

Coaching Development  
**code**  
the magazine of the BCU Coaching Service  
The Coaching Service is



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.

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, BCU UK Director of Coaching.*



## In this Issue

No 125 October 2005 £1

Work over the summer has been continuing on the BCU's preliminary developments of a UKCC endorsed coaching scheme and as such it is hoped that the second of our autumn (Dec) magazines will carry some of the detail being considered by Home Nation and BCU UK Coaching Committee.

With our Long Term Paddler Development Project running parallel, and being mainstreamed with it, this particular edition of Code carries an update of LTPD, including an outline of coming workshops to assist coaches in their appreciation and understanding of LTPD and to help broaden the range of their coaching tool box.

Additionally and as per usual this edition includes our 'Regional News' and 'Office Matters' features.

Our December issue will return to its standard 12 page run. See you there.

Work on the LTPD project is going really well. We have a number of projects on the go that will make a real difference to paddlesport delivery across the UK.

### LTPD Pathway Document:

The pathway document has been produced in glossy form and is available to BCU members for £5. This outlines the BCU vision for LTPD and was produced as a result of extensive consultation across our sport, but also under the guidance of Dr. Istvan Balyi himself! It outlines the kind of technical, tactical, physiological and psychological preparation paddlers should be doing at all stages of development and caters for all levels of ability. If you are involved in coaching or paddlesport delivery in any way – you should have a copy and be starting to implement the ideas into your everyday delivery. Just send a cheque for £5 to BCU Coaching Supplies.

### Coaching Young Paddlers Workshop:

The BCU workshop entitled "Coaching Young Paddlers" has been updated to include LTPD education material, especially relevant when working with young people. The resource book that accompanies the course also has a lot of information to help coaches and deliverers working with this age group. These workshops are run around the UK, contact your PDO, CDO or RCO to find out when these 2<sup>½</sup> hour workshops are being run, or to organise one for a group of coaches, parents etc in your area. Attendance at these workshops counts towards the coaching element of update requirements.

### Short Introduction to LTPD presentation:

These presentations are going to be run through the autumn coach update forums and include a brief summary of the model, with the opportunity to discuss how you could begin to implement these ideas into your coaching. Again contact your CDO, PDO, or RCO for details. If any groups of individuals would like a presentation to introduce the concepts of LTPD i.e. clubs or centres etc. Please contact LTPD project officer to make the necessary arrangements. Details at the end.

### Sports Coach UK 'Introduction to LTAD' Workshop:

Sports Coach UK run three LTAD specific workshops:

1. Introduction to LTAD – A 3 hour workshop based around Istvan Balyi's work, and the concepts that support LTAD. Aimed at those who have an interest in coaching or with little or no practical experience.
2. FUNdamental movement skills – A practical 3 hour workshop that introduces the concepts behind development of balance, coordination and agility as fundamental movement skills.
3. Managing Coaching within LTAD – A 3 hour workshop for coach managers and coaching development professionals responsible for the development of coaches.

Workshops are run through Sports Coach UK on a regional basis or can be organised by groups of individuals. Contact Sports Coach UK Business and Support Centre 01509

226130, or check out <http://www.sportscoachuk.org> Scottish, Welsh and Irish members will need to contact their respective sports councils for dates of courses.

### Website Development:

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

Check out the BCU website for information relating to the LTPD pathway. The new website is due to go live any day, LTPD issues are raised in the coaching section and throughout the young peoples pages with sections for coaches, parents and kids.

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

World Class performance also has a range of information on many of the LTPD recommendations. There is a host of information that would be of interest to all the competitive and non-competitive disciplines.

### LTPD e-news:

This is an electronic email based newsletter sent out regularly (at most once a month) to keep interested parties up to date with what's happening on the LTPD project. eNews is an attempt to help speed up communications between the BCU, its members and partners. To subscribe simply drop a line to [laratipper@btopenworld.com](mailto:laratipper@btopenworld.com)

### Fundamental Paddlesport Skills Workshop:

An exciting new workshop that is looking into the development of basic movement and paddlesport skills is due out early in 2006. This will focus on the skills necessary for paddlers to create a union between themselves, the boat, paddle and the water around them, to such a degree that to an onlooker these components look as if they are working together as one. In order to achieve this the paddler must have an extensive repertoire of skills, many of which are established before the person sets foot in a boat! Topics such as balance, agility, co-ordination, active posture, being able to create powerful effective strokes and being able to react / feel the movement of the boat underneath the paddler will be addressed. Development work is currently being undertaken to ensure this is a cutting edge workshop and should help all coaches further understand the fundamental paddlesport skills required in all disciplines and at all levels.

### eLearning LTPD test of knowledge:

Another exciting project that we are working on! This web based test of knowledge is being developed to include an eLearning site, followed with a test of basic LTPD knowledge. The test will result in a certificate if completed successfully and it is our intention to use it as a pre-requisite for other courses, and as an update option for coaches and providers.

### New Book's out:

We have been working closely with Slim and Loel Collins on the new Canoe Games book, this should be out in the Winter, and



with an updated format is geared towards using games to promote quality skill development along the lines of LTPD amongst other things!

Also out, in spring 2006, is the new BCU Coaching Handbook. This has chapters on developing the key skills required in paddling and will help any paddlesport coach provide a better service and integrate LTPD into their work.

#### Discipline Specific Development:

Another key project being worked on at the moment is to encourage discipline development to support LTPD. This is in its early days at the moment but is likely to include reviews of competition structures, integrated calendar planning, multi-skills events, performance criteria and selection policy linked to LTPD in the competitive disciplines and development plans to facilitate the integration of LTPD.



### Chief Instructor vacancies with NST Travel Group

**NST** are currently recruiting a Chief Instructor at our UK children's residential activity centre.

This is a permanent position and would ideally commence in **November 05**.

**In addition we require a Chief Instructor for our Lou Valagran property in the Ardèche region of southern France for the 2006 season.**

Both of these posts require a level 3 open canoe plus SPA qualification as a minimum.

The successful candidates will have experience of working in a multi activity environment at a senior level.

Experience of team management, staff training, equipment management and programming would be advantageous.

For more information please contact

**Lorna Stewart at**

**NST recruitment on 01253 503011 or info@nstjobs.co.uk**

#### 'Preparing for a life in Paddlesport' Leaflet:

Sports Coach UK are producing a flyer for us to provide information about LTPD at an entry level. This is targeted at parents, coaches, clubs, administrators etc who are new to the concept of LTPD and follows on from a generic leaflet they have produced already 'Preparing for a life in Sport'. This should be available in the New Year.

If anyone wishes to contact the BCU about the Long Term Athlete Development Project, or any of the issues raised in this update, please contact:

**Lara Tipper - BCU LTPD Project Officer**  
**[laratipper@btopenworld.com](mailto:laratipper@btopenworld.com)**  
**07793817155**



**High Loaning Head**  
**Garrigill Alston**  
**Cumbria CA9 3EY**  
**Telephone 01434 381929**  
**[www.canadiancanoe.com](http://www.canadiancanoe.com)**  
**[www.novacraft.com](http://www.novacraft.com)**  
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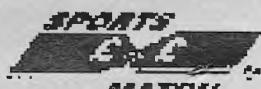
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#### Safety Seminar Oct 22/23rd 05

For more information contact  
 BCU Coaching on 0115 9824200  
[Coaching@bcu.org.uk](mailto:Coaching@bcu.org.uk)



**BCU/SASA  
 STUDENT EVENTS  
 2005**



# Regional Round-Up

## EASTERN REGION

RCO - Stephen Scorer  
Tel: 01234 376410

The Annual Consultative Meeting of ERDT-East will be held on Monday 14 November 2005 at the University Athletics Ground, Wilberforce Road, Cambridge, 7.30 for a prompt 8.00 pm start. Bar available.

Agenda items: Standing Orders, Election of Officers – Chair and Secretary – including Minute Secretary To be followed by a speaker

Other Agenda items signed by two full Regional BCU members may be submitted at least 14 days before the meeting to:

**May Block, 27 Gilbert Road, Cambridge CB4 3NX.**  
Apologies and requests for maps to:  
Minute Secretary, address as above.  
Tel. 01223 311715, FamilyBlock@aol.com

## WEST MIDLANDS

RCO - Phil Ascough PAscough@worcestershire.gov.uk

### Staffordshire Coaching Panel:

Next meeting Sunday 18th December, am, Walsall CC (provisional). Details later. Suggestions for topics etc at the meeting to Stuart at: stuart.briggs@lineone.net

LEVEL 2 OPEN CANOE ASSESSMENT  
OCTOBER (EXACT DATE tba)

Contact  
Dave Bateman, Ackers Adventure, Small Heath Highway  
Birmingham, B 10 ODQ

Tel: 0121 772 3739  
E: info@ackers-adventure.co.uk

  
The Gene Teaching Series for White Water Kayaking on DVD & VHS  
gene17kayaking.com

### Beginner



### Intermediate



### Advanced



## LONDON REGION

RCO : Andrew Pearson Tel 07802 975540,  
email a\_pearson7@hotmail.com

Hope everybody had a good summer.

At the time of writing I have received a good response to the previous article's information regarding funds that are available for coaching qualifications and am presently in the process of dealing with this.

If you have not received the information you require please contact me. Also please let me know what courses or trips you are planning to run and I will pass on the information to interested parties.

Good paddling

Andy  
a\_pearson7@hotmail.com

## YORKSHIRE

RCO - Ian Scott  
12 Highcliffe Place, High Storrs, Sheffield 11  
S11 7LW, Tel 07961 815038  
e-mail - [highcliffeadventure@hotmail.com](mailto:highcliffeadventure@hotmail.com)

Hi all,

I'd like to kindly thank Tony O'Connell of Bradford and Bingley Canoe club for providing the venue for the Regional Coaching Panel meeting held Sunday 4th September, and for arranging the water based coaching session which took place on the River Aire at Wagon Lane in Bingley, prior to the meeting.

I'd like to extend those thanks to Bradford and Bingley Canoe Club for the use of it's facilities for the water based session, and give a large thanks to John Sturgess (a man with many titles) for leading the slalom based coaching session.

I'd like to congratulate Ian Scott on his re-election to Regional Coaching Organiser. Ian's contact details can be found in this section.

For Kayak and Canoe courses further information can be provided by contacting me, AP by e-mail to [adam-peter@ntlworld.com](mailto:adam-peter@ntlworld.com), or by telephone on 07768 345 015.

See you on the water.

Adam-Peter 'AP' Gair.  
RCO Pennine (Yorkshire)

## Coast-eering workshop / course.

The Fourth Combined Rock and Water Workshop, December 10/11 2005 based in Oban. Contact...

[Hebpursuit@aol.com](mailto:Hebpursuit@aol.com)

## Level 5 Assessment

North Wales - Feb 25/26 2006.

Open for all disciplines. Applications need to be made via Maria at BCU with the following in place:

By 1<sup>st</sup> Dec 2005:

- A letter of support from your tutor, making a recommendation for assessment.
- A completed project.
- A copy of the completed action plan, making sure that all conditions have been fulfilled.
- A C1 form stamped for assessment.
- £50 deposit (Cheques payable to the BCU)
- A letter of extension, should the training course have expired.

By 1<sup>st</sup> Jan 2006:

- £300 remaining course fee.

Upon receipt of the above, a place on the course will be confirmed.

## Update and New Courses from the BCU Lifeguards

*'The following comes with an apology to the Lifeguards who had requested that this info be posted in the previous Code' - sorry guys I know you worked hard on this and wanted coaches to be aware of these developments'*

### BCU Primary First Aid

This is a 4-hour First Aid award aimed at providing BCU L1 and L2 coaches with an appropriate basic qualification.

We also recommend that this award's training course be used to revalidate coaches who have a current Aquatic First Aid Award. This would be in line with the way other First Aid awards are administered, eg the First Aid at Work (FAW) award. The initial training for FAW is a 4-day course and revalidation of a current award is achieved by attending a 2-day refresher course.

### BCU Paediatric Resuscitation Award

This is a 2-hour course aimed at providing coaches, and other interested persons, with the skills and knowledge necessary to resuscitate children and babies.

NB - the international definition of a child in the context of resuscitation protocols is a person aged from 1 to 7 years old. From 8 years old onwards, adult resuscitation protocols apply.

### BCU Aquatic First Aid

This award remains an 8-hour award. However, the syllabus has been amended to make it more relevant to the current needs and requirements of coaches 'working within reasonable distance of medical assistance'. There has not been a major 'dumbing down' of the award. The amendments merely reflect changes in protocol across the spectrum of NGB First Aid awards.

These awards have been evaluated and approved for use by the BCU Lifeguards Training Panel and BCU Lifeguards National Committee. They are adopted by the BCU and will be administered through the BCU.

For further info visit the lifeguards website [www.bculifeguards.org.uk](http://www.bculifeguards.org.uk) or contact the BCU Coaching Office

## Classifieds

### KAYAK LEVEL 3 COACH TRAINING - 18th - 20th NOVEMBER 2005

Residential course at the centre and using local Yorkshire Dales Rivers  
Cost £90. Contact Low Mill 01969 650432 e-mail: [info@lowmill.com](mailto:info@lowmill.com)

### Winter & Spring Courses! from -**Inspirational Coaching**

Chris Forrest, Level 5 Coach (Canoe & Inland Kayak) Tel: 01286 650559 or 07779 592689  
E-mail: [chrisforrest\\_coach@yahoo.co.uk](mailto:chrisforrest_coach@yahoo.co.uk)

## Autumn BCU / WCA 'Surfest' Weekend South Wales - 5/6th November 2005

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

**'bottom turns' and 'Shoulders' - a Surf Skills Development Course... plus**

- 4 Star Assessment
- 5 Star Training / 5 Star Assessment
- Level 3 Training and Assessment

**A weekend of BCU courses promoted directly by the BCU and WCA and offered at the special rate of £30 per person ( not including accommodation )**  
For more details contact [maria@bcu.org.uk](mailto:maria@bcu.org.uk)

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## 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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Web-site: [www.rivercoaching.co.uk](http://www.rivercoaching.co.uk)

**BCU COACHING SUPPLIES**

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