

# code

Coaching Development  
the magazine of the BCU Coaching Service  
The Coaching Service is supported by



Any comments or articles  
please forward to the  
BCU Coaching Office  
or E-Mail us at  
[Coaching@bcu.org.uk](mailto:Coaching@bcu.org.uk)

**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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Please send them to: BCU, Adbolton Lane, West Bridgford, Nottingham NG2 5AS.

*Editor: Mike Devlin UK Director of Coaching.*



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# Dear Code

## BCU Coaching England

For avid code readers I was briefly introduced in the last edition as Richard Ward, the new English Coaching Development Manager, a role I began on 5<sup>th</sup> June 2000. To introduce myself and by way of background information; I have been a BCU member for around 25 years, a keen racing paddlers for 17 years (which included selection for the Junior European Sprint Championships in 1981 and couple of Marathon team selections as a senior). I am a qualified coach and have been for 15 years (including 10 years as a practicing coach for Exeter Canoe Club and coach educator for the Racing and Placid Water Coaching Awards). In career terms the last seven years have been spent as the BCU National Development Coach, Racing, working for the Marathon and Sprint Racing committees.

Based on my route through the sport the more perceptive readers will have noted my strong racing and competition background. Although it is fair to say that as Placid Water National Coach, I have been able to retain a foothold in both the competition and the recreation camp.

### The UK / England Role

As stated in the last code, the setting up of BCU Coaching England will enable the Office part of the Coaching Service to rationalize its roles. Broadly speaking the BCU (UK) will be responsible for setting and managing UK wide policy, they will also be responsible for coach education awarding and quality assurance. Whereas the English Coaching Service will primarily be involved in the delivery of the BCU Coaching awards and supporting the ongoing development and training of coaches in England.

In establishing the English Coaching section therefore, the first step in attempting to patch up the English part of the BCU Coaching Service "boat" (which over the last few years, for a variety of reasons (time, resources, direction etc.), have focused most of its efforts on bailing) has been taken.

### Dear CoDe

I never thought I would be writing a letter to CoDe in support of the BCU (WCA / SCA / ECF) creating more paperwork (?). However I would like to register my support of the revalidation scheme. I have worked hard, spent a lot of money and time and struggled against various adversities to gain the knowledge, experience and ability required to gain my coaching awards.

I spend a not inconsiderable amount of resources ensuring I remain current and up-to date with current legislation, best practice etc. (Before I am accused of being elitist I would like to state that I am in total agreement that not everyone needs, wants or should aspire to becoming Level 5 Coaches and some of the best coaching I have seen has been from level 1 and 2 coaches.) But when I encounter or hear of (as I still do) cases of poor coaching and general bad practices I often think, "I am part of this coaching scheme. Why did I bother? It just wasn't worth it!"

I find it encouraging that, due to the efforts of the National Governing Bodies; I feel this less and less. However there are still things happening out there that at best make me cringe, more often fume. The revalidation process is a positive step towards encouraging people to stay up to date and reduce bad practice through education. It is not expensive and if anything could be more rigorous.

Along with many active coaches I probably didn't need to attend a revalidation workshop. I had covered all the areas required as part of my coaching or non-BCU courses and could simply have submitted my logbook to my RCO for approval. If I had spent more time reading the articles concerning revalidation I would have realized this. I could also have rung my RCO (or any RCO come to that) to clarify this. However the workshop I attended at Plas Menai and organized by Paul O' Sullivan was a very convenient and very cost-effective way of ensuring that I was up to date with many important issues. I also enjoyed the opportunity to exchange ideas with other coaches I have not met before.

Canoeing as with many sports is developing, there are many external factors that affect us, such as changes to the law. A national governing body has a duty to ensure that as an organization and as individual qualification holders we keep abreast of these changes. A British Canoe sport coaching scheme qualification is well recognized worldwide and should be an achievement to be proud of, lets keep it that way. I for one want my qualifications to be worth more than the paper they are printed on.

It is worth noting that many governing bodies such as the RYA, SNSC, BOF (as well as non-sporting bodies) already require qualification holders to revalidate in one form or another. Other organizations, I understand the AMI to be one, are recognizing that it is essential to ensure qualification holders remain aware of current best practice and are instigating measures to ensure this.

bank (or the water) to the office and back. The means by which this dialogue can occur will I am sure vary from region to region, however without an effective communication system in place BCU wide coaching innovation will be slow.

### Establishing the wider picture.

Given my racing background, an important introductory aspect of my work is gathering information on the many facets of paddlesport. The learning exercise, I am sure will continue to run throughout my tenure as English Coaching Development Manager as we work towards designing and building a better BCU Coaching Service "boat" in England. By developing a better understanding of the total paddlesport picture, including all aspects of the sport we will be able to provide better support for the coaching of paddlesport.

### Timescales

I would hope that we would be in a position to report in the next CODE some of the main points from the information gathering exercise.

The detail of the UK / England roles will only gain clarity as the two organisations evolve.

### The Plan of action

In the first instance I feel there are broadly two immediate priorities for England:

### Communication

The BCU Coaching Service has a number of voluntary officers working on its behalf (RCO's, LCO's Contracted Course Providers, Assessors etc.), who because of limited BCU resources have operated with little sustained support. Furthermore there are around 12000 qualified coaches in England operating independently or via clubs, centers and other groups without a cohesive means to spread good practice. I feel therefore that it is time to for us to listen to the many views and opinions from the river. Clearly I can't contact everyone directly so it will be imperative to establish an effective and appropriate means of communication from the coach on the

# MIND AND BODY LINK

## (Our thoughts strongly influence our performance)

Thinking/being positive is very important it takes practice and time to enhance the skills required to tune in your body with your mind.

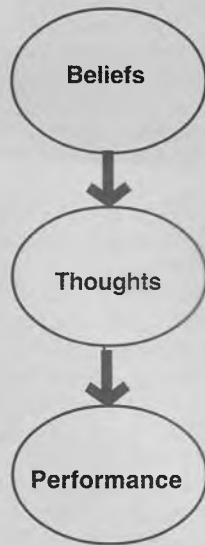
- 1) Think back to a time when you felt vulnerable and weak, remember what you could see, hear and feel in as much detail as possible. Now get in touch with both the physical and emotional feelings that you felt and try to hold these for 10-20 seconds. Now stand up. What do you notice?
- 2) This time think back to a time when you felt strong, powerful, a winner, remember what you could see, hear, feel in as much detail as possible. Now get in touch with the physical and emotional feelings that you felt and try to hold these for 10-20 seconds. Now stand up. What do you notice?

This is a simple way of showing you the difference's that you would of felt standing up when you were weak and when you were strong When you were strong it would have been easy and when you were weak more difficult.

The results may be predictable but a few seconds of this thinking in a negative way could and will have negative effects on your performance.

### KAYAKING

Imagine that you are entering your first Rodeo, you have been practicing at every opportunity to do well and you have been pulling off the moves smoothly and efficiently in your-training -sessions and been totally focused on what you need to work, to gain maximum points to do well in your 45 second timed heat. The event arrives, now think back to when you did well in your training sessions and your kinesthetic feelings and stay with these feelings.



### VISUALISATION

This is a very powerful tool, and if used correctly will be one of the most useful techniques that you can use.

Effective visualisation includes what is seen, heard, felt, smelt and a tasted. It can also be called kinesthetic.

#### Example

Here is an example of visualisation used as a coaching tool for teaching the stem dip in (Kayaking)

Get the student to demonstrate their stern dip on an eddy line. Then get them to do the same task with their eyes shut and

without using the reverse pry. Wait at least 8 seconds from when they finished their task before asking them the following questions

- 1) Where did you feel the pressure?
- 2) What did you hear?

Now get them to increase the pressure with the added reverse pry. They should see the difference, and be able to coach themselves or at least know where they need work.

The above example is a very powerful tool and if used correctly and in the right situation can be great fun too.

Vision implies a belief that it can be turned into reality; it is achievable

- ◆ Accurate feedback without vision will give you an uninspired and stagnant learner
- ◆ If there is no vision or no accurate feedback you will not have a learner
- ◆ It is vitally important that the learner needs both vision and accurate feedback
- ◆ The vision will need to be accurate feedback, because without it you will have a learner living in a fantasy (dreamer) world

### SELF TALK



Self-talk is determined by our beliefs, these thoughts influence our physical performance. Below are two examples one with a confident athlete and another one lacking confidence.

#### a) SELF TALK AFTER A POOR PERFORMANCE

<b>Confident Person</b>	<b>Person lacking confidence</b>
-------------------------	----------------------------------

That's me	That's not me
I am good	That was lucky
I can do that again	I cannot do that again

The above thoughts either reinforce the confident or non-confident person beliefs.

When these two people go to their next competition they will be mind set. The confident person will be thinking I can do that again, whilst the other one will be thinking I can not do that again and this will effect their performance. So the positive and confident self-talk is very important.

#### b) SELF-TALK AFTER A POOR PERFORMANCE

<b>Confident Person</b>	<b>Person Lacking confidence</b>
-------------------------	----------------------------------

I will be better	I usually get that result
That is not me	That is me
That is a one off	That us typical

The above thoughts show how the confident person is more optimistic. Research has shown that the optimistic person will outperform the pessimist. People can be taught how to be more optimistic and this can be taught quickly.

**RICHIE WATSON (ASP LEVEL 5)**

## 'E.coli' 0157 and Duty of Care.

It is with regret, I may have a new page for insertion into the BCU Yearbook. The topic and incident I refer to focused my mind reference Duty of Care whilst coaching.

I have coached many groups, and in past years used our local estuary at all states of tide. In October 99, a young boy aged 12, who I have had the pleasure to coach, contracted an extremely serious illness from contamination with estuary mud.

Although this was not a Canoeing incident, with the young boy playing near his family's boat, it took place in one of our immediate paddling areas.

The illness and causative bacterium was 'E.coli' 0157.

The area in question is a place called Wilcove (os.grd ref.43 1563) near Torpoint/Plymouth, situated on the west bank of the River Tamar, South East Cornwall. The river estuary is predominantly salt water and width large (2,150 ft). Directly opposite is the Devonport Royal Navy, Refit Dockyard facility.

Tidal range and flow is large, thus the surprise infection and subsequent findings has been a shock to the surrounding community. Fortunately, the young boy in question has made a full recovery from a very serious illness that could have been fatal. Taking a direct interest, I contacted various bodies/organisations to gain a better understanding of the bacterium involved, and to establish events/facts pertaining to this particular case.

The facts re E.coli 0157, have been reproduced courtesy of "The Heather Preen Trust". This Trust was set up in memory of Heather Preen, who tragically died after contracting E.coli 0157 at Dawlish Warren whilst enjoying a family holiday at the seaside in the Summer of 1999. Many of you may remember the tragedy as a result of National publicity. The main aim of this trust is to prevent further loss of life by education about the facts of E.coli 0157.

I support and totally endorse Heather's Trust and hence make no apologies for the following, which to some may seem alarmist. Should this letter educate those involved in water activities or save one life, then it has been worth writing.

### INSTRUCTING IN IRELAND

Shielbaggan Outdoor Education Centre in the South East of Ireland is looking for bright enthusiastic qualified staff for its kayaking, sailing, windsurfing and climbing activities this autumn.

Accommodation is provided and opportunities to explore Ireland abound.

Our activities take place on the sea and river, year round and staff with qualifications in any of these activities (especially if they have a minibus driving licence) should apply with CV to:

**Shielbaggan OEC, Ramsgrange,  
Co. Wexford, Ireland**

### Open Canoe Symposium Glenmore Lodge 9-10 September 2000

This is the second Scottish Open Canoe Symposium and will build on the success of the first one in 1998.

This bi-annual event alternates with the Welsh Open Canoe Symposium.

This is a fantastic opportunity to meet other Open boaters to try out new boats, take part in practical workshops, buy equipment from trade stands and work with experienced coaches.

An evening programme featuring guest speakers and videos as well as a live band in the Lodge Bar will support the practical programme.

For more information/accommodation please contact:

Steve MacDonald on [Stephen@beyondadventure.co.uk](mailto:Stephen@beyondadventure.co.uk)

Events and causation of the illness are as follows:  
Wilcove Incident.

The young boy in question contracted the disease via contaminated mud at the mid tide level. It is assumed contamination took place during ingestion of food/drink while at the mud flats. Mud samples were taken and contamination confirmed. The Environmental Services Unit (ESU) of the District Council considered the outbreak as unusual, stating that this particular bacterium is normally associated with Bovine waste (slurry). They could not confirm their findings, but believed it was linked to a sewage outfall in this area. They also went on to state that it was possible that the patient could have introduced the bacterium as the estate where he lived was served by the same sewage system. It appeared the ESU were not at all sure about the origin of contamination and it was highlighted that identification of the origin of E.coli 0157 outbreaks is extremely difficult, apart from when bovine history is involved.

The ESU also went on to say, the incidence of slurry contamination from water run off in the upper reaches of the Tamar cannot always be monitored or even determined, and thus a risk of E.coli poisoning will always be present. In conclusion, the ESU who are responsible for Bathing Water Quality cannot give any assurance that the river quality is safe, particularly where there is increased ingestion risk from water sport activities.

Considering E.coli 0157 is of bovine origin it would be fair to assume that slurry run off can and does enter rivers from adjacent farmlands not necessarily intentionally. It also worth noting that it was only recently that warnings were released nationally regarding very young children and school visits to farms and the higher risks of contracting E.coli 0157.

I have been in communication with the ESU and it is believed the contamination is now almost gone. This is reassuring when considering the number of bacteria needed to produce infection is very low, and in some cases as few as 40, which means small amounts of deadly bacteria can cause a number of infections and deaths.

### 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**

Warning signs have now been erected about the dangers of bathing in this area re mud contamination, and the local annual raft race has been cancelled on advice from the ESU.

## E.coli - The Facts

The following are literature excerpts courtesy of 'The Heather Preen Trust'.

### What is E.coli?

There are many strains of the E.coli bacterium and they are normal inhabitants of the intestinal tract of man and other animals. We need E.coli to break down cellulose and it also assists the absorption of Vitamin K. However, a mutant form of the bacterium called E.coli 0157 has learnt to make a toxin called 'Shigatoxin' which is one of the most dangerous bacterial toxins known, thus making the E.coli 0157 bacterium potentially deadly.

### Where can E.coli 0157 bacterium be found?

- Most illnesses have been associated with eating ground meat that has become contaminated with animal faeces during slaughter.
- Bacteria present on the cow's udder or on milking equipment can be transferred to un-pasteurised milk.
- Poorly washed fruit and vegetables that are eaten raw, or as juices, are a source of contamination, especially when cow manure is used as a surface fertiliser.
- Infections have also occurred after drinking or swimming in water that has been contaminated by either animal faeces, sewage or by an infected carrier swimming in the water.

### What illness does E.coli 0157 cause?

- The infection causes severe bloody diarrhoea, vomiting and abdominal pain. However, in some cases these symptoms may not be present and there is usually little or no fever.
- Most people recover without antibiotics or specific treatment and anti-diarrhoea drugs such as Imodium should be avoided.
- In certain age groups infection can lead to Haemolytic Uraemic Syndrome (HUS) which is life threatening. This disease causes the kidneys to fail, red blood cells to be destroyed and neurological damage to occur. Patients can require blood transfusions and kidney dialysis in an intensive care unit and tragically children and the elderly can die.
- There is no treatment for this. All Doctors can do is to support the major organs, control blood pressure and minimise the impact of severely impaired kidney function.
- Those fortunate to survive HUS can experience the following long term effects.
  - High Blood Pressure.
  - Seizures.
  - Blindness.
  - Paralysis
  - Partial bowel removal.

### WHAT CAN YOU DO IF YOU THINK YOU ARE INFECTED?

If you experience diarrhoea where blood is present you should take a sample to your doctor and ask to be tested for E.coli 0157. You have to ask for a specific test as most laboratories that culture stool samples do not automatically test for E.coli 0157.

The lack of documentation has led the consumer/general public to believe that E.coli 0157 is primarily a food manufacturing issue, which is not the case. Only 15% of contamination is due to

food, the remainder is environmental, as in the two cases listed here. For information there were nearly 500 cases reported in 1996, 20 died and many may have long-term illness as a result. It's important to remember each case is potentially fatal.

My immediate concern is that this bacterium, could so easily have been contracted whilst canoeing. Many novices/beginners start on placid water and from the evidence shown, it is not restrictive to estuaries, and hence all Canoeists and Coaches should be aware of this new danger. I say new as these cases appear to be on the increase, or worse environmental issues re pollution have eased. How many times have we as canoeists got dirty and simply rinsed our hands in the water prior to sitting down to a hard earned lunch stop on a bank or beach and just tucked in. We have all done it, myself included. Each Coach/Canoeist should take positive steps re precautions and education in a determined effort to minimise contracting this potential fatal disease in the first instance.

Simple precautions that can be taken to reduce risk to absolute minimum

1. Provide warning literature in yearbook in similar format to the Leptospirosis warning.
2. Educate by publishing articles in information leaflets/Canoe Focus/Coaching press.
3. Coaching direct to students of the possible risks and precautions to be observed.
4. Enforcing effective hygiene measures whilst on Canoeing trips, especially so when handling food.
5. Coaches to update equipment lists to include wet wipes/washing facilities. (this should instigate a few replies).
6. Know your area environmentally i.e. sewage outfalls, adjacent lands & industry.
7. Be aware
8. What if! When about to have a snack out there, Coach "EAT"

### EDUCATE / ACTION / TOLD

If the above are undertaken then it can be construed that all reasonable foreseeable precautions have been taken and therefore should an individual contract the above, it would not be considered negligent on the part of the BCU or its Coaches. This is particularly important as accountability/litigation trend is generally on the increase.

If any Canoeists have been unfortunate to contract this disease, the Heather Preen Trust would be interested to hear of the relevant details. This is to enable a historical database to be built up to support the limited existing medical knowledge on the deadly bacterium known as E.coli 0157.

I must reiterate no Canoeing Incident has taken place, but I am concerned following these recent events, it could. Although risks are extremely small, the implications are far reaching to all concerned.

The most important thing to remember in this instance, 'prevention is better than cure' as sadly there may be no cure. Thank you for reading this article, remember the intention is not to alarm but purely to educate.

STEVE WRIGHT LEVEL 3 COACH SEA

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Paddlefest -  
23rd/24th September 2000

## Leadership skills — a framework for helping aspirant leaders to develop their unconscious competence.

The thoughts expressed in this article came from thinking about and discussing with other coaches the idea of conscious/unconscious competence. It attempts to analyse some of the skills an experienced and effective leader uses in an unconsciously competent fashion and tries to provide a structure for trainee leaders which will help them to develop their own leadership skills.

### The leader's "twitch"

A good leader has a 360 degree awareness of their group no matter where they happen to be leading from. We can perhaps help trainees to develop this by introducing the concept of a "twitch" — how long do you paddle at the front or middle of a group without glancing round?

This twitch does not simply allow you to make sure everyone is there it also allows you to take in information about how people are coping with the water. How alert/interested they seem, how much attention they are paying to the job in hand, the environment, those around them etc. An analogy with first aid and the observation of symptoms may be useful. The good leader uses their eyes and ears to create an awareness of the group and the individuals in it — this then informs their decision making process.

A question linked to this is how large a group can you take in at a glance without having to count heads? Asking this question over a number of years has given me answers between 4 and 8. I'm sure psychologists should be able to provide some research to answer this one.

### A key question

Good leaders always seem to have an awareness of alternative possibilities, of appropriate route choices, of hazards and how to deal with them. Trainees can be helped to think about these issues by being encouraged to always ask themselves the question -'what if?' Obviously this needs to be linked to training on how to read the water and on discipline specific hazards.

### A key distinction

A good leader has the ability to choose appropriate rivers, routes or tasks to challenge a group whilst at the same time ensuring a safe experience. We can help trainees to develop this skill by giving them the distinction between difficulty and danger as something to work on. Difficulty is something to be encouraged (if appropriate) whereas danger is something to be avoided or dealt with. This can be a difficult distinction for inexperienced leaders to make; so highlighting it, linking it to the 'what if' question, and making some common examples explicit on training courses may help.

### Four ways of dealing with a hazard

While this key question and key distinction can help trainees to develop their awareness of hazards I think the following is a useful framework to help them develop appropriate strategies for dealing with hazards. All hazards can be controlled in one of four ways (now there is a dangerous statement!):

<b>Avoid it</b>	Carry round, choose another route/river, change the plan for the day etc.
<b>Protect it</b>	Leaders position, use of bank support, throw lines, chase boats etc.
<b>Remove it</b>	Dangerous debris, dead dogs!, change group members so personalities don't become a hazard etc.
<b>Brief it</b>	Accelerate through a stopper, what to do if you capsize, etc.

An effective leader has good communication skills, and perhaps we can assist trainees to manage their own development of these skills by providing them with a framework highlighting three key points:

- The voice is a tool, like the paddle or the throw line, and can be used in many different ways depending on leadership styles. All trainees will have a 'natural' voice, what they need to be aware of is the need to develop other voices.
- Body language can instill a group with confidence or fill them with trepidation — it can help a group warm to you or tend to distrust you.
- Eye contact is vital for giving confidence and for gaining feedback from the group.

In relation to dealing with a potential hazard positive body language, good eye contact and appropriate voice may be all that is required. On the other hand if they are poorly used you will quickly 'make a drama out of a crisis!'

Carefully managed peer review may be a useful tool for looking at this area on a training course.

### Conclusion

I don't claim that any of the above is either new or groundbreaking merely that I have been using most of these ideas for a number of years and they have been useful for me. I would be grateful for the thoughts of others either through CoDe or direct.

**David Crossland — The College of West Anglia  
Outdoor Activities Course Director**



# ADVENTURE

## Canoeists Required for the South of France

NST Adventure has opportunities for qualified instructors at Lou Valagran, our activity centre in the Ardeche.  
Positions available from April to September 2001.

We require L3 Canoe Coaches to work as River Leaders on the Ardeche and join our staff training team.  
We require L2 Canoe and Kayak Coaches to work as Multi Activity Instructors.

We provide: Full training NGB course opportunities Competitive Wages All Meals Free Uniform Excellent Accommodation Comprehensive Insurance Return travel to the UK

For further information please contact:

**Recruitment, NST Adventure, Chiltern House, Bristol Avenue, Blackpool, FY2 0FA Tel: 01253 503011**

**Fax: 01253 356955 e-mail: [recruitment@nstgroup.co.uk](mailto:recruitment@nstgroup.co.uk) [www.nstgroup-travel.com/adventure.html](http://www.nstgroup-travel.com/adventure.html)**

# RACIAL EQUALITY IN CANOEING

The BCU Executive at its Ex107 meeting (1 June 1998) agreed the following policy statement on racial equality.

The BCU recognises that it operates in a multi-racial society and that Black, Asian and other ethnic minority communities have an important contribution to make to canoeing;

The BCU acknowledges that racial disadvantage and discrimination are still present in canoeing and are key factors which influence the nature and extent of involvement in canoeing by Black, Asian and other ethnic minority communities and individuals;

The BCU acknowledges that eliminating racial disadvantage and discrimination from canoeing is an on-going task and is committed to working towards the elimination of racism from canoeing as a governing body and in partnership with others;

The BCU will take steps to meet the needs and aspirations of Black, Asian and other ethnic minorities to work towards their full involvement in canoeing at all levels and in all roles.

The BCU has also recently committed itself to achieving the national standard or 'Chartermark' for racial equality in sport as agreed by Sport England and the Commission for Racial Equality. Six areas of work are identified in the standard and below is listed some of the initial tasks the BCU has set itself to achieve with immediate effect.

Area of work	Action to be undertaken
Commitment and Challenge	BCU to make clear public statement on racial equality.
Participation	Obtain information on levels of ethnic minority participation in canoeing.
Environment & Public Image	Develop a complaints procedure
Administration & Management	Determine ethnicity of coaches and administrators
Policy and planning	Develop detailed racial equality action plan
Celebrating racial equality	Ensure BCU publications reflective of cultural diversity

Further information on this important area of work will appear in future editions of Code.

David Gent, Chair BCU Board

## The Geoff Good Coach Of The Year Award

The Geoff Good Coach of the Year Award is aimed at raising 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

### 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

Further Details: For nomination forms contact:  
BCU UK Director of Coaching, British Canoe Union, Adbolton Lane, West Bridgford, Nottingham, NG2 5AS.

Current Trends

### 2000 COURSE DATES

L2 ASSESSMENT CANOE	22 APRIL/ 16 SEPT
L2 ASSESSMENT KAYAK	23 APRIL/ 17 SEPT
L3 TRAINING CANOE	12/13 AUGUST
L3 TRAINING KAYAK	21/22 OCTOBER
L3 ASSESSMENT CANOE	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

Current Trends, Adbolton Lane, West Bridgford, Nottingham, NG2 5AS Tel 0115 9818844

••• Paddlefest - 23rd/24th September 2000 •••

# Regional Round-Up

## Eastern Region

### BCU Eastern Canoe Day's

Herts Young Mariners kindly hosted this year's event. The weekend reflected a genuine spirit of self help for coaches in the Eastern Region. Support was provided by head office staff, traders and out of region coaches. During the course of the weekend 5 full workshops took place enabling coaches to upgrade their qualification and also revalidate at a total cost of £5.00. I would like to take opportunity to thank all those who took the time to support other coaches.

Attendance: Approx 300 people, Coaches on workshop's 80, 60 coaches Revalidation Money generated for Region coaching fund £500.

### LCO Election

Thanks must go to Keith Sunderland who is to retire as LCO for North Cambridgeshire and Peterborough area. His retirement leaves a vacancy, and elicits nominations from the field for a replacement. Please send all correspondences to RCO Eastern region. The result will be published in the October edition of CoDe.

### Is this a First?

The region is pleased to announce a "Coaching Development Centre". As a result of increased coaching activity in and around the Cambridgeshire area Bob Burnham has responded by developing a canoe club whose main aim is the development and support of coaches. It is my hope that this venture can be mirrored in other areas of the region enabling all coaches access to development, support and guidance. For more details contact Bob Burnham "Packers Canoe Club"

### Coach Update/ Development (Re-validation)

The process is still available to clubs and individuals, in the first instance contact your LCO or Myself.

### Competition and Performance

I am still not in a position to offer help and support I need help any ideas?

Welcome and congratulations to the following coaches who recently passed their level two coach assessment Dave Simpson, Adeline Prior and Jenny Banfield, they are all keen and available and need extra coaching hours. Contact c/o Viking Kayak Club.

### Club News / Regional "access to paddling" Plan

I am currently trying to conduct a regional club audit. Outcomes will formulate a regional "access to paddling plan". In order to facilitate this process I would ask all clubs to register with myself.

Steve Scorer RCO Eastern Region

## North East Region

### Local Panel Meetings:

Venues: details available from LCO. All panel members will be mail-shotted with an agenda, times and location.

**Tynedale Panel (LCO: George Thompson):** Wednesday 6th September 2000. Dukehouse Wood Centre, Hexham. 1900.

**Tyneside Panel (LCO: Rory Corder):** Wednesday 6th September 2000. 1900.

**Wearside and North Pennines Panel (Acting LCO: Fergus Lynch):** Wednesday 6th September 2000. 1900. An LCO election will be held at the meeting; nominations should be forwarded to RCO by August 7th 2000.

**Northumberland Panel (LCO: Claire Knifton):** Wednesday 6th September 2000. Coquet Shorebase, Amble. 1900.

**Teeside Panel:** Date to be confirmed. \*Coaching service

members on Teeside are requested to consider nominations for the post of LCO as no replacement has been found since the resignation of the previous incumbent. Please send nominations to RCO (Ken Hughes). If you are interested and would like to discuss the post please do not hesitate to contact Ken Hughes.

Courses coming up in the region:

**Coaching Processes Course.** 26th/27th August 2000. Details from Ken Hughes on request. Course Director: Keith Hampton. Venue: Coquet Shorebase, Amble.

**Injury Prevention Course.** October 1st 2000. Details from Ken Hughes on request.

**White Water Safety and Rescue.** 19<sup>th</sup>/20th August 2000. A course for young paddlers. Part funding may be available from the BCU Northern Region Development Team on application. Details from Claire Knifton 01665 712151/ 01665 710367.

Freestyle coaching course for junior/youth paddlers. Details from Claire Knifton.

The Coaching Management in the NE Region are delighted to welcome the following officers:

Level 5 Coach development coordinator: Nigel Wilford (Wilf) Tel: 01748 826709.  
University Clubs Liaison: Richard Longstaff. Tel: 07808 322749.

### LEVEL 5 COACH DEVELOPMENT PROGRAMME

The NE Region in conjunction with the Cumbrian Region will be running a Level 5 Coach Development Programme beginning Easter 2001. We are lucky enough to once again have the services of Rob Cunningham as Course Director. If you are interested in the programme please contact Ken Hughes initially. Full details in the next CoDe.

**NE Region Better Boating Day: October 15<sup>th</sup> 2000**  
**Teeside Whitewater Centre**

A day of top class coaching for NE Region paddlers to come and enjoy. If you are interested in attending or taking the opportunity to coach (hopefully with opportunities for feedback- Aspirant C5's particularly welcome) please contact Nigel Wilford, Tel: 01748 826709 or E-mail: [wilf@wilfordn.fsnet.co.uk](mailto:wilf@wilfordn.fsnet.co.uk) Full details in the next CoDe.

Date of next **Northern Region Development Team** Meeting: Wednesday 20th September 2000. 1900. Chester-le-Street Sea Cadet HQ. Details from NRDT secretary, John Steven (see year - book).

Date of next **NE Region Coaching Management Committee** Meeting: Wednesday 27th September 2000. 1900. Coquet Shorebase, Amble. All Coaching Service members are welcome to attend. For an agenda please contact Ken Hughes.

**Clubs and schools interested in coaching and other associated BCU courses should contact Ken Hughes (RCO) or your LCO. The Region might be in a position to part fund such activities on application. Applications are particularly welcomed from minority groups within paddle-sport (e.g. Women, youth, ethnic minorities, disabled, etc)/**

**KEN HUGHES TEL: 0191 5518835/07989 210882**

# Paddlefest - 23rd/24th September 2000

## East Midlands Region

The regional coaching update was on the 11th June at the Leicestershire Outdoor Pursuit Centre and was attended by over ninety of the regions coaches. The day was intended to provide coaches with the opportunity to come along and find out what is happening in coaching at a regional and a national level whilst also being able to attend a couple of workshops aimed at updating skills and knowledge. Some of the workshops included, 2/3 star skills and standards, open canoe 'working the blade', freestyle getting started and themes around the coaching process, along with many others. These workshops also provided a taster of what would be included in a full-blown weekend on these themes. The response from those attending was very positive with many saying that they want to attend the one in September as well. This day also allowed coaches the opportunity to revalidate their awards and ask anyone of a number of key national coaches including the U.K. Director of coaching, questions on the coaching service and its future development plans.

Those attending paid just ten pounds to attend which if your sums are correct gives the regional coaching team nearly a thousand pounds to use in developing coaching in the region. So a big thank you is in order to all those who attended and to those coaches who were brave enough to run a session.

I would like to also take this opportunity to say a special thank you to Jon Moore who has unfortunately stood down as R.C.O. due to work and family commitments. Jon has worked tirelessly for the region both locally and at a national level ensuring that the region is at the forefront of the coaching world. There are many people who owe Jon a big thank you for his work and perhaps we can still hijack him from work now and again to delve into his wealth of knowledge to help coaching continue to develop.

Thank you Jon !!!!!

It is envisaged that one large regional coaching event similar to the event at Leicester on the 11 June will run each year with at least one, two hour update workshop based in each county per year.

It will be possible at any of these events for coaches to revalidate their awards and get together with other coaches and discuss developments in their county.

Here are some dates for your diary - please pass onto other coaches.

### SEPTEMBER 2nd REGIONAL COACHING UPDATE AT NORTHAMPTON

### SEPTEMBER 23 & 24 PADDLEFEST

AT Holme Pierrepont National Watersports Centre

LINCOLNSHIRE UPDATE WORKSHOP 9 OCT

LEICESTERSHIRE UPDATE WORKSHOP 4 OCT

NOTTINGHAMSHIRE UPDATE WORKSHOP 12 SEPT

DERBYSHIRE UPDATE WORKSHOP 21 AUG

NORTHAMPTONSHIRE UPDATE WORKSHOP 9 NOV

Please watch out in CoDe for updates, news and developments in the Region

**KEITH HAMPTON:** Regional Coaching Organiser. If you wish to contact me please do so by:

Letter with SAE at: 50 Curzon Avenue, Birstall, Leicester.

LE4 4AB Or by Phone during office hours on 0116 2681426

or evenings **BEFORE** 1930 hrs on 0116 2674428

Well that's all for now but please keep your eyes fixed to CoDe and the regional web site for updates of events and coaching news.

## South East Region

Wanted RCO nominations:

As per the last code.

During the interim period the regional development team have set up a date for an update forum and are hoping to set up a Coaching Processes course to run in 2001.

### Update Forum

Date: 25th November 2000

Venue: Maidstone Canoe Club

Contact Richard Ward, at BCU Office.

## West Midlands Region

With my business becoming very busy, Phil Ascough from Upton Warren is going to be working with me. I will still be your first point of contact with Phil helping on the paperwork and delivery of forums, workshops etc.

The regional forum proved to be so popular with almost 100 people attending we have decided to hold another one.

**The date for your diary is 20th January 2001. More details will be available closer to the time.**

By popular request we will also be running an Assessor training day on the 1st October 2000.

The venue will be Upton Warren and any person interested in attending should contact me.

Our second club-coaching weekend is also available for bookings. Just to remind you providing the candidate is pre registered, each canoe club within the region can send 2 people per course. This is per course not the whole weekend; last time we ran 6 different courses that would be 12 people per club.

**The date is 14th and 15th October. Your club will be receiving further information in the very near future.**

**THE CLOSING DATE FOR BOOKING IS 1st OCTOBER**



**SEASONAL OPPORTUNITIES IN 2000**

We require 3K / 3SU / 3S / 3CN to work as Chief Instructor, Senior Instructors or River leaders at one of our 10 multi activity adventure camps in France, Italy, Spain or the UK Benefits include:

- Comprehensive pre-season NGB training course – aimed at all levels
- Competitive wages – commensurate with qualifications & experience
- Full board, accommodation and travel provided
- Uniform and specialist equipment provided

For full information pack please contact our recruitment team at:

Tel: 01384 378827 Fax: 01384 378866 Email: [Topstaff@acronadventure.co.uk](mailto:Topstaff@acronadventure.co.uk)

## London Region

## Coach Update / Development Forums

### Stop Press !!!!

Following last months notice of Paul Kilhams desire to retire from the role of RCO, nomination has been made by the LCO team currently in post. I would therefore like to welcome Garath Moss as the new RCO for the London Region. Contact details and regional update will be published in the next edition of Code.

### Missed dates from the yearbook:

#### Barton Outdoor Pursuits Centre:

27-29 October	Level 3 Kayak, training (inland)
27 – 29 October	Level 3 Kayak, assessment (inland)
30th Sept – 1st Oct	Level 2 Kayak, training (inland)

#### Barton OPC Contact details:

Address: Far Ings Road, Barton on Humber,  
North Lincolnshire, DN18 5RG.  
Tel/fax: 01652 634933  
email:[admin@bartonopc.demon.co.uk](mailto:admin@bartonopc.demon.co.uk)

#### Had a course cancelled?

Calling all candidates that have had either a training or assessment course cancelled and are still having trouble finding another quorate course, help is at hand.

Please contact Richard Ward, English Coaching Development Manager with details of the course you are looking to attend and we will endeavour to find a suitable course.

#### IDEA FOR CODE FROM ALAN SHERSBY

Level 3 sea assessment, having trouble getting onto a course that is running? Let's book together.  
Contact Alan Shersby on work 020 8804 1864

#### SURF COURSES NE ENGLAND

Aug 26-27 Surf Assessment  
Sept 16-17 Surf Assessment  
Contact Nigel Wilford 01748 826709  
Email [wilf@wilfordn.fs.net.co.uk](mailto:wilf@wilfordn.fs.net.co.uk)

**East Midlands: 2nd September 2000**  
**Yorkshire Region: 30th Sept - 1st Oct 2000**  
**Southern Region: 12th November 2000**  
**South East: 25th November 2000**  
**West Midlands: 20th Jan 2001**

#### 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

## North East Surf Fest

September 16/17 2000  
East Barmby OEC Whitby.

A programme of events is planned across the weekend on Breaks around the Northern Region, including:

- Northumberland College Paddlesurf Open. (£8 fee to non symposia paddlers)
- Introduction to Kayak Surfing.
- Surf Safety and Rescue.
- Try it standing up — An introduction to board riding.
- Four Star Training and Assessment.
- Playing in the pocket — Learn how to apply your waveriding skills to the fastest steepest part of the wave.
- Doc Roberts Soul Clinic.
- Demo boat and craft swap sessions
- Fantastic Plastic — pushing the boundaries of free style boat manouevres.

This list is neither exhaustive or set in stone, we will respond to the desires and needs of paddlers in the programme we supply.

**Cost: £30.00 for access to full weekend programme.**  
(NOT including accomodation).  
**Contact Chris Heaney**  
**01670 841200 ext. 333. or the BCU Office**  
**Direct**

#### All Assessors - Please note change of price on personal performance Awards

A number of Star Award assessors are continuing to use old pass slips and charging the wrong price on star award admin. As this delays the awarding process and incurs additional time in chasing up correct payments please be sure that you note the new prices on Star Awards.

**See back page for a copy of the Star Award Pass Slip -  
This can be cut out and photo-copied**

#### Personal Performance Awards - Awards Pricing Policy

Following a review of the pricing of personal performance awards it has been agreed to implement the following charges from 1st Jan 2000

**1 Star & 2 Star Awards £3.00 for members / non members**  
**3 Star / 4 Star / 5 Star £ 6.00 for members / £12.00 for non members**  
**Canoe Safety Test £ 6.00 for members / £12.00 non members**

While some may feel that these increases are a big jump on previous prices they are in fact a reflection of true admin costs and the fact that prices on personal performance awards have not changed for some considerable time. UK Coaching Committee have determined therefore that award prices will be reviewed annually to avoid future large increases.

**Assessors, particularly please take note! Assessors are also reminded that the 3 Star award can no longer be ordered in bulk. Due to the 3 Star now being database recorded ( due to it being a pre-requisite of a coaching qualification) Awarding of the 3 Star award is via the Star test Pass Slips available from the coaching office.**

# Dear CoDe

## Dear CoDe

I am an active coach level 3, a professional 'Operational Fire Officer' a qualified First Aid Instructor and Examiner, who like my colleagues regularly is assessed, have to attend regular updates, both from my local Health Authority, as well as the European Resuscitation Council. I teach and assess 'First Aid' on a monthly basis, and unfortunately as part of my job get to practice REAL first aid all too regularly!

I was horrified when a close friend of mine who had attended a Coach level 3 assessment had had his first aid kit verbally torn apart by the assessor. Comments were that we should not be carrying 'tweezers' he should not be carrying in the kit his own medication for migraines, and other criticisms. Apparently the assessor had recently passed an 'Aquatic First Aid' course, and he had been told, that if tweezers were used it would constitute an operation, and we're not qualified to carry them out and could be sued.

If First Aid instructors spent time reading their manuals properly, there are two paragraphs on page 12 of the current F/A manual, edition 7 (updated) as authorised by voluntary aid societies.

They would be aware of 'Assessing the Risk' using the most appropriate treatment, and the 'Good Samaritan principle' that basically states THAT, if you follow the guidelines as per the manual you need not fear any legal consequences. The manual refers to removing foreign bodies from the skin, pages 176 & 177 including splinters, and fishhooks, (pliers are actually involved here), again page 193 refers to the removal of insect stings and bites, and yes you've guessed it with those 'naughty tweezers'. Page 217 recommends that a 'first aid kit' should contain a set of tweezers.

The current 'buzz word' both in the voluntary and industrial sectors is 'risk assessment', I carry and will continue to carry tweezers, and my own migraine medication in my first aid kit. My 'risk assessment' being that if someone gets an insect sting, thorn or splinter in him or her halfway down a remote river at least I can do something.

Again my Risk Assessment for carrying my tablets in my first aid kit is that I can prevent an attack in the first place, therefore not rendering me unfit.

It is true "someone might take the pills and use them unbeknown to you" but someone might take my car, or canoe without my permission and kill themselves! The safest place for anything of this nature is in the proper place, in a sealed first aid kit!

There are rumours of first Aiders being sued, in fact there has only been a couple of actual cases, and kicked out of court because they followed guidelines.

Lets use common sense, remember the 'Good Samaritan principle' and Risk Assessing.

Phil Edwards Level 3 Coach

Paddlefest 2000

**Paddlefest 2000**  
**23rd / 24th September**  
**Holme Pierrepont Nottingham**  
**Paddlefest Peak White Water Challenge, Paddlefest Polo Challenge**  
**Paddlefest Coaching Symposium, Paddlefest paddleability**  
**Paddlefest Personal performance Clinics, Paddlefest Young Paddlers programme,**  
**National Bell Boat Championships, Hasler Finals**  
**BCU Question Time and much much more**

For further details, including full programme and booking form see August Focus or write, Call, e-mail the  
Coaching Office Adbolton Lane, West Bridgford Nottingham NG2 5AS 0115 9821100 coaching@bcu.org.uk

**Don't Miss It**

## CLASSIFIED ADVERT

Kayak/Canoe Instructors required minimum qualification level 2 coach with current first aid certificate and valid BCU membership. Work available throughout the year, opportunities for evening and weekend work, Easter, Whitsun and summer holiday work available. London/Kingston/Richmond areas. Contact Albany Park Canoe & Sailing Centre Albany Mews, Albany Park Road, Kingston upon Thames, Surrey, KT2 4SL. Tel 020 8549 3066 or 0208547 6199 – Simon White Manager

## Coaching Directory

A resource for BCU



**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 edition 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**

## 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

## 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



## BRITISH CANOE UNION Coaching Service: Star Tests

**THIS APPLICATION IS NOT A VALID CERTIFICATE - TO BE REDEEMED WITHIN 3 MONTHS**

For confirmation Certificate and Badge, please send this form with correct remittance (cheque or postal order) made payable

**DATE:** \_\_\_\_\_

**Examiner's name (capitals please)**

Is Candidate a member YES / NO

**Examiner's signature & Membership No.**

**Candidates Particulars (FULL NAME - CAPITAL letters please)**

**1 - 3 STAR** Please ring ONE type of craft only  
Please write KAYAK SOLO CANOE TANDEM CANOE  
POLO SURF KAYAK SURFSKI  
PW KAYAK PW SOLO CANOE  
PW TANDEM CANOE

**4 STAR** Please ring ONE type of craft only  
Please tick KAYAK SOLO CANOE TANDEM CANOE  
POLO SURF KAYAK SURFSKI  
PW KAYAK PW SOLO CANOE  
PW TANDEM CANOE

**This label will be used to return your certificate - please write clearly**

**DECLARATION** (by those applying for membership)  
to: The Chief Executive, The British Canoe Union. I agree to be bound by the Rules and Regulations of the BCU

Signed \_\_\_\_\_

Date of Birth \_\_\_\_\_

Date \_\_\_\_\_ Tel.No. \_\_\_\_\_

FEES PAID (inc VAT)	Please circle membership if required	£	p
1 - 2 Star Test Fee Certificate and Cloth Badge:		£3.00	
3 - 4 Star Test Fee inc Certificate & Cloth badge:			
	Membs	£6.00	
	Non-memb	£12.00	
<b>Comprehensive Membs:</b> Adult: £29.00 Under 18: £14.50			
<b>Basic Membership:</b> Adult: £23.50 Under 18: £11.75			
			<b>TOTAL</b>