

# 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.

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

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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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## Apology

CODE 118 June 2004 carried an article written by David Coulson as part of his L3 course on his experience of programme setting. It did not have any note with it saying where it came from which turned out to be confusing.

The article on training programmes was written by Dave Coulson from Reading CC as part of his L3 competition Coach course. It described his response to the need to devise valid programmes with limited time available for his specific group of juniors girls at Reading.

It appears that the appendix, which was the actual training programme was not included in the article printed. If readers wished to have access to the appendix referred to this can be obtained if required from Graham Campbell at [grahamcampbell@btinternet.com](mailto:grahamcampbell@btinternet.com)

I am sure that Dave Coulson would be delighted to chat to coaches about his article. See him at marathon and sprint events or at Reading CC.

## Members of Herts Canoe Lifeguards Unit assist with safety cover at London Triathlon.

During the swimming section of this event two major incidents occurred, one being a fatality. Below is a brief report as sent to me by Mike George, LG - Herts Canoe Lifeguards, together with canoeists and powerboat operators from the Royal Victoria Dock Watersport Centre and SLSA rescue boats provided safety cover on the water. The kayak teams had at least one member from Herts and some Herts people were team leaders.

During one of the incidents there were 2 Herts people directly involved: the first was Martin Suzan (15 years, I believe) who was alerted by another swimmer. He left his Shark and entered the water to perform EAV on the casualty with another canoeist giving support with his boat. Des Merrigan was next on the scene and took over EAV with Martin and a RIB for support. They made their way, swimming, to the exit pontoon, a distance of about 10 m (no more than 15 m).

The casualty was taken on to the pontoon where St John Ambulance paramedics were on hand. A competitor and 2 spectators or supporters also came to assist and definitely knew their business. CPR was performed and a defibrillator from the ambulance was used. The casualty was taken to the ambulance and away to hospital.

Earlier in the day, another major incident occurred. On the first straight of the first wave, a competitor was spotted face down in the water. A member from Jim Wood's team was on hand first, and Jim came and turned over the casualty who was unconscious, but breathing. The casualty was passed on to a lifeguard rescue boat and taken to the entry pontoon at speed (the entry pontoon was the normal location for delivering extracted swimmers).

Three Herts people were on a rest period nearby and came to the assistance of the person on the pontoon - Malcolm Ferris-Lay, Des Merrigan and Martin Suzan. The casualty was supported and laid in the recovery position and the wetsuit opened. The St John paramedic said that they had done everything that could be done.

The report names Martin Suzan aged 15 as involved in both incident, I am told he excelled his years in both. We are understandably very proud of him. Our Vice Chairman, Des Merrigan was also heavily involved in both the Incidents, could his efforts be recognised in some way to?

It would be great if their efforts could be acknowledged in some way.

"A spokesperson for the event organisers said: "We remain satisfied that our resources, in terms of lifeguards and medical staff, exceed the requirements laid down by the British Triathlon Union, and based on the information received to date, we are also satisfied that the procedures followed were both correct and highly professional."

*Well done all involved !*

*The efforts of the representative Canoe Lifeguard units and in particular Martin Suzan and Des Merrigan are to be commended. As we so often find the experiences that we gain through paddlesport can help save lives and in particular the sterling efforts of the Canoe Lifeguards are a credit to our sport*

## Classified

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There is a lot of fascinating stuff in the 'overall' structure of Long Term Athlete Development; some of it, however, is more for your interest as you start to get more involved. And some of it is not yet scientifically proven, and by its nature may well never be, like the 10,000 hour rule.

In this article I will concentrate on the core of LTAD; what all coaches of young people need to know. And that is stuff that is researched, tested, peer-reviewed. In most cases it has been around for twenty years or more. What is new about Long Term Athlete Development is that it synthesises a lot of research evidence into a coherent picture of what children need to be doing at particular stages of their development if they are to reach their genetic potential – whether as ordinary recreational sportspeople or as world-beaters.

Is this important for those who are not going to be world-beaters? Yes, equally important: one of the major reasons for people losing interest in sport is not being able to perform at the basic levels that make sport enjoyable – particularly in the later teenage years.

The core of LTAD is the existence of **Windows of Opportunity**: periods in a child's or young person's development when they need to be doing particular things. What the research says – and what is being continually confirmed by the research – is that these **Windows of Opportunity**, once passed, **DO NOT RECUR**.

The **Windows of Opportunity** are biologically determined; so they relate to a child's or young person's **Biological** or **Developmental Age**, not to their **Chronological Age**.

### PHV (Peak Height Velocity): The Importance to the Coach of Developmental or Biological Age:

The explanations you will read about when the various developmental stages occur may give chronological ages – these should carry major warnings. They will also refer regularly to PHV (Peak Height Velocity). That is used interchangeably to mean **either** the point in time at which the growth spurt actually peaks, **or** the period of the major growth spurt.

Chronological ages are not reliable guides to a child's Developmental Age; and can therefore be extremely misleading. Any Coach who has worked with young people around the growth-spurt stage will know that three twelve-year old girls, or three fourteen-year-old boys, can developmentally cover a four year spread. So if they do the same sort of training, that training **will** simply be **wrong** for **at least one** of the three, **possibly two**. This is causing particular problems for Coaches in Team Sports.

Therefore a Coach **MUST** make sure of knowing the **Developmental Age** of each child or young person they regularly coach, and be able to place them with certainty in one of the following:

1. Pre-Growth Spurt (growing, but not yet in growth spurt) / **FUNDamentals/Paddlesport Start/Development**
2. Early Growth Spurt (rate of growth increasing)  
**Training To Train pt 1**
3. Late Growth Spurt (rate of growth decreasing)  
**Training To Train pt 2**
4. Post-Growth Spurt (still growing, but much more slowly)  
**Training To Perform**
5. Once they have stopped growing, they are biologically adults, and can train like adults.  
**Training To Excel**

There are various ways of assessing the Developmental Age of children and young people. Some are not very reliable (voice breaking; appearance of spots; weight) while some would cause serious legal and ethical problems for coaches attempting to check up on them (development of secondary sexual

characteristics). That leaves **rate of growth (height)**.

Swimming Clubs are told to measure all their members once a week. Over the whole period that is hard work, and is probably not necessary. **Monthly measurements** will give all that is needed for most children, although some would advise weekly measurement while the growth-spurt is in progress.

**So Coaches must either regularly measure their young paddlers' heights themselves, or make sure that parents do, and pass the figures on to the Coaches.** Parents are not likely to do that unless you explain to them how important it is. The correctness of the absolute figures is not important: it is the **rate of height growth** that you need to know. However, given the small increments involved, it is important that all measurements are taken at the same time of day, ideally early in the morning.

### Athlete or Paddler?:

One of the big issues in development is whether we should begin by creating a Paddler, and then turn that Paddler into an Athlete; or whether we should begin by creating an Athlete, and then turn that Athlete into a Paddler. To complicate things, there are those in canoeing who think that the word 'athlete' is elitist, and gives the impression that we are only interested in top-level competitors. In which case 90% of members of athletics clubs would not be regarded as athletes!

It is generally accepted that in young children Gross Motor Skills must be developed before Fine Motor Skills. This is particularly true in sport: the Fine Motor Skills involved learning to paddle skilfully depend on the prior development of the Gross Motor Skills needed to paddle effectively.

### 1) The 3:2:1 Principle:

The general recommendation in Long Term Athlete Development is that apart from what they do in PE, children at the pre-growth-spurt stage should ideally take part in at least 3 sports; during the growth spurt they should take part in at least 2 sports; and only after the growth spurt should they specialise in 1 sport (NB that is 3 and 2 separate sports – not 3 separate disciplines within the sport of canoeing). This is to ensure that young children are involved in wide variety of physical activity when they need to be.

### 2) Effects ref. young canoeists:

If all young children are involved in three sports, then it is possible that only a third of those who paddle when they are young will specialise in canoeing – although obviously we will work to increase that proportion. But we have a duty as Coaches to maximise the Physical Literacy of **ALL** young canoeists, not just those we expect to make it a lifelong sport. So we must focus on activities that will maximise the development of general athleticism as well as canoeing skills. We should also encourage parents to get their children involved in a range of activities that will maximise their development - The East Germans used to specify for all children at the pre-growth-spurt stage gymnastics, swimming, and all three elements of athletics: running, jumping, throwing.

### The Windows of Opportunity:

- 1) **FUNDamentals / Paddlesport Start & Development**  
**From the end of the toddler stage to the beginning of the growth spurt:**

Everything that is related to the development of the Central Nervous System: Agility, Balance, Co-ordination, Speed, Kinaesthesia, Running, Jumping, Throwing, Striking

## Windows of Opportunity - Cont..

In specific sports, context-specific agility, balance, co-ordination (especially riding, sailing, moving-water & rough water canoeing)

The neuro-muscular components of Strength and Power  
**In canoeing terms:** lots of playing about – particularly the way young children play naturally, in short explosive bursts with frequent rest-periods.

Any technical instruction focussing mainly on outcomes (where the boat goes) rather than processes (strokes, stroke sequences).

A lot of learning by imitation. Where possible: introduction to moving water/rough water as early as possible. You do not have to teach them anything in particular: they learn just by being there and bouncing around.

Out-of-boat activity as much as on-the-water. Do not assume that 'someone else' will do that. Who? Clubs in other sports? – yes if they do other sports. Primary schools? Only if the children are lucky ... How about once or twice a week in a sports hall? German Canoe Clubs were doing that 20 years ago ...

### 2) Training To Train: From the beginning of the growth spurt to (roughly) the end of the growth spurt:

Strength Training – For boys maximum strength gains can be made 12-18 months after PHV, for girls during PHV and at onset of menarche.

Core conditioning/Joint stabilisation so that strength/power can be handled

High-end aerobic power

There are also in this phase two capacities that need work not to build them, but to prevent what will otherwise be a decline in them:

- Flexibility
- Cardio-vascular efficiency

**In canoeing terms:** short explosive work in bursts of up to c. 20 secs (Polo? Sprint starts? Rough water play? Short gate sequences?)

Interval/fartlek work (in the boat, running, swimming, cycling)

Static stretching for flexibility (but **NOT** as part of warm-up/cool-down: separate sessions)

Exercises – including resistance exercises – to strengthen the body-core and improve posture.

From the beginning of the stage: introduction to free-weights exercises: learning the techniques and lifts (key point: **NOT** on machines – **train movements not muscles**)

From 2/3 of way down growth-spurt: starting to do strength-training: free weights at 3-5 RM, both sport-specific and complementary, moving towards Olympic Lifts.

### 3) Training To Perform: From the end of the growth spurt until growth is complete:

Continuation of the development of all the testosterone-dependent capacities listed above.

Especially of strength training – moving on to Olympic Lifts – and flexibility and core-conditioning work.

Sport-specific endurance work

By this time canoeists with a serious competition interest need to be working to an individualised training plan to avoid interference effects between different sorts of training, and ensure proper rest/recovery periods.

**In canoeing terms:** Discipline-specific endurance work: Power Endurance and Speed Endurance for Slalom, Polo, Freestyle, Sprint

Longer-Term Endurance for Wild-Water Racing, Marathon

Strength/Power Training: Free weights as above.

In-boat resistance work: bungees/cones

Flexibility and Core-conditioning: work as above

### What they DON'T need to be doing at each stage:

#### 1) FUNDamentals / Paddlesport Start & Development: From the end of the toddler stage to the beginning of the growth spurt:

Aerobic fitness work – particularly steady-state distance/aerobic work. (a) they are already very efficient aerobically: the VO<sub>2</sub>max of an untrained pre-growth-spurt child is c. 80-90% of its trained state; in adults this is c. 50%. (b) in any case pre-growth-spurt children do not have separated aerobic and anaerobic systems.



Following on from the success of the BCU/SASA / Endsleigh Scotland student Camp 2004 and the Alps camp July 2004...

#### BCU/SASA student safety seminar 23 / 24th October 2004 Plas-y-Brenin

For more information contact Spike Green....

01691 772748 or 07752 309838.

[spikegreen@btopenworld.com](mailto:spikegreen@btopenworld.com) or

BCU Coaching on 0115 9821100

[Coaching@bcu.org.uk](mailto:Coaching@bcu.org.uk)





## A CONFERENCE FOR ALL COMPETITION COACHES FROM ALL DISCIPLINES

2) Training To Train: From the beginning of the growth spurt to (roughly) the end of the growth spurt:

Being faced with stringent demands for technical accuracy. The 'bits' of children grow at different rates. When they pass through the 'adolescent clumsiness' stage it is because their extremities are not where they were yesterday! Coaches must expect this, and be patient with paddlers.

3) Training To Perform: From the end of the growth spurt until growth is complete:

A lot of 'general' fitness work, particularly long-distance endurance work for paddlers specialising in the predominantly strength/power/neural disciplines. Training as above will maintain levels of aerobic fitness.

Badly-spaced sessions within a weekly or monthly cycle, so that super-compensation windows are missed, interference effects lessen the effectiveness of training, training takes place in state of fatigue, there are insufficient recovery periods for adaptation to take place.

### **The Role of the Canoeing Coach in Long-Term Athlete Development:**

One thing should be apparent from all of the above: **All young paddlers need a Coach.**

That is not the same as saying that they need Coaching, which is probably generally accepted now in canoeing.

Each young paddler needs a **Coach: his/her 'own' Coach:** Someone who is responsible for each young paddler as an individual, whether competitive or recreational

Someone who deals with the young paddler as part of their family unit

Someone who has an overview of the young paddler's development overall, not just as a paddler, and particularly of the young paddler's other sporting activity

Someone who knows where the young paddler is on the developmental ladder, and can make sure that the young paddler is getting the appropriate activity for his/her Long Term Athlete Development

And that is a major challenge for Canoe Clubs, and for the sport as a whole. Yet in most other sports it is regarded as automatic: ask 8-year olds who swim, or do gymnastics or judo, or play football or Rugby: they will give you a name.

**John Sturgess**  
[john.sturgess@gedling.gov.uk](mailto:john.sturgess@gedling.gov.uk)

**December 3/4/5 2004**

### **National Water Sports Centre Holme Pierrepont:**

#### **Main Themes:**

**Friday December 3rd (Evening only from 7.45pm)**  
Top Olympic speaker on experience of creating whole sport development

**Saturday December 4th (from 9.00am)**  
Official launch of the BCU Long Term Paddler Development Model.

How to turn the theory into good practice – Summaries and Coach workshops.

1. The Fundamental Stage – crucial issues to be aware of and incorporate into early contact with our paddlers.
2. Start and Development Stage – The issues and best practice in all areas of coaching at this stage.

Evening Speaker and Coach of the Year Award

#### **Sunday December 5th**

Building the Engine and on into top competition – summaries and Coach Workshops

3. Training to Train - Best practice in planning and delivering training in Strength, Skill, Aerobic Power, Anaerobic Speed. New programme setting and functional stability packages for coaches.
4. Training to Compete - Young Athletes into top competitors, getting it right!
5. Workshops/discussions on competition, boat and course design, canoe development

**Registration will open on September 27th using the form to be found on the World Class website or available from Alan Edge and Graham Campbell (0115 9822094 ext 6) and should be returned immediately to them at the World Class Office, or phone Graham Campbell 07768 512934 or Alan Edge on 0115 9822094**

Accommodation is available at NWSC on a self book basis. See the BCU World Class website in late September onwards for further details

[www.worldclass-canoeing.org.uk](http://www.worldclass-canoeing.org.uk)

# The Fun Factor

In common, I am sure, with many canoe clubs up and down the country, here in Maidstone there is a constant banter between the Marathon Paddlers and Play boaters over the most suitable vessel to use on our flat-water home base, especially with relative newcomers. In our case home base is the River Medway. I thought it might be of interest to the readers of CODE, to relate a couple of articles recently published in the MCC newsletter.

## Transcript of "Horses for Courses, or, Boats for the Water" article June04

There are two main types of propulsion we use. Human, using paddles, and natural, using gravity. There are also two main hull types: displacement, where the water is pushed out of the way; and planing, where the boat slides over the surface of the water. Both hull types displace water when being paddled by us. To plane, hulls need to reach a speed greater than we can sustain by paddling e.g. by sliding down a wave on the sea or a river, pulled by gravity. Displacement then, is what we use mainly on the Medway, there not being too many waves to slide down to reach planing speed.

To work out how fast our boats will go under our power (displacement), which is called "hull speed", where the boat is caught between the wave thrown up at the bow, and the stern wave, we can use a simple formula.....

$$\text{Hull speed} = 1.34 \times (\text{square root of the waterline length})$$

.....this gives us the answer in Knots. 1 knot = 1.15mph. This is very much a generalisation, and needs to be accurately done by a marine architect for an accurate result because of the differing shapes of hulls and their wetted surface areas, but worked out for a boat of 2m or 4m, illustrates the differences of pushing inappropriate designs around on flat water.

Anon 1.

## Transcript of "The Fun Factor" article July04

Following the excellent article "Horses for Courses" in issue 2 of the new MCC newsletter, further information has been sought from Professor Heinz P. Wildebeste of West Bridgford University, Notts. Professor Wildebeste is an expert in Polyethylene constructed kayaks, often referred to as "Tupperware", and he has written many playboating articles in the popular activity magazines under the pseudonym of "Spud Playwave". However, his recent research has led him to investigate the popularity of tupperware on placid water.

In an exclusive interview for MCC, he told us, "While I acknowledge the absolute appropriateness of the design of polyethylene constructed playboats in whitewater/surfing environments and the use of touring/marathon designs on flat water, I have found that there is a case for mixing the two." He went on, "I entirely concur with the formula:

$$\text{Hull Speed (Knots)} = 1.34 \times (\text{waterlength})$$

...to give the displacement speed of a vessel under human paddling power.

My research however, has led me to develop another measure which I call the 'Fun Factor (F)' which can be overlaid onto the Hull Speed equation."

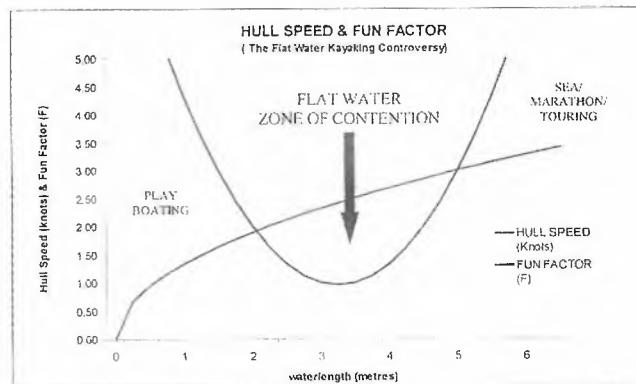
Professor Wildebeste has found that an expression for the F factor can be defined empirically as follows:-

$$\text{Fun Factor (F)} = S(\text{waterlength})^2 + L(\text{waterlength}) + C$$

Where: S = coefficient of street credibility (value = +2/3)  
L = kayak length (or the size isn't everything) coefficient (value = -13/3)  
C = club membership enhancement coefficient (value = +8)

$$\text{Thus: } F = 0.67(\text{waterlength})^2 - 4.33(\text{waterlength}) + 8$$

Overlaying the 2 expressions :-



While playboating activities clearly reside on the left hand side of the chart and marathon/touring/sea kayaking occupy the right, Professor Wildebeste defines the region in the middle, between the 2 curves, as the "FLAT WATER ZONE OF CONTENTION" and he commented, "All the while this zone exists, our favourite sport will always be enlivened by healthy controversy. No kayak design is entirely "inappropriate" if you're able to have **FUN** in it wherever you are paddling."

Anon 2

Finally :-

Joking aside, the real point is that the most appropriate kayak for entry level to our sport (in line with BCU policy) is of "general purpose" design, and for reasons of durability, these days it is likely to be made of polyethylene. It will be a compromise design with sufficient length to offer the novice, reasonable straight line speed, with enough width for stability and an element of longitudinal "rocker" for manoeuvrability. Training is, of course, recommended to begin on flat water.

The danger is that where these guidelines are not followed beginners who have early "unpleasant experiences" are liable to be frightened off prematurely and we could lose them from our sport forever.

As paddling proficiency improves, those who want to branch away from gen. purpose will do so based on (a) their interests and (b) the coaching support that's available to them. In the perennial battle for hearts and minds, when novices want to take the next step, it's "game on" between the marathon enthusiasts and the white water maniacs, not to mention other disciplines (open boating, slalom, polo etc. etc.) to inspire candidates into their preferred type of paddling. Each group is naturally anxious to enhance the popularity of their own discipline. "Vive la difference" I say, but let's not lose new paddlers to our sport through our own entrenchment. Woe betide anyone that loses sight of the fact that paddling, first and foremost, must be **ENJOYABLE!**

Norman Brooks (Coach Level 2 CCK),  
Maidstone Canoe Club



# Regional Round-UP

## NORTH WEST

**RCO - Ian Bell 0151 6381555**

There is an extensive Greater Manchester Coaching Programme, please contact RCO, Ian Bell for further details.

13/14th November - Level 3 Training (Kayak)  
13/14th November - Level 3 Assessment (Kayak)  
28th November - Assessor Training

More courses available on request - just get in touch!

OR- Check out the message board on the NW Regional Website - <http://northwest.bcu.org.uk>

OR- Contact Karen Davies - [karen.davies@bcunw.freemail.co.uk](mailto:karen.davies@bcunw.freemail.co.uk) to get yourself on the mailing list for the NW newsletter.

### North West Coach Update and ACM

**Sunday 5th December 2004**

The Burrs Activity Centre

For more info on the **Coach Update** contact Ian Bell, as above.

Many Thanks should go to Pat Mee who has decided to step down as LCO for Greater Manchester.

On behalf of the coaches in the NW I would like to thank Pat for her work in support of coaching, and in particular the huge effort Pat put in to organising the Coach Update Forums over the last four years.

If any coach is interested in becoming the new LCO please let Ian Bell know by October 31st 2004

## WEST MIDLANDS

**RCO - Phil Ascough**

[PAscough@worcestershire.gov.uk](mailto:PAscough@worcestershire.gov.uk)

**Festival of Coaching Coaching weekend -  
20th & 21st November**

Workshops, slide shows and demo boats

This weekend is part of the Coach Update Programme, and in addition to the usual forum, will include a variety of workshops including coaching for coaches in specialist kayaks and canoes, training courses, slide shows and demo boats.

**Level 2 training and Development courses -  
27th & 28th November**

Formal BCU coaching courses in both Canoe and Kayak First Aid and Coaching Processes

**Please contact RCO, Phil Ascough for further details -**

[PAscough@worcestershire.gov.uk](mailto:PAscough@worcestershire.gov.uk)  
c/o Upton Warren OEC  
Bromsgrove Worcs B61 7ER

## LONDON REGION

**RCO - Garath Moss, tel 0208 9405550**  
[garath.moss@surreycc.gov.uk](mailto:garath.moss@surreycc.gov.uk)

Regular readers of this supremely informative column will have noted its absence in the last edition. Well it's back so don't fret further.

Those of you who know the LCO for Surrey and former LCO for London, Bob Gray, will be concerned to hear of his current illness. He ran an enjoyable workshop on forward paddling at this January's regional coaching forum at TYM. I'm sure that he would appreciate a few words of support if you could find the time. His hospital phone number is 01932 873174 and his e-mail address is [bobgray344@clara.co.uk](mailto:bobgray344@clara.co.uk)

Sea Level 3 Coach Training or Assessment this autumn contact Dave Barker on 07889 524954 or [dave@barkerfamily20.fsnet.co.uk](mailto:dave@barkerfamily20.fsnet.co.uk)

I may be running a 4 Star inland this autumn if you wish to assist. I may also run...

Assessor Training day / Kayak Level 2 Coach Training  
Kayak Level 2 Coach Assessment  
Open Canoe Level 2 Coach Assessment

Andy Pearson is running an inland Level 3 Coach Training in Wales. He is on 07802 975540.

**Happy paddling - Gareth**

### Chris Forrest 'Inspirational Coaching'

Jasmine Cottage,  
Llanrug, Caernarfon, Gwynedd, LL55 4RA  
Tel 01286 650559 / MB 07779 592689  
E-Mail: [chrisforrest\\_coach@yahoo.co.uk](mailto:chrisforrest_coach@yahoo.co.uk)

#### Course Provider:

Specialist coaching in Kayak,  
Open Canoe and Sea:

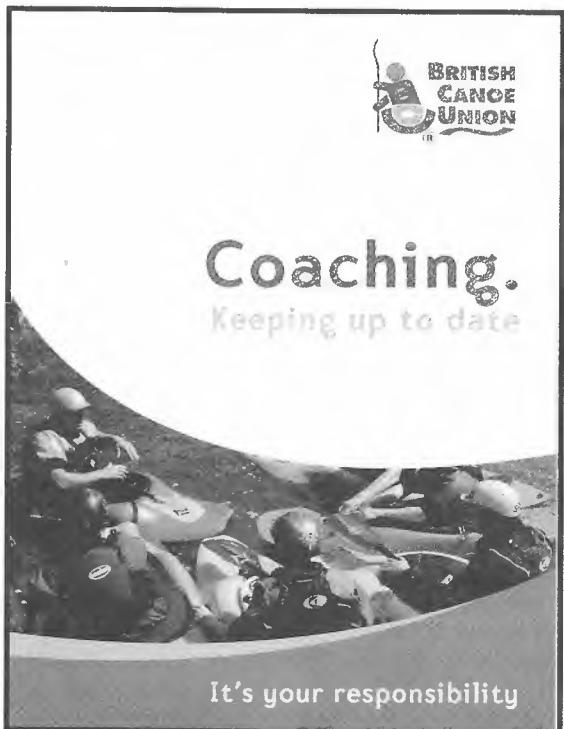
#### Coaching courses for Open Canoe and Kayak -

Levels 1-3 and 1-5 Star Training / Assessment  
Canoe Safety test  
White Water Safety and Rescue.

#### Calander of courses:

23-24th Oct	5* Training Open Canoe - Onich, Fort William
25-27th Oct	5* Extended Training in Open Canoe Journey Skills - West Coast
30-31st Oct	5* Training Kayak - Onich, Fort William
1-5 Nov	Kayak Advanced White Water - Onich Fort William

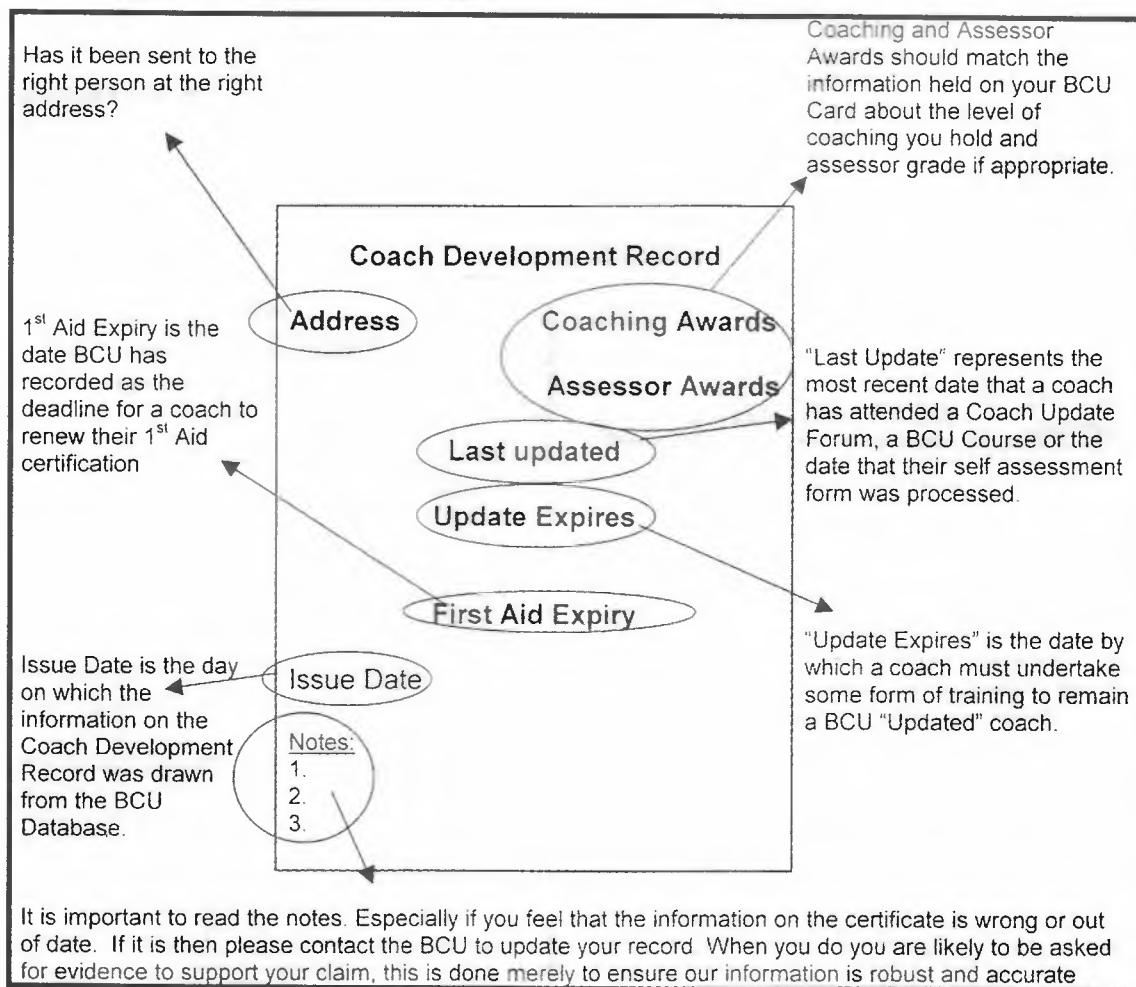
# Coaching: Keeping up to date – It's your responsibility



The BCU are starting to inform its coaches about Coach Update and where they fit in. The new information leaflet "Coaching: Keeping up to date – It's your responsibility" will help explain the process and the new "Coach development Record" will be issued to each Updated Coach.

Over the next 14 months the new "Coach Development Record" Certificate will be sent out to Coaches who are up to date, either because they have attended an update forum, attending a BCU Coaching Course or because they have completed the Self Assessment process. The Coach development Record is A4 sized and it holds important information about your status as a coach – like when you next need to "Update" (or revalidate) and when your first aid runs out. (See below)

The first coaches to receive the Certificate will be those whose membership is due for renewal from November onwards, or those coaches whose update status is set to run out before their next membership renewal. Those coaches whose update status is out of date will receive a letter and information explaining how they can get "Updated" and outlining the limitations they face by choosing not to.



## RCO's / LCO's - Do we know where you are ??

All RCO's and LCO's are asked to let us know if any of their contact details have changed. If so, please contact Mandy in the English Coaching Dept me asap. Tel: 0115 982 4220, email: [mandy@bcu.org.uk](mailto:mandy@bcu.org.uk).



## Scottish Canoe Association Coaching Conference 2004

7-8- 9th October 2004

### Coaching Young People

Following the successful launch of the new BCU Endorsement Course "Coaching Young People" in March over 120 coaches have attended the module.

To capitalise on the success of the course and enable more coaches to undertake the training we would like to recruit a limited number of new course tutors. The new tutors would normally be at least Level 3 Coaches with extensive experience of coaching young people and be able to employ a wide range of effective presentation styles in running the workshop.

If you are interested please contact BCU Office for more details by the end of October. Training will be provided for tutors on the course material presented

### BCU Coaches Working In North America

British BCU Coaches who are invited to work on courses or at events in North America are reminded that they are required to confirm their intention with the BCU North American Administrator. This should be by completing the North American Provider Accreditation form. (Can be downloaded from [www.bcuna.com](http://www.bcuna.com))

#### BCU COACHES WORKING IN NORTH AMERICA

As well as being a standard quality assurance measure we are now able in such instances to extend BCU third party liability insurance cover to such individuals while working in North America. This extension of cover is offered only to British Nationals on an event-by-event basis and in conjunction with BCU agreement and completion of the BCU North America Provider Accreditation form.

Once completed the accreditation is valid for 12 months, although subsequent visits will still need to be confirmed again via the North American Admin officer for insurance purposes.

#### NB.

While in the past there have been concerns that the NA Provider Accreditation form, once completed, would establish the coach as a/the Contracted Course Provider for the event, the form is required of all coaches/course providers and as such covers a range of situations. Where you are attending a specific symposium or event where your intention is to coach only BCU NA will have agreed with the event organiser who would be the representative official Course Provider.

This year's conference will once again be held at Glenmore Lodge in October. Glenmore Lodge supported the event last year and were more than happy to do so once again with all the advantages that come with using the National Centre.

The event brings together some fantastic talent from both within and outside of our sport. It's also open to all and you don't have to be a coach to take part.

#### So what's on offer this year?

On Friday night we have a talk by Jonathon Hart - "To Infinity and Beyond!" Jonathon spent 6 months visiting river rescue teams across the US and will be flying by the Lodge to share his take on the how they rope, pull & brand 'em Yankee style.

Saturday morning has Mike Devlin, BCU director of Coaching talking about the Paddlesport Review and its implications for us as coaches. Thereafter we have the SCA Coaching Committee AGM letting us know what's going on in Scottish Coaching and what more you want done. Then we have Sam Crymble and Bob Telfer broaching the topic of risk assessment and its relevance. Both Sam and Bob work for The Activities Licensing Authority, AALA, so they can give us good advice on how risk assessment is working across the outdoor industry. The morning crew have a ridiculous amount of experience between them and are a resource not to be missed! Indeed I recently discovered that Rob Roy attributed his passion for boating to one of the senior fellows in his class - this turned out to be none other than our very own Sam Crymble!

For the Saturday afternoon onwards you will have a variety of workshops you can attend.

So here are the choices:

- **Coaching Rolling with Trys Morris.**
- **Forward Paddling with Mike Chandler.**
- **Open Boating with Loel Collins.**
- **Rescue with Chris Wright.**
- **Sports Psychology with Richard Cox**
- **Reviewing Skills with Paul Mills.**
- **The transferable elements from competition coaching to recreational coaching with Euan Lowe (TBC)**
- **Equal Opportunities Coaching with Suresh Paul**
- **Child protection with Yvonne Yoste..**
- **Access! With Andy Jackson.**
- **Playboating on Sunday with Andy Jackson.**  
This is a whole day option. How to do it, how to coach it, how to have fun!
- **Surf coaching with Andy Spink and Tracy Sherrington**

For further information & booking details please log onto [www.glenmorelodge.org.uk](http://www.glenmorelodge.org.uk)

The conference team look forward to seeing you in October  
Happy paddling!

Paul Mills



## Special Olympics Great Britain Summer Games - Glasgow July 1<sup>st</sup> – 9<sup>th</sup> 2005

### BCU Surf Weekend - North Devon Coast 20th/21st Nov 2004

Following the success of last autumn and spring events event we are again offering the following Surf opportunities....

4 & 5 Star Training or Assessment  
Level 3 Training and Assessment

A weekend of BCU courses promoted directly by the BCU. For more details contact  
maria@bcu.org.uk

### Courses

7/8 Oct 04 **Coaching Processes Course.**  
£40.00 Maidstone, Kent.

23/24th October 04 **Placid Water Coach Level 3.** £60.00 Maidstone, Kent.

Places for both the above are limited, so first come, first served!

Contact Paul Newman, 20 The Rise, Hempstead, Kent ME7 3SS, 01634 232874, or paulnewmanpaddlesport@blueyonder.co.uk

### Hebridean Pursuits Limited Outdoor Activity Specialists

Sea and Surf Kayaking, boarding & body boarding  
Play, Coaching and assessments

### The 3rd Scottish Combined Rock and water activities workshop 11th-12th December

Gorge and Tidal Impact Zone Activities open to everyone interested in best practice.

**'Put the adventure back into outdoor activities'**

[www.hebrideanpursuits.com](http://www.hebrideanpursuits.com)

Andy Spink on 01631 710317

### SPRINT KAYAK EVENT

#### Mission of Special Olympics

The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for people eight years of age and older with learning disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics' athletes and the community.

#### Mission of the 2005 Special Olympics Summer Games

The 2005 Special Olympics Summer Games' Organising Committee is delighted to offer kayaking for the first time as a demonstration sport.

Kayaking offers an exciting challenge to athletes in addition to the already established summer sports.

A 4-lane 200 metre regatta sprint course will be used for all competition.

Kayaks will be provided and have been selected to give good stability and straight line control to ensure success for those competing. Although all equipment will be provided, paddlers may, if they wish, bring their own paddles and buoyancy aids.

All potential paddlers must register with Special Olympics Great Britain. To facilitate this, and respond to any questions that potential paddlers, parents or coaches may have; an initial expression of interest should be sent to:

**Dr. Geoff Smedley, 11 High Beech, Coventry  
CV5 7QD e-mail: [geoffrey.smedley@virgin.net](mailto:geoffrey.smedley@virgin.net)**

### Kayak or Canoe - Terms of Reference / classification or ambiguity

*Following recent discussions with David Cuthill as to the use and referencing of the terms Kayak and Canoe I received the following musings which I thought I would share with you all.! - Further thoughts welcome.*

Here are some musings, which I hope might give you some thoughts. I'm a software applications designer with a longstanding love of canoeing. My job forces me to design objects which conform to strict classifications. I like to get things well defined.

What is meant by "Canoe"?

Well, the "Confusion" has been going on for well over 100 years. John Howard writes in 1893: "There is probably no part of the description of a canoe, as usually defined which is not varied in some specimens of the craft met with."

See <http://dragonflycanoe.com/hayward/index.html> "Canoeing with sail and Paddle" by John D. Howard M.D. Mersey Canoe Club. Author of "Camping-Out With the British Canoe Association". Published in 1893 by George Bell and Sons Covent Garden and New York at 2 shillings. An excellent reference with which you may well be familiar. (However the author of <http://www.bcu.org.uk/news/newsjohndudderidge.html> John Dudderidge's obituary thinks that the "British Canoe Association was formed in 1933")

Here is another good "Canoe" definition <http://31.1911encyclopedia.org/C/CA/CANOE.htm>

So....

It is good to see you state that :

"While it can be confusing, in the UK the term 'Canoe' is in general used for both 'kayak' and 'canoe'."

I do like to think of the generic term being 'Canoe', and then there are the 'types' of canoe within that.

I think that we have to clearly define this - or we'll end up having to re-name the BCU! For example. Here is the BBC children's page on "Canoeing" <http://www.bbc.co.uk/cbbc/sport/findasport/canoeing.shtml> (Kayak = sit down, Canoe = kneel)

The ICF on-line manual avoids a definition. Maybe the BCU should have one? - I think I'd like to suggest a main definition of a canoe is "Small narrow, portable boat which is light, hollow, with pointed ends propelled by paddles or sail, but never oars, where the crew member(s) face the forward direction of travel."

That would cover Canadians, Kayaks, Sailing Canoes - but it would correctly exclude sculls or rowing craft, or any craft with a transom stern, or rafts or wave and surf skis.

We get into deep water with statements like :

"The difference between a canoe and a kayak is that you kneel in a canoe and you sit in a kayak." (Quote from the BBC website above.) Hmm - yes, apart from the cases where you sit in a canoe (open boat) too. You could sit down in the Rosyth-Zeebrugge ferry - but that doesn't make it a Kayak.

Or

"Canoes are open boats ..."

Yes, usually, except for the ones with partial decking - or the wildwater and slalom canoes which are completely decked.

Or

<http://www.wordiq.com/definition/Canoe>

"A canoe is a relatively small human-powered boat....."

Ok, but what about the sailing canoe, then.

The reason for the ambiguity, it seems to me, is the apparent loss of the ability to think in a structured way. For instance -

50 years ago, no one had a problem with the word "Man" having two meanings. Man meant "Mankind" at the top level, but also meant Male of the species Homo Sapiens.

Now we can't use Man with these meanings. Moreover we have to use the clumsy He-Or-She, where previously, "he" really did used to mean both man and wo-man at a Mankind level.

The French use the term Canoe-et-Kayak to mean "Canoe". But that is clumsy, too. Maybe we should flatter them and re-name the generic "Canoe" to "Canot", or alternatively re-name the Canadian Canoe to "Canot".

Even Ulrich Feldhoff in the ICF Manual refers to Canoe/Kayak in its pages, although Canoe class and Kayak class fit with the definition of "Canoe" being the parent class of both Canoe and Kayak.

But still today, with skewed understanding and mis-definition becoming commonplace, we almost have to put over the meaning something like this:-

"Hello, I am from the British Canoe-(that-means-canoes-and-kayaks-and I know-some-of-you-think-that-canoe-really-means-a-kneeling-single-paddle-open-craft-and-that-I-am-incorrect-because-I-really-am-talking-about-kayaks-as-well-not-just-canoes-which-isn't-quite-right)-Union."

Thank goodness they sorted out the words Helicopter and Aeroplane - or we'd have to say "Helicopter-and-Aeroplane" travel. No, the definition is that there are Aircraft - Fixed-wing type (Most people call these Aeroplanes), Aircraft - Rotary-wing type (Most People call these Helicopters) and Aircraft - Lighter Than Air (Most people call these Balloons). They have that one tied up. Would it were so for the confusing "Canoe".

A good definition for canoe is on <http://dict.die.net/canoe/>

A good definition for Kayak is on <http://dict.die.net/kayak/>

Here's my best shot today! Here we go from the top...

Vessel: A container

Boat: A small vessel for travel on water.

Canoe-Yawl : A type of large canoe. A heavy sailing boat with "Canoe-Ends" Reference : - <http://dragonflycanoe.com/stephens/progress5.html>

Canoe (or Small-Canoe):

A general class of small, light, easily portable, hollow boat, pointed at both ends, where the crew faces the forward direction of travel, and uses free-paddles or lightly rigged sails for propulsion.

Eskimo Canoe (Kayak):

A type of small, decked canoe, of specialised type derived from the craft used by native peoples of the Arctic, where the crew sits inside and uses a double-bladed paddle.

Canadian Canoe ('Canadian', or 'Canoe')

An open or closed-decked canoe paddled with a single-bladed paddle with the crew either kneeling-up freely, or sitting-up on a thwart with legs under or in front.

International Canoe (IC) also known as deck boat, IC, Sliding Seat Canoe Is the Olympic Sailing canoe. A paddle boat which is specialised to sail.

Consistency: Any sub-class of the object must meet the definition of its parent class. So a wave-ski is not a "Canoe" or a "Boat" because it is not a vessel. (The crew doesn't sit in a container, they sit on top.)

A double-scull is not a Canoe - even though it has a canoe-hull - because it uses fixed-fulcrum oars, and the crew face the rear.

A platform Raft is not a "Canoe" because it has blunt ends.

A Coracle is not a "Canoe", because it is a round-bodied vessel, and doesn't meet the "pointed at both ends" constraint.

An inflatable Avon "Raft" arguably is a type of canoe, if it has a generally pointed end at both ends. More accurately it is a dinghy if it has an oar-rig. A canoe is still a canoe irrespective of hull design cross section (U or V), Construction type (Carvel, Clinker, molded plastics, frame-and-skin, stripwood)

**Conclusion:**

=====

The point is: This is important to the maintenance of our sport as we know and practise it today. Here's what happened to Skiing...

I am also a Ski instructor, and Skiing has had to change its name to "Snowsports" to avoid alienating snowboarders. A snowboard is really a single ski which is ridden standing sideways. Yet, its success is due to its proponents being keen to differentiate it from Skiing at all opportunities.

However the governing body - The FIS - are sticking to the sport of skiing. They see snowboarding as being part of skiing. To be a fully qualified snowboard instructor in France, you must first go through all the training for Ski Teacher International Diploma. A career of 5 years full time training would be considered fast track progress to achieve this. Snowboarding in the Olympics is run by the FIS. Federation International de Ski.

"We don't do Canoeing - we're "Kayakers".....???

What I see is that unless we get the terms exact, "Canoeing" may cease to be, and be replaced by "Paddlesports". Mainly because of mis-definition of the word "Canoe".

That would be a fundamental shift. It would abandon Canoe Sailing, but absorb sit-on-tops (Wave Skiing, Surf Skiing), Rafting and Dragon-Boat racing. Whether this is a good or a bad thing, I don't know. but I believe we have a duty to make sure we know what we are about, be clear what the words we use mean, and plan where we are all going.

With kind regards

David Cuthill

SCA/BCU member



## Improving Access – A concern for us all

Without access to water our sport and our interest in assisting other people to develop their canoeing skills would be null and void. For us access to rivers and waterways are our lifeblood. Research has shown that canoes do not harm the wildlife or the water environment. We paddle over water quietly leaving no sign that we have passed.

**Fact – Over 98% of rivers have NO access rights for the public** - That means we do not have access to over 41,000 miles (65,000km) of rivers in England and Wales. Nearly all of the most beautiful inland rivers are not accessible to canoeists. It is in England and Wales where the problem exists.

**So what are the BCU doing about it?** - For years the BCU have tried to negotiate access rights to many rivers and they have been successful in getting 500 miles (812 km) of agreed access. It has been a long slow process. This is why the BCU feels that the long term aim for access has to be a new law.

DEFRA commissioned a major research project in 2003 concerning access to rivers and we are currently awaiting the publication of this latest research from the University of Brighton. (**The Countryside Agency Access Demonstration Projects**.) If we have received a response and (or) have been able to respond then you can find out all the information on our website [www.riversaccess.org](http://www.riversaccess.org) and in the next edition of Canoe Focus.

Even with the work being undertaken, raising awareness of the access issue is important for the BCU. This is in order to capture the most public interest when we respond to the Government's position on the findings. It is also essential to help keep the access issue alive and heading towards our aim. The Action on Access campaign has been renamed and relaunched with a new website to raise the profile of the campaign.

**[www.riversaccess.org](http://www.riversaccess.org)**

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