

# Coaching Development

# CoDe

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



**BRITISH CANOE UNION**

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...

## Dear CoDe

I would like to respond to the article in the current issue of CODE (no. 110) entitled "Are University Canoe Clubs the laughing stock of paddlers in the UK and the BCU?"

I am currently a level 3 coach with a reasonable amount of experience (about 8 years) of leading groups on grade 2-4 moving water. I am also representing the views of a white water rescue unit that have been involved with the WCA Dee Tours for almost as long.

Some of the initial comments made at the start of the article are very valid - high turnover of members does make it hard to keep a number of coaches of the required standard to lead safely on rivers such as the Dee, having the time and the money to attend these courses can also be hard to find.

However, none of the previously mentioned valid reasons are excuse enough to compromise group safety (and then put it in print!!) and to write such an article that is so self contradictory, that tars all university clubs with the same brush and is so full of inconsistencies and blatant lies!

As the printed response mentions there are a reasonable number of courses run for the benefit of university paddlers all over the country. Can I suggest that this paddler starts using them?

Communication between the BCU/WCA and the individual university clubs has never been better. This was proven time and time again on the Dee tours in the last couple of years when university clubs, for the most part, heeded the organiser's advice and led their groups on appropriate parts of the river. The bulk of all serious injury seemed to occur at the end of each day when groups of paddlers that had been on the upper Dee (and appropriately so), were then led down the lower sections by some selfish group leaders.

I must also comment on "the Dee Tour big bash". The student party has never been, to my knowledge, sponsored by the WCA. It is an entirely separate event that "happens" to coincide with the main Dee Tour. Safety on the tours is of paramount importance for the organisers and for all the members of the rescue teams that give up their time freely and without payment of any kind. The safety cover on the tours is second to none. It is approached professionally by the WCA, who take advice from full time water safety professionals as well as their own volunteers – of which many members hold Swiftwater Rescue Technician awards, BCU White-water Safety awards, Open Water Lifeguard and Advanced First Aid Certificates – largely paid for by each individual at no small cost to them.

Regardless of there being a big party to encourage paddlers to the Dee, or not, it is still up to the individual group leaders to show best practice and common sense when leading groups down the lower section of the Dee. If the group's ability is not up to it, then there are many miles of suitable river upstream to accommodate them.

The author of the article chose to remain nameless - I can see why! However, if he/she has the courage to identify themselves to any member of the safety team at this year's Dee Tour, then I am sure that this debate can be continued!

Simon Fairless, Chairman, SwiftWater 2000  
Search and Rescue Unit  
simon@swiftwater2000.co.uk

## Dear CoDe

This letter is intended to raise comments from other level 2 coaches in my position and from more senior ones.

I would like to put these two questions up for debate, firstly as a level 2 coach with 4 star personal skills, why can't I assess the 3 star award, it is after all primarily a flat water skill award, the reason I ask is that I find it strange that the BCU does not take into account my abilities as a 4 star paddler when assessing my ability to coach at this level.

My second question is, as a level 2 kayak coach with 4 star open boat skills, why do I have to prove that I can coach open canoe skills by undertaking the training and assessment process all over again for level 2 open, when surely I have demonstrated my ability to coach by passing my level 2 kayak, and have the necessary personal skill level, why is my level 2 status not transferable.

In regard to my first question may I make this suggestion, why not give coaches in this position a level 2(a) coach award, that way the BCU shows that it has taken into account my 4 star abilities.

Dai Card

## Dear Code,

In that delightful little piece "Natural History Lesson for Coaches" By George Thompson. (Lindsey Williams got his name on there by mistake!) I noticed that there was an error in the mention of access in relation to the Farnes Islands.

I was one of the BCU negotiating team, together with Chris Hare and the late Ron Miller, who met with the National Trust way back in the 60's to iron out an access agreement for members of the BCU wishing to visit the Farne Islands.

The agreement was that paddlers would not land on the jetty or the tiny beach immediately south of it. In the tourist season, the landing area needs to be kept clear for tour boats. The authorities felt they wanted no risk of it being clogged with kayaks. The small beach next to the jetty, is only used at certain times of the year by nesting birds and it was felt that a year round restriction was the safest in the long term.

The landing area negotiated for paddlers is situated on the flat rock slabs immediately to the north of the jetty. Paddlers landing there will not be charged a landing fee and will be allowed to use the toilet facilities. This is landing privilege only and it does not give paddlers the right to wander freely around the island like the rest of the fee paying public.

The only other landing place is that area owned by Trinity House immediately adjacent to the Longstone Lighthouse. Please note, landing is not allowed on the beach on the small island about two hundred yards to the north east of the lighthouse.

Derek Hutchinson - Coach Level 5

## Dear CoDe

I was delighted to see in the 6 February Contracted Provider bulletin that UKCMC has agreed that Contracted Course Providers could deliver both kayak and canoe disciplines within the same course. This gets over the enormous difficulty I have had in getting sufficient open canoe students to make a Level 2 course viable. It will also help to bring paddlers of both disciplines together. The Level 2 kayak course should include some open boat work in its "try a boat" session, and I believe that (in other than exceptional circumstances when a paddler does not want the restriction of a kayak and spray deck) open boaters should at least have tried a kayak.

Richard Scullard



## "Are University Canoe Clubs the laughing stock of paddlers in the UK and the BCU?":

### A response from Richard Lee, Welsh Canoeing Association.

The article printed in CoDe 110 raises a number of general issues and those that are specific to the organisation of the Dee tours. There have been many articles written with regard to qualifications, experience and competence in CoDe recently. I believe that as the British Canoe Union, the home nations have addressed the issues of insurance with the brokers to address this and provide a comprehensive cover, especially for those working within the voluntary sector. However the insurance cover provided does not negate the need to be proactive in issues of safety and when looking at organising a trip the basic premise should be that a leader:

- a. Has a duty of care to the group under leadership
- b. Must undertake all reasonably precautions to manage the risk to an acceptable level.
- c. Provide information to the participants, to ensure that they have a level of informed consent commensurate with the activity.

These, along with qualifications, experience, competence and knowledge can form the basis of best practice. The Dee tour itself provides an example of how good practice does or does not realise itself.

The Megabash and the WCA Dee tour are two separate events with the Megabash being run by River Legacy. No revenue from this event comes to the WCA. 1500 people attend the WCA Dee tour, with around half of these being students who also attend the Mega bash along with a further 1000 or so people. The WCA has a responsibility to organise the tour undertaking to organise access points, negotiate with landowners, provide information, manage car parks, provide marshals and shuttle buses and provide safety and rescue in a number of key locations. In all, some 80 people are involved in working prior, during and after the weekend, of which a team of 25 provide safety and rescue cover at three locations. The cost of the tour ticket funds all of this, while also subsidising other tours, which run at a loss and the development of access in Wales.

Additionally, the WCA and the Sports Council for Wales invests over £15000 per year in the training of voluntary canoe club coaches through a scheme at Plas Menai, and Community Chest funding. This is currently aimed at affiliated constituted clubs who can demonstrate reinvestment into a development programme for canoeing in Wales.

The safety provision that is put in place on the Dee tour does not negate the responsibility of those attending and leading groups to meet a duty of care, take reasonably practicable

actions and provide informed consent to group members. The following incidents are all examples from last year's tour:

1. One University made the choice to paddle Horseshoe weir, resulting in a number of capsizes and people swimming in the weir. The WCA advise people not to paddle this weir as it has caused fatalities in the past, neither does the WCA place safety in place as this has only encouraged descents in the past, and in so doing place the potential rescuer at risk. The command "follow me — it will be alright" is neither best practice or informed consent, and in all honesty there are far better pieces of water to paddle with less risk.
2. While the lack of access to the river Dee compounds the need to organise tours and events on specific days of the year there are 8 miles of grade 1 / 2 water above Horseshoe falls which should negate the need to place inexperienced paddlers on the whitewater sections. Many University groups ignore this section.
3. Most incidents that require rescue and first aid occur at the end of the day on Dee tours as groups decide to paddle the whitewater section after 3.00 pm when it is getting dark and cold. One university group of eight had to leave the Dee through a private garden (causing an on going access issue) as most of its group capsized on the Serpents Tail with the leaders deciding to move down the river before it got dark. A two star paddler was left in charge — fortunately having the sense to carry on down the canal.
4. "This is my first canoeing trip", said one student, as first aid was administered and an ambulance called to attend to a head wound following a swim down town falls. The tour information notes that Town falls is not suitable for novices.
5. A foreign student, with six weeks experience, was given oxygen and hospitalised following a head injury on the Serpents Tail section. The group leader, who was also the minibus driver, could not be found as they had completed the white water section to Llangollen with the rest of the group.

Having been involved in over 20 tours on the Dee as an organiser, I believe that these incidents are caused by a lack of appropriate leadership to meet the environment and the skills of the group which could in turn, be overcome by investment in training or hiring of a suitable coach at minimal cost to support



"Are University Canoe Clubs the laughing stock of paddlers in the UK and the BCU?"

the decision making process. Equally, I do not believe that cost of hiring a level 4 / 5 coach for a day for the equivalent cost of five tickets for the Megabash is an issue that cannot be resolved by a group leader looking at the priorities of this particular weekend.

The WCA are currently reviewing the management of the tour in an attempt to minimise the number of incidents on the tour, although we are keen not to preclude the canoeists who attend the event and make informed decisions on their ability to paddle the water.

On the positive side, I would strongly commend the approach undertaken by Salford University who employed an appropriate coach to lead them on the weekend. I would also highlight the ongoing development work being undertaken by Loughborough University, who have hired a coach to provide continuous professional development and coaching skills courses. There are a number of other Universities that do this and I hope they will share their good practice with others and show that Universities are not the laughing stock of canoeing in the UK and the BCU.

Richard Lee WCA



Following on from the success of the BCU/SASA / Endsleigh Scotland student Camp April 2003...

**Alps** – 2 three day courses – 27 -29 June or 1-3rd July. These courses have 2 aims – the first to introduce the skills required for leading on Alpine rivers, the second to offer the opportunity to learn 5\* skills and possibly be signed off for the BCU 5\* training course.

**Diary Date - BCU/SASA student safety seminar**  
**2003 - 25/10/03 26/10/03**

For more information contact Spike Green...  
01691 772748 or 07752 309838  
[spikegreen@btopenworld.com](mailto:spikegreen@btopenworld.com) or  
Diane Woods on 0115 9821100 Coaching  
[diane@bcu.org.uk](mailto:diane@bcu.org.uk)



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## that transferability thing again !!

Having read Jeff Handley's article on improving your kayaking, I started to think on how through my paddling I have been involved in different paddle sports and how these have, as Jeff says developed my skill set. Being a river kayaker first, then getting into open boating, surfing and sea paddling I can see how they all inter relate, not only in skills but also your mindset. For example for me sea kayaking is nearer open boating than paddling my S8.

This then led me onto thinking about how I have developed my coaching skill through cross discipline work. I am what I would have considered an adequate Level 4 Inland coach with my level 3 in open boating as well as Level 3 training in surf. So when I got offered a chance to work in the USA and teach sea kayaking for a season I jumped at the chance. I had done some sea paddling, enough to get my 4\* so I booked on a level 3 training at the Anglesey Sea symposium just before I went. I thought that would be enough to get my head around coaching sea paddling, "I'm a level 4 Inland, how hard can teaching someone in a boat that wants to go in a straight line be?"

So how steep could my learning curve be, from day one teaching how to make these boats turn, or even go straight. Maintaining group control when a group could become separated so quickly, learning how to paddle slowly enough not to catch waves so you could stay with a group. All the time I was assisting other fantastic sea coaches who had so many skills I was envying, maintaining group control and coaching while on a roller coaster of a sea. I was missing my nice large eddys where you could teach from a stationary classroom that was not changing every second. It pained me to say this as a coach but I knew nothing in comparison to these guys about how paddles and boats worked, how we paddled and how to teach these basic skills of forwards, backwards and turning.

Two months later I was regretting every single word I had said, it was a level 2 coach training course and I realised my in-effectiveness as a coach when trying to teach two guys who where both 4\* sea to paddle GP boats. Neither of them had ever paddled this style of boat before and couldn't make them go straight. Hours where spent looking at coaching skills while trying to coach these guys to go straight. I had been ignoring this fundamental aspect of paddling and was struggling to develop these paddler's skills.

I soon found myself moving away from thinking about teaching kayaking and more into my philosophy of teaching open boating. Seeing links between group awareness, theories of paddling creating effectiveness, maintaining momentum. Skills that have been part of my open boat coaching for a long time but now linked into paddling kayaks.

So what has this meant for me as a coach? Not only have I had an intensive period of coaching, but it has made me stand back from what I have been doing in all disciplines of my coaching and have another think about how I teach and when. From learning to coach another discipline I have found out loads about what I would have considered as my strongest paddlesport, kayaking. Also seeing links between other disciplines and how our coaching skills can inter-link. I feel this input from the sea paddling world will make me a better river coach. I have a greater understanding of the kayaks and how to coach these skills.

Importantly as a coach, I still have loads to learn, we can always go back to the basics and learn new things. I had a huge learning curve where at times I had to admit that I didn't know the answers. A very sobering experience! I also felt that my river coaching brought some different ideas of coaching and paddling into this group of sea paddlers.

So probably nothing new to a lot of you coaching Guru's out there but a mini revelation to me so I thought I'd share it. Don't be afraid to go and do something new and don't be afraid to fail, but be willing to accept it and learn from it.

Gareth Field

### 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**

If you would like to nominate someone for the 2003 award please contact the BCU Coaching Service.

The work of coaches in the field is significant and should be recognised - What better way than to nominate them for this prestigious paddlesport award.  
**forms available on the coaching bulletin board**  
[www.bcu.org.uk/coaching](http://www.bcu.org.uk/coaching)

### Scottish Open Canoe Symposium

**5 - 7th September 2003**

Following on from the success of the English Open Canoe Symposium, held at YMCA Lakeside on Lake Windermere, in early November, plans for the third Scottish Open Canoe Symposium are well underway. Taking place over the weekend of 5 - 7 September 2003, the Scottish Symposium will once again be based at Glenmore Lodge, with a wide variety of workshops for all abilities, evening programmes and the chance to simply find out what else is going on in the world of open boating.

The Symposium website [www.canoesymposium.co.uk](http://www.canoesymposium.co.uk), will be regularly updated with all the information you need. To reserve a place please contact Ginny Welford at Glenmore Lodge direct tel 01479 861256, email [enquiries@glenmorelodge.org.uk](mailto:enquiries@glenmorelodge.org.uk)

**www.bcu.org.uk/coaching**

These days there is plenty of choice when it comes to choosing a kayak paddle.

Paddles are very personal pieces of equipment. There is no one paddle that is best for every occasion or for every person. Everything is a compromise but in the following articles I hope to cover the points that will help you choose the right paddle for you.

## Taking care

So why is it important to take care in selecting the right paddle? surely, if it's got a shaft and a couple of blades it will do the job. I wouldn't deny for one minute that this is true, but for your skills to develop, certain features are going to be beneficial. The right paddle will help you maintain good technique and stable smooth strokes that will in turn reduce the risk of injury.

When looking to buy its worth considering the following points: Length, "feather" (*The amount in degrees to which the paddle blades are offset*) durability, and strength. All these points will be dictated by your intended use.

## Getting an idea

I find standing in my local shop re-enacting the latest extreme video with a new set of paddles in my hand a good laugh but it's probably not that scientific.

Perhaps a better plan is to try out as many of your friend's paddles as you can, when you're actually out on the water.

Alternatively there are sets of split paddles available on the market that can be set to any "feather" and allow an increase in length of up to ten centimetres. A set of these can be useful for coaching purposes as you can allow your clients to sample a broad spectrum of paddles.

A recent edition to the market is the 'Padlock' system from Lendal. This design allows shafts and blades to be interchanged to suit your needs on the day and can be split making transporting the paddle easier.

## Cost

The initial outlay for a good paddle can of course be expensive. If you're prepared to put in some thought though you should find that the expense is worth while.

Let's look at what's available.

## Paddle length

The choice here is wider than you might think and unless you're just starting out there is more to it than measuring it against your own height. Much more important are its intended use and the length of boat you'll be in.

Generally speaking long boat means long paddle and short boat, short paddle.

Some facts worth knowing are that the longer the paddle the greater the circumference it will have to travel when forward paddling. Therefore the further it has to pass through the air, the lower your "stroke rate" (*This is the speed at which your paddle completes its full movement when forward paddling*) will be. This is important if you need to pick up speed quickly such as when you're exiting a small eddy into a fast current.

Longer paddles give greater turning leverage but if too long it will be difficult to get into a vertical plane for "high angle" (*When the paddle is used in a vertical or near vertical position*) paddle strokes. The longer the paddle the more likely it will "flutter".

## A note on "flutter"

This is the side-to-side movement the blade can make during the "power phase" (*The time at which there is force being applied to the paddle*) of a stroke and causes energy to be wasted. To lessen the "flutter" you naturally grip the shaft harder and this can lead to wrist injuries as well as it being inefficient in energy terms.

To see "flutter" in action watch a friend paddle as fast as they can while you concentrate on watching their blades. You should see the blades moving slightly from side-to-side as they travel through the water. One obvious cure is to paddle only as fast as to not create "flutter" but of course this is not always possible. Thankfully the manufacturers have a whole host of ways of lessening this problem. More on "flutter" later.

Ideally you will hold your paddle with each hand an equal distance from each blade and wide enough apart that your elbows are bent at about ninety degrees.

If this is the case a short shaft with your hands only two or three inches from each blade allows good control for quick precise strokes. The drawback to this is that your "stroke rate" will be high. This will mean you'll be doing more strokes per kilometre. This will become an issue if you intend covering long distances.

If you look closely you'll notice some paddlers with a short paddle deliberately "choking" (*Sliding both hands down the shaft placing them closer to one of the blades*) the shaft to get the leverage back when they really need it.

For Free - style boating it is useful to use a short paddle because it is easier to keep them clear of the water whilst vertical and thus you avoid "killing" the move.

so for long trips you want a long paddle and for the times you need to accelerate quickly you'll want them to be short but only in relation to you and your boat.

## Shaft diameter

How big are your hands?

Whatever feels comfortable is probably best. It is thought that too wide a grip can lead to tendon injuries. Many manufacturers offer a selection of shafts so if it doesn't feel comfortable try another size.

The better you get at performing an action without having to watch yourself doing it the more fluid and effective that action will become, like changing gears in the car.

Oval grips help you with this as they let you identify that you are holding the paddle correctly to perform a stroke without you having to look at your hands. Some paddles have an oval area for the control hand, some for both hands and in some instances the whole shaft is oval. You'll have to decide which you prefer but don't worry too much; a new paddle will often feel a little alien at first.

If you grip your paddle shaft too tightly you limit your muscles ability to receive feedback off the blades and in turn move them as precisely as is sometimes required. Some surf wax rubbed on your paddle shaft will make it easier to hold with a more relaxed grip.

## Bent shafts

These are the ones you see with a curve in the position your hands are placed.

The shafts are designed to be more efficient than a standard straight shaft and reduce the chances of injury. There are two main types, double torque and modified crank. The bends in the shaft allows the third and forth fingers to aid the first and second during the "power phase" so that more muscle groups are utilised.

Double torque paddles are bent in such a way that the blade can be placed further forward from the boater to increase the length of each stroke. A drawback of this type of paddle is that as the blades and shaft are offset so strokes feel less stable and the added reach forward means that reverse strokes become more difficult.

Modified cranked shafts have a shallower angled bend that overcomes these problems and therefore has uses in kayaking outside of slalom. The bends also reduce the strain on your control hand. The theory being that the blades set themselves as they catch the water.

Both types of shaft will help reduce the chance of injuries. These types of paddles are normally made up on an individual basis and any good canoe shop will have staff able to direct you through your order.

## Materials

Wood although rarely seen these days is great for cold days on the river as it conducts very little heat away from your hands. The shaft can be sanded down to the required diameter but some maintenance is needed to keep them in good order. The greatest problem is that they are heavy compared to some of the other materials now available.

Perhaps the most commonly seen paddles are made up of an aluminium shaft with plastic blades. These are perhaps the least aesthetically pleasing but are usually the least expensive option. That's not to say they should be avoided. They are lighter than wood and parts can usually be replaced if damaged.

The greatest weight to strength ratios can be found in composite paddles and they are generally considered the most aesthetically pleasing. Fibreglass although in its pure form isn't massively strong, is durable and quite flexible. Laminating the glass with carbon helps to provide more strength.

Like wood composite paddles have good insulating properties with the added advantage of requiring less maintenance. Composites also don't suffer from fatigue and corrosion like their metal counter-parts.

Arguably the strongest paddles available include layers of Kevlar in the construction which is incredibly strong as well as light.

Any difference in price between paddles is usually due to the grade or quality and therefore strength of the materials used. There are obviously times when strength is less of an issue than weight but as I mentioned before there is no one paddle that is best for every occasion.

In the next article we'll be exploring differences in strength, weight and blade shape.

See next issue of code for part 2

Thanks to: Brookbank, Werner, Ainsworth, Lendal, Gorilla and all those that gave me support in producing this article.

Article by Alan Pashley,  
Aspirant Inland Level Five Coach.

# Regional Round-Up

## **YORKSHIRE**

**RCO:** Ian Scott  
**Tel:** 0114 263 0178  
**Mobile:** 07961 815038  
**Email:** [Highcliffeadventure@hotmail.com](mailto:Highcliffeadventure@hotmail.com)

For all the latest news on Coaching courses and training see the Yorkshire Coaching website: [www.coaching-yorkshire.org.uk](http://www.coaching-yorkshire.org.uk)

### **LCO Wanted - Pennine District**

Please forward nominations for the post of LCO for Pennine district by 30th June to BCU Office. To find out more about the post and a job description contact Ian Scott, RCO or Richard Ward at BCU Office ([rward@bcu.org.uk](mailto:rward@bcu.org.uk) or 0115 982 1100)

## **EASTERN REGION**

**RCO:** Steve Scorer  
**Tel:** 01234 376410

Eastern Region Weekend  
21 - 22nd June, Priory Country Park, Bedford

The weekend will include a series of Coaching Workshops, opportunities to gain / update. First Aid Qualifications and a number of paddling events, including use of Cardington.

NEW for 2003 is the piloting of a "Youth Endorsement" course.

For further details from Brian Stanbridge 01234 403 933, email: [brian@ice.gb.com](mailto:brian@ice.gb.com), or Steve Scorer (see above)

## **EAST MIDLANDS**

**RCO:** Chris Cartwright  
**Tel:** 01629 760070  
**Mobile Tel:** 07855 385323  
**Email:** [chrisc@adventureimages.co.uk](mailto:chrisc@adventureimages.co.uk)

### **Regional Update Forums:**

18th October (Saturday), Northampton  
19th October (Sunday) - Lincoln

For details contact Chris Cartwright, RCO.

### **North Notts**

2nd & 9th June - Bell Boat Helm Course,  
Venue: Lakeside Adventure Base, 6.30pm — 9.30pm.  
(A FREE course to existing BCU Coaches)

12 -13th July -4 Star Training & Assessment  
Venue: Matlock & Newark on Trent, 9.30am — 4.00pm.  
(Cost £40)

Contact Steve Hunt LCO for details 01623 458778

# Regional Round-UP

## LONDON REGION

RCO: Gareth Moss  
Tel: 020 8940 5550  
Fax: 020 9840 7052  
Email: [Gareth.moss@surreycc.gov.uk](mailto:Gareth.moss@surreycc.gov.uk)

I hope that you all received Paul Newman's events/courses bulletin through the post recently. If you did not, please check that the BCU have your correct address on their database.

I have a number of level 2 Training courses (possibly open canoe as well as kayak) running in July so contact me if you are interested.

Now is a good time to apply for the Level 3 Coaching Fund (to subsidise a Level 3 training or assessment course) if you are a club-based paddler looking to attend a course this autumn and winter?

## SOUTHERN REGION

RCO: Steve Finch  
Tel: 0118 975 5318  
New Email: [stevefinch@freeuk.com](mailto:stevefinch@freeuk.com)

**Buckinghamshire — Local Evening Update Programme**  
19th June, "Intro to Marathon and Sprint Racing" at Wokingham Waterside Centre. led by Paul Ralph of Marsport.

Thursday 18 September 2003 - Best Practice in Water Safety with Adrian Barker at Longridge SBC.  
(NB this replaces the previously advertised Three Star Kayak Assessment event).

For further information on any of the above, please contact Andy Maxted on 07966 491 026. e-mail: [morven@ukonline.co.uk](mailto:morven@ukonline.co.uk). Many thanks.

Additional Dates on Southern Region Calendar:

- 27 - 28th Sept - Coaching Processes
- 18th Oct - Aquatic 1st Aid
- 1st Nov - Assessor Training Day
- 2nd Nov - Regional Update Day
- 29 - 30 Nov Coaching Processes
- 6th Dec - Assessor Training Day

For details of the venue for the above courses contact  
Steve Finch

## SOUTH EAST REGION

RCO: Andy Hall  
Tel: 01903 767503  
Email: [debofdene@yahoo.com](mailto:debofdene@yahoo.com)

LCO's volunteer for East Kent and Surrey  
Dave Barker and David Sharpe have stepped forward to look after East Kent and Bob Gray has done likewise for Surrey, coaches in these areas will shortly receive an invitation to a local Coaching Panel meeting to formalise the arrangement.

## WESSEX

RCO: Situation Vacant (Contact Richard Ward, for details)  
Tel: 0115 982 1100  
Mob: 0771 876 3469  
Email: [rward@bcu.org.uk](mailto:rward@bcu.org.uk)

### RCO Wanted!

The closing date for nominations for the post of RCO is 30th June. If we have more than one nomination they may wish to agree a job share, or if appropriate arrange an election. Nominations should be in writing and sent to the BCU Office.

### LCO's Wanted!

North Somerset  
Central Somerset  
Gloucestershire  
Dorset

Closing date for nominations is 30th June. Any coaches interested in the post or seeking further details please contact Richard Ward at BCU Office. Tel: 0115 982 1100 ext 219 or email: [rward@bcu.org.uk](mailto:rward@bcu.org.uk)

## NORTH WEST REGION

RCO: Ian Bell  
Tel: 0151 638 1555  
Email: [ian.alison.bell@bcuinternet.com](mailto:ian.alison.bell@bcuinternet.com)

### EVENTS

21st June 2003 Paddlequest NW — Merseysport.  
12th July 2-3 Youthfest - Salford Water Sports Centre.

Contact: Len Hartley, Tel 07855 639594,  
e-mail: [seapaddlerone@aol.com](mailto:seapaddlerone@aol.com)

## BCU Surf Weekend - 29-30 November 2003

4 & 5 Star Training or Assessment  
Level 3 Training and Assessment  
Bude North Devon

A weekend of BCU courses promoted directly by the BCU. For more details contact  
[maria@bcu.org.uk](mailto:maria@bcu.org.uk)

### DEVON and CORNWALL

#### ADVANCE NOTIFICATION

We are planning to run an information day in Cornwall for anyone interested in becoming involved in the BCU Cadet Leader award. This is for all interested parties including potential Cadet Leaders, mentors and club members who might have heard a little about the award and would like some more information. The day will be part practical and part discussion, and will be held in mid Cornwall, some time in September or early October. If you would like more information please contact me either by email ([abarclay@cornwall.gov.uk](mailto:abarclay@cornwall.gov.uk)) or by telephone on 01822 833885 or 07968 892855.

#### DEVON & CORNWALL SPRING COACH UPDATE FORUM

##### APRIL 27<sup>TH</sup>, BUDE

After organising an "inland" based Forum on a weekend when you could have cycled down the Dart, what chance was there of there being any surf for the Forum at Bude? Ever the optimist, we had to give it a try and as Noah said about the Ark (or was it a Baidarka), "It wasn't pretty but it worked!"

48 coaches attended the day which Richard Ward kicked off with feedback on the Paddlesport Review and it was interesting to note the possible routes the Coaching Service might follow. It was disappointing however to hear that only 3% of the Coaching Service membership had responded to the survey. It will be important to follow developments over the next few months in CoDe so please keep yourselves informed.

Richard's talk was followed by an informative and detailed presentation from Andy Stamp on expedition work and how to live comfortably from a boat. Andy has extensive expedition experience in the UK and in the US, and had a wealth of top tips and handy hints gained from his experiences at sea.

The forum then broke into a series of workshops using the surf and the nearby canal. For the open boat enthusiasts, Pete Whitfield delivered sessions on freestyle canoeing and open canoe rescues at sea. Sam Roberts ran a session on coaching tools on the canal, using all sorts of props to enhance skill development. Indoors Andy Stamp ran a workshop on sea kayak navigation and Richard ran a session on child protection. Meanwhile out in some fairly powerful but messy surf, Simon Hammond, John Paul Eatock and Ceri Williams were running sessions on rescues and coaching in surf. The afternoon programme included a session on freestyle manoeuvres in surf and was hugely over-subscribed, but J-P coped somehow, ably supported by Ceri. Andy took the sea kayak group afloat for practical application of the morning navigation theory.

A short plenary with more tea and saffron buns concluded the day and we now look forward to a river full of water for the autumn event. Fingers crossed.

A huge thank you must go to all the coaches – Pete, Andy, Richard, John Paul, Sam, Ceri and Simon – who freely gave up their time to run workshops. Thanks also to the office staff at the BCU for all their hard work on the admin side. Big thanks also to Simon for sorting the venue, and to Mr and Mrs Hammond for the excellent saffron buns, tea and coffee.

The next forum will be in the autumn at the River Dart Country Park, date to be confirmed some time in October/November.

**Andy Barclay**  
RCO Devon and Cornwall

#### Introduction

The first thing I was reminded of when I took on the job of English Coaching Development Manager three years ago was the range of activity that is the sport of canoeing. Over the last three years the English Coaching Committee (ECMC) in managing coaching provision has come to realise that trying to concentrate on the full range of activity at once isn't possible. So to "finish" a few jobs it adopted a MIC (Maintain / Improve / Change) programme. The programme is simple, it enables ECMC to prioritise a limited number of areas that are in significant need of "change" or "improvement", but acknowledges that the rest of the system still needs to be "maintained".

Set against the backdrop of the "Paddlesport Review" this article provides a brief summary of the initial 6 (+ 2 Youth Coaching initiatives) identified MIC projects as being in need of change or improvement.

##### 1. Level 3 Competition Coach (change)

The aim of this project is to design and deliver a flexible modular course to train and assess racing (and later slalom) coaches to support the World Class Start programme. It also provides an opportunity to pilot the concept of a generic "foundation" course supplemented by technical modules delivering discipline specific material.

Piloting a modular course will also provide valuable feed back to the Paddlesport Review and help BCU gain experience in managing them. Over time we would also plan to extend the approach to other interested disciplines, dependent on the outcome of the review.

##### **status:**

The Pilot is underway. 75 Coaches have attended the L3 Racing Foundation course and the first coaches are nearing completion after 14 months. Work has been undertaken to map out the Slalom syllabus as the first stage towards integrating the award.

##### 2. Quality Assurance (improve)

Since the introduction of QA visits in 1999 the number of visits has fallen short of the 25% of Contracted Course Providers each year. The aim of the project will be to use QA to help us manage and improve BCU course delivery in England. Initially it will review the strengths & weaknesses of the QA programme in England; providing appropriate solutions in line with UK policy where required. The scope of the project is far reaching – the QA visits constitute only a small part of making sure BCU Coaching Courses deliver the right message to coaches.

##### **Status:**

QA documentation has been updated and standardised. A telephone / postal QA procedure has been trailed. QA Officers have received a training update. Pilots to increase the quantitative feedback on course delivery are to be established, including a standard BCU course evaluation form.

##### 3. Volunteer support (Change)

Coaching relies on voluntary contributions from the army of Regional & Local Coaching Officers, not to mention the thousands of voluntary coaches. It is therefore essential to establish a realistic volunteer support programme, as part of the overall BCU Volunteer strategy, to support, communicate and recognise the network of Local & Regional Coaching Officers in their support of coach development in England.

##### **Status:**

Over 40 coaches and helpers identified for special thanks for their voluntary activity. Consultation about the general approach and sort of support required. Much more work required.

### 4. BCU Coaching Resources (Improve)

Review BCU resources with a view to cataloguing, updating and developing new resources to support coaches and voluntary officers in their respective role. Based on the review, the project will then identify Canoe England priorities and develop resources accordingly.

#### **Status:**

List of Resources across the BCU has been produced. Working group will shortly consider the areas of greatest need for coaching resources. The setting up of a resource development programme will follow this discussion.

### 5. Endorsement Course review (Change)

Conduct research to establish the demand for BCU Endorsement courses. Use the research as a basis for developing the appropriate number of trainers to support course demand.

#### **Status:**

The survey is complete and recommendations to increase the tutor base go forward to UKCMC (June) and the Level 5 Development Team. The survey also highlighted a need for greater publicity about the full range of BCU Endorsement Courses.

### 6. Addition support through Partnership (Change)

Seek out new and develop existing internal and external partnerships to help deliver the BCU coaching programme in England.

#### **Status:**

No Progress

### Young People's Programme – Coaching based projects

Additionally, English Coaching is working with the Young People's Programme who are taking the lead on two further projects;

### 7. Youth Coaching Endorsement Module

The project aims to design and produce a training module for Coaches who work with Young People as a bolt on at Level 2. Once the module is designed its delivery will be piloted and rolled out as part of the BCU Coach Update Forums in England.

#### **Status:**

Working party has met to consider the need for the construction of an endorsement module for those coaching young people. A course outline with Learning Outcomes has been drafted and after discussion by ECMC will be piloted at the Eastern Region weekend this summer.

### 8. BCU Approved Centres – Youth Accreditation

In recognition of the number of young people introduced to Paddlesport by Centres, this project aims to provide an accreditation system for Centres working with young people on par with Top Club or Sport England's Club Mark. It will be based on the Centre's ability to provide a quality introduction to Paddlesport and offer young people opportunities to progress their paddling careers.

#### **Status:**

Working party has met and discussed the possibility of a "Youth Kite Mark" for Centres.

**Conclusions:** ECMC has started to make some significant progress in four of the six and the Endorsement Course Review is about to be passed to the UK Coaching Committee to be acted upon. The Youth Endorsement module is also likely to be a valuable addition to coaching, but the moral of the story so far is that even six (or eight) Improve or Change projects is too many!

## Brave paddlers assist in rescue!

I am writing to thank a group of canoeists recently surf kayaking at Widemouth Bay in Cornwall.

A mass rescue situation occurred, when some 15 people were swept out by a rip current. I asked for assistance from the above paddlers. The canoeists, who were courageous and skilled at their rescues, rescued several casualties and in some situations stayed with casualties beyond the surf break, to keep them afloat while the emergency services were called.

I can honestly say that had I not had help from the canoeists, who are anonymous apart from the fact they come from Harlow Outdoor Pursuits Centre, there would have been fatalities.

Sam Roberts

Atlantic Pursuits.

*Well Done all! Superb effort by all concerned - proof again that a Canoe in experienced hands can save life.*

### 'Time lapsed' Coach Level 5 Aspirants

A weekend course is being run at Plas-y-Brenin, National Mountain Centre, Capel Curig for 'lapsed' coach Level 5 aspirants. If your training course was over 3 years ago and you still wish to proceed to assessment you will need to attend this weekend to maintain your aspirant status.

The weekend has the specific aim to review your current coaching skills and design a heavily time scaled new action plan that will lead to assessment within the next 2 years. The weekend 11-12 October 2003, will cost £350 and be staffed at a low ratio to ensure maximum contact /coaching time.

*Contact Maria@bcu.org.uk*

### Further Scheduled Assessment Dates for 2002

05-06 October 2003      Venue:      To be determined  
Contact:      Mike Devlin BCU Office Nottingham

08-09 November      Venue:      North East  
Contact:      Mike Devlin BCU Office Nottingham

Too late to hit the 2003 yearbook was NST's centre in the Ardeche at Lou Valagran "Ardeche Adventure

Details can be obtained from Alex Fishpool or Bernie Dodd at NST's head office in Blackpool. Telephone no. 01253 352525 web address [www.theardeche.co.uk](http://www.theardeche.co.uk)

Address: Ardeche Adventure, 30630 Cornillon, France

Head Office Address: NST Travel Group PLC, Chiltern House, Bristol Avenue, Blackpool, Lancs, FY2 0FA

**Office Matters**

## Shetland Sea Kayak Symposium July 4th / 5th 2003

### Contributors

Confirmed contributors at present are:

Doug Cooper from Glenmore Lodge. Doug is a Level 5 Coach with extensive Sea and Inland experience. This will be his first visit to Shetland.

Mike McClure from Northern Ireland. Mike was a key contributor to the previous Symposium in 2000. We are delighted to welcome him back.

We still hope to secure at least one more visiting contributor. The list of Shetland-based paddlers leading sessions and trips is headed this year by Martin Rickard. Martin is based on the island of Whalsay and has recent experience of paddling in East Greenland.

### Booking

For further details contact : Tom Smith, Sunshine Cottage, Bridge-End, Burra Isle, Shetland ZE2 9LD. Tel/fax 01595 859647, e-mail [tom@televiradio.demon.co.uk](mailto:tom@televiradio.demon.co.uk)

### After the Symposium

The week following the Symposium there will be extended trips around the spectacular Shetland coastline, culminating the following weekend in Shetland Canoe Club's annual Papa Stour meet. For more information, check out the club website at [www.canoe-club.shetland.co.uk](http://www.canoe-club.shetland.co.uk)

## Tiree Surf Kayak Gathering

No 7. And Still Dedicated to Surfing  
4-7 Oct 2003

Learning, playing, chilling, thrilling.

Contact Andy Spink 01631 710 317  
[www.hebrideanpursuits.com](http://www.hebrideanpursuits.com)

*Diary date!!*

## The Geoff Good Level 5 Coach Conference 2004

21st /22nd February 2004

Plas-y-Brenin - North Wales.

These two days aim to bring together all Level 5 and Aspirants of all disciplines to concentrate on common "Core" areas that are shared by all. A full Programme is planned, and topics examined will include:

### Keynote Speaker

Inland / Sea / Surf / Canoe  
5 Star Award Review

Freestyle / Specialist Open Boat  
at 5 Star

### Evening Lecture

Workshops sessions on  
Paddlesport Review  
White Water Safety  
Coaching Processes

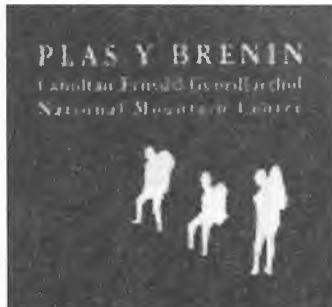
See the next edition of Code for more details.

**PADDLESPORT**

## Youthfest 2003

including the  
National Bellboat Championships 2003

Salford Quays Watersports Centre  
Saturday 12th July  
For more details see bcu website.



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## PLAS Y BRENIN

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Capel Curig Gwynedd LL 24 0ET Tel 01690 720214  
e-mail [info@pyb.co.uk](mailto:info@pyb.co.uk) Website: <http://www.pyb.co.uk>

# BCU COACHING SUPPLIES

The BCU Coaching Service offers a range of supplies to help you to develop your teaching skills and to aid you with your personal coaching development. **The BCU Coaching Logbook** is full of useful information, provides a log for your experiences and courses and keeps a record of your development up the coaching ladder. It is a necessity for all coaches. **Our Canoeing Handbook** is a very popular instruction manual and also makes a very welcome gift to paddlers of all ages. This book provides information on teaching, leading and the history of canoe sport.

"**Canoeing for Disabled People**" is the sister publication to the BCU Canoeing Handbook and is a very handy tool for the less able-bodied paddlers and those who wish to help them to develop in paddling.

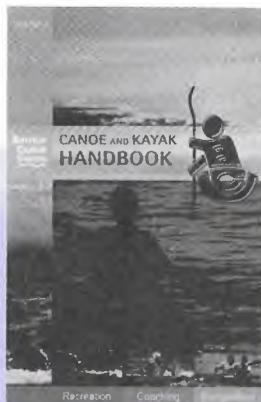
**The Paddlepower Deliverer's Pack** is a 'must' for coaches who wish to help develop the paddling skills of younger paddlers, the pack gives helpful information on the best ways to carry this scheme. **Activity Cards** are a supplemental aid to Paddlepower which contain instructions for making learning and development fun by playing games.

Our **Posters** are colourful, double sided A3 size and have pictures of the star test award badges for Canoe on one side and Kayak on the other. **Crib Cards** are a set of 12 plastic cards outlining the main elements of the basic strokes. There are two books for Open Canoe, Single or Tandem, and one for Kayak. Please indicate which one you require when ordering. Star Test Marking Sheets are a similar format as the Crib Cards and are wipe-clean marking sheets for you to keep track when coaching. These are available for Canoe and Kayak, so please indicate which one you require when ordering.

Please write enclosing cheque/ access/visa/Mastercard  
No etc

To **BCU Coaching Supplies, Adbolton Lane,  
West Bridgford, Nottingham  
NG2 5AS**

<b>A4 BCU Coaching Logbook</b>	£7.00
<b>Canoe and Kayak Handbook Coaching Directory</b>	£17.95
Loose leaf	£4.95
CD	£4.95
<b>Paddlepower Deliverer's Pack</b>	£5.00
(Available only to Level 2 coaches and above)	
<b>Paddlepower Activity Cards</b>	£3.00
Plastic game cards	
<b>Posters</b>	£1.00
A3 star test posters	
<b>Star Test Badges and Certificates (min. 10)</b>	
Set of 10	£25.50
Set of 50	£127.50
<b>Plasticised Cards</b>	
Crib Cards	£8.95
Star Test Marking Sheets	£8.95



## ALL NEW CANOE and KAYAK HANDBOOK

- The complete paddlesport reference book
- Completely re-written 3rd edition
- Now in full colour

**£15.95** Plus £2 P+P

Canoeing for Disabled People

~~£17.95~~ £10

## Classified Adverts

**LOW WOOD WATERSPORTS & ACTIVITY CENTRE** - Require qualified and experienced instructors in canoeing, sailing, water-skiing...Join the team at this busy centre catering for the public and corporate entertainment & teambuilding. The Centre is situated on the shores of Lake Windermere, a few minutes from the lively towns of Bowness and Ambleside. Offering a good financial package and great perks. There are plenty of opportunities for expanding your outdoor qualifications. Send your CV now to Mike Coates, Centre Manager, **Low Wood Watersports and Activity Centre, Low Wood, Windermere, Cumbria LA23 1LP** –Tel 015394 39441 or e-mail [Watersports@elhmail.co.uk](mailto:Watersports@elhmail.co.uk)

**Wanted** – Canoe Instructors @ Surrey Docks Watersport Centre Contact Adam Savva Mob: 07789657821 or 0207237 5555/ 4009

**MULTI ACTIVITY INSTRUCTORS REQUIRED £10.698 p.a.** We are looking for non residential highly motivated people to work as part of a staff team delivering outdoor education in a youth work environment. We are a 75 acre residential Essex county council outdoor centre based at Danbury, near Clemford Essex. If you have one or more outdoor qualifications and wish to gain more, working alongside young people from different backgrounds then contact; **PETE NEWTON ON 01245 223342 OR E-MAIL [colin.urquhart@essexcc.gov.uk](mailto:colin.urquhart@essexcc.gov.uk)**