

Coaching Development

CoDe

the magazine of the BCU Coaching Service

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Any comments or articles
please forward to the
BCU Coaching Office
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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.

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.

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Editor: Mike Devlin UK Director of Coaching.



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Dear Code

WORKING TOWARDS RACIAL EQUALITY IN CANOEING

The BCU is committed to achieving the recently launched Racial Equality Charter for Sport as the best means of demonstrating its commitment to achieve racial equality in canoeing.

The Charter developed by Sporting Equals and endorsed by the Department of Culture, Media and Sport, Sport England and the Commission for Racial Equality was launched on 21 March 2000 and the BCU Executive has accepted the Charter in full and all that it implies. The Charter is designed so that Governing Bodies of Sport can ensure all those who play, watch, coach or manage sport can do so without facing racial discrimination of any kind. The Charter has six key principals:

- v Makes a public commitment to challenge and remove racial discrimination and to achieve racial equality in sport.
- v Encourages people from all communities to become involved in sport.
- v Welcomes employees and spectators from all communities and protects all employees and spectators from racial abuse and harassment.
- v Encourages skilled and talented individuals from all communities to become involved in all levels of sports administration, management and coaching.
- v Requires sports bodies to develop the best possible race equality policies and practices that are subject to regular review and update.
- v Celebrates cultural diversity in sport.

The BCU does recognise that inequalities exist in canoeing and we have as a Governing Body committed ourselves repeatedly to making the sport accessible to the whole community. The future success of the sport in this country depends on the BCU, the national association and clubs enthusing young people from all parts of the community. Canoeing relies heavily on harnessing the enthusiasm and talent of people and to do this effectively means giving everyone equality of access to canoeing.

The BCU wants to go beyond fine words to implementing actions which bring about real change. In signing up to the Charter the BCU also signed up to the draft consultation document *Achieving Racial Equality in Sport*. The standard will provide the BCU with a strategic framework for implementing the principals of the Racial Equality Charter for Sport. It will allow the BCU to measure its performance on these issues both internally and against other governing bodies of sport. The BCU is committed to publishing the results of that comparison on a regular basis. It will be working with Sporting Equals to achieve this.

The BCU will be submitting to Sporting Equals by the end of May what actions it will be taking to implement action plans and targets that build on the existing BCU equity plans to achieve racial equality in canoeing. To succeed this issue cannot be left to the staff in Nottingham, it is vital that all coaches re-examine how they coach and operate to ensure all they work with have access to the sport. The next issue of CoDe will be publishing guidelines and advice for coaches on this issue.

David Gent
Chair BCU Board

Dear Code

Positive feedback on Revalidation

I got the impression that you would not be adverse to some positive feedback from the Coaching Service meeting at Mepal. The coaching service has come in for a lot of stick recently as courses and syllabus have changed often and frequently leaving some of us voluntary very part-time coaches gasping to keep up. To cap it all revalidation then reared its ugly head and the rebellious mutterings were everywhere.

It was therefore with a great sense of relief that I came away from the Eastern Region revalidation meeting at my local venue with my Local Coaching Officer and the Regional Coaching officer with the pleasant feeling that they had got it right. There was a short introductory talk about the present state of the coaching service related to our local situation, before splitting to a one to one session with either the LCO or RCO.

It was a meeting of encouragement, my personal situation and aspirations were discussed privately, and it was indicated where I could go for the additional courses that interested me. The evening session was free and short, the atmosphere was good and the coffee and biscuits obviously gratefully appreciated. Thank you both.

May Block Cambridge

Dear Code

I wish to add my concerns in relationship to the article 'Thoughts for course providers and assessors', as printed in the February issue.

Having failed a recent level 3 assessment I was subject to a de-brief which left me questioning my ability to continuing in kayaking and whether I had any contribution to make in coaching.

Had my feelings of inadequacy been unique then my failure may have been understandable but the article and subsequent comment suggests that the impact of an unfavourable de-brief is not an uncommon event.

Assessors when failing a candidate would do well to encourage the further development of candidates and consider the effects that poorly chosen comments may make on a potential coaches future.

The article should be a required recording for all Assessors and could well be reprinted and featured in the new style logbook.

P H Rosco Blackpool





Short 'n' Sweet - Coaching skills from short boats.

It has been my intention to write this article for some time, the recent letters in Code about the appropriateness of small boat use in advanced courses has prompted me to blow the dust off of my PC and get writing.

I have a confession.... I have a small one. An Ina Zone 230. Not only is it short, it's also not very chunky. It's a purposeful boat and some might argue that it has one purpose only; free-style paddling. Those who know me will confirm that I am neither a particularly light paddler, nor a great master of freestyle skills. So why choose such a boat as my river runner, coaching platform and leadership vessel?

I have paddled and owned many boats during my ten years as a paddler, these include Mirage's, Dancer's, Corsica's, Hurricane's, Creek 280's, MicroBat's, Kendo's, RPM's, Whip-lashes, Supersport's, Rips, Jives and H2's to name just a few. Some might say I haven't paddled any of them particularly well, but there came a definite eureka moment when I vowed never to go back to the long, rounded boats I paddled in the early nineties.

I was paddling a MicroBat at the time. I loved it, it gave me loads of confidence and without it, I am sure I would not have progressed to the paddling standard I am at now. However, it was pointed out to me by a coach that I was paddling a "bread knife", when in fact, I needed a "scalpel". Of course I didn't appreciate his comment at the time, who enjoys being told their not as good as they think they are? However, his comments made me look inside myself. It was true, the boat was great at many things, but improving my style and technical understanding were not two of them.

Not long after, I purchased a Whiplash. For once I had bought a boat which was longer than the one it replaced. For a short time I went through an uncomfortable learning curve. I was having to roll a lot more than normal. Eddy lines would catch my unawares, the stern would dip at the most inappropriate times and I saw a lot more of the sky than I was used to!!

Soon the uncomfortable period passed, and I became skilful at using the edges of the boat to get me where I wanted to be. I used my paddle a lot less and developed a much greater understanding of the watery world with which I now interacted rather than floated over. Previously I had bashed, smashed and crashed my way down river. Sure I had been able to make the tightest of breakthroughs, but now I could do it with ease, finesse and consistency.

A whole new world?

Welcome to the third dimension. With my new found awareness I was able to access all kinds of useful manoeuvres which I had previously thought to be the domain of super paddlers. Tail squirts are a superb way of performing tight turns, upstream manoeuvres such as surfing became more enjoyable as I increased my interaction with the water. I was cursing myself for not having discovered edges sooner.

People I paddled with (you know who you are S&T C.C.) doubted the necessity of a boat with edges. Now, they too have experienced the paddling in the third dimension. Gone are their spuds, they will not return to the numb, floaty boats they were paddling at the time.

So what about coaching then?

Short boats with catchy edges don't make good coaching boats do they? **How** can you realistically expect to perform rescues in one of these short, low volume kayaks? Needles to say, it's still horses for courses. If you coach on flat water, with a lot of extended journeying, then obviously a boat under 2.5 m and a bottom as flat as Holland is not what's required. But if your a Level 3 coach, operating on grade 2 water, then there is something for you to look at here.

Look around you, what are the good paddlers sitting in when they run rivers or pull cartwheels off at the local play spot. It is these people that your students will aspire towards. OK, you may well say you're not interested in backloops and splitwheels, but looking good on the water is something all coaches should progress towards.

Shorter, edgy boats increase our understanding of what makes good paddling. We have to become more efficient paddlers in order to make up for the loss of forwards speed. We have to be able to get the right line down the river or risk becoming unseated. We can also begin to understand the mechanics of the more complex manoeuvres performed by our best paddlers. Good coaches should be progressing with the sport, not stifling its progression by paddling outdated boats. You can't beat a big boat for a river rescue, can you?

Absolutely correct. Long large volume boats are great for plucking unexpected swimmers from the river. So when you get your short boat, don't do it.

Rule 1: Avoidance is better than cure.

Understand your ability as a paddler and a rescuer. Safety is better than rescue, and the two should not be confused. Could different advice, greater planning or better judgment have prevented the swim in the first place?

Rule 2: Always position yourself in the place of maximum usefulness.

In a short boat, this is almost certainly not carrying the swimmer on your back deck. Although some skilled paddlers can perform this in certain situations, all you will generally see is sky. If despite your best efforts a swim occurs, support the swimmer by paddling alongside them. Look downstream and tell them where to swim to, you have a much better view of the river than they have. Then assist them into the eddy if required. Long tails off the stern of your boat can pay off here.

There is always a compromise though.

Boats such as the Pyranha H2 255 or 245 are short with a flat, spinny hull and combine with a reasonable degree of volume. This combination should delight those wishing to access the latest moves without sacrificing comfort, stability or the ability to carry passengers! The H2 is an excellent boat for the coach who enjoys having fun on the water, but does not want to feel like their at the bottom of a learning curve again.

So here is the reality

With longer boats making somewhat of a comeback as freestyle competitions move from holes to green waves, the length becomes less of an issue, but;

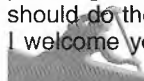
The sport is moving forward, fast. Many newcomers to the sport are wanting to paddle to a higher technical standard much sooner than before. A huge amount of coaching is now done on Grade 3 + water and the demand for our coaches to become more technically aware is ever increasing. The experiences gained through paddling different boats is invaluable and exciting. For those set in their ways, learning can be a frustrating and uncomfortable experience, but the rewards are usually worth it. I know from personal experience.

A word of caution though

Although I believe that many of the short, sharp boats make excellent river runners, they only do so in the hands of experienced paddlers. The years I spent paddling floaty boats have given me the experience and good judgment required to paddle technical water in a high performance boat. Those who are relative newcomers to the sport, but who can already blunt, wheel and flat spin should be cautious when playing the river. The skills they have developed at their home play spot do transfer directly to a river environment, but their hazard awareness does not. There is a time to play, and a time to paddle on downstream. On this subject it is better to listen to those with experience on their side, than find out for ones self. A lack of experience can lead to poor judgement, which on a river can be life threatening.

I would encourage all newcomers to white water to consider paddling flat bottomed, hard edged boats, and their coaches should do the same. Paddle hard, play harder, but be safe.

I welcome your comments.



Wilf



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The fear

This is an observation of the psychology of Whitewater Kayaking dedicated to my close friend Donald Bryce, who tragically passed away following an incident on the river Ercht on the 27th February 2000. He was a truly motivated sportsman who constantly endeavoured to improve his performance in everything he did. Donald's enthusiasm will continue through all the people he shared a passion for the outdoors with, those he knew, and those fortunate enough to have him as an instructor.

Well all miss you fella.

Dave Sixsmith.

Sitting in the car with the kayaks strapped tightly to the roof, the air resounded with the sounds of the finest moments in their personal paddling history. Conversation flowed freely as the paddlers were at ease - with each other, and with the river in which they were to spend the next four hours or so on. All but one paddler, Simon, had paddled the river before, and the conversation changed to the good times had during that last trip, just three weeks earlier. 'Do you remember that stopper, about 500 yards or so from the access? We'll have to head straight for it and play in it, like last time, just get ourselves into it right from the off.'

'How about that time when I surfed that monster on the last rapids. I didn't want to go in there at first, but once I was there, it was sound, no hassle at all!' 'Yeah, I capsized in that one - my first whitewater roll, I was 'buzzin' after that! I was straight back in there - it doesn't mat-

ter if I capsize anymore!' "I remember last week on the Conwy," recalled Simon, There's this one stretch of tidal rapids - we had to wait for almost an hour for the right water level. I couldn't believe it! - I couldn't get into it, my mind was elsewhere, my performance was terrible, that's why I phoned you guys about this trip- guaranteed rapids!"

"You'll be right then" called another, 'It's a cracking river - you'll enjoy it - should be a good grade 4 today.' 'I've never paddled grade 4 before' 'Don't worry about it - your mind was set on this river last week, it's something you want to do, and you know you can do it; Just bring back your best paddling moments to the front of your mind. Think about them, that will sort you out.'

As the conversation continued, the first glimpses of the river flickered through the trees in the left-hand window. Simon sat quietly in the back seat, fighting the fear, reminiscing those times on the water when everything had come together, searching through the trees for the river, seeing himself there - 'That stopper there, that's playable' he thought to himself. 'Need to avoid that bit though, but there's another cracker there, fantastic! Visually rehearsing the moves, the feelings of ecstasy as yet another wall of water is crashed through, another drop completed; to the left then the right, glide to that wave, surf it, break out, break in, over onto the next wave, surf it, quick 360, on to the next one. It felt so good, so controlled. 'No worries' he reassured himself.

Simon was brought from his thoughts by a sudden crunching sound. He looked around, the car had pulled into the gravel car park. He noticed everything

was quiet in the car. It didn't matter that they had paddled it before, they needed time to reflect, look ahead, and time to mentally prepare themselves for the trip ahead. Simon continued to do the same. The car park was in the middle of a roadside forest, across from the river, and was almost empty- They drove around it anyway, searching for the best place;

'Well, this is us broke the silence as they pulled up. 'Lets go and look at the river,' called Simon.

Walking down to the first set of rapids, they could hear the river crashing its course down the hillside. The sound of power echoing through the trees; the spray, the hiss, the dull roar of water surging through narrow pour-overs and around rocks.

"It sounds big, what's it like compared to last time?" inquired Simon curiously". "Hmm, a bit bigger, maybe a foot or so." They reached the rapids and looked on at the mass of water they were going into, still confident, but less so than before. Fingers of fear crept through them. The route wasn't as obvious as before. They bounced ideas off one another, visualising a kayaker going down it. What would happen? Observing the image, almost paddling the river there and then in their heads. Sectioning off the river, ignoring aspects of it that were too big, or washed out, eliminating obstacles and narrowing the river down to a way through that everybody felt comfortable with; pointing out recognisable features that would help their course down.

In a matter of minutes, the river had changed from an unrecognisable torrent of water, to a friendly path down "That all right with everyone?"

Everybody agreed and wandered

back to the car in high spirits to get themselves changed. Before they knew it, they were seal launching off the grassy embankment onto the river. There was excitement in the air, but for Simon there was still that niggling fear, he could feel his heart pumping adrenaline butterflies round his stomach. His hands were sweaty and he felt his body uncomfortably warm. He needed a drink. The river supplied plenty

Then came that excited call - 'There's that fallen tree everybody, river left. I'll lead, give me five metres or so... Let's rock!'

They rallied into an unspoken formation line, evenly spaced, joining forces, tugging upstream at his kayak. He powered through, onto the next, there was nothing else, just five square metres of water, and his place within it. It felt good. The first moment Simon remembered he wasn't alone was when he found himself at the pool at the bottom of the rapids. They started laughing. They had done it. They played on a small wave for a while, and then carried on downriver, searching for something on the river to give them some excitement.

The further downriver they got, the better they felt, gaining confidence all the time. The day seemed brighter, the air fresher. Simon could taste the river, drops of water tipped from his band, lingering, glistening in the sun as they fell to the river. There was only happiness, that warm glow you get, the grin of enjoyment, success. He felt relaxed, but powerful. A flick of a switch and the power was on, he was playing the river, a minute later he'd be leaning back, paddle across his cockpit, taking in the surroundings, watching the water flow around him, thinking, this is it, this is me, right here, right now! It doesn't get much better than this!

They regrouped below the tall, vegetated sandstone cliffs to prepare themselves for the final section. They had already decided to run it on sight, and formed the backpaddling line once more. Simon straightened his back to get a better view. It was big. The fear crept inside him, the same fear he felt almost three hours ago. There was no way out, 'Just go for it,' he thought.

They shouted with joy as they regrouped in the pool below the falls. 'Hey, there's

some force in that last stopper!'

'Tell me about it! That's the one I capsized in last time!'

'It's safe enough though, look, textbook stuff - both ends are open and the towback isn't that bad. Let's play it!'

Straight away the power was on and in he went, straight across to the other side, and back again. 'Wow, try that, it looks big, but it's not that bad.' 'If you say so. It's the last one, anyway we'll be warm and dry soon. See ya!' In he went upstream surf swift 360, and back out. 'Your turn.' 'Fair enough.' And with that, Simon was the only one still sitting in the eddy. He had been listening to what had been said, but there was no way he was going in there. That was a certain capsize - Danny had capsized in it before, and it was bigger now. 'What if I capsize and don't roll?' He thought.

'I'll never live it down. That's far too big for me. No chance!'

His thoughts were interrupted as he heard - 'You coming in?'

He had been staring at the others playing on the water, but gazing through them, not even realising they were all in the eddy again. 'Err, yeah.... After you.' They went in for a play, one at a time, returning to the eddy each time. 'Looks scary, eh? "Certainly does" laughed Simon nervously, fear preventing him from disagreeing. 'I'm not going in there!' 'It's all right, listen, the last time I was here, I capsized, right, my first whitewater roll, that's why I'm playing in there. Believe in yourself. It's sound, just glide across it or something, it can be that 'goal for the day thing,' your biggest yet!'

Simon looked at Danny and said nothing. That fear he thought he had lost was back. But Danny was right. His words echoed through his head. 'Imagine', continued Danny, 'Imagine what you'll feel like once you've done it.' 'Don't just discard it as a throwaway thought though. Grab it, hold on to that feeling. Feel what it's like to be in there, confidently playing it. What's it like? What can you feel? What can you see?... Hear?... Smell?... Be there... See ya in a minute Danny called as he paddled into the stopper. Simon watched and imagined himself there.

It seemed strangely easier than before. Danny came back over, 'Okay, describe that to me.' He asked, pointing at

the stopper. 'Fair enough, well lets change that thought - What's the opposite of that?' 'What! ... A small, friendly stopper,' replied Simon sarcastically.

'Right Hold that thought and say it again. What does that look like?' '... A small friendly stopper.' 'Good- Keep saying that and watch this.'

Danny paddled in and played for a minute or two, as Simon looked on, repeating himself. Danny made it look easy. He came back across. 'What's that?' He inquired.

'A small friendly stopper.' Simon assured him. 'Excellent you've probably been in small, friendly stoppers before, remember them? I do, most of the way here in the car. It's a brilliant way to psyche yourself up. We've all done big stuff today, its not that much bigger, is it!' 'Suppose not. It's still big tough!'

Simon reflected on what Danny had said. He remembered the car - he wasn't the only one thinking like that! He was filled with a sense of belonging, of confidence as he looked up at Danny, playing in this small, friendly stopper. He recalled his finest moments from memory for a few minutes, living them over again. As he did so, all negativity died away. He didn't even realise the fear had gone. Completely focused, he was now, in his own mind, the best paddler on the water.

Tie took a deep breath, and left the security of the eddy, powering into the stopper. It looked so different from there. He was in another world. Danny and the others heard screams of delight above the constant rush of water. In his new world he felt amazing. His body was pumping with excitement. The water hit his face as he came side on to the river, resting on the cushion, the sun cast a spectrum on the spray before him, and the sound of water gushing by brought a smile to his face. 'Right here. Right now' he thought.

As he exited the far side, he knew what he had done was far beyond his expectations, but he had just done it. He watched Danny come across the current towards him, smiling as he asked 'You coming in?'

Dave Sixsmith.

Current Trends

2000 COURSE DATES

L2 TRAINING CANOE	10/11 JUNE
L2 TRAINING KAYAK	24/25 JUNE
L2 ASSESSMENT CANOE	22 APRIL/ 16 SEPT
L2 ASSESSMENT KAYAK	23 APRIL/ 17 SEPT
L3 TRAINING CANOE	
L3 TRAINING KAYAK	12/13 AUGUST
L3 ASSESSMENT CANOE	21/22 OCTOBER
L3 ASSESSMENT KAYAK	12/13 AUGUST
L3 ASSESSMENT KAYAK	26/27 AUGUST
COACHING PROCESSES	
6/7 MAY, 22/23 JULY, 7/8 OCT	
WHITewater SAFETY & RESCUE	
1/2 JULY, 2/3 SEPTEMBER	
5* TRAINING & ASSESSMENT KAYAK	
4/5 NOVEMBER	
5* TRAINING & ASSESSMENT CANOE	
11/12 NOVEMBER	
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More Thoughts on The Long Boat / Short Boat Debate.

It is good to see the interest that the short boat/5 star debate is generating within your pages, however, I believe that a few points still need clarifying.

Loel Collins' definition of maximum usefulness in (April issue) is clearly expressed, but it does not mention that the leader still needs to consider the worst case scenario and make plans to tackle it, should it occur, and if you can't work out a strategy to cope with the situation, then you should seriously consider portaging. Having done this "Risk Assessment" you can position the safety cover, in the best position, to deal with the most likely accident, knowing that you can also deal with other potentially more serious outcomes.

Nigel Wilford's statement (April issue) that we shouldn't work on the "what -if" principal (sick)" is downright dangerous, although I expect that what he means is not the same as how it reads. Especially with the move towards more American-style legal actions in this country, leaders' need to be constantly assessing the "what-if" scenarios – during their planning for the trip, whilst travelling to the river, as well as during the actual paddle, for too many groups are travelling to rivers and paddling them on days where conditions are not suitable for the group involved, when a bit of extra planning could have included an alternative venue, e.g. that sick stream that never has enough water in, on a day of heavy flooding.

Another factor that is often forgotten is, that at normal levels, most British rivers are perfectly safe for club paddlers using state of the art playboats, as very few rivers have continuous rapids, however, our grading system grades rivers at the level where they are most difficult, or dangerous, not their normal level. Thus, the middle Etna is graded as a 5, when it is normally a flat water paddle with some fairly big drops, most of which require you to paddle up to the edge and fall off, with the addition of some good support strokes &/or the necessity of rolling up at the bottom – a good grade 2 paddler with above average courage can cope with this, as many of them have demonstrated – you can hardly call yourself a grade 5 paddler and head off for the Zambezi after doing this. Meanwhile anyone who has seen this river in full flood will have a good appreciation of what grade 5/6 really is and probably gone somewhere else to paddle.

This brings us to the suitability of the boat being paddled, which is totally dependent on what you intend to use it for. The requirements of leading a group of friends on a British river is different to those of being a safety kayaker on the Zambezi, or doing a multi-day expedition in a remote corner of the world. British rivers tend to be tight and technical, thus a short boat gains many advantages over longer boats. You can get them through tighter gaps and into smaller eddies and the shorter length makes them less likely to pin on drops – no contrary to Martin Barry's comment in the February issue, short boats don't give you less options, they actually open up new options, but each type of boat has its own advantages and disadvantages.

For example, once caught in a stopper a long boat is very difficult to get out, whilst a short boat is easier to turn and ender out of the stopper, however, the long boat will float higher in the stopper thus allowing the occupant to breathe more easily! Many rivers also have easy access along their length, so if someone breaks or loses their paddles they can walk out, allowing the whole group to paddle small playboats that cannot carry a pair of splits – on other rivers groups regularly get into trouble because they don't normally carry splits and find themselves in an inaccessible gorge without a set of paddles.

In the case of the Zambezi the river consists of a series of very large, but quite short rapids, normally separated by a kilometre of flat water, thus, short boats are perfectly fine for safety cover as they provide the paddlers with plenty of fun, whilst normally only being required to tow swimmers on flat water. On the Futaleufu in Chile, Chris Spelius guides use bigger volume boats as they know they are likely to be running big volume, continuous white water with a passenger on the back and these boats give them more control whilst towing people – besides the playspots are big enough to cartwheel AQ's!

In Peru explorers of the Amazon use catarafts for safety cover, being very manoeuvrable, in experienced hands and able to pick up raft customers, whilst swimming and get them out of the water immediately –without affecting their performance.

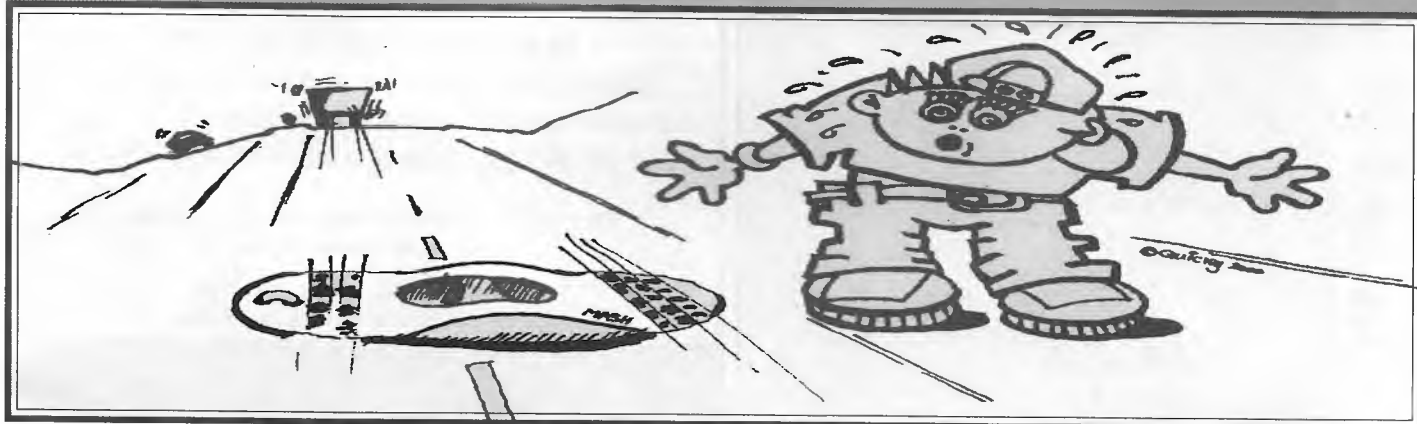
Stuart Williams' point (April issue) about using Magic Bats for first descents in Papua New Guinea is used somewhat out of context, as the amount of gear required for a multi-day first descent is somewhat different to the requirements of a leader on a British day trip. The amount of buoyancy available in the heavily laden expedition boats would make them behave like much smaller (but heavier) craft – I doubt if the paddlers would have used the same boats whilst running their local rivers (unless they were the only boats available).

So there is no such thing as the ideal all round boat and as the statement at the bottom of page 7 of the April issue says: "When assessing equipment and it's usage, focus on what is safe and practical. Just because you wouldn't/couldn't paddle it, is irrelevant! There is a wide range of 'correct' stroke applications. They should provide areas for learning and debate. Don't let your own background limit your appreciation of other methods". (I repeat it here as it was rather hidden away at the bottom of the page and probably was over looked by many people).

To reiterate Pete Button (April issue) it is no good people turning up for assessment in someone else's boat, if they are never going to paddle it again, it is far preferable to train them in how to use their own boat and how to counteract its shortcomings.

To finish it is the ability of the paddler to use their own boat to get them to where they need to be that is important, each design has its own advantages and disadvantages, and provided the paddler demonstrates that they can cope at the required level then they should be awarded the qualification at that level, no matter what they are paddling.

Mike Moxon Level 4 Coach





Does Everyone Understand? by Tony Stacey

During the course of my PGCE, my mentor pointed out that I used too many closed questions that were not very specific. This prompted me to apply the feedback to my coaching situations where, upon reflection, I had not offered the correct type of question for the outcome that I required.

I have written this article, as a discussion point, and perhaps to help level 2 coaches to improve the effectiveness of their coaching.

Questions from the coach are mainly used as a form of assessment during the teaching/learning process to evaluate whether concepts have been grasped - in the same way as observation is used to assess the activity part of IDEAS. It is therefore reasonable to assume that questioning may be used.

1. At the start of a session to gain knowledge by the coach of the starting level of competence of the group.
2. During the introduction of a new technique to link it to the previous one e.g. "now that we can go forwards and backwards, what direction might it be handy to move the boat in, next?"
3. At the explanation stage of IDEAS to check that the individual or group has retained the points of knowledge or concepts.
4. During the correction of a stroke or technique (during activity) to give the group or individual guidance to improve through self-discovery.
5. At the summary stage, when 3 or 4 key points are re-inforced (by using specific questions to elicit a specific answer) e.g. "what angle does the draw-stroke make between the your keel line and the catch/pull?"

In these 5 situations it is important to distinguish the two types of question.

Closed Questions - i.e. questions whose answer is a yes/no; left/right; true or false. This type of question usually begins with

Is - everybody OK?

Do - you all understand?

Does - that make sense to everyone?

Can - you all swim?

Would - you like to paddle over to

These questions are poor practice when used to elicit understanding but you would be surprised how many people use them in their coaching style. Admittedly there is an element of encouraging motivation and teamwork within the group by using some of these examples, but this must not be confused with knowledge or concept checking, since through peer pressure, the learners are more likely to give the answer they think is the correct reply and not a true response to the question after working out the answer (in their particular situation).

A better method of employing closed questioning is to ask specific questions, where the answer would highlight a specific point about the boat/body/blade (BBB). These more specific questions begin:

What - way do you edge the boat when breaking in to moving water?

Which - way should you face when doing a draw stroke to move the boat sideways to your right?

Where - does the blade enter / exit the water when moving the boat backwards?

These more specific questions will also help re-inforce the point to the rest of the group and if an incorrect response is given, then without discouraging the learner, the same question may be put to one of the others in the group and perhaps after the correct response is elicited, then an Open question can follow to correct the misconception.

These more direct and specific closed questions allow you to assess more quickly the level of understanding of the group, without progressing them to a more demanding task only to observe errors in the understanding e.g. an individual may be quite competently paddling backwards during the stroke, but starting the catch as far back as possible, then correcting with a wider path of the paddle than is normally efficient.

To take the questioning to the next stage above "knowledge" you may want to check the understanding of the stroke / technique (still using BBB) and for this the questions may start with: Why does the boat move in that direction
Explain - how the trunk rotation improves the stroke

You may also notice that questions from the group to the coach, often come back in this form since they are looking to re-inforce their knowledge with the proof of why it happens that way.

If you use all or some of these questioning techniques in a series e.g.

Can you turn the boat sideways?

What stroke do you use?

What happens to the B/B/B during the execution of the stroke?

Why does the boat react in this way to the above?

The first questions draw the individual into the interaction, particularly useful for those who lack confidence or are shy, and the next questions build on the success of the knowledge fed back to provoke the thought process and reflective practice.

Summary

Try to avoid closed questions such as

Do you understand

Can everyone hear me

Is that OK

use more direct specific questions such as

Which way does the boat move during

What is the angle of the paddle shaft during the pull?

Where is the body facing during the stroke?

To get a more complete response to demonstrate knowledge and understanding, use questions like

Describe.....?

Why does.....?

These question and answer sessions also break up the periods of listening, to maintain attention during coaching and increase the effectiveness of delivery.

Feel free to add any of this to your coaching toolbox!!

Tony Stacey - A3* Inland Kayak. Open Canoe

Comments and feedback welcome to tonystacey100@hotmail.com

SURF COURSES NE ENGLAND

June 17-18 Surf Training

July 22-23 Surf Training

Aug 26-27 Surf Assessment

Sept 16-17 Surf Assessment

Contact Nigel Wilford 01748 826709

Email wilf@wilfordn.fs.net.co.uk



Regional Round UP....

The Geoff Good Coach Of The Year Award

EASTERN REGION

Introduction

There are approximately 12,000 BCU Coaches who regularly engage in coaching activity at various levels. Many of those involved are volunteers working in local clubs and communities. Effective coaching is essential for the development of individual and team performance progress in sport. It is important to recognise and honour the efforts and achievements of all coaches on a regular basis.

The Geoff Good Coach of the Year Award is a first step towards this. The awards and event will raise the profile of coaching and the work of coaches and in so doing will honour the memory and work of Geoff Good BCU Director Of Coaching 1970 -1999

The Award is co-ordinated by the BCU Coaching Service, the awarding body of the BCU.

Award Categories

There are three awards of equal status in the categories as detailed below:

**JUNIOR COACH OF THE YEAR
SENIOR COACH OF THE YEAR
VOLUNTARY SERVICES TO COACHING**

Junior Coach of the year – for those coaches working at various levels and abilities but with young people under the age of 16 in any form.

Senior Coach of the year – for those coaches working with adults, either female or male at any level from recreational to county.

Voluntary Services to Paddlesport – for those people involved in Coaching Development, contributing to the wider advancement of coaching knowledge and BCU Coaching Awards, and / or for those offering regular commitment to coaching activities in clubs.

PRIZES

Prizes for the winners in each category are:

- A Commemorative shield and certificate
- A £50 scholarship for personal and professional development
- BCU membership for one year

Nomination Procedure

Coaches can be nominated by anyone with an interest in sports and sports coaching. For example, this could be their club, local authority or school. Coaches may not nominate themselves but must be nominated by someone who must agree to act as their referee. Coaches nominated must be actively coaching, full or part-time, voluntary or paid, coaching individuals or teams.

There is no limit to the nominations that can be made by any organisation or individual.

Selection Criteria will include:

- *Governing Body coaching qualifications or equivalent experience at various levels
- *Attendance at coaching courses eg. BCU /N C F
- *Commitment to coaching in the last 12 months
- *Commitment to personal and professional development
- *Contribution to the Regional Coaching Community and involvement in various initiatives such as festivals and competitions.

A judging panel will consist of the UK Coaching Management Committee

Awards Presentation

The Awards will be presented at the Annual Autumn Geoff Good Coaching Conference held in the Autumn. Winners will be informed in advance of this date.

**Further Details: For Nomination forms contact;
BCU UK Director Of Coaching, British Canoe Union,
Adbolton Lane, West Bridgford,
Nottingham, NG2 5AS.**

Goal Setting-

All goal-setting sheets have now been distributed to the discipline specific facilitators.

Sea: Arthur Watts Surf: Ian Taylor
Placid Water: Henry Monaghan
Canoe: Dave Savage Kayak: Laurence Chapman
'A' Grades: Terry Quinlan Competition: Nil response

All coaches will be contacted directly by their facilitator.

Coach Update / Re-validation

By this edition of CoDe. Local re-validation will have taken place in every county. Feedback from attending coaches would suggest that this free service has provided the following opportunities:

- Meet and Question the RCO or LCO about the Big Picture
- To cross fertilise with other coaches
- Develop a local action plan in conjunction with clubs, youth organisations, coaches and the LCO

If you have missed your local event contact your LCO.

Calling All Clubs and Competition Coaches

Despite attempts to contact clubs and competition coaches through direct mailshots and CoDe, I am still not in a position to offer support or advice. If any body has any ideas please contact me directly. We need to integrate both participation and performance coaching within the Region.

Steve Scorer RCO Eastern Region

BCU Eastern Region Canoe Days

Saturday 10 and Sunday 11 June 2000

At Herts Young Mariners, Cheshunt, Herts
(10 minutes from the M251A10 junction)

**Come and join canoeists from the Eastern Region
and beyond!**

Hopefully, the following will be on offer:

Come and Try Sessions in kayaks and open boats,
a Race for all classes, a Barbecue, Slalom Training,
Open Canoeing, Canoe Sailing, a Short Tour around the
waterways in the area, Canoe Polo

Manufacturers Demo Boats

Trade Stands with canoeing and outdoor gear

Coaching Courses:

**Injury Prevention : Child Protection :
Aquatic First Aid**

1* 2* 3* testing - kayak and Open Canoe

Log Book revalidation for coaches

Camping overnight is available

For more information, or to book courses, contact Lesley

Quinlan,

RAO Eastern Region e mail: lesleyquinlan@hotmail.com



Regional Round UP

YORKSHIRE REGION

"Thanks Sam from the Yorkshire Coaching Service of the BCU"....

enjoy the memories – BEST WISHES FROM YOUR REGIONAL COACHES

....and so to the future

March saw the retirement of one of the longest serving voluntary officers in the Yorkshire region (if not the Country), our RCO Sam Cook. The actual event took place during the Regions Spring Coaching Service meeting at the Buckles Inn (Nr York), and was supported by a good cross section of the regions "older" service members.

Paul Dearlove (our LCO for Dales, Treasurer and Secretary) presented Sam with a beautiful wood carving of half a sea kayak mounted alongside half a canoe and spoke enthusiastically about Sam's contribution to the region and coaching. One of Paul's well chosen words was 'mentor' which was a very fitting way of describing Sam's approach and support given to so many of us over the years. Sam spoke of his earlier memories of the RCO's role and the Yorkshire Region and reminded the meeting that before both federalisation and regionalisation there had always been coaching and as such, the roots of the job go back via Ric Halsall, Rod Helliwell and Ken Rooker, which span over 30 years. (Sam accounting for over half of these!)

Following the Regions Presentation a group of friends who had enjoyed Sam's help in their earlier coaching years from Yorkshire Scouting, (Trevor Butler, Mike Edwards, Bill Lodge, Barry Gray, Paul Cartwright et-al at Shoddymungo) also made Sam an award of a personalised pot tankard and open canoe book. Something to hold a good drink whilst reading a good book and reflecting perhaps on both the past and the future.

So the meeting welcomed and thanked Ian Scott to the chair who explained briefly his paddling background and some future plans. Welcome Ian and good luck. In closing this tribute and account to Sam I would like to make my own appeal for the regions coaches to both perpetuate Sam's sterling work and support Ian from the outset.

Mike Devlin who had come to support Sam explained that we have over 600 coaches in Yorkshire! It was a good meeting (by normal standards) Having got about 25 there so where/who are the other 95% of the region. The average age of the meeting had got to be closer to '50' than '40'. Contrary to how some would believe it, "old" coaches do paddle but where were the younger coaches? Out paddling perhaps (on a dark Tuesday evening!).

The Sport of paddling is a great leveller. Your views on its progress and direction are vitally important to us so please let Paul Dearlove know your address for minutes and notice of meetings – Paul can be contacted on 01423 711981. Ian Scott gave notice of the Regions first revalidation forum on 31 October 2000 and is holding a Regional Forum Planning meeting to organise it at "The Buckles Inn on the 9 May at 7.30. Please contact Ian on 0114 2630178 if you'd like to be in the know. The next Scheduled coaching meeting on the 19 September again at the Buckles Inn Nr York.

So, into the year 2000 with a request. Please consider how you can help the Yorkshire Coaching Service help you and what contribution you can make to it. There are no rules that say we just have 'x' number of LCO's. Twenty years ago we had three for York's, then we split it up to 5, but as we are currently without some of these we are effectively back to three, but not region wide. Every little helps.

Dick Constable.

Ian becoming RCO leaves a vacancy as LCO for South Yorks, Paul Dearlove is wearing three hats as LCO Dales, Scrib and Bean Counter, Wilf has retired as LCO due to living/working outside the region and I understand we are also one more LCO short as well!

Volunteers Sought ???



LONDON REGION

Thanks must also go to Paul Kilham who is to retire as RCO for London.

Pauls commitment to the coaching service will be much missed. His retirement leaves a vacancy and illicit nominations from the field for a replacement. A unanimous nomination from the LCO's will suffice to fill the vacancy. Alternatively nominations can be proposed and seconded by members from the field. Nominations should be accompanied by a pen portrait of no more than 200 words. In instances where more than one nomination is received this will be placed in the next edition of Code and votes sought. Closing date for nominations 30th June 2000. Nominations to the Director Of Coaching, Nottingham.



SOUTH EAST REGION

The South East Region remains without an RCO. Nominations are again sought from coaches who are keen and able to co-ordinate regional coaching activity and represent regional interests at a national Level. Requirements are that you are an active coach (minimum Level 3) and that you have the time to arrange coaching events and attend meetings as required. If you wish to put your name forward or wish to nominate some one please contact the Director Of Coaching.



SOUTHERN REGION

Region Coach Update / Development Forums

Saturday 24 June -	Hampshire Area
Sunday 12 November -	Wokingham Watersports Centre, Nr Reading

Regional Courses

Assessor Training	Saturday 16th September
Injury Prevention	Sunday 17th September

Both of these courses are being held at the Wokingham Watersports Centre, Nr Reading

Contact: Steve Finch 01189 755318 or email steve.finch@bcuinternet.com.



EAST MIDLANDS

As previously pointed out Jon Moore is unable to commit himself to the role of RCO. He and Keith Hampton had agreed to share the role until after the current RCO / LCO review. Jon now finds himself with further time constraints and so Keith will be taking a lead role in co-ordinating LCO activity and coach update and development activity. **See Page 10 Coach Update forum date**

Mountain Water Safety

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 available.

Tel 01429 222948

Contact MWS

Fax 01429 222089

New Appointments

In line with management developments **Richard Ward** has been appointed as English Coaching Development Manager. His appointment will enable a rationalisation of roles and workloads within the coaching department. Richard comes from a competition background previously holding the post of National Racing Coach. He is a committed paddler and will be responsible for the implementation of coaching policy in England and the ongoing coach update and development of English coaches.

Richard takes up his post from 5th June 2000. More details on his role and his plans in the next edition of Code.

Susy Hornby has already taken over the role of Head Of Young Peoples Programme. Susy who has been a PDO for some time will be known to many as a wild water Racer, throw bag manufacturer has taken over from Anne Ferguson who has rationalised her time involvement with the BCU, now being involved in the BCU's 'Start' Bid.

Howard Blackman, again is already in post and settling into his role as Coaching Development Officer for the Midlands. Howard has a responsibility for developing young people projects as well as general coaching projects. He should become well known within the north/ south Midlands corridor

Coach Update / Development Forums

Eastern Region: 10th / 11th June 2000

West Midlands: 10th June 2000

East Midlands: 11th June 2000

Southern region: 24th June 2000

Southern Region: 12th November 2000

Yorkshire Region: 30th Sept - 1st Oct 2000

Northwest Region

Regional AGM and Coach Update - Nov 18th 2000 -

Southport - 01457 864817

2 further local update days to be arranged

Contact Derek Brooks 01244 675870

All coaches will receive mail shot info of events in their region, however, please make a note of the date of your regional event in your diary. Alternatively Contact your RCO / BCU Coaching Office

Year Book Amendments

Len Smith, c/o Teesside WW Centre, Tees Barrage
Stockton on Tees, TS18 2QW
Tel: 01642 6780000, e-mail kanu@4seasons.co.uk

Teesside dates for courses — all being held at the River Tees

Kayak Introduction to White Water 3 – 4 June 2000

Kayak 1 Star - 3/4 June 2000, 1/2 July 2000,
2/3 September 2000, 7/8 October 2000

Kayak 2 Star 10-11 June 2000, 8/9 July 2000,
9/10 September 2000, 14/15 October 2000

Kayak 3 Star 17/18 June 2000, 15/16 July 2000,
16/17 September 2000, 21/22 October 2000

Level 2 Kayak 24/25 June 2000, 23/24 September 2000

Level 3 Kayak 7/8 October 2000

5 Star Kayak 10/12 November 2000

Contracted Course Providers omitted.

We apologise to the following Contracted Providers omitted from the year book. Please note:

Sam Wilkinson — I Shepherds Walk, Bugsbrooke, Northampton. NN7 3PU

Dave Stevens — 50 Benedict Road, Glastonbury, Somerset. BA6 9EY

Antony Reed — 79 St Augustine Street, Taunton, Somerset. TAI 1 QL Rel. 01823354534 e-mail: Antony@positive-venture.freemove.co.uk

Also Please highlight these organisers in your yearbook, because they are contracted course providers!

Organiser 012 Dr R S Aildred, Judy Cottage, Greenaway Lane, Hackney, Matlock, Derbys. DE42QB W01629 733610 M0410298824

Organiser 022 Mr A Brenton, West Cumbria College, Park Lane, Cumbria

Organiser 058 Paul Howells, Wydean Canoe Club, Symonds Yat East, South Herefordshire. HR9 6JL Tel 01594 833238

Organiser 074 W R Ottley 30 Lower Touches, Chard, Somerset. TA20 1 NY 01460 63812

Organiser 089 Richard Scullard, I Poplar Avenue, Stoke Bishop, Bristol. B59 2BE

Organiser 055 Geoff Hine, Phoenix Outdoor Development. Please note Geooffs telephone - it should be 01751 477828

Course changes

Please note that Kayak Level Two Assessment dates for September have been mixed in with August!

Page number 108 - Organiser 085 Sam Roberts, Level 3 Surf Assessment on the 14-15 October should be Level 3 Surf Training.

Page 99 Organiser 110 - R Wiltshire, Kayak Four Star Training October 20-22 Location is in S Wales, not River Thames

Course organiser for the following courses - Elaine Collins, 4 Frax Close, Kingston Bagpuize, Abingdon. OX13 5AZ Tel. 01865 820907

Page 104 Kayak Canoe Safety Test — June 24-25

Page 100 Kayak Intro to White Water August 20

Classifieds

"**Bowl Water Outdoor Centre** seeks suitably experienced level 2 + coaches for sessional and regular bookings. We are also looking for qualified Climbers, Sailors and those with skills and experience delivering personal / team development programmes. Please contact us at Bowl Water, Lamberhurst, Kent, TN3 8JH. 01892 890716"

Staff Required For Outdoor Pursuits in the West Country. L2 Coaches wanted! Somerset. Flexible Hours. Also NCA LCLA 1/2, GNAS, SPA. Call 0 1749-870646 for details.'

Kayak & Multi-Discipline Coach work available. Mendip Hills, Somerset. Spring/Summer 2000. Please send c.v. together with references to: "Country Wide Weekends Bridge Farm, Easton, Wells, Somerset BA5 1EH. Tel/Fax: 01749-870646. e-mail: countrywideweekends@btinternet.com www.btinternet.com/~countrywideweekends

Leicester Outdoor Pursuits Centre Loughborough Road Leicester LE4 5PN TELEPHONE/FAX (0116) 2681426 EMAIL:

LOPC@TALK21.COM FULL TIME INSTRUCTORS & EXPERIENCED HELPERS REQ'D OVER SUMMER PERIOD JULY-SEPT. MIN LEV2 PLUS SPSA, GNAS AND 3*

The CADET LEADER AWARD

The cadet Leader Award Is a new initiative from the Young People's Programme - it aims to encourage and introduce young people into leadership roles within Paddlesport, through a training programme based at their own club.

WHO IS IT FOR AND HOW DOES IT WORK?

The award is aimed at youth aged 13 to 16. Training is based at the Cadet's own Club/Centre and supervised by a Level 3 Coach. (Club/Centres without a Level 3 coach can contact their RCO for assistance.)

The Award is modular based - with the emphasis on flexibility and meeting individual needs. Each module (or part of) can be completed in any order with an informal assessment based on demonstration and questioning. The Modules are based on practical experience and include Organisation, Safety, Skills Instruction, a Personal Skills and experience log, Role of the Cadet Leader and two-part project of their choice.

LIMITS, LINKS AND PROGRESSION

The award is only valid for the Club/organisation where the Cadet completed the award. If the cadet moves to another club there is an additional short module to complete to help them learn about the safety and ways of operating at their new club. Other National Youth Awards can be linked to this Award such as Duke of Edinburgh, JSLA and school qualifications as well as Paddlepower Two challenges or disciplines specific awards. Details available with Guidance Notes for Running the Award.

This award **replaces the Junior Instructor qualification**. When the Cadet Leader reaches 16 they can move onto the National Coaching Scheme - Level 2 Training, and assessment at 18.

HOW TO REGISTER FOR THE SCHEME - WHAT IS REQUIRED?

- Ø Club/Centres who wish to participate in the award should apply to the BCU for a registration form.
- Ø We will need details of the Coach who will supervise the training and their qualifications.
- Ø The Cadet must be an individual member of the BCU or a nominated affiliated Club member.
- Ø The cost for registration for each Cadet is £6.00, which includes their logbook, Guidelines for Coaches running the award, certificate, and registration at the BCU with ongoing support.

BCU Helmet survey.

- We have been asked by the Adventure Activities Licensing Authority to conduct a survey on the use of helmets by Coaches, Clubs and Centres. Generally the BCU advises that helmets are only necessary for white water, surfing, polo and competition. However we are aware that they are used, particularly in coaching situations, far more often.
- We are interested in finding out why and to what extent this is practised.

- We would welcome therefore your comments in this short questionnaire.

Name or Club/organization you work for or with.

Do you, or does your organisation use helmets on flat water when

	Yes	No
Kayaking	<input type="checkbox"/>	<input type="checkbox"/>

Open boating.	<input type="checkbox"/>	<input type="checkbox"/>
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Is this a policy decision?	<input type="checkbox"/>	<input type="checkbox"/>
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Or is it a personal decision.	<input type="checkbox"/>	<input type="checkbox"/>
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Briefly what is your (or the organisations) policy on wearing helmets.

Why has this policy been felt necessary?

Reminder to all E3 endorsement holders.

As per previous Code comment please note that the training and assessment of 5 Star now carries the following staff ratio / qualification requirement:

- 5 Star Test Training 2-4 Candidates 1x Level 5 Coach A4
- 5 Star Test Training 5-8 Candidates 2x Level 5 Coach A 4 (as minimum)
- 5 Star Assessment 2-4 Candidates 1x Level 5 Coach A5 + 1 x level 5 A4 (as minimum)
- 5 Star Assessment 5-8 candidates 2 x Level 5 Coach A5s

Non - Level 5s holding E3 status, should they wish to continue to train and assess 5 Star will be required to seek an extension of their E3 status. This will be offered based on current involvement at the level and a serious commitment towards level 5 Coach Award

Kathmandu Memorial Bursary

The Kathmandu Memorial Bursaries are awarded each year to support people attending governing body training courses at Plas y Brenin. This year three bursaries have been awarded to support people attending a wide variety of coaching service courses.

Christopher Walker received £100 pounds towards his Coach Level 5 training

Jacqui Young received £55 pounds towards her Coach Level 3 Open Canoe training

Andi Thomas was awarded £145 towards his Coach Level 1 training.

If you are, or you know someone who may benefit from support in their coaching development and who may not be able to afford the cost of training at the National Mountain Centre please contact the Director Of Training at Plas y Brenin, National Mountain centre, Capel Curig, Gwynedd. The next trustee meeting to allocate bursaries is in the autumn.

The fund was established with donations following the deaths of Ali Cope, Mick Hardwick, Sue Hardwick and Steve Harries in an air crash whilst descending into Kathmandu airport in 1992. The funds aim to continue their work by allowing access to the training at Plas y Brenin by supporting applicants with donations towards course fees. Annual bursaries are awarded to applicants who may otherwise not be able to attend training courses.

Thank you for your help. Please post to: N Timmins, British Canoe Union, John Dudderidge House, Adbolton lane, West Bridgeford, Nottingham, NG2 5AS

Coaching Directory



At last - A new upto date Coaching Directory is available either on CD or as an A4 loose leaf BCU Log Book insert.

The most comprehensive version of the Directory to date. Seven sections of information and details covering tests and awards synopsis, Personal Performance Awards, Safety Awards, Registration Details, Coaches Code Information, Coaching Awards Information and Endorsement information.

Unfortunately and unlike with the earlier addition of the Directory we have been without FEFC income to offset the production costs of the new Directory. Therefore there will be a charge on it. The members price reflects the costs of production. It will be available to members only at this price. Without proof of membership the cost of the Directory will be.

Either Version

Members Price £8.95
Non- Members Price £15.95

Awards Information

Although there is a cost associated with the new revised coaching Directory the awards content of the directory will remain available on free leaflets available from the coaching office. In line, however with the revision all of the leaflets listed below will be available with new codings. Only leaflets with the new codings as listed can be regarded as being current and up to date.

Leaflet Codes - 2000

Coaching Personal Tests & Awards - CT CA/014/00/1

CT/001/00/1	Kayak 1-3 star
CT/002/00/1	Kayak 4 star - Inland
CT/003/00/1	Kayak 4 star - Sea
CT/004/00/1	Kayak 5 star - Inland
CT/005/00/1	Kayak 5 star - Sea
CT/006/00/1	Canoe 1-3 star
CT/007/00/1	Canoe 4 star
CT/008/00/1	Canoe 5 star
CT/009/00/1	Surf 4 star
CT/010/00/1	Surf 5 star
CT/011/00/1	Placid water - 1-4 star
CT/012/00/1	Placid water - 500m/
CT/013/00/1	Marathons/Time Trial Tests
CT/014/00/1	Junior Canoeing Safety Test
CT/015/00/1	Lifeguards Pool Endorsement
CT/016/00/1	Rescue Test
CT/017/00/1	Canoeing Safety Test
CT/018/00/1	Aquatic First Aid
CT/019/00/1	Polo Awards
CT/020/00/1	Polo 1-4 star
CT/020/00/1	WW Safety & Rescue

Coaching Awards - CA

CA/001/00/1	Level 1 Coach
CA/002/00/1	Level 2 Coach Training
CA/003/00/1	Level 2 Coach Assessment
CA/004/00/1	Level 3 Coach Training
CA/005/00/1	Level 3 Coach Assessment
CA/006/00/1	Level 3 Surf Coaching
CA/007/00/1	Training and Assessment
CA/008/00/1	Level 5 Coach Development
CA/009/00/1	Bellboat Helm
CA/010/00/1	Level 1 Placid water Coach Award - Notes for Assessors
CA/011/00/1	Level 1 Placid water Coach Award - Candidates Notes
CA/012/00/1	Tests and Awards for Canoeists with Special Needs
CA/013/00/1	Level 2 Placid water Coach - Notes for Assessors
CA/014/00/1	Level 2 Placid water Coach - Notes for Candidates

CA/015/00/1	Level 3 Placid water Coach - Notes for Examiners
CA/016/00/1	Level 3 Placid water Coach - Notes for Examiners
CA/017/00/1	Coaching Processes Course
CA/018/00/1	Raft Guide
CA/019/00/1	S/NVQs

Coaching Endorsements - CE

CE/001/00/1	Assessor 1 * Log book
CE/002/00/1	Assessor Grade 2 Log book
CE/003/00/1	Assessor Grade 3 Log book
CE/004/00/1	Assessor Grade 4 Log book
CE/005/00/1	Assessor Grade 5 Log book
CE/006/00/1	Canoe Safety Test Log book
CE/007/00/1	Assessor Grading
CE/008/00/1	Injury Prevention

Coaching General - CG

CG/001/00/1	Guidance Notes for BCU Coaches Overseas
CG/002/00/1	Tests and Awards Synopsis
CG/003/00/1	Aide Memoire for Coaching Organisers
CG/004/00/1	Buoyancy Aids
CG/005/00/1	Check List for relevant authorities
CG/006/00/1	Tests of personal performance
CG/007/00/1	Aide Memoire for Course Organisers
CG/008/00/1	Coaching Service Rules
CG/009/00/1	Coaching Codes
CG/010/00/1	Canoeist and the Swim ming pool
CG/011/00/1	Coaching for Competition
CG/012/00/1	First Aid Certificates - Information Leaflet
CG/013/00/1	Sea Kaaking
CG/014/00/1	Awards Letter
CG/015/00/1	Duke of Edinburgh's Award
CG/016/00/1	Planning a journey
CG/017/00/1	Coaching Supplies
CG/018/00/1	Terms of reference
CG/019/00/1	Candidates Notes and Advice

Coaching Directory - Direct Booking Form

Please send me () copie(s) of the new Coaching Directory CD ☐
Please send me () copie(s) of the new Coaching Directory Loose Leaf ☐

Name: _____

Address: _____

Tel NO _____ Mem Number _____

I enclose £ _____ to cover the cost of the above

Return to BCU Coaching Adbolton Lane West Bridgford Nottingham NG2 5AS

Paddlefest 2000

Paddlefest 2000

23rd /24th September 2000
NWSC Nottingham
Coaching Symposium
Peak White Water Challenge
Performance workshops
Young Paddler Programme
Hasler Finals....and much more.

Diary the date - See you there!
More details in Focus
and on the Web