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No 144 February 2009 £1



- English Coaching Conference
- Coaching Lifting and Handling Techniques
- New BCU Coaching Awards
- BCU 4 Star
- Canoe England Coach Update Forums



Canoe England Coach Conference Success



Canoe England held their first National Coach Conference over the weekend of January 17th & 18th at the National Watersports Centre, Holme Pierrepont, in Nottingham. Over 70 Coaches attended each day, from a wide range of the competition and recreational disciplines, and from all over the country.

The conference kicked off on Saturday with a short introduction from Lara Tipper the English Coaching Manager, who talked about the successful year we have just had within the Sport, and what an exciting future we look set for.

Tim Brabants MBE, who won the 1000m Gold, and 500m Bronze in Beijing, came to speak to the delegates about his experiences before, during, and after the Games. This inspiring talk from our very own Gold medallist really got the conference going! Craig Handford then took the delegates on talking about the importance of Coaches better understanding themselves in order to provide higher quality coaching.

From Saturday lunch time through to the end of Sunday a range of workshops were on offer for coaches, including some of the new BCU Foundation Supporting Modules;

Coaching the Mind, Fitness for Paddlesport Coaches, Performance Planning, Coaching Young Paddlers, and an Introduction to Coaching Racing. The feedback from these was particularly positive, with everyone excited about the content and happy to leave with their certificates! Some of these courses are also being run through the Local Coach Update events.

Amongst some of the other workshops on offer Ian Wynne (another of our Olympic Medallists), Gareth Field, and Len Hartley all ran sessions for coaches to help them better understand the dynamics of effective forward paddling, and James Hinves ran a workshop for Coaches to help them maximise the benefits of using an Ergo within their Coaching.

On Saturday evening Tim Brabants led the presentation of awards to England's most deserved volunteers and coaches. This recognises the outstanding contributions made to Paddlesport. Eighteen Awards were presented in all, with the following specifically Coaching related:

Young Volunteer
Young Coach
Paddlepower Coach
Female Volunteer Coach
Male Volunteer Coach
Teachers

Employed Coach

Mark Delaney,

Graeme Haigh, Oakhanger Project
Anna-Louise Glendenning, Hexham Canoe Club
Linda Turner, Dereham Canoe Group
Pat Tarry, Itchen South District Canoe Centre
Eric Farrell, Royal Canoe Club
Phillippa Sunderland, Ash Green School
Doug Hardie, Thomlinson Junior School
Mark Agnew, Mountain Water Experience
(non BCU/CE)
BCU World Class Performance (BCU Staff)

After dinner Mike Devlin, the BCU Director of Coaching, gave a general Interest talk on his sea kayaking exploration around the Falkland's South Georgia and the Antarctic Peninsula. Everyone enjoyed the stunning photographs and tales of adventure!

The event also provided coaches the opportunity to meet the ever-growing team of staff involved with Coaching within Canoe England. Comments regarding the high quality of session delivery, the friendly, professional, attitude of all the deliverers and staff was a recurrent theme on conference feedback forms!

With the success of the conference, both in terms of the opportunities for coaches to further develop their knowledge base, and to network with a range of coaches from all disciplines, and across all levels - it looks like we will putting the event on again next year!

Presentations from some of the workshops are being posted on the Coaching pages of the Canoe England Website, see 'Canoe England Coaching Conference'. <http://www.canoe-england.org.uk/coaching/>



Lara Tipper
English Coaching Manager

Coaches who work with beginners, should always coach (and demonstrate through good practice) safe lifting and handling techniques to help the paddlers they are working with move their craft to and from the water's edge. In the first instance this would not seem a difficult task, but if we do not practice, and coach, good habits from the start then we could put ourselves, and our students, at risk of injury.

The important thing to remember when involved in lifting and moving boats is not necessarily the weight, but the movement habits we exhibit. Plastic kayaks and canoes are heavy and we might expect lifting these could lead to injury, but just because your boats are light, doesn't mean you can ignore good practice.

Within industry the first expectation is to assess the risk involved with the situation, and then follow three principles;

1. If there is a risk, work to remove it.
2. If there is a risk and you can't remove it then, reduce that risk as far as is reasonably practicable.
3. Ensure proper and regular training is provided for all manual handling operations.

We would do well to apply these basic principles to paddlesport. There is no doubt moving and rescuing boats presents a manual handling risk. So what can we do?

1. Seek help:

Teach paddlers to first look for someone to help carry their boat with them. In introductory sessions it is good practice to insist that all boats are carried in pairs (or teams). This is particularly important for those of you who are running a high volume of sessions for your own safety. Just watch rafting sessions, the guides will very rarely lift and move the boats to and from the river! They have removed the risk from those who are most likely to get hurt, particularly through repetition.

Our major rule should be - if other people are about, always get help (reduce the risk - 2nd principle). Two or more people to a boat is likely to reduce the risk and if those people follow basic good lifting practice (3rd principle - training) then it is less likely problems will occur.

Learning Points for good lifting practice:

- Check the load you have to lift e.g. weight, handles etc, and where you need to move it too, ensuring all obstacles have been removed or noted.
- Establish how and when you are going to lift e.g. where each person will hold the boat (probably the ends, but not always, sea kayaks or canoes are often best lifted by having people either side of the cockpit or around the gunnels or seats on a canoe.) and which way they are going to face - facing each other when at the ends of a boat is not ideal!
- Lift in unison with a straight back, and bent knees, driving up through the powerful leg muscles to a standing position. The more people that can help does reduce the weight taken by each person but it doesn't take too many before they start hindering each other, so practice with your boats to find the optimum number of people.

2. Lifting boats alone:

Are we saying that you should never lift a boat on your own? If that were the case then very few of us would actually get the boat on the car roof rack or out of the club boathouse to actually go paddling. As paddlers progress in solo craft it is important that they learn ways of moving around independently, so ensure you teach them how to lift a

Coaching... lifting and handling techniques in paddlesport:

**by
Nigel Timmins**





boat on their own so they can do so with as little chance of injury as possible. Teach paddlers how to lift their boat through the range of challenges they are faced with; for example putting it on the roof rack, into boatracks, on and off the water etc.

How should you lift a kayak on your own? It will depend on the boat:

Short recreational boat (under 3m): the best way is to lift one end so that the boat is vertical, then move in near the cockpit and let it rotate around your shoulder such that you can carry it in the 'normal way' (see pictures). This ensures you never have to bend or lift in an awkward position. To put it down reverse the procedure or let it slide slowly off your shoulder, then without bending, lower or drop it to the ground.

For longer or more delicate kayaks: then first get the cockpit as high as possible i.e. roll it until the boat is on its edge. Stand with your feet against the hull hands on the cockpit and bend your knees slightly, keep your back straight, and then slide the boat up your legs till you are stood upright and arms are straight with the boat at about thigh level. Then lift the boat smoothly up onto your shoulder (see pictures). Again to put it down reverse the procedure. Caution should always be exercised with longer, heavier boats such a plastic sea kayaks – where help is recommended.

Canoes: these are far more difficult and having help to move a canoe on your own is almost imperative. Though again it is similar to lifting a short kayak. Lift one end, place it on an intermediate support so that the boat is at approx 50 degrees. Get underneath so that your shoulders are under the carrying yoke and allow to swing into a balanced position. The use of a trolley is an alternative.

3. Roof racks:

The first consideration should be to consider the design of any racks. I have designed my rack at home for my canoe so that it is just over 1m off the ground and in the drive way so that I just reverse my car near it and use the slide and glide process of moving the boat on or off my car roof rack. Thus reducing any lifting the 2nd basic principle (see picture).

Conclusion:

Make sure you know the best practice for lifting the boats you are using in your coaching sessions. Seek advice from a more qualified coach if necessary. Be warned, many experienced paddlers often use poor technique, having developed specific strength to get away with it (their luck won't last forever!).

Please encourage them to set a good example when in the company of less experienced paddlers – and always ensure you set a good example. And finally, just with all your coaching, make it FUN! Teaching good habits at the early stages of someone's paddling career is vital – and just as you would use games and challenges to teach practical skills do the same with this!

With care and good coaching we should be able to teach the paddlers we work with to lift and move their boats around on the land with little risk of injury.

How we apply these principles when on the water, particularly when performing recues is interesting and more difficult but is for a future article.

**Canolfan Tryweryn
Coaching Courses**

01678 521083 or
e-mail canolfan.tryweryn@virgin.net

Water Information Line: 01678 520826

Web-site: www.rivercoaching.co.uk



**Nigel Timmins, Canoe England, Senior Development Officer.
February 2009.**

Part 2, coming next time: "Readiness"; Coaching paddlers how to sit/kneel correctly in their boat and get ready for action!

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- UKCC Level 1 and 2



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The BCU's New Coaching Awards

The BCU's new Coaching Awards are now fully aligned with the UKCC and Ofqual (Office of the Qualifications and Examinations Regulator). As such they are an endorsement of quality and national recognition of both sport-specific and cross sport coach education.

Coaches follow an approved course of coach education and, on completion, receive a UK-recognised, certified qualification. Introducing the new awards means that all coaches qualified at a certain level will share the same degree of competence.

The new awards recognises the role of the coach as integral to the sporting experience, from introductory to performance level.

The benefits of the new awards will be felt by both the coach and the sport. For the coach, the awards will raise the profile of coaching, focus training on their needs and those of the paddlers and constituent groups they work with.

The learning programme content of the awards supports the introduction and development of paddlers and the deployment of coaches in clubs and in centers making skills and BCU qualifications valid and transferable throughout the UK.

The contents of the syllabi and assessment materials for BCU UKCC qualifications are agreed by the canoeing governing bodies in Britain, and delivered through the respective home country governing bodies e.g. SCA. These qualifications conform to the government endorsed quality standards of the United Kingdom Coaching Certificate (UKCC) and the UK Coaching Framework.

For all sports, Coaching awards mapped to the UKCC will ensure a consistent standard of coach education between and within sports, improve the quality of the coaching experience for participants and performers and will mean employers are clearer about the skills and limitations of each level of coach, making workforce planning easier.

The new BCU (UKCC) qualifications for canoeing are recognised by government and government agencies and will be eligible for funding support as available at Home Nation level.

Currently, more than 21 sports have UKCC endorsed qualifications with more in development. The BCU agreed to map its new awards to the UKCC awards following the Paddlesport review, National Source Group developments and agreement by Home Nation coaching committees.

New BCU (UKCC) Coaching Awards Deployment Guidance

These BCU Guidelines are developed and advised to support a range of deployment situations. Deployment can be via clubs, centres, schools, local authority and community sports programmes (hereafter referred to as deployers.) N.B health and safety legislation commonly does not apply to private members clubs where there is no work undertaken but in cases of doubt, clubs should seek the advice of a competent person.

The BCU's Coaching Awards and the 4 and 5 Star 'Leader' Awards provide training and qualifications suited to a range of instructional, coaching and leadership situations. BCU Guidelines and terms of remit are developed to support a range of deployment situations, but inevitably it is impossible to detail every situation and permutation. The flexibility provided within and across these awards provide employers opportunities to more accurately reflect the specific nature of their work.

In the following guidelines the BCU seeks to recognise the ability of experienced practitioners to make changes based on robust risk assessments and suitable risk management arrangements.

From the Coaching Awards point of view the terms of reference (available on the BCU / Home Nation Websites) for coaches issued by the BCU define recommended ratios and environments for each level of coach or leader, however with additional training and robust risk management arrangements the BCU acknowledge that these ratios and operating environments may be amended.

See the example opposite;

In publishing these guidelines the BCU takes into account an appreciation of the individuality of employers, the environments and circumstances in which they operate and the actual level of risk in each of the situations identified as well as the professionalism of coaches and instructors with a wealth of experience from other activities to draw upon. For example there is obviously a very different level of risk involved or associated with groups journeying on the sea, compared with a first session introductory lesson on very sheltered inland water.

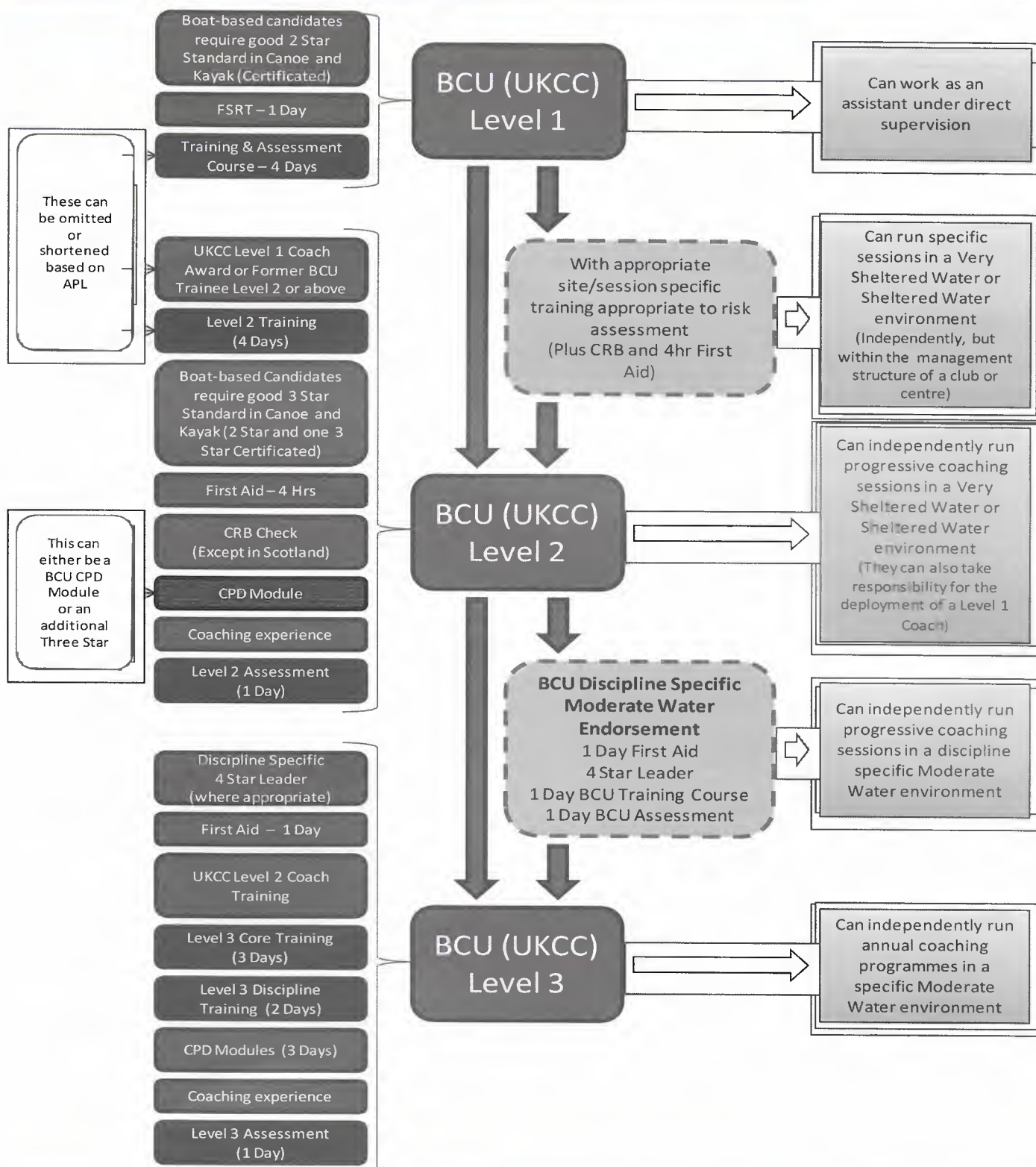
It is presumed throughout these guidelines that employers will use the guidance in conjunction with their own safety management system, risk assessments, codes of practice and technical support operating a training regime for every coach or employee involved, relevant to the locations in use. This will ensure that the coach / employee concerned has adequate personal competence and currency of performance, is equipped and practised in the use of all necessary equipment, and is aware of all the potential hazards of the environment in question.

In this way the BCU recognise that employers and particularly centres, who employ a range of coaches and leaders in a wide range of circumstances, will use BCU guidelines as exactly that, following their own unique activities (risk assessed and with appropriate risk management arrangements in place), operating procedures and in house training and assessment to determine acceptable variations of guideline ratios and, in some instances, qualification guidelines.

In respect of BCU Approved Centres, and any technical advice or support provided by the BCU, employer Codes of Practice will be reviewed against the BCU guidelines and agreed by the BCU (BCU Approval Officer / BCU Coaching Department) in conjunction with the employer as meeting the BCU recognised standards for quality and safety relevant to the specific situation in question.

BCU Coaching Awards Level 1-3 Overview

7



The BCU (UKCC) Level 1 award is suitable for canoeing taster sessions, with supporting guidance, on very sheltered water.

If a Level 1 Coach has received additional, assessed and documented site specific training and induction and holds a first aid award they could be deployed within sheltered water environments. Site specific training would need to be designed and delivered as guided by a BCU Level 3 Coach (minimum) or a Technical Adviser where the Adventure Activities Licensing Regulations apply.

The basic remit of the Level 2 Coach is Sheltered Water, however this again can be extended to moderate water environments as indicated in the diagram above.



BCU Environmental Definitions

VSW

Very Sheltered Water

Quiet canals with easy bankside access and egress; small lakes, which are not large enough, and do not have difficult landing areas for problems to occur if there is a sudden change in conditions; specified sites on gentle, slow moving rivers. The definition implies weather conditions which are not in themselves likely to cause problems. Care must be exercised when water temperatures are low.

SW

Sheltered Water

Flat water rivers, faster flowing, but not involving the shooting of, or playing on weirs or running rapids. Discretion and commonsense must apply when considering the use of lakes/lochs. To operate further than 200 metres from shore on a large lake can be a serious undertaking. To paddle in offshore breezes on large lakes requires the same degree of caution as for the sea. Water temperature (especially in Scottish lochs) must always be a consideration. Suitable lagoons or sections of sheltered bays of larger lakes can sometimes be designated "Sheltered" or even "Very Sheltered" water by careful and sensible selection. The definition implies normal conditions. Care must be exercised when water temperatures are low.

**MW
FW**

Moderate Water – Flat Water

Large areas of open water which exceed the sheltered water definition, that are no more than 500m off shore and in wind strengths that do not exceed force 4.

**MW
FW**

Moderate Water – White Water

Grade 2 white water or equivalent weirs. (This is extended to Grade 2(3) when using whitewater spec Kayaks).

**MW
Sea**

Moderate Water – Tidal / Sea

The definition involves: A stretch of coastline or estuary in close proximity to the shore, with easy landing, not involving fast tidal streams, tidal races, or overfalls, winds not above force 4 (force 2 if offshore when greatest of caution must be exercised); the upper reaches of some estuaries; launching and landing through moderate surf.

**MW
Surf**

Moderate Water – Surf

Beaches that are free of significant hazards (strong rips or undertow, tidal streams, rocks or groynes). An area of beach must be marked out to contain the group and prevent any loss of communication. The area selected must not interfere with other beach users – swimmers and surfers in particular; small to moderate waves – 3 feet maximum.

Measurement of surf; The "surfers" measurement is used throughout both this document and the BCU awards in surf. This is also used by surf forecasts obtained from telephone surf lines, the internet or wave buoys. It is in feet and refers to the ride-able mid section of the wave, not the peak to trough height.

**BCU
CPD Modules**

**Foundation
Modules
(3 hour)**

Introductory Workshops in the following areas:

- Coaching Young Paddlers
- Fitness for Paddlesports
- Coaching the Mind
- Performance Planning for Paddlesport Coaches
- Mentoring for Paddlesport Coaches
- Coaches and the Outdoors

**Intermediate
Modules
(1 day)**

Workshops designed to further coaches knowledge in the following areas: (Not yet live)

**Discipline
Modules
(1 day)**

1 Day Modules to help BCU qualified coaches (of any level) work in the following disciplines:

- Slalom
- Racing
- Polo
- Wildwater Racing
- Freestyle
- Surf

The BCU (UKCC) Level 1 transfer modules go live in February followed by Level 2 in March, so let's take a look at them in a bit more detail.

Why Transfer?

Coaches should transfer their qualifications to the UKCC endorsed awards where they see value in so doing. Existing awards will remain valid and recognised indefinitely whilst the coach remains in membership and updated. However, coaches may transfer for a number of reasons:

- Personal Development; the UKCC endorsed awards may provide coaches with the opportunity to develop certain aspects of their skill set
- Increased remit; for example the BCU (UKCC) Level 1 Certificate in Coaching Paddlesport, qualifies coaches to work with paddlers in any craft
- Increased recognition; the UKCC endorsed awards meet nationally set standards for coaching, and as consequently are likely to be valued higher by employers and clients. Candidates in Scotland receive dual certification with Scottish Qualifications Authority
- Demand led; due to the establishment of a national set of standards for sports coaching, some employers may require the UKCC endorsed qualification
- Remaining Current; Coaches may want their skills recognised on the same scale as new coaches coming through

The choice to transfer lies entirely with the candidate. The process will involve an element of assessment against the new assessment criteria, taking into consideration the candidates' previous experience and qualifications. When a Coach transfers they will not lose other BCU Coaching Qualifications that they may also hold.

Level 1 Transfer

If you currently hold an old style BCU Level 1 award, or have completed old style Level 2 training then you can access the one day Level 1 transfer module. Before enrolling, decide if it is the right thing to do! The Level 1 Transfer Module - Candidate Induction Pack provides further information to help you make the decision. It would also be useful to talk to Course Directors, or other people who have been through the process.

When candidates register for the Level 1 Transfer course they must;

- Be a current member of the BCU or Home Nation
- Hold any BCU Coaching Qualification
- Hold the BCU 2 Star Generic Award or old style 2* in kayak & canoe, or the Paddlepower Discover Award
- Have completed the Course Registration (CR) process – see below

Additionally Boat based coaches must:

- have completed either the BCU Canoe Safety Test or the BCU Foundation Safety and Rescue Course.

When candidates register with their Home Nation, they will receive an induction pack and pre-course information. Candidates' prerequisites will be checked at this point. Registration costs £39 and covers the administrative costs and course materials associated with the transfer. The Level 1 Transfer Course will involve an assessment of performance and experience that coaches have gained against the criteria laid down within the new awards. The Transfer Course will involve approximately 7 hours contact time usually delivered over one evening and following day.

Level 2 Transfer

This course allows existing BCU Level 2 coaches in one or both disciplines to transfer to the BCU (UKCC) Level 2 programme. The Level 2 Transfer course involves one day of training on elements not previously covered by candidates in existing coaching awards. The day is part practical and part theory and may also be delivered over a number of evenings or other modular format. Following the transfer course, candidates will be BCU UKCC Level 2 Trainees and will be able to progress through the remainder of the process including BCU UKCC Level 2 Assessment. As with the Level 1 transfer, candidates must first register with your Home Nation Coaching department to verify pre-requisites and receive pre-course materials.

The pre-requisites include;

- Be a current member of the BCU or Home Nation
- Hold an existing BCU Level 2 award in one discipline PLUS
- Hold the new 2 star award, or a minimum old 2 star in both canoe & kayak
- Have completed the course registration process as described above

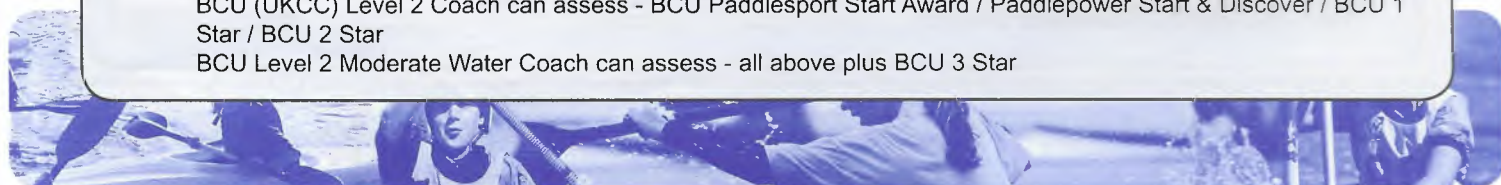
Continued from page 6When measuring and advising on safe practice the BCU would support any provision which, when assessed in this way is acknowledged as meeting current best practice standards.

NB – BCU Star Awards Assessment

BCU (UKCC) Level 1 Coach can assess – BCU Paddlesport Start Award / Paddlepower Start

BCU (UKCC) Level 2 Coach can assess - BCU Paddlesport Start Award / Paddlepower Start & Discover / BCU 1 Star / BCU 2 Star

BCU Level 2 Moderate Water Coach can assess - all above plus BCU 3 Star



BCU 4Star

Within the suite of BCU Performance Awards, we have the Four Star Leadership Awards in Canoe, Whitewater, Sea, and Surf. A 4 Star Leader will have the all round paddling ability, safety, rescue and basic leadership required to safely paddle and lead other competent paddlers on sections of moderate water.

The new award looks much the same structurally to the old 5 star, but the personal skills and leadership reflect an easier environment, they also look quite similar to the 'old' Level 3 awards, but without the coaching element. However, the new 4 Star Leadership awards are very different to the 'old' 4 Star awards, these compare better to the new discipline specific 3 Star Awards.

The new 4 Star Leadership awards were developed by the leading experts within each of the disciplines, and aim to provide an award for those who wish to lead others either professionally, within a club environment, or as the informal leader of a group of friends.

Remit:

The Four Star Leadership Awards are designed for leaders to take groups of 'competent' paddlers on moderate water journeys. Competent refers to paddlers who do not need skills coaching to be in/on the given environment, the Awards are not Coaching Awards and are not deemed suitable for introducing beginners to the sport. Four Star Leaders are expected to be able to judge environmental conditions and the standard of the group and make appropriate decisions about journey choice. Leaders are responsible for ensuring they have 3rd party liability insurance in place, knowledge of child protection guidelines and good practice, including checks where necessary, and maintain evidence of currency.

The **4 Star Whitewater Leader** is the appropriate qualification to lead grade 2(3) white-water Kayak trips, and kayak trips on open water (no more than 500m from the shore, and with winds below force 4) at a ratio of 1:4

The **4 Star Open Canoe Leader** is the appropriate qualification to lead up to grade 2 white-water canoe trips, and canoe trips on open water (no more than 500m from the shore, and with winds below force 4) at a ratio of 1:4 when in solo boats, and 1:6 paddlers when in double canoes.

The **4 Star Sea Leader** is the appropriate qualification to lead a group along a stretch of coastline or estuary in close proximity to the shore, with easy landing and, not involving fast tidal streams, tidal races, overfalls, or onshore winds above force 4 (force 2 if offshore). Including the upper reaches of some estuaries, and launching and landing through moderate surf (see below). At a ratio of 1:4.

The **4 Star Surf Leader** is the appropriate qualification to manage a group of kayak surfers on selected beaches that are free of significant hazards (strong rips or undertow, tidal streams, rocks or groynes), and with small to moderate waves – 1 metre maximum (as per the "surfers" measurement). At a ratio of 1:6.

Using 4 Star to extend a Coaching Qualification Remit: Some deployers (i.e. clubs or centres) may deem it appropriate to extend the remit of a Level 1 or 2 Coach, where the 4 Star Leadership Award is also held. This decision will be based upon the Risk Assessment, Local Operating Procedures, the objectives and nature of the group.



BCU Coaching Courses

www.plasmenai.co.uk

The Welsh National Watersports Centre

Plas Menai, Caernarfon, Gwynedd LL55 1UE

T: 01248 670964 F: 01248 673939 info@plasmenai.co.uk



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www.bcushop.org.uk/

Below is a list of all 4 Star Assessment courses authorised to run. Please contact the Course Directors for more information. Please be advised that some of these courses may not have places still available. (The stated region is where the Course Director is registered; it does not always follow that they will be running the course within their home region).

Start Date	Craft	Region	Course Director		Contact
07/02/2009	WW	Southern	Andy	Jackson	jacko@kayakjacko.com
12/02/2008	Canoe	Southern	Owen	Burson	owen@rapid-development.co.uk
14/02/2009	WW	Cumbria	Andrew	Noblett	a.noblett@tiscali.co.uk
14/02/2009	WW	Cumbria	Sean	McGrath	sean@wildriver.co.uk
21/02/2009	Canoe	Cumbria	Sean	McGrath	sean@wildriver.co.uk
28/02/2009	WW	S.West	Lee	Pooley	i.c.g@live.co.uk
14/03/2009	WW	N.East	George	Thompson	centre@dukeshouse.demon.co.uk
21/03/2009	Canoe	N.East	George	Thompson	centre@dukeshouse.demon.co.uk
23/03/2009	Canoe	N.East	Ken	Hughes	kenhughescourses@aol.com
28/03/2009	WW	N.East	Ken	Hughes	kenhughescourses@aol.com
28/03/2009	Sea	Southern	Owen	Burson	owen@rapid-development.co.uk
09/05/2009	WW	N.East	Ken	Hughes	kenhughescourses@aol.com

Training and Prerequisites:

Prior to attending an assessment candidates are required to:

- Gain a first aid award (minimum of 8 hours training, including CPR)
- Hold the relevant BCU 3 Star award (or 'old' 4 Star)
- Gather evidence of relevant paddling and leading experience
- Complete at least two days formal training (with a registered 4 Star Assessor) that develop the personal and leadership skills required for the award
- Complete the required safety training (with the exception of Surf)
- Be 16 years of age, or older

Candidates interested in accessing the Fours Star Training Courses should contact the providers as above.

National Centres:

Please be advised that the National Centres also offer a range of 4 Star training and assessment courses across the disciplines:

Plas y Brenin
www.pyb.co.uk
 Plas Menai
www.plasmenai.co.uk
 Glenmore Lodge
www.glenmorelodge.org.uk
 Tollymore
www.tollymore.com

Tollymore Mountain Centre is the Sports

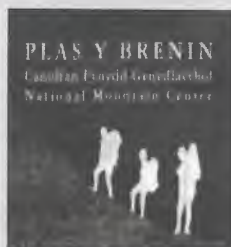
Council for Northern Ireland's National Outdoor Training Centre, and provides a full range of BCU coaching courses, plus personal skills and expedition courses.

Live the adventure...

Tollymore Mountain Centre, Bryansford, Newcastle, Co. Down, BT33 OPT

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www.tollymore.com



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Supporting the BCU - Supporting Paddlers

PLAS Y BRENNIN

Canolfan Fynydd Genedlaethol
 Capel Curig Gwynedd LL 24 0ET Tel 01690 720214



Canoe England Coach Update Forums 2009

Canoe England Coach Update Calendar 2009

Team North	Northern			
	Region	Date	Venue	Details
	NW Region	28th February	(Cheshire?)	Details available form Nigel Timmins nigel.timmins@bcu.org.uk
	NW Region	20th.21st June	Anderton Centre	
	Cumbria	4th April	(TBC)	
	Cumbria	21st November	(TBC)	
	North East			
	Region	Date	Venue	Details
	North East	31st May	(TBC)	Details available from Ray Hudspith ray.hudspith@bcu.org.uk
	North East	1st November	(TBC)	
North West & Yorkshire				
Region	Date	Venue	Details	
Yorkshire	4th/5th April	Aldwark	Details available from Gareth Field gareth.field@bcu.org.uk	
South Yorkshire	16th May	Manvers		
Yorkshire	14th June	Humber		
North Yorkshire	26th September	Ellerton		
South Yorkshire	15th November	Manvers		
Pugneys	(TBC)	(TBC)		

Team Central	East Midlands			
	Region	Date	Venue	Details
	Leicestershire & Rutland	14th - 15th March	Quorn OPC	Details available form Stuart Briggs stuart.briggs@bcu.org.uk
	Northamptonshire	26th September	Nene WWC	
	Derbyshire (North)	3rd October	Castleton	
	East			
	Region	Date	Venue	Details
	Suffolk	28th March	Bungay	Details available from Jeff Toser jeff.toser@bcu.org.uk
	Hertfordshire	4th April	Welwyn Garden City	
	Cambridgeshire	10th May	Graffam Water	
Bedfordshire	27th September	(TBA)		
Norfolk	10th October	(TBA)		
Essex	7th November	(TBA)		
West Midlands				
Region	Date	Venue	Details	
Herefordshire	15th march	Hereford	Details available from Phil Hadley phil.hadley@bcu.org.uk	
West Midlands	9th May	Upton Warren		
Staffordshire	18th October	Burton		
Warwickshire	(evenings TBA)	Leamington		

Team South	London & South East			Details
	Region	Date	Venue	
	Kent	14th March	Bowl Water	
	London	15th March	London	
	London	5th September	London	
	Sussex	17th October	Chichester	
	South West			Details available from www.canoesouth.org
	Region	Date	Venue	
	Devon & Cornwall	25th January	River Dart	
	Wessex	26th April	Weymouth	
Devon & Cornwall	27th September	Devon		
Wessex	November	Wiltshire		
Southern Region				
Region	Date	Venue		
Oxfordshire	28th February	Oxford		
Isle of Wight	6th June	IOW		
Hampshire	2nd October	Hampshire		

England Local Coaching Organiser – Positions Vacant!

We have been working hard to ensure that all of our Local Coaching Organisers (LCOs) are elected into their positions, as representatives of the coaches within their area this is obviously important!

Vacancies:

We are inviting individuals interested in taking on this role within the following areas to put themselves forward:

Team North:

Durham
Greater Manchester
Merseyside
Cumbria South West
West Yorkshire
North Yorkshire
Humberside

Team South:

London North
London South
London West
London Central
Surrey
Somerset
Bristol & Avon

Team Central:

Lincolnshire
Nottinghamshire

Channel Islands:

Jersey
Guernsey

What does the LCO do?

The LCO is an important link for coaches within clubs, centres, and independent coaches; they play a part in gaining feedback, providing updates on policy, and sharing innovation. The LCO also provides a link between the coaches within their area and Canoe England, this occurs through their Regional Coaching Organiser, Regional Development Team, and Canoe England employed Staff. Through this mechanism Canoe England can make informed decisions regarding the development and implementation of policies and procedures. The LCO also plays a vital role in the organisation and running of Local Coach Update Forums, and are encouraged to organise any other activities / initiatives in support of the general development of Coaching to meet local needs. They also act as a point of contact for coaching related enquiries.

We want your nominations!

If you know someone who you think would be good at this job, we need their nomination! The nominations should be sent to Siobhan Pratt at Canoe England, 18 Market Place, Bingham, Nottm NG13 8AP, by Monday 2nd March 2009. The nomination must include the details and signatures of two updated and active Coaches from within the area who propose and second the nominee.

Nominations are considered from any BCU qualified Coach (normally Level 3 or above) who is updated, within current membership, and whose membership address is normally within the specific area. Where there is only one nomination, that person will be deemed to be elected unopposed and an announcement made in the December edition of CoDe. Where there are two or more nominations the election process will take place via a postal vote subsequent to the December CoDe.

If you wish to discuss the LCO position further please contact either the Regional Coaching Organiser (RCO) or Paddlesport Development Officer (PDO) for the area concerned.

Apology:

In October CoDe we announced Clive Marfleet as the new LCO for Essex. However there was an administrative error and we actually had two candidates apply for the position, the second being Maureen 'Mo' Moule. Mo is happy for Clive to take on the role of LCO and has graciously stepped down given the circumstances.

Contact Your LCO:

All contact details regarding LCOs are available on the Canoe England Website. GO to the Coaching Tab; and click on 'English Coaching Network, Including RCOs & LCOs' Or -

Notice of Canoe England RCO Elections**Vacancies; The RCO North East (Ken Hughes)**

is due for re-election. If anyone is interested in this position and wishes to discuss it further please contact the Paddlesport Development Officer (PDO) for the North East:

**Ray Hudspith - ray.hudspith@bcu.org.uk
07715 993535**

What does the RCO do?

The Regional Coaching Organiser plays a vital role within paddlesport coaching in England. They form a key communication connection between the English Coaching Department and the wider membership, through links with their Local Coaching Organisers, Canoe England Senior Development Officer, English Coaching Management Committee, and their Regional Development Team. In short these volunteers help Coaching within Canoe England progress in a way that fits the wider membership!

The main tasks of the RCO is to:

- Represent the needs of coaches within their region at English and UK policy making committees
- Communicate English Coaching Matters to the members within their region through the Local Coaching Organisers; providing support to the LCO team, helping to establish an effective team
- Co-ordinate the provision of Coach Update and Coach Education opportunities Any other activities / initiatives in support of the general development of Coaching
- To monitor the regional coaching workforce; identifying where gaps exist that affect paddler pathways and targeting coach education opportunities appropriately, through a Regional Coaching Programme

We want your nominations!

If you know someone who you think would be good at this job, we need their nomination! The nominations should be sent to Siobhan Pratt at Canoe England, 18 Market Place, Bingham, Nottm NG13 8AP, by Monday 2nd March 2009. Nominations must be proposed and seconded by two current LCO's, or by five other updated and active Canoe England Coaches registered within the region.

The next edition of CoDe will detail all nominees and open a postal vote. RCO's shall be elected, for a period of three years and will be eligible for re-election.

Lara Tipper, English Coaching Manager.

<http://www.canoe-england.org.uk/coaching/english-coaching-network-including-rcos-lcos/local-coaching-organisers/>

ENGLISH LEVEL 1 AND 2 BCU COURSES

Below is a list of all Level 1 and 2 Courses authorized to run. Please contact the Course Directors for more information. Please be advised that some of these courses may not have places still available. (The stated region is where the Course Director is registered; it does not always follow that they will be running the course within their home region).

Level 1 Courses

Region	Start Date	Course Director	Contact
Eastern	04/04/2009	Adrian Slim	adrian.slim@bt.com
Eastern	09/05/2009	Adrian Slim	adrian.slim@bt.com
Cumbria 1	4/03/2009	Andy Noblett	a.noblett@tiscali.co.uk
Eastern	21/03/2009	David Savage	david@mepal.co.uk
North East	01/05/2009	Ken Hughes	kenhughescourses@aol.com
North East	07/02/2009	Ken Hughes	kenhughescourses@aol.com
North East	31/03/2009	Ken Hughes	kenhughescourses@aol.com
Yorkshire	12/04/2009	Ken Hughes	kenhughescourses@aol.com
North East	26/05/2009	Ken Hughes	kenhughescourses@aol.com
Northern	05/06/2009	Ken Hughes	kenhughescourses@aol.com
North East	28/07/2009	Ken Hughes	kenhughescourses@aol.com
South West	09/02/2009	Mark Agnew	mark@mountainwaterexp.demon.co.uk
Southern	24/02/2009	Owen Burson	owen@rapid-development.co.uk
Southern	10/03/2009	Owen Burson	owen@rapid-development.co.uk
Southern	17/03/2009	Owen Burson	owen@rapid-development.co.uk
Southern	14/04/2009	Owen Burson	owen@rapid-development.co.uk
Southern	18/05/2009	Owen Burson	owen@rapid-development.co.uk
London & South East	27/06/2009	Owen Burson	owen@rapid-development.co.uk
London & South East	28/02/2009	Paul Newman	paulnewmanpaddlesport@blueyonder.co.uk
Northern	28/02/2009	Paul Wilson	paul.wilson@cumbria.ac.uk
London & South East	21/03/2009	Paul Newman	paulnewmanpaddlesport@blueyonder.co.uk
South West	31/03/2009	Paul Hurrell	paulandangela@hurrell.freemove.co.uk
London & South East	06/04/2009	Paul Newman	paulnewmanpaddlesport@blueyonder.co.uk
London & South East	25/04/2009	Paul Newman	paulnewmanpaddlesport@blueyonder.co.uk
Northern	09/05/2009	Paul Heaton	p.heaton@manchester.gov.uk
West Midlands	09/02/2009	Phil Hadley	phil.hadley@bcu.org.uk
South West	07/02/2009	Sam Roberts	doc.roberts@btinternet.com

Just Add Water by Paul Hurrell

So here it is, a fast track guide, a short cut to becoming a great paddler or knowledgeable coach.

Within these pages are an accumulation of coaching tools, begged, borrowed and stolen from coaches or self invented.

Take, use and enjoy the ones you like, bin the ones you don't and above all, enjoy your paddling and or your coaching

**Available
Now
from
www.bcushop.org.uk**

Level 2 Training Courses

Region	Start Date	Course Director	Contact
South West	10/01/2009	Ken Hughes	kenhughescourses@aol.com
London & South East	12/01/2009	Paul Newman	paulnewmanpaddlesport@blueyonder.co.uk
South West	07/02/2009	Lee Pooley	i.c.g@live.co.uk
Eastern	28/02/2009	David Savage	david@mepal.co.uk
South West	26/03/2009	Mark Agnew	mark@mountainwaterexp.demon.co.uk
Northern	11/04/2009	Gareth Field	gareth.field@bcu.org.uk
London & South East	18/04/2009	Paul Newman	paulnewmanpaddlesport@blueyonder.co.uk
London & South East	20/04/2009	Paul Newman	paulnewmanpaddlesport@blueyonder.co.uk
Cumbria	25/04/2009	Andy Noblett	a.noblett@tiscali.co.uk
Southern	08/06/2009	Owen Burson	owen@rapid-development.co.uk
Eastern	20/06/2009	Adrian Slim	adrian.slim@bt.com
London & South East	19/09/2009	Paul Newman	paulnewmanpaddlesport@blueyonder.co.uk
Northern	10/10/2009	Paul Heaton	p.heaton@manchester.gov.uk

**For More
details on
any of the
courses
listed email
the
Training
Director
listed**