone is entitled to enjoy being afloat at the level of activity that suits them. Surfing is not intrinsically superior to flatwater paddling, sea touring is of equal value to Barrage-bashing. The opportunities are there to try everything and learn skills at one's own pace. Age, ability, wealth, etc should not be a barrier. We need a centre like this in every town!

I will still be involved with Trust, but expect to be spending more time helping with the Canoe Club activities – like organising a trip to the Alps - (not to mention BCU Northern Region).

Yours sincerely,

Vic Brown

## COQUET SHOREBASE TRUST

Registered Charity No. 1029366

Centre Manager



Required for early 1998 to run this successful and innovative community based watersports centre catering for both skills training and personal development.

### The Centre (which is non-residential)

- is based in Amble on the Northumberland coast
- provides inexpensive water-sports and water training for all members of the local community
- works with local authorities, local schools and colleges, youth organisations, disability groups etc.
- has associated sailing and canoeing clubs
- has the potential for further expansion.

### The Job (in brief)

- salary c £16500 pa
- 3 years contract, initially, open to renewal.
- responsible for all Health & Safety issues
- to plan, manage and develop the activities of the centre
- The Person we are looking for should have
- 2 years management experience in outdoor activities
- an enthusiasm for water-sports and an ability to enthuse others
- BCU and RYA coaching qualifications
- energy and commitment to extend the work of the centre.

For further details and an application form please send a sae to S. Mitchell, Coquet Shorebase Trust, Coquet St., Amble, NE65 0DJ.

For an informal talk about the post tel.

the Manager: Vic Brown 01670 513544

(or visit our web site, [www.baldeagle50.demon.co.uk](http://www.baldeagle50.demon.co.uk)).

Closing date for applications 31 Dec 97

## CLASSIFIED

### THE GUIDE ASSOCIATION

Activity Instructors required for Activity Centre in the New Forest 1998 Season (short and long term contracts available) Candidates should be over 18 and hold a minimum of 2 of the following qualifications; BCU Level 2 Coach, GNAS., B.M.C. SPSA. Lifeguarding and First Aid also an advantage. Application form and details available from; The Administrator, Foxlease, Lyndhurst, Hants. SO43 7DE. Tel: 01703 282638 Fax: 01703 282561

### ACTIVITY INSTRUCTORS REQUIRED FOR A GUIDE ACTIVITY CENTRE DURING 1998

Short and long term contracts available. Candidates should be over 18 years of age and hold BCU Level 2 Trainee status or BMC SPSA training as a minimum. Enthusiasm and the ability to work with young people are essential attributes. Activities include canoeing, climbing, abseiling, archery and skiing. Experience in the other activities is an advantage although full training is given. Application forms and details available from: Blackland Farm, Grinstead Lane, East Grinstead, SUSSEX, RH19 4HP Tel 01342 810493

### INSTRUCTORS REQUIRED

for the 1998 season. Applicants require a minimum of 2 valid NGB qualifications. Interviews in February 1998, positions available from March. For application details contact - Instructor recruiting, Newlands Adventure Centre, Stair, Heswick, Cumbria. CA12 5UF