

Coaching Development

# CoDe

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 magazine 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

From my experience of working with Universities and other clubs, it is not the technical ability that is lacking at Universities, but the experience of being responsible for others.

I have often paddled with Students, who have been and are members of the Canoe Associations being past members of Clubs, Youth Groups or Competitors in Canoe Sport [Slalomists, Surfers, Rodeo paddlers] and who can make a boat go anywhere and do anything, but do not have any qualifications. These teenagers have been keenly focused on their School studies and enjoying their life to the MAX. In their canoeing they have often paddled as part of a group, but have really been individuals, perfecting their personal skills.

Often the first Canoeing responsibility they have is when they arrive at University, when as an 'experienced paddler', they are roped into to organising and running the annual Dee Tour, and must include all members, even the novice student who only saw a Kayak for the first time at the Pool session in "Freshers Week".

I think before we criticize the University students, we as Coaches should reflect on whether the Coaching System, and Club structures meets the needs of this group of paddlers

Do we as Coaches allow our paddlers to grow and develop, or do we just instruct them in technical matters?

Does the Coaching Structure and Organisation enable our youngsters to develop? These paddlers do not just become "Aliens" overnight when they become students, the majority are very good paddlers and have already been members of our existing Structures.

### Case Study

#### Aber Kayakers — Aberystwyth

The Club has an ethos of being a **Family Club**, "to challenge individuals to reach their potential through the medium of canoeing", and has tried to put mechanisms in place to achieve that outcome. With the commitment of the members and support from Sportlot, Club Cymru and WCA, a lot has been achieved.

Teenagers when technically able [irrespective of age, sex or size!!!] under the supervision of adults were given Instruction and other responsibilities, this generated self-esteem, confidence and responsibility for self and others.

Personal Canoeing and personality Skills developed [communication], as did their Coaching abilities, enabling Junior Level 2 Coach Status to be achieved. The above developments and achievements in many were reflected in their schoolwork.

### Dear Code,

I am writing this letter in response to the letters regarding "control" and safety within University canoe clubs. I have been paddling for around ten years and have been a level two coach for about three years and am a member of a very active University club.

As a canoe club we have two level two coaches and several highly experienced 'advisors'. We introduce beginners by introducing them to very easy rivers, building up gradually. Our policy is that we will only send people down the rivers if they are capable and we have the appropriate safety coverage. Our club like any other university club enjoys getting out of the serious white stuff and socials do play a big part in bringing the club closer together.

As a club, although fairly small we are very fortunate to have a great team and safety record, but other clubs are obviously not this lucky.

We do have our flaws, the most recent example I have is when the club went to the alps, a great trip had by beginners and experience alike, but there was an incident that highlighted where skills may be lacking. The incident involved getting a member who got onto the wrong side of the river back across to the other side, from what I understand (as I was not

on the trip) it took twenty or more attempts to get the throw line to the victim across the small section of river. The appropriate safety training was carried out before they went to the Alps but quite obviously they were not competent enough.

So even those clubs, which come across as being safe have their faults. I think that it needs to be accepted by the BCU that university clubs are going to be paddling more dangerous rivers, therefore I believe that as our national governing body it needs to be providing all university clubs, however big or small with some kind of mandatory training.

It should be that all clubs are not allowed to operate unless designated members of the club have taken part in training designed for universities. The AU should be in overall control of this and should not allow clubs to operate if not carried out.

The training should be very comprehensive and not just simply a training weekend but should involve some kind of formal assessment allowing the student to gain some kind of qualification.

Making comparisons with the current coaching system is not sufficient. A student with a level two/three coach qualification is obviously not qualified enough, great for beginners but when considering the rivers most clubs are looking to paddle you would need to be at the standard of level four/five coach.

Something does need to be done and I think its time for the BCU to do something to help out a bit more and perhaps those people that are currently very reluctant to pay the current BCU membership fee, might think twice if it actually offers something beneficial.

Happy and safe paddling

Catherine Thorne  
Aston University

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# Personal Goal-setting and Mentoring for BCU Coaches

Chris Hodgson

## Introduction

Many paddlers and existing coaches have an active interest in progressing through the BCU coaching service award scheme. This may be due to career ambitions, a personal development issue or coaches may just be interested in enhancing the service they can provide their voluntary organisations or clubs.

Curiosity over how real people had succeeded in this process led to a study of eight university students who had been successful in gaining a number of NGB awards, including BCU awards, over a four year period.

The aim was to assess what strategies these students had used in order to help them achieve eventual success. The results provide some ideas that present and future coaches can use to ensure that they are going about their own progression in a 'scientific' way.

Success in obtaining coaching awards is variable. Some potential coaches drop out before attending training courses, however, the most successful can achieve their aim convincingly in a relatively short time frame.

Coaches or potential coaches who do not find themselves already at the level of award they wish to take need a period of long or medium term development. Developing towards any national governing body award, in this case a BCU coaching service award, can be seen as a long or medium term sports coaching problem. The 'would be' coach must actively seek out quality experiences that will enable the move forward. Skills, judgement and experience must be increased in order to meet the requirements of the award in question.

Motivation in regard to attaining any award is likely to have a strong influence on the effort a potential, or current, coach is prepared to invest in this process. Each individual's personal perception of the importance of the award to their own unique situation is also going to have a sizable effect.

However, major factors that can influence success levels for any potential coach are the strategies that they employ.

## Goal setting

One of the most striking differences was the sophistication of goal setting by the more successful participants. Those who had achieved the most success had the clearest and most specific goals. The less successful participants often had no clear goals some had no real identifiable goals at all.

The most successful participants had very specific goals which were closely linked to a time line, for example, Level III Coach assessment by autumn next year.

Steps set out on the way to this long term goal were equally helpful. Sometimes these might be a formal course, Five Star training for instance, or else self set intermediate goals, for example, confident on grade III by the spring.

Sports psychologists like Winter (1995) have argued that goals are only effective when there is feedback but for the coaches studied the goals were able to kick start the long term feedback process. For those participants who set specific goals the achievement of these goals was seen as providing a measure of feedback. If previously set goals were not achieved then a process of self-reflection enabled new realistic, goals and an action plan to be created.

Flexibility is important and on occasion personal circumstances

caused goals to be too difficult or unachievable. Success depends on being flexible enough to accept this and reappraise goals where necessary without becoming over frustrated. Equally a new opportunity could cause goals to be achieved earlier than anticipated and the longer term goal could then be brought closer. The most successful students were able to see this monitoring and reassessing of goals as natural and essential.

Goals are most effective if they are recorded (Winter 1995, Sharp 1992) certainly in the study the most successful participant had written goals down alongside dates to achieve them. There is often reluctance among sports performers to write goals down (Burton, 1993) this held true for coaching award development too. A written goal seems more of a commitment and therefore is more likely to be adhered to but this commitment takes more of an effort of will than many are prepared to exercise. However, in this study even those who did not write their goals down were normally successful if the goals were sufficiently developed — accurate, time phased and related to intermediate goals or 'stepping stones'.

## Purposeful practice - Targeting the weakest link

In 'performance rock climbing' Goddard and Neumann (1993) argue that the greatest improvement in overall performance comes from actively training the weakest part of a performer's repertoire — the weakest link principle. In this study the higher achievers were often those who knew where their weaknesses lay and were prepared to do something about it.

Some participants had taken 'top up' courses to target weaknesses others actively sought out opportunities to practice their weaker skills whether they were rescues, coaching, demonstrations or leadership.

Just doing the activity may seem attractive at face value but it is likely to leave holes in a coach's development for two reasons. Firstly we tend to 'just do' what we enjoy and are probably already good at, avoiding the things we are not so good at, which tends to increase the strength gap between our 'links'. Secondly some situations just don't present themselves in a normal paddling experience until suddenly we need to do them for real and we can't. Bechdel and Ray (1985) warned paddlers of this danger when they noted the increasingly high paddling standard and low rescue skills of recreational kayakers and canoeists eighteen years ago. Since then paddling standards have risen dramatically but safety and rescue knowledge needs to keep up.

Paddlers who want to progress as coaches should look at ways of targeting their weaknesses so should paddlers who just want to become rounded better paddlers.

## Collaborative Strategies

Working with others was reported as being one of the most successful and enjoyable methods used by the participants to achieve their goals. Co-operation was found helpful on three different levels and it was common to have an involvement at all three levels.

### Level 1 — working with a more experienced coach

It seems obvious that working with a more experienced / qualified coach can help development and indeed this was reported to be the case. At present potential Coach Vs are required to have a more experienced coach tutor or mentor but it seems that this could help a coach at any level within the scheme. A good mentor can help in many ways beyond simply being an example on the water.



## Personal Goal-setting and Mentoring for BCU Coaches

### Level 2 — working with a colleague at the same level

Peers working at the same level can also be very supportive of each other. Working with others at the same level can ease logistics for instance sharing travel costs or facilities to reach a venue. A sense of camaraderie can develop which helps the group members when problems occur. Sometimes these small 'action groups' had been successful in arranging a particular course to fit their timetable.

### Level 3 — working with less experienced coaches or performers

Acting as mentor or coach to a less experienced coach can also be a way to develop both a deeper understanding of skills and issues and also teaching and coaching skills. A longer term coaching relationship with a less experienced paddler can help provide an experience that is difficult to achieve in day to day coaching. Again this is recognised in Coach V development but can help at all levels~ within the scheme. Several of the participants of the study had found teaching others to be helpful in preparing them for their own awards. Some found their own personal performance improved as a result and it is an old coaching adage that the best way to learn something is to try and teach it (Foxton, 1996).

Finding a mentor and long term students within the BCU coaching service would be beneficial to many coaches who are trying to improve their coaching performance or achieve a higher level of award.

### Summary

Coaches with ambitions in either progressing through the levels of the coaching service or even just coaches who would like to improve their performance at their current level would do well if they pay attention to the following factors: -

1. Set goals for your progression and set time limits for these goals — ideally record them either by writing them down, video or tape-recording them.
2. When setting goals target weaker areas for improvement as this will make more impact on overall performance than practising strengths.
3. Work with other coaches — find yourself a coach mentor and someone for whom you will act as a mentor.

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Chris Hodgson  
University College Chichester

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## Diary date!!

### The Geoff Good Level 5

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

Contact maria@bcu.org.uk or on 0115  
9824203 for further details





# Thinking Policies and Principles ?

As a 3<sup>rd</sup> year student of Outdoor and Environmental Education at Liverpool John Moores University and a Level 3 Canoe and Kayak coach, I am interested in BCU policies and principles. I would like to research attitudes to the future and sustainability of canoeing for my dissertation and submit this letter to Canoe Focus and/ or CoDe as a basis for discussion. I would be very grateful if you could print it in order to gain as much feedback as possible and look forward to future contact/ comments from all interested parties.

The BCU endorsed the principles of sustainable development in an article of Canoe Focus No. 127. It cited four key areas:

- 1) Social progress which recognises the needs of everyone.
- 2) Effective protection of the environment.
- 3) Prudent use of natural resources.
- 4) Maintenance of high and stable levels of economic growth and employment.

It also noted:

- Most canoe products are environmentally negative (being made from plastic), and so the most should be made from them.
- Manufacturers should become more 'environmentally conscious'.

These are serious political and complex issues which the BCU (and all paddlers/ outdoor users/ humans) are right to consider, operating as we do in the environment. However, I am concerned with a conflict of interests with the above and some of the BCU's core principles ie.:

- More people canoeing
- More access for canoeists

In the "good old days" Good recalls times when rivers were man's natural highways governed solely by elemental forces in the Canoeing Handbook of the early 80's. The popularity and increase of canoeing and organised angling began a rise in conflicts (Canoe Focus No:135). Landowners literally own the riverbeds that pass through their land and have restricted access to the present situation in which only 3% of suitable rivers in England and Wales can be canoed (Ferrero, 2002). Even though the BCU has been campaigning for over 50 years for better access rights, the government still recommends voluntary agreements with landowners. Hence the BCU sees a need for an Access to Inland Waterways Bill.

Canoeing is still growing in popularity. The BCU's membership grew over 114% between 1982 and 2002 and it has been estimated that this accounts for 20 to 25% of all canoeists. This would mean that there are now in the region of 100,000 canoeists now, and were this trend to continue, something approaching 200,000 to 250,000 canoeists in 2022. However, Sport England estimate that 2 million people participate in canoeing in the UK each year!(Canoe Focus No:143).

Improved technology increases the variety of goods and services available, but results in environmental problems related to increased waste and energy use. Traditional economic models treat environmental effects as externalities not considered by the consumer. However, 'Greens' (Realists?) want people to make the connection between consumption and resource depletion/ environmental degradation, and realise every individual can ease these problems by reducing their own consumption. False or 'plastic' needs often force out real needs in knock on effects

around the world. Clearly the wealth of the Western world plays a large part in this inequality, with approximately 20% of the world owning 80% of its' resources.

Canoeing and sport in general is now an integral part of consumer lifestyles, emerging as big business in the 20<sup>th</sup> century. People turn to sport for many reasons including escaping the rigors, tension and exploitation of everyday life. But consumerism of sport reinforces and legitimises these excesses. New objects of desire are forever offered to us in this cyclic disposable lifestyle. "What emerges is an ego centred world view." (Beck, 1992 cited in Miles). Kayaking manufacturers constantly offer new boats to pull off the latest tricks and kit soon becomes outdated. It can be mocked or ridiculed and pressures to update and upgrade can seem high.

In summary, the growth of canoesport will further fuel consumption of goods and services. This leads me to question whether the BCU's principles of sustainable development can be met and whether access is likely to improve considering the root cause of the problem. The popularity of fixed playspots which you pay to use also reflect consumerism within canoesport – unsatisfied with Nature, paying for guaranteed water and facilities. These sites have obvious environmental issues, and with profit as the main motivation behind business, is the growth of canoesport feasible and sustainable, or is it in danger of consuming itself?

I would like to ask;

- Does the BCU have a plan/ policy to cope with the growth of canoesport, especially artificial playspots?
- Are there any limitations to the BCU's policy for "More"?
- Is "More" sustainable or even desirable considering environmental costs?

## WHAT ARE YOUR VIEWS? I WANT TO KNOW!

I would be very grateful if people could get in touch to complete a questionnaire on some of the issues raised above. I can be contacted at:

[ESSCHEAL@livjm.ac.uk](mailto:ESSCHEAL@livjm.ac.uk)

## 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 2004 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)**

## TO INCLUDE, OR NOT TO INCLUDE, THAT IS THE QUESTION.....

I am a L2 kayak coach, and hope to attend a L3 Inland training later this year. "Yeah, yeah" I hear you groan, "so why are you telling us this?". Well the reason I bore you with information that is true for countless numbers of coaches, is to prepare you for my next statement. I have a rare, serious form of Multiple Food Allergies (resulting in frequent blackouts requiring emergency treatment); seizures; and nerve damage that results in me being paraplegic and using a wheelchair to get around. Before you switch off, there are a number of other coaches with disabilities working in the UK, ranging from people with complex multiple disabilities, to those with sensory impairments, spinal injury, epilepsy, even asthma or diabetes... the list goes on. Take it from me, we are not "super cripples". Nor are we aliens with two heads to be tolerated but kept at arms length. We are genuine canoeing enthusiasts, contributing as much to the coaching system and to canoeing at a local level as those who consider themselves physically fit and free from "problems".

My point in writing this is to explore the contradictions in the BCU's policy on disability. You see, both the BCU and the UK government are trying their best to encourage people with disabilities to participate in paddling (and sports generally). The BCU recognises that with appropriate support, many people with disabilities can progress and achieve to the same level as those without physical, learning or emotional disability.

The BCU has –

- An equal opportunities policy
- A section dedicated to providing competition and coaching to people with disabilities (Paddle-ability)
- Advisors who can help clubs to support members with disabilities
- A coaching service that has structures to enable people with disabilities to operate with or without support to ensure everyone's safety.
- Books and Resources
- Disability Awareness Training courses
- On the whole a positive (if sometimes ill-informed) approach to enquiries from members with disabilities and their coaches.

However, the structure of the declarations signed by coaches on the C1 form and by club paddlers on the model constitution published by the BCU (booklet "Club Information pack") form a very effective barrier to exclude people with disabilities. Perhaps more worryingly, the wording of these declarations engender a culture where people are reluctant to declare a disability or medical condition. This leaves themselves and the people with whom they paddle ill-informed and at potential risk. This is, I believe a very serious situation that deserves investigation by officials at the BCU.

To illustrate the contradiction in policies that I suggest exists, read the following declaration taken from the BCU leaflet "Club information pack", pg.17, model constitution section (22) Declaration –

"Each member upon joining [the proposed canoe club] shall sign the following declaration –

Name.....

Upon acceptance of membership of the

.....Canoe Club, <sup>(1)</sup>I understand that Canoeing is undertaken at my own risk. <sup>(2)</sup> I confirm that I do not suffer from any disability or medical condition which may render me unfit for strenuous exercise\*

<sup>(3)</sup> Signed.....

*\*<sup>(4)</sup> Should a medical condition exist, this will not necessarily preclude you from membership/participation, but it must be declared....."*

As a disabled person reading this, my train of thought goes –

- (1) Sure, I know canoeing is risky, and I understand that it is my decision to take this risk
- (2) Oh, I *have* got a disability, and a medical condition that *does* restrict my ability to take part in sport, so therefore I can't do canoeing or join this club.
- (3) I can't sign this form, so a) can't join this club or b) I will be pointed out as different in a way that could be used to exclude me from activities of the club because I can't sign the membership form
- (4) Oh, they are saying that I might be able to participate after all, but because I can't sign the form I am a) different, and b) in a powerless position. I will probably have to go along with all the preconceived ideas of what I can and can't do that might exist within the committee or membership of the club. I am in effect allowed in on their terms and am a sub-standard member and may be excluded because I have a disability.

OK, so perhaps I am paranoid, or perhaps I am on some wheelchair-accessible soap-box sounding off about a lost cause.....

I don't claim to speak on anyone else's behalf, but I do have disabled friends who could, with appropriate support take part in and enjoy canoeing. The very experience of getting out onto a river and being able to access areas of countryside may seem tame to you, but I freely admit, has been as big a part of my love of paddling as the adrenaline rush I experience paddling a grade 3 rapid. So, why don't my disabled friends take part in canoeing? For the most part it is a matter of belief. They simply don't think that they would be able to take part. I suggest, that the barrier created by statements like that above on club membership forms are more of a barrier to the participation of people with disabilities than any physical barrier that exists in the club environment. A wheelchair user can be helped up steps or onto the loo by willing volunteers. A person believing that they cannot access canoeing or ever achieve awards because of an impairment cannot be helped to participate by being singled out on the application form as different and possibly unfit to take part.

I know this is an emotive issue, clouded by many moral, legal and political-correctness issues. I am no lawyer, and whilst as a coach I am aware of safety and risk assessment issues, I have no formal training that would qualify me to re-write BCU statements. But hey, if we are serious about including disabled paddlers and coaches we need to do something to change the current wording of documents.

**1. Club membership declaration?** (original version is quoted above)

**Perhaps? - "Each member upon joining (the proposed canoe club) shall sign the following declaration –**

Name.....

Upon acceptance of membership of the ..... Canoe Club, I understand that Canoeing is undertaken at my own risk. I confirm that I have informed the club in writing of any disability or medical condition which affects me, and understand that this information will be passed on, in confidence, to selected committee members and instructors in order to minimise the risk to myself and other club members.

I undertake to inform the club if I subsequently develop any medical condition or disability, and I understand my responsibility to ensure that any medical information held by the club is kept up to date.

Signed.....".

## 2. C1 Statement of physical competence?

**Current Version** – "I have read the BCU's "Statement of Physical Competence" printed on the back of this form [C1] I do not currently have any condition which might impair my ability to function effectively as a coach/instructor or canoeing. I agree that I will inform the director of coaching of the BCU should I at some future time suffer any significant injury, or develop any debilitating illness or condition which might impair my ability in that regard."

**Perhaps?** – "I confirm that I have informed the BCU Coaching section in writing of any disability or medical condition which affects me, and I agree to abide by any conditions that the BCU may place on any coaching award I go on to gain. I confirm that I will inform the BCU in writing should my medical condition or disability change, and/or I subsequently develop any medical condition or disability that could affect my ability to paddle or instruct others."

This is not just a cosmetic change designed to pacify the odd person with a disability who likes to take offence... It is actually of fundamental importance, not just to the inclusion of people with disabilities at all levels of paddling, but also I suggest to the safety of all of us operating in the BCU coaching system. Why? Well for the simple reason that the current wording of the "Statement of Physical Competence" creates a culture in which people choose not to declare a disability that could affect their ability to coach safely for fear of the consequences of declaring their condition.

I look forward to seeing a change in the BCU's wording in statements like the C1 surrounding disability. In fact I would venture to suggest, that if the BCU continues to use language which actively excludes people who have a medical condition or disability, then it is not actually honouring it's commitment to provide equal opportunities. Let alone it's policy to encourage people with disabilities to take up paddling, or enter the coaching scheme. If the BCU allows this brick wall to stand, it will continue to find that very few people with disabilities have the drive or confidence to seek out the ladders to scale it.... No matter how good the support is inside the organisation, badly worded declarations that are a condition of entry will mean that many people will never access that support.

Judy Cockwell  
L2K

*Thank you Judy for your observations and constructive thoughts with regard these matters. I can assure you that any perceived view that the BCU would wish to exclude people with disabilities from taking part in canoeing is incorrect.*

*Indeed the BCU Disabilities Committee work very hard to raise awareness and create opportunities for inclusive activity. We are also working closely with Sport England on developing our equity policy and our approach to inclusive paddling. That we may have inconsistencies or contradictions within published text is, I fear, more a matter of not being up to date with our various publications.*

*Your concerns highlight the need for us to consider appropriate re-vamps of material, and your thoughts a starting point for this. Should anyone else have comment on judy's thoughts or indeed on any other associated matters we would be pleased to hear from you. Please contact [maria@bcu.org.uk](mailto:maria@bcu.org.uk)*

editor

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# Regional Round-Up

## Coach Development: England Calendar 2004

For the first time in recent years we plan to unveil a full 2004 Calendar of Coach Update and Development events in February's edition of Code. The Calendar will include dates & details of Coaching Forums, Regionally run BCU Endorsement Courses and any other opportunities for Coaches to update their knowledge, experience & skills.

To buck the trends in celebrity Calendars and to preserve decency, English Coaching and the Regional Teams have decided to produce a purely factual programme (NO PICTURES!)

### Theme for 2004... "Coaching Young People"

To support the launch of the new BCU Endorsement Course "Coaching Young People" the theme for the 2004 Update Programme will be "Young People". Backed by the Young Peoples Programme there will be an opportunity to attend the new BCU endorsement course at any of the Regional Coach Forums next year.

### Ways to Update

There are three ways to keep up to date as a BCU Coach:

- **BCU Coaching Courses**
- **Self Assessment**
- **Coach Update Forums**

Early in 2004 we will start the process of officially informing coaches about their update status. With over 10,000 BCU Coaches in England it will be a major undertaking. I would therefore like to remind coaches about the ways to update (see above). In particular the "Self Assessment" route enables those coaches who are keeping up to date through a number of sports or via other coach educators like Sports Coach UK to keep their BCU Qualifications updated. For further details on Self Assessment, download the PDF file on the BCU Website ([www.bcu.org.uk/coaching/coachingselfassessment.html](http://www.bcu.org.uk/coaching/coachingselfassessment.html)) or contact English Coaching at BCU Office for a hard copy.



## WEST MIDLANDS

### West Midlands

RCO: Phil Ascough

Tel: 01527 861426

Email: [phil@uptonwarren.com](mailto:phil@uptonwarren.com)

### Coach Development Weekends

13th - 14th March, Upton Warren

Workshops and formal courses for existing coaches and aspirant coaches

Including: Child Protection, Canoe Safety Test, Aquatic First Aid, Level 2 assessments & Demo Fleets.

20th 21st March, Upton Warren

Level 2 Coach (training)

11-12 Oct, Upton Warren

Level 2 Training (Canoe & Kayak)

## WESSEX

### Wessex

RCO: John Sutton

Mob: 07740 958475

Email: [john&sue\\_Sutton@bcuinternet.com](mailto:john&sue_Sutton@bcuinternet.com)

### Coach Update Programme:

A full annual Coach Update and Development Programme will be published in February CoDe.

### LCO (still) Wanted!

Calling all Level 3 Coaches and higher. Gloucestershire needs an LCO and it could be you! Come on don't be shy. Any coaches interested in the post or seeking further details please contact John Sutton (see above) or 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

### North West

RCO: Ian Bell

Tel: 0151 638 1555

Email: [ian.alison.bell@bcuinternet.com](mailto:ian.alison.bell@bcuinternet.com)

### Coach Update Day:

7th Dec

Southport Scouts Centre.

Details will be sent to Coaches in the North West as a BCU Mail circulation, BCU Website and via the NW Regional Newsletter Incorporating the Regional AGM starting at 12 noon.

### Coaching Processes & Assessor Training

The NW Coaching Team are canvassing coaches in the region to find those interested in taking part in either of the above courses during 2004. To register your interest, please contact your RCO with your name and contact details.

### Coach Update Programme:

A full annual Coach Update and Development Programme will be published in February CoDe.



## NORTH EAST

### North East

RCO: Ken Hughes

Tel: 07890 139908

Email: [Kenneth.hughes@sunderland.ac.uk](mailto:Kenneth.hughes@sunderland.ac.uk)

### Northern Region Courses (Winter 2003/4):

Jan 26/27 Emergency 1st Aid (16 hours) Andy Oxley

May 12/13 Canoe Safety Test (training / assessment)

May 14/15 Level 2 Inland Kayak (training / assessment)

Contact: Andy Oxley or Carl Halliday (01670) 841200 ext. 333

### Coach Update Programme:

Thank you to Peter Jackson and his team for putting together an excellent Forum at Hartlepool in October.

A full annual Coach Update and Development Programme will be published in February CoDe.





## DEVON & CORNWALL

### Devon & Cornwall

RCO: Andy Barclay

NEW Tel: 01822 833885 (daytime)

Email: [abarclay@cornwall.gov.uk](mailto:abarclay@cornwall.gov.uk)

### Regional Coach Update Forum

Thank you to Andy Barclay and his team for putting on the recent forum at River Dart Country Park. The general lack of early season water did not stop over 60 coaches attending the forum. It was also heartening to see the many new faces.

### West Cornwall Panel meeting:

Wednesday 10 Dec. 7.30 pm, Falmouth Watersports Centre  
Thanks Paul... Paul Parkinson, West Cornwall has decided to stand down as LCO. The region would therefore like to thank Paul for the time and effort he has put into the post.

Included in the agenda will be the election of a new LCO for West Cornwall.

### Coach Update Programme:

The full annual Coach Update and Development Programme will be published in February CoDe.



## CUMBRIA

### Cumbria

RCO: Matt Ellis

Tel: 01768 485000

Email: [mattellis@outwardbound-uk.org](mailto:mattellis@outwardbound-uk.org)

### Regional Update Day:

6 Dec Water Park, Coniston

### Coach Update Programme:

The Cumbria Canoeist website has a full list of courses in 2004, plus a list of agreed access on the River Leven (See: [www.cumbriacanoeists.org.uk](http://www.cumbriacanoeists.org.uk)). A full annual Coach Update and Development Programme will be published in February CoDe.



## EAST MIDLANDS

### East Midlands

RCO: Chris Cartwright

Tel: 01629 760070

Mobile Tel: 07855 385323

Email: [chris@adventureimages.co.uk](mailto:chris@adventureimages.co.uk)

### #Provisional Updates Calendar 2004

20<sup>th</sup> March - Derbyshire

21<sup>st</sup> March - Leicestershire

2<sup>nd</sup> Oct - Northamptonshire

3<sup>rd</sup> Oct - Lincolnshire

For details contact: Chris Cartwright (see above)

### Leicestershire LCO

After many years as LCO for Leicestershire Andy O Connor is moving on to new challenges around the Buxton area. Many thanks to Andy for helping to inspire the coaching community of Leicestershire; well done!

This now leaves us with a vacancy; if you are interested in the position of LCO for Leicestershire, please contact Chris Cartwright 01629 760070

## CHANNEL ISLANDS

### Channel Islands

RCO: Kevin Mansell

Tel: 01534 745 936

Email: [kmansell@itl.net](mailto:kmansell@itl.net)

### Coach Update Programme:

Buoyed by the success of the recent Forum, a number of training opportunities are being run to help prepare coaches for Training and Assessment in 2004. Contact Kevin for more details.

The full 2003 Coach Update and Development Programme will be published in February CoDe.



## SOUTHERN REGION

RCO: Steve Finch

Tel: 0118 975 5318

New Email: [stevefinch@freeuk.com](mailto:stevefinch@freeuk.com)

### 2004 Southern Region Coaching Calendar

Sat 31 Jan

Sun 25 April

Update Forum

Sat 15 May

Sun 19 Sept

Sat 16 & Sun 17 Oct

Sun 7 Nov

Assessor Training Day

Southern Region Coach

Regional Canoe Safety Test -  
kayak & canoe

Assessor Training Day

Coaching Processes

Southern Region Coach

Update Forum

### Thanks Jim Lemin

After providing valuable service to the Region Jim Lemin is stepping down as the LCO for Berkshire. If anyone would like to take on the role as LCO in this busy and very paddler active area then please contact the RCO.

For details on venue and applications please contact Steve Finch, RCO



## SOUTH EAST REGION

### South East

RCO: Andy Hall

Tel: 01903 767503

Email: [debofdene@yahoo.com](mailto:debofdene@yahoo.com)

See London & South East for details of the Winter Coaching Forum and the Regional AGM

### Coach Update Programme:

The full annual Coach Update and Development Programme will be published in February CoDe.

## LONDON

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

### Regional Update Forum

Carry the party mood on into the New Year at the Regional Coaching Forum (Xmas jumpers optional).  
Saturday 10<sup>th</sup> January, 9.45am – 3.45pm.  
Venue: Thames Young Mariners OEC, Ham, Surrey. Cost £10

Paddling and non- paddling workshops available - you can stay dry! As well as updating your coaching award you can share your best Xmas Cracker jokes with new and old acquaintances alike.

If that's not enough at 4pm, same day (10.1.04) same place (TYM) is the London & South East Region AGM. Who wants to be the Regional River Adviser? (Formerly known as Regional Access Officer).

### Coaching Grants

People are actually applying for regional Level 3 Coaching Grants! After 3 years, I was beginning to give up hope. KEEP TELLING YOUR FRIENDS! If you coach in a voluntary capacity (without payment) or know someone who does, the region will subsidise his or her Level 3 Training or Assessment. Contact the RCO for a form.

### Courses:

Think Ahead – Level 2 Kayak Training with Noel Humphrey, 6-8 March 2004. Contact Noel 020 8654 0845 for details

Merry Christmas and a Happy New Year!  
Gareth Moss.

## YORKSHIRE

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

### Ron Rymer

*The Yorkshire coaching panel would like to express their deepest condolences for the close friends and family of Ron who passed away in September. Ron was a keen supporter of the coaching scheme and will be sadly missed.*

### Courses:

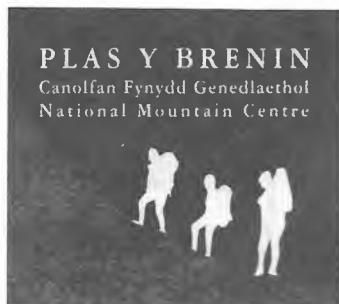
**Aquatic First Aid**, Saturday 28<sup>th</sup> February 04  
**4 Star Kayak**, Sunday 29<sup>th</sup> February 04

### Coaching Weekend (date to be arranged)

The Yorkshire Coaching Panel are planning a Coaching weekend to take place in March or April 2004. Club paddlers will be able to gain awards and qualifications that are supported through the regional fund. Cost to club paddlers will be kept to a bare minimum. Further details of the weekend, to be held at the Aldwark Centre will be circulated to all clubs shortly. Alternatively details of the weekend will be posted on the Yorkshire Coaching Website [www.coaching-yorkshire.org.uk](http://www.coaching-yorkshire.org.uk).

This will be an ideal opportunity for clubs to put members through these awards so that the coaching base can be enlarged.

Further details of the above events can be obtained from the RCO.



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[www.glenmorelodge.org.uk](http://www.glenmorelodge.org.uk)

### Canolfan Tryweryn Coaching Courses

01678 521083 or  
e-mail [canolfan.tryweryn@virgin.net](mailto:canolfan.tryweryn@virgin.net)

Water Information Line: 01678 520826  
Web-site: [www.rivercoaching.co.uk](http://www.rivercoaching.co.uk)



## Hello Coaches

My name's Val and I work in the BCU Coaching Department, you may have spoken to me on the telephone.

I am writing this today on behalf of the coaching staff to ask, no beg, you all to use the official Star Test Pass Slips which I will send to you with the greatest of pleasure on request. These will cost you nothing but a 'phone call but will save us a great deal of time and trouble when we have to fit them into a window envelope to send them back (our origami has improved no end!). We get hundreds of the little blighters a week to process and your kind cooperation would be a great help because, if we have to write out an envelope for them or cut them to size or fold them it takes more time, and time is something that we are very short of in the Coaching Department!

Another way you could help us greatly is to always use up to date pass slips. We get a lot of people paying membership fees along with their star test fees and when they send last year's membership fees we have to post everything back to them and request the correct payment. This incurs not only time but postage costs as well. Please, please renew your Star Test Pass Slips every November and destroy any old ones you still have in your possession – it would be an enormous help.

We are constantly trying to stream-line our administration procedures so that we can service our Members' needs more quickly and efficiently and would greatly appreciate your help with the Star Test Pass Slips.

Finally, we would like to wish all of you a Great Christmas and a very Happy and Successful New Year.

All the very best,  
Val, Amanda and Maria

## Contract Providers Update Forums

Have you booked your place yet?

3rd Dec 2003	Nottingham
13th Dec 2003	South West
17th Dec 2003	Nottingham
17th Jan 2004	Thames Young Mariners
31st Jan 2004	Nottingham

## Level 5 Coach Assessment Dates

Assessment opportunities for Aspirant L5 Coaches

20-21st March	North Wales
June	TBC
06-07 Nov	South Wales
13-14th Nov	North East

Further dates to come in Scotland and Northern Ireland



## 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 to: **The British Canoe Union, Adbolton Lane, West Bridgford, Nottingham NG2 5AS**

DATE: .....		Examiner's name (capitals please) .....	
LOCATION: .....		Examiner's signature & Membership No. ....	
Is Candidate a member YES / NO (please circle) Candidates membership number .....			
Candidates Particulars (FULL NAME - CAPITAL letters please)  Fore Name(s) .....  Surname .....  Address .....  .....  ..... Postcode .....		<b>1 - 3 STAR</b> Please circle ONE type of craft only Please write level in box <input type="text"/> KAYAK SOLO CANOE TANDEM CANOE POLO PW KAYAK PW SOLO CANOE PW TANDEM CANOE	
		<b>4 STAR</b> Please circle ONE type of craft only Please tick box for 4 Star <input type="checkbox"/> INLAND KAYAK SEAKAYAK SOLO CANOE TANDEM CANOE POLO SURF KAYAK PW KAYAK PW SOLO CANOE PW TANDEM CANOE	
THE ABOVE LABEL WILL BE USED TO RETURN YOUR CERTIFICATE - please write clearly			
DECLARATION (by those applying for membership) to: The British Canoe Union I agree to be bound by the Rules and Regulations of the BCU  Signed .....  Date of Birth .....  Date ..... Tel.No. ....		<b>FEES PAID (inc VAT)</b> Please circle membership if required 1 - 2 Star Test Fee Certificate and Cloth Badge: £3.00 3 - 4 Star Test Fee inc Certificate & Cloth badge: Members £6.00 Non-Members £12.00 (Prices up to Oct 04) <b>Comprehensive Membs:</b> Adult: £33.50 Under 18: £17.00 <b>Basic Membership:</b> Adult: £28.00 Under 18: £14.00 <b>TOTAL</b>	
		£ p	

# 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.

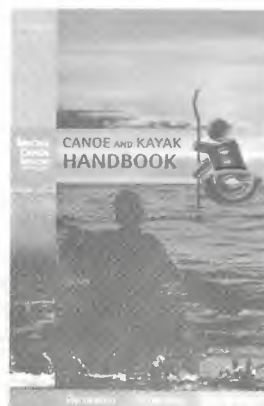
"**Canoeing for Disabled People**" is the sister publication to the BCU Canoeing Handbook and is a very handy tool for the less able-bodied paddlers and those who wish to help them to develop in paddling.

**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.

<b>A4 BCU Coaching Logbook</b>	£7.00
<b>Canoe and Kayak Handbook</b>	£15.95+pp
<b>Coaching Directory</b>	
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>	£7.50
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



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**Scottish White Water - The SCA Guide** 14.95+pp  
215 runs on 190 rivers, 32 pages of full colour photos. By local boaters on loco rivers.

**The Art of Freestyle** 16.95+pp

"Never before has so much freestyle, rodeo and playboating information from so many great boaters been gathered together in one place" - Shaun Baker

**Top Tips for Coaches** 4.95  
You cannot learn to paddle a canoe or kayak in the UK without being influenced by 'The Brenin' and its canoe department.

**Sea Kayak Navigation** 6.00  
The black art de-mystified. At last a book that tells you only what you need to know and cuts out the confusing nonsense! Clear, concise and illustrated throughout with excellent diagrams and drawings.

**White Water Safety and Rescue - Franco Ferrero** 14.95+pp  
White Water Safety and Rescue is aimed at canoeists, kayaker's and rafters.

**BCU Touring log book** 2.50

A useful book to record trips and journeys. With this book it allows you to keep track of where, when and distance covered on each trip.

**Unfortunately orders cannot be taken over the phone, however they can be placed by fax, mail or website.**

**Posatge and packing** - Orders under £10: no postage and packing required  
Orders **between** £10 and £20: add £2.50 (VAT included) for postage and packing  
Orders **over** £20: add £5.00 (VAT included) for postage and packing

Credit cards accepted: Access / Mastercard / Visa / Switch

When ordering please provide: Card number / Exp. Date / Switch Issue No.

Or send a cheque/postal order to BCU, Adbolton Lane, West Bridgford, Nottingham NG2 5AS

**[www.bcu.org.uk/coaching](http://www.bcu.org.uk/coaching)**