



Any comments or articles please
forward to the
BCU Coaching Office
or E-Mail us at 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.

Final copy date: 1st of previous month. Contributions, including pictures, are welcome.

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,

Part of that Urban Myth!

Further to J-P Eatock's letter in CoDe issue 120, I was one of the trainees on the course to which he referred and would like to make a few comments.

- I was probably (ok definitely!) the least confident person on the course, which was a closed course made up of college staff, and was quite happy to paddle out through the conditions to continue the training course once out back.
- Considering that we were accompanied by 3 level 4 coaches as well as the level 5 running the course, this seemed like the perfect opportunity for us to stretch ourselves in a very supported manner.
- At no point was I aware of the lifeguards at the beach being unhappy with our decision to paddle.
- It was agreed with the RNLI before leaving the beach that we would use their help with communications between the shore and out back, since they were training and we had one of the lifeboat crew on the course. We met up with the lifeboat once we were out back, and again I was not aware at any point of them being unhappy with events.

Finally, all those of us who attended this training course and have since undertaken our assessments have passed. I hope these comments help clarify things, although I have to admit I've never been part of a myth before and am finding it interesting!

Cath Tanner

I guess one of the problems with urban myths is that it can become increasingly difficult to separate fact from fiction and in particular circumstances from reality.

No one would deny that appropriate levels of personal challenge could improve paddler performance.

Indeed paddlers and coaches should seek out such opportunities. The real issue in this particular urban myth situation was that the level of challenge was inappropriate to the circumstance. The Level 3 training course is about developing coaching skills and judgement in a range of situations and is not about, nor the time for placing students outside of this, or for advanced challenges.

Notwithstanding the experience of those on the course, or the outcomes of the course, the circumstances on that day were viewed to have not met with level 3 training course criteria. Furthermore reality of the decision making on the day when set against risk assessment criteria for a level 3 course left both the coach and the BCU exposed.

The Editor



CANOE GAMES WANTED

Have you got a favourite canoe game that you would like to share?

Rivers Publishing in association with BCU Coaching Service plan to publish an all new edition of the **200 Best Kayak and Canoe Games** (Dave Ruse's book is excellent but is now a little dated).

We would like this to be very much a team effort, and to be a collection of all the best games used by BCU coaches.

We are planning a quality full colour book, with loads of illustrations — one that inspires and encourages good instruction. We aim to have lots of summary tables and clear simple cross references to the BCU star tests and coaching programme.

Please **send us your games** in any format, email, pencil, etc. Don't worry too much about your grammar or spelling — we can look after this. We will acknowledge everything received and if we use the game, you will of course be credited, get world-wide fame (honest!), and will receive one or more free copies of the book.

Please email or write to:

Pete Knowles, Rivers Publishing, Gower, Blencathra St, Keswick, CA12 4HW

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Introduction

Understanding that different students learn in different ways is fundamental to effective coaching. However, some students face genuine difficulties in learning certain skills in certain ways and this is an aspect of individualised learning that is often overlooked in coaching canoeing and kayaking.

There are many so-called learning difficulties that have now been recognised, classified and studied. I have deliberately focused on four areas of learning difficulty that are most likely to be found on medical forms: ADHD, Asperger syndrome (and autism), Dyslexia and Dyspraxia. Tourette's syndrome and Down's syndrome are mentioned briefly at the end of the article.

Coping strategies and comorbidity

It is important to remember that ADHD, Asperger syndrome, Dyslexia, Dyspraxia and Tourette's syndrome do not have any influence on intelligence. People who have these learning difficulties tend to be acutely aware of them. Therefore, the coach needs to be discreet and sensitive in his or her strategies to help.

Self-awareness of the learning difficulty can have two possible effects: on the negative side individuals may have found methods of concealing their difficulties, but on the positive side they will often have developed methods of coping with them. The coach has an important role here, supporting the student to develop their own coping strategies.

For example, a dyslexic paddler who struggles to remember left and right may look at his hands to remind himself (the shape of the index finger and thumb make a capital L). Those who have difficulties with sequences of instructions may verbalise them during a performance, or check their understanding with another paddler.

The difficulties caused by each of these learning difficulties have a large degree of overlap, called comorbidity. Therefore, children with dyslexia may show signs more commonly associated with dyspraxia. The strategies recommended below could be useful for anyone who experiences problems learning canoeing.

Attention Deficit (Hyperactive) Disorder (ADD or ADHD)

A behavioural difficulty that can affect learning due to problems remaining focused on one task. There may also be hyperactivity and restlessness.

Recognising ADHD

This is more commonly seen in children than adults and it may be controlled by diet or drugs such as Ritalin (methylphenidate). People with ADHD may seem distracted, impatient and impulsive, disinterested in your brief safety talk, already spinning the paddle round in their hands and on their way to the water while you are checking the fit of the buoyancy aids. They will not cope well listening to verbal instructions and will often be splashing around or experimenting with the stroke while you are still talking. They may call out inappropriately and if challenged about their behaviour they can become antisocial.

Strategies

- Keep your verbal input to a minimum - use a more student centred coaching style.
- Use them to demonstrate strokes while you are coaching and encourage them to answer questions to keep them involved all the time.
- Try a variety of shorter tasks, games, different strokes etc.
- Manage their behaviour carefully - avoid confrontation because they are unlikely to back down. Give them choices: If you chose to carry on splashing people when I'm trying to coach them, I'll have to ask too to spend a few minutes on the bank.

Autism Spectrum Disorder (ASD)

A spectrum of difficulties in social relationships, imagination and verbal and non-verbal communication which includes Autism at the more severe end and Asperger syndrome at the less severe end.

Recognising ASD

You may notice that a girl with Asperger syndrome has difficulty forming friendships and working in a team, for example in tandem canoeing or canoe polo. She will often stand alone and if you ask paddlers to form teams, she will find this hard. Her understanding and use of non-verbal communication (body language, eye contact etc.) may be poor, so she will rarely look you in the eye and she will be unaware if someone is upset.

People with ASD may find it hard to understand jokes or figurative speech. They tend to take things literally instead, so when everyone else is getting kitted up, if you say Jane, do you know what you are doing? she will say yes because at that moment, what she is doing is standing there watching! People with more severe ASD find it hard to break from rigid routines and rituals.

Strategies

- Give very clear and precise instructions - use a very coach centred style directed at them, even if you are using a student centred style for the rest of the group.
- Avoid using any figurative speech, e.g. Don't jump the queue .
- Avoid using any metaphors, or imagery e.g. Imagine you are on a clock face , Paddle a figure of 8 around the end two buoys , Paddle over to the tree that looks like a witch , gorilla/monkey shape for support strokes.
- For team games, encourage them to take part by organising the teams sensitively (aviod letting two captains choose the teams) but do not force people with ASD to take part.
- For paired work, help them to choose a sensitive partner.
- Recognise that just because they may not respond, this does not mean they have not understood.

Dyslexia

A difficulty in processing visual and auditory information. It is more common in males than females.

Possible difficulties

Although dyslexia is usually regarded as a literacy difficulty, it can have an influence on learning motor skills, such as those we coach in canoeing and kayaking. Dyslexics may have problems with personal organisation, so may not bring the required equipment or collected a list of equipment from the store. Sequencing problems are common, so dyslexics may struggle to remember instructions for complicated strokes, e.g. draw stroke and rolling. They may also have problems distinguishing between left and right. Needless to say, they may find reading and writing hard.

Strategies

- Reduce verbal input -simplify your language and avoid jargon. Short clear instructions (no more than 3 at a time).
- Present the same information in more than one way (verbally, dervation, diagram on sand/waterproof note book, use a small foam model of canoe or kayak).
- Check understanding by asking them to explain what they are about to do and afterwards, what they did.
- Use this side and that side rather than left and right ; mark specific points in the river by carefully throwing stones into the flow or pointing with an extended paddle.
- Be patient and encouraging.



The Invisible challenge to learning cont....

- Boost self esteem by facilitating and praising success.
- Avoid written assessment methods (e.g. Level 3 coach).

Dyspraxia

An impairment or immaturity of the organisation of physical movement. It is more common in males than females.

Possible difficulties

Dyspraxia impairs coordination and motor control which can often be seen as clumsiness. You may notice that a boy with dyspraxia struggles to get used to feathering a kayak paddle effectively. He may find games that involve activities like throwing and catching hard. His performance is likely to be hesitant and awkward and he may be reluctant to practise strokes, especially in public.

Dyspraxics will usually need more time to learn strokes and may find it hard to remember them from one session to the next. Their proprioception (awareness of where their limbs are) tends to be poor, so when their kinaesphere is extended with a paddle there may be significant difficulties in dexterity and coordination. Characteristic difficulties include poor shoulder coordination and balance, and there will often be poor organisation and sequencing difficulties.

Strategies

- Give plenty of time for changing - you may need to help fit helmets and buoyancy aids.
- Use physical guidance methods when teaching complex strokes, e.g. draw stroke.
- Write L and R on their hands or use kayak paddles with different colour blades.
- Mark the drive face of everyone's paddles using tape.
- Use unfeathered paddles and skegs when kayaking.
- Pair them with a competent and sensitive paddler when using tandem canoes.
- Work on developing kinaesthetic and proprioceptive feedback, e.g. On a scale of 1 to 5, how hard are you lifting that knee?
- Use self-gauged measurement of performance, e.g. when doing support strokes and sculling, they can self-assess edging/leaning of the boat on a scale of 0 (flat) to 5 (right angles to the water).
- Ensure movements are overlearned (or grooved) by repetition, but remember that they may have poor stamina.
- Boost self esteem by adjusting learning goals and focusing on success - they may have great difficulty learning and retaining movement patterns.

Tourette's syndrome

This is a very rare disorder characterised by repetitive muscle movements (especially facial tics) and occasional vocal outbursts. In children, vocal outbursts are very rare, although involuntary grimacing may be seen. Some adults with Tourette's may swear involuntarily from time to time. It is very unlikely that you will ever coach someone with Tourette's but an awareness of it might help coaches deal with it in a sensitive way.

Down's syndrome

Down's syndrome is a medical condition caused by a duplicate chromosome 21. People with Down's syndrome can be affected in a number of ways and to varying degrees of severity. Whilst a coach may work with a group of participants all of whom have Down's (to some degree of severity) it is becoming more likely that someone with Down's will be included within a group from a mainstream school. Participants with Down's are likely to be supported by one or more carers.

Someone with Down's syndrome may have

- Mild to severe learning difficulties.
- Hearing impairment, visual impairment, heart problems.
- Difficulty in understanding tasks and expressing themselves clearly (ASD type difficulties).
- Difficulty with coordination, balance and spatial awareness.
- Reluctance to break from habitual routines.

Strategies

- Consult and involve carers, who will understand the individual needs of the participant.
- People with Down's syndrome tend to prefer to learn by watching rather than listening.
- Use clear and simple one to one demonstrations, followed by brief and direct verbal instructions.
- Allow plenty of time for participants to respond to verbal questions.

Summary

In my opinion, categorising learners into groups can be dangerous, whether these are based on so-called learning styles or learning difficulties. I strongly believe that paddlers should be considered as individuals, with individual learning needs and preferences. This paper seeks not to place learners into groups but to heighten awareness amongst coaches of the generalised difficulties that some individuals face.

Always remember that the learning difficulties considered here can manifest themselves in many ways. People can show all or some of the difficulties associated with a particular category. Furthermore, many people who would not describe themselves as having a learning difficulty show some tendencies typically associated with one or more learning difficulty. There are many common elements to the suggested approaches, such as clarity and brevity of explanation, using a variety of approaches and seeking feedback from the learner themselves that are simply good coaching practice.

People with learning difficulties often face struggle and failure in many aspects of their lives. This is never through inability, but through a mismatch between their learning needs and the learning opportunities given to them. Someone once said, 'There is no such thing as a bad student, only a bad coach.' However, I think that it is important that as a coach you do not feel personally responsible for students who struggle to learn. It is not their fault, but neither is it yours.

You should never give up on a student, especially one with learning difficulties. Seek more advice, take a fresh approach, be patient, persevere and experiment. One of the best things about our sport is its inclusiveness and this is never truer than for those with learning and behavioural difficulties. Anyone who has succeeded coaching someone with a learning difficulty will agree that it is one of the most satisfying and rewarding things in the sport.

Further information:

Foundation for People with Learning Difficulties:
www.learningdisabilities.org.uk

The Dyslexia Institute: www.dyslexia-inst.org.uk

The Dyspraxia Foundation: www.dyspraxiafoundation.org.uk

The National Autistic Society: www.nas.org.uk

Down's Syndrome Association: www.dsa-uk.com

By Neil Dixon.

With thanks to Loel Collins, Michele Lee (Dyspraxia Foundation), Alex Seymour (NAS) and Ruth Beckman (DSA).



Windermere Outdoor Adventure Activity Centre

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An expanding activity centre on the shores of Windermere, we are looking for outdoor enthusiasts to join our small but valued team.

You should have a minimum of 2 sports national governing body qualifications, from RYA Dinghy Instructor, RYA Windsurfing Instructor, BCU Level 2 coach (kayak or canoe), RYA Safety Boat, Mountain Leader Award and Single Pitch Award, plus the soft skills to deal with guests of all ages and abilities.

Your energy and commitment will be rewarded with an extremely competitive salary/package. Posts are initially seasonal April-October or June-September.

For further information and to request an application pack please contact: -

Kathryn Jackson on 015394 47183 or e-mail
woa.admin@southlakelandleisure.org.uk

South Lakeland Leisure Trust
Chief Executive - Colin Hewson

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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 2005 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.

Information available on the coaching bulletin board
www.bcu.org.uk/coaching

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A current driving license with at least 2 years experience or a D1 entitlement would be an advantage.

For further information and an application form please contact

**The Activities Manager,
Calvert Trust Exmoor, Wistlandpound, Kentisbury,
Barnstaple, Devon. EX31 4SJ
Tel 01598 763221**

Chris Forrest 'Inspirational Coaching'

Jasmine Cottage,
Llanrug, Caernarfon, Gwynedd, LL55 4RA
Tel 01286 650559 / MB 07779 592689

E-Mail: chrisforrest_coach@yahoo.co.uk

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**BCU/SASA
STUDENT EVENTS
2005**



**Easter Camp 19-21 & 22-24 March 05
Alpine Camp 16-19 & 20-22 June 05
Safety Seminar Oct 05**

For more information contact Chris Walker.
chris@hydrate.com 07834 921105 or
BCU Coaching on 0115 9824200
Coaching@bcu.org.uk



Introduction

One thing that most paddlers will become involved in sooner or later will be a multi-day paddling trip, either within the UK or abroad.

As a coach, it is likely that you may decide (or be asked) to take on the organisation of such a venture for the benefit of yourself, friends, canoe clubs, schools or other organisations.

Whilst every trip may well prove to be a "one off" in terms of the location, time of year, size of group, type of craft used, and the personalities involved, what I've tried to do is establish the seven stages which I follow when putting together a trip.

I won't pretend for a minute that this is either an original or exhaustive list - indeed much of it has been stolen from other people whose trips I have... experienced... over the years!

So take a look, pinch what you like, and discard what you don't!

Stage 1 : The idea

This isn't usually something that you will need to give much conscious thought to unless, for example, you are arranging an annual trip and are looking for a new location. Places where people normally find inspiration for trips include:

General - TV, movies, books

Specific - Paddling guides, magazine articles, trip reports

Individual - friends / word of mouth, previous experience in nearby areas.

Stage 2 : Feasibility

With internet access, the time required and expense for this stage have reduced significantly. There's a load of information out there on the web, and a few e-mail enquiries can save a lot of time and money compared with trying to make arrangements by post or phone.

Decide which are the key building blocks for your trip (aspects without which the trip will not be viable). These will usually include a number of the following:

- Can you get time off work or study?
- Can you get there... and back?
- Can you handle it?
- Can you do it on your own?
- Can you afford it?

Some of the stages above may need to be checked out well in advance, for example outfitters may close over the winter & spring seasons, yet airline tickets may need to be booked early in the year to secure reasonable fares.

Other factors to consider include:

Time of year

- when can sufficient leave be taken from work?
- Can the trip be completed safely and comfortably within the time window available?
- Will water levels and weather conditions be suitable for the trip?
- Will any local/national holidays in the area you are visiting affect your plans?

Logistics (& access)

- Can canoes & equipment be transported to (and from) the water? This may include: Flight / ferry/ train bookings - will they carry canoes / kayaks?
- Vehicle hire
- Equipment hire & shuttles from outfitter

- Accommodation type and duration of stay at each location, Permits, visas or other local requirements for access

Cost - How much are you prepared to fork out? Will your mates feel the same way? Sponsorship may be available depending on the nature of the venture. However there's no such thing as free money (*if you've found otherwise, please let me know*), so be prepared *at the very least* to spend some of your quality paddling time setting up photos or video, and possibly writing articles or making presentations on your return.

Stage 3: Assemble the team

Obviously, it is possible to plan a solo trip to reduce compromises, but if expensive shuttles are required, being part of a group will allow economies of scale to take effect. Of course, being a cheapskate isn't the only reason to travel as part of a group...

- You get to be in more of the photos
- You don't have to cook and wash up every evening
- There are other people there to go for help / administer first aid / chase your boat when you make an unexpected exit.

If you're planning to enlist others for your venture, accept that you are likely to have to make some compromises on your dream trip. Decide in advance what aspects you are prepared to be flexible on, and which are non negotiable.

Decide on who your target audience is to be and prepare some initial information. Try to include:

- Where
- When
- How hard (*difficulty, distance and remoteness*)
- How much (*Come up with a ball park price, but make it clear that this may change*)
- How to apply (*Contact e-mail is good for further information - To book a place my preference is a first come first served deposit system... money talks, as they say!*)

Have a clear idea what you wish your maximum group size to be. Large groups can sometimes experience problems arranging accommodation, finding suitable campsites, or obtaining permits in some areas. Also, the larger the group, the more inertia there can be in terms of getting going each day, and the greater chance there will be of differences of opinion arising!

Stage 4: Detailed planning

So you've got enough people on board to make the trip run, deposits are paid, now you have to produce the goods!

A. Book the main aspects - transport & shuttles, permits or visas, any accommodation required, any outfitting required (usually a deposit is sufficient for this - ensure the deposits you collect will be adequate to cover this),

B. Arrange Trip Insurance - this will ensure that your trip does not fall flat because one member withdraws at short notice. Canoeing and kayaking are often regarded as higher risk activities, so ensure your level of medical cover is appropriate to both what you do and where you do it.

C. Arrange a Group Meeting - this is highly advisable if at all possible. Have an outline itinerary prepared, and make notes or amendments as required.

Points to discuss:

Expectations: If your initial information shot has been good, you'll



Top tips for top trips cont...

hopefully have gathered together a team of like minded individuals. Even so, each person will have their own background, reasons for coming along, and differing levels of experience.

Structure for a standard paddling day: ie. Wake up time, approx. hours paddling etc. Ideas about this can vary widely and it is worth reaching a consensus on well before your first paddling day.

Free (non paddling) time: People may want time during a trip to acclimatise, chill out, or wind down. This is especially the case in trips abroad, where people often want to spend a day or two in full tourist mode. If this will not be possible, make sure everyone is aware of the situation at the start.

Equipment: Discuss what you will need (individually and collectively), what you have, and how to get what you don't. This should also avoid any unnecessary duplication of kit. Decide (and minute) who will be responsible for bringing items of communal kit.

Menu: Keep in mind the nature of the trip mind when fixing the menu. A trip requiring numerous portages or with limited storage space will require a different approach to a trip where you pass a supermarket or fast food joint each day. Consider also what your cooking facilities and availability of fresh water are going to be like. Great camp meals can be prepared using a single stove or open fire, but prior planning is the key.

Allocate roles & responsibilities: Other members of the group will normally want to be involved, so be prepared to delegate, and make use of the skills you've got within the group. Roles might include: Kitchen manager, first aid, photographer, diarist.

Minute the meeting, and circulate minutes to the whole group afterwards for approval, in case any points have been omitted, or misinterpreted. Don't expect anyone to read them, but it's a good back up in case of any later disagreements!

Arranging trips for other organisations

In this case, the organisation concerned will have its own agenda which to a large degree dictates the structure and nature of the trip. Group meetings in this instance tend to be more for information than for consultation. Additionally, other organisations will have their own procedures, guidelines, risk assessments, parental consent issues etc which the group leader must be familiar with.

Stage 5: Pre-trip contact

If the detailed planning has taken place some time before the trip is due to take place, it is always a good idea to check the key building blocks are still in place nearer to the time (group members, transport, permits, accommodation, equipment, balance of payments etc.). However, don't leave this so late that you can't sort out any problems which may arise!

Stage 6: The trip

With a bit of luck, the hard work will all have been done by now, allowing you to get on and enjoy your paddling. However, just in case a bit of crisis management is called for, make sure you've brought along documentation for any bookings which have been made. E-mail correspondence with contact names and numbers can be extremely useful in case of complications. Same

goes for Insurance policies. Having a nominated emergency contact (or contacts) back at home is also a wise precaution.

Perhaps the most difficult thing to predict if travelling as a group will be how the group dynamics will play out, especially when not all group members know each other beforehand. The pre-trip meeting may give some clues about this, and allow any major contentious issues to be settled. However, not all eventualities can be predicted, and experience (*both good and bad*) has shown that holding a daily meeting where people can air their views or grievances can act as an important safety valve. Your original vision for the trip may need to be adapted as events unfold, but this is usually preferable to a complete breakdown of the group.

Stage 7: Post trip (*the aftermath*)

Review of trip -A bit of soul searching while the trip is still fresh in your mind can be useful for future ventures. If a trip log has been kept this can ease the confusion as to who did what on which day, it's amazing how quickly this can get confused! Revisit the key building blocks: time of year, logistics, costs, suitability of trip for team members, and size of group.

Thank yous to outfitter, etc. -This can pay dividends if organising return ventures.

Settle accounts -Trips rarely, if ever, work out exactly to the estimated budget. There are a number of ways of dealing with this, depending on who the trip is aimed towards...

"All Inclusive" Make an initial estimate based on fixed costs and what you expect additional costs to be, including a generous contingency fund. All group expenditure along the way is paid for out of this pot of money, with any excess being refunded evenly later.

"No frills" Start with a basic figure for fixed costs, and log all group spending (with receipts) along the way. At the end of the trip these can be tallied up and a cost per head calculated, allowing adjustments to be made accordingly between individuals.

Photos / Slideshow -It's always fun (for those who went, at least), to see pictures of their exploits. A slideshow can be a very sociable way to do this, as well as a good starting point for promoting next year's trip!

Sponsors -If you've managed to arrange sponsorship for your venture, this is usually the time to pay the price. Presentations may have to be given, or articles produced for magazines. Mind you, there are those out there who actually enjoy that kind of thing!

I hope this gives any prospective trip planners out there at least an overview of what's involved in putting together a paddling trip. If there's anything I've mentioned which I can help further with, do feel free to contact me at rodsteele@hotmail.com

Wherever you're planning to get to... enjoy your travels!

Rod Steele.

Regional Round-UP

YORKSHIRE REGION

RCO - Ian Scott

12 Highcliffe Place, High Storrs, Sheffield 11

S11 7LW, Tel 07961 815038

e-mail - highcliffeadventure@hotmail.com

After the success of last year's club coaching weekend the region is once again putting on a qualification weekend for those club members who are interested in joining the coaching scheme. Alongside this will be an opportunity for club coaches to update which is a requirement for all coaches to undertake once every three years.

Saturday 16th April 2005 Price £12.
Hot drinks and lunch included

Coaches Update Forum

Saturday 16th April 2005 Price £15
Hot Drinks & Lunch Included

- Aquatic first aid course
- Canoe Safety Test — Open Canoe
- Canoe Safety Test — Closed Cockpit Kayak
- 2 & 3 Star Open Canoe
- 2 & 3 Star Closed Cockpit Kayak
- Playboating — Introduction

Saturday 16th April 2005

- Evening BBQ

Sunday 17th April 2005 Price £15
Hot Drinks & Lunch Included

- Aquatic first aid course
- Canoe Safety Test — Open Canoe
- Canoe Safety Test — Closed Cockpit Kayak
- 2 & 3 Star Open Canoe
- 2 & 3 Star Closed Cockpit Kayak
- Playboating — Introduction
- Level 1 Coach Kayak Training/Assessment

Saturday/Sunday 16th & 17th April 2005 Price £35 — Hot drinks, Lunch, BBQ and accommodation included

- Open Canoe Level 2 Coach Training
- Closed Cockpit Level 2 Coach Training

Course price does not include BCU fees and participants must be supported by their club...

Contact details;

Coaching Forum,
Contact RCO Ian Scott as above.

Coaching Weekend
John Lucas, 103 Springfield Road, Morley, Leeds
LS27 9TA, Tel 07884 181828
Forum@coaching-yorkshire.org.uk

**Level 3 Kayak Training Course,
5th & 6th March 2005**

**Level 3 Kayak Assessment Course,
12th & 13th March 2005**

Contact RCO Ian Scott for further details

and a word from the regions new chair....

Dear Yorkshire Paddlers,

As so many of the Yorkshire region's members are also coaches I hope will be useful to a lot of folk.

At the recent AGM of the Yorkshire region of the BCU I am pleased to advise that for the first time for several years the

region development team now has a full committee and is made up of coaches and club paddlers alike.

I take over as Chair, (contact details below) and I am delighted to say that we have a secretary JONATHAN Dakeyne Jdakeyne@aol.com (Jon is no stranger to the region, having had a break but previously served as Treasurer).

We are hoping to get in touch with all clubs and all disciplines shortly. However please take this as an invite to ensure we have up to date contacts by registering your details with Jonathan now.

Communication of all that's happening within our clubs and region can be advertised by sending your news to our web site manager Kate Wright at kate.wright29@ntlworld.com please tell Kate exactly what you want her to put up. And please don't send us everything, just the stuff you want actioning. The web site is yorkshire.bcu.org.uk

The region is fortunate to retain the services of David Longley as Treasurer, David Gent as vice chair and Ken Reece as an independent member. We are joined by Keith Saunders (also vice chair) and Chris Hawkesworth (independent). Thank you.

A big vote of thanks must go to Mike Twiggs who has worn multiple caps for ages, but who we are retaining as Disabilities Rep. (Any clubs who cater for our less able paddlers are encouraged to contact Mike so a full list of Inclusion Clubs within our region can be established). Mike is on twiggs_canoe@msm.com

So please get in touch and let us know what you want (or don't) and who's doing what. Happy New Year

Dick Constable dickconstable@canoeists.co.uk (make sure you put the S on canoeistS) 01132 668787 (at reasonable times please). If you ring and get Vicky, please tell her what you would have told me, she is very clued up.

Thanks. Dick



LONDON REGION

RCO - Gareth Moss, Tel 0208 9405550
gareth.moss@surreycc.gov.uk

Picture Gwyneth Paltrow accepting her Oscar - well with that vision as a back drop, I have to tell you that I'm going to stand down from my RCO role. Anyone who is interested in taking on the role should contact Richard Ward or myself.

A Level 3 training inland kayak is taking place March 5th/6th - contact Andy Pearson on 07802 975540

Coaching Forum at Thames Young Mariners is on March 12th. There should be a flyer posted to all L&SE region coaches.

Assessor Training courses are scheduled at the ~~Adur Centre~~ - contact Mike 01273 462928

Assessor Training course will run at TYM on 9th April - contact me for details

Level 2 Training Kayak will run at TYM on April 16/17 & possibly also April 23/24.

Gareth Moss
London RCO



SOUTHERN REGION

RCO - Steve Finch. Tel 0118 9755318
Email: finchs@reading-college.ac.uk

RCO Election notice:

Elections are now due for the role of RCO in the Southern Region. Steve Finch, the current RCO, has indicated that he is prepared to stand again, but other candidates are welcome to step forward. All nominations for the post must be received at BCU Office by 28th February.

For further information please contact Richard Ward, BCU English Coaching Development Manager at the BCU Office.

LCO Isle of Wight

After many years as LCO for the Island Buz Jon Austin has asked to be released from his post. Buz has over the years brought many people into the sport particularly sea kayaking. With his vast experience of all things tidal around the island he has always been a great source of knowledge. In days gone by Buz used to organise the Round the Island Race aimed at the keen sea kayakers

Buz hopes to be able to get out on the sea when the sun shines and is still happy to pass on any information concerning paddling around the island.

A very big thank you Buz for all the work you have put into paddling over the very many years.

Steve Finch

If anyone would like to take up the mantle as LCO for the Isle of Wight please contact myself or James Hinves (CDO/PDO).

2005 Dates

March 12 Assessors Training Day. Guildford

14 April - **South Bucks Panel Update Workshop**
Details from Andy Maxted (LCO South Bucks),
tel: 07730 852760, email: morven@ukonline.co.uk

April 17 Bell Boat Helm. Reading

April 23: Aquatic First Aid. Reading

May date to be advised Regional Forum Oxford

June 11. Safety Test Trainers Update

October 15: Regional Forum. Hampshire



SOUTH EAST REGION

RCO - Andy Hall Tel 01903 767503
Email: debofdene@yahoo.com

SOUTH EAST COACH UPDATE — 17APRIL 2005
COBNOR OUTDOOR CENTRE IN CHICHESTER HARBOUR

It is hoped to give the update a salty flavour!

James Hinves, BCU Southern Region Paddlesport Development Officer Tel: 023 8031 9815 /
Mob: 07834 583 369

Address: BCU, Sport and Recreation, Southampton Institute East Park Terrace, Southampton, SO14 0YN

Event Dates from Dave Barker LCO Kent - dave@what4.org.uk
LEVEL THREE SEA ASSESSMENT

Any coaches interested & ready for Level 3 Sea Assessment in Spring 2005 please contact Dave Barker for course dates.

BCU 3/4 star Sea Skills on a 4/5 hr journey for 2005.

- Sun 20th Feb 11am @ SCC** Local paddle
- Sat 9 April ** 8.30am @ SCC** St Marys bay paddle
- Tue 10 May 10am @ Christ Church (in Dorset, at the sailing club)
- Sun 5th June 8.30am @ Whitstable sailing club
- Sun 10 July 8.30am @ SCC** Warren Paddle

More dates to follow

* Seapoint Canoe Centre

If you are in doubt about the weather and not sure that we will paddling on any of these dates, then confirm by ringing my mobile (07889524954) - will be on 1.5hrs before the meet time.

Great paddle and take care Dave Barker



SOUTH WEST REGION

RCO - Andy Barclay, Tel: 01822 833 885
Mob: 07968 892 855 Email: ab Barclay@cornwall.gov.uk

RCO Election notice:

Elections are now due for the role of RCO for Devon & Cornwall Region.

Andy Barclay, the current RCO, has indicated that he is prepared to stand again, but other candidates are welcome to step forward. All nominations for the post must be received at BCU Office by 28th February.

For further information please contact Richard Ward, BCU English Coaching Development Manager at the BCU Office (see contact details).

DORSET COACH UPDATE FORUM

Saturday 19th March 2005 - 09.00-16.30 £10.00

The next update forum for Dorset will be held at the Weymouth Outdoor Education Centre. Dorset Coaches will receive a letter with details direct from the BCU in Feb. The forum will include a range of practical and theoretical workshops and a BCU assessor training course. Kayaking equipment may be hired by prior arrangement.

Happy new year!

LCO: Paul Hurrell Tel: 01305 784927
Email: woec@ dorsetcc.gov.uk

COACH UPDATE SATURDAY 19 FEBRUARY 2005

Cotswold Water Park, Lake 32, Keynes Country Park, Spratsgate Lane, Shorncote, Nr Cirencester, GL7 6DF

Outline program to include: Open boating and the kayak coach (practical session); Risk Management; Work in Paddlesport with challenging young people (discussion and workshop).

All applications to: Peter Pendlebury, 12 Clyde Cottages, Wroughton, Swindon, SN4 9AE

Only wet kit needed if your open boating skills are nil

Look forward to hearing from you, Peter



Office Matters...

EAST MIDLANDS REGION

RCO - Chris Cartwright chris@adventureimages.co.uk

RCO Election notice:

Elections are now due for the role of RCO in the East Midlands Region. Chris Cartwright, the current RCO, has indicated that he is prepared to stand again, but other candidates are welcome to step forward. All nominations for the post must be received at BCU Office by 28th February. For further information please contact Richard Ward, BCU Office

Derbyshire Coach Update 12th March Carsington Reservoir Leicestershire Coach update 13th March Leicester Outdoor Pursuits Centre. For more details contact Howard Blackman howard@bcu.org.uk 01159 824218

EASTERN REGION

RCO - Stephen Scorer Tel: 01234 376410

RCO Election notice:

Elections are now due for the role of RCO for the Eastern Region. Steve Scorer the current RCO has indicated that he wishes to stand down. A new RCO is therefore required. For further information about the role please contact Richard Ward, BCU Office. All nominations for the post must be received at BCU Office by 28th February.

Dates for your Diary:

25th & 26th June — Eastern Region weekend; details can be accessed via the Eastern Region website (www.bcu.org.uk/eastern/) or for hard copy please contact English Coaching.

NORTH EAST REGION

RCO - Ken Hughes kjhughes@darlington.ac.uk

RCO Election notice:

Elections are now due for the role of RCO in North East Region. Ken Hughes the current RCO has indicated that he is prepared to stand again, but other candidates are welcome to step forward. All nominations for the post must be received at BCU Office by 28th February. For further information please contact Richard Ward, BCU Office

NE Coach Update Forum Dates:

8th May 2005 —Adventure Sunderland
2nd Oct 2005 —Adventure Sunderland

NORTH WEST REGION

RCO - Ian Bell - ianalisonbell@btopenword.com

Following another successful update and AGM held at the Burrs in December I would like to thank all those who supported the day to make it a success.

As previous announced Pat Mee has retired as LCO for Greater Manchester. There were two nominations for the post - Stuart Gibbon and Chris Brookes. After some careful consideration they decided between them that Stuart would take the post with Chris assisting as supporting him as a member of the local coaching panel. Stuart can be contacted via Salford Watersports Centre.

Dave McGarry, LCO Merseyside has also decided to call it a day, however Dave Cook from Merseyside has volunteered to step into the position to give the post a try and to cover the vacancy. If any one else is interested they should contact me by 28th February, if required an election would then be held for the post. I would like to thank both Pat and Dave for all their work for the region and offer best wishes to them for the future.

NW meetings this year - provisional dates: 17 Feb Salford, April 28 Chester, 14 July Clitheroe, 22 Sep Southport,

Regional Teesside weekend May 28th & 29th May 2005
(PLEASE NOTE CHANGE OF DATES)

Paddlefest Liverpool June - TBA

WEST MIDLANDS

RCO - Phil Ascough PAscough@worcestershire.gov.uk

5th - 6th March Level 2 Coach Training - Canoe and Kayak

2nd April Local Coaching Forum - Upton Warren

3rd April provisional date for assessor training

15th - 16th October Level 2 Coach training - Canoe and Kayak

5th - 6th November Regional Forum and Coaching weekend

Diary Dates.

Scottish Sea Kayak Symposium - Skye
31st May / 3rd June 2005

Sea Kayak and Surf Symposium - Outer Hebrides
Uist - 23/31st August 2005

Tryweryn Coach Fest
3/4th Sept 2005

Tiree Surf Kayak Gathering
24 / 27th September 2005

SCA Coaching Conference
8/9th October 2005

2005 Open Boat Symposium - Lakeside Cumbria
November 2005 - (Actual date in next edition)

Worcestershire Outdoor Education Service

Worcestershire Outdoor Education Service is seeking Seasonal Instructors to work at their Upton Warren Centre.

May - September 2005

Senior full time posts are also available for experienced Canoe/Kayak coaches and RYA Senior Instructors.

Please email
PAscough@worcestershire.gov.uk for further details.



Vacancies COMMUNITY SPORTS COACHES

We are delighted to announce that funding has been secured for 5 part-time and 1 full time Community Sports Coach for Paddlesport. This is an exciting opportunity to establish strong links and regular after school training groups aiming to provide more opportunities and pathways for young people in to regular paddling.

The scheme is managed by Sport England with the support of the Department for Culture, Media and Sport and other partners based on the key recommendations of the Coaching Task Force.

Part-time posts are 6-7 hours and full time posts 37 hours - all coaches would need to work flexi hours including weekends with the part time focus on after school sessions. The salary range is from £18,000 to £20,000pa pro rata. All coaches must be BCU updated coaches with a minimum of Level 2 qualification and willing to undertake an enhanced CRB check. All sections of the community are welcome to apply.

Devon - Exeter Canoe Club – 1 x part time post

Applicants should be Placid Water Level 2 minimum with good experience of flat-water racing.

Closing date for applications 28th February 2005.

Derbyshire - Matlock Canoe Club – 1 x part time post

Applicants should be Level 3 coach with slalom experience.

Closing date for applications 16th February 2005

Essex - Chelmsford Canoe Club – 1 x part time post

Applicants should be Placid Water Level 2 minimum and good experience of flat-water racing.

Closing date for applications 3rd February 2005.

Staffordshire - Staffs & Stone Canoe Club – 1 x full time post

Applicants should be Level 2 coach with good slalom experience.

Closing date for applications 16th February 2005

Surrey - Elmbridge Canoe Club – 2 x part time posts

Wey Kayak Club – 2 x part time posts

Applicants should be Placid Water Level 2 minimum with good flat-water racing experience.

Closing date for applications 16th February.

For more details on any of the above posts and an application form youth@bcu.org.uk or call Youth Programme 0115 982 4220.



BCU Surf Weekend - North East 23rd/24th April 2005

Following the success of last autumn and spring events 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

Coaching Award Registration and Assessment Fees

**Coaches and Contracted Providers
are reminded that coaching registration
and assessment fees
have now
increased from**

£15 to £17.50



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 41,000miles (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 500miles (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 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 Governments 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



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Water Information Line: 01678 520826

Web-site: www.rivercoaching.co.uk

BCU COACHING SUPPLIES

www.bcu.org.uk/coaching