



CoDe

No 145 April 2009 £1



- Rolling and individual differences
- Paddlepower
- Posture for Beginners
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BCU Star Awards The British Canoe Union award scheme for Adults



With the summer coming quickly upon us and the evenings getting longer the opportunity for paddlers to work on their personal performance is increasing! If you are interested in using the BCU Star Awards with your paddlers remember you need to register, and keep your Coach Update Status valid.

What are the Awards?

BCU Paddlesport Start Award – an introductory award that can be taken in any paddlesport craft, normally achievable after a paddlers first session



BCU 1 Star – Basic boat handling skills award, taken in any craft
BCU 2 Star – Developed boat handling skills tested in Canoe and Kayak

BCU 3 Star - Recognises competence to journey as part of a led group in a moderate water environment. Different awards for each of the following disciplines;



Whitewater



Sea



Surf



Canoe



Touring

How does it work? Registered Star Award Assessors, take candidates through the assessment, returning the paperwork and fees to their Home Nation Association upon completion. Candidates are then sent a Certificate.
Who can deliver the Awards? Coaches need to be registered to assess these awards and meet the BCU Coach Update requirements – a registration form is printed on page X.

What do I have to do to meet the BCU Coach Update Requirements?

1. Hold Home Nation Association Membership
2. Have a valid first aid certificate registered on your membership record
3. Be up-to-date with best practice, there are three ways you can evidence this:
 - a. Attend a Coach Update Event (See Calendar on page
 - b. Complete a Self-Assessment Form (See page 14)
 - c. Achieve a BCU Coaching or Leadership Qualification

For more information contact your Home Nation Association

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



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

BCU E-shop <http://www.bcushop.org.uk/>

Have you ever wondered why some people seem to pick up rolling much quicker than others?

Do you ever stand scratching your head when one student can roll straight away while the other ends up in a confused tangle of arms and paddles every time?

What's the difference that makes the difference?

Ed Christian - Chichester University.

If you have any comments, suggestions or feedback on this article it would be great to hear from you. Drop an email at: e.christian@chi.ac.uk

No matter what type of roll you coach a common problem for coaches is to find themselves with students who seem to think that up is down, left is right and forwards is backwards as soon as they capsize. Generally this leads to confusion, repeated failure and frustration for both the learner and the coach. Half the battle when teaching rolling is trying to get our learners to be able to orientate their bodies into a usable mechanical position from which to initiate the recovery. Once the student can orientate themselves into this position we can usually accomplish some kind of recovery pretty quickly.

So why is it that some people seem to have an ability to orientate themselves while others struggle? Is there some kind of differential physiological or psychological functioning that could explain the phenomena?

One possible explanation comes from research carried out on World War 2 fighter pilots. Following the war an American psychologist called Herman Witkin sought to discover why many pilots reported a complete loss of spatial awareness and bodily orientation when engaging enemy planes in dog fights. The problem was so severe that some planes completely lost control and crashed for no observable reason. Witkin's research centred on an individual's ability to 'perceive the upright in space' or to be able to accurately judge what's up and down when our vision is obscured and we are in strange orientations (sound familiar?). Witkin realised that humans have two mechanisms for gauging the upright (verticality).

Firstly, we use vision to apprehend the true axis of vertical and horizontal, we tend to use this most regularly. Secondly we gather information about the direction of gravity through our bodies through sensory apparatus located in the inner ear and within muscles. Witkin's discovery was that all individuals will rely on one of these systems more heavily than the other, that is, when perceiving our orientation in space some people rely heavily on their vision whilst others rely on their bodily cues (proprioception).

It seems that if we rely heavily on vision to determine our perception of verticality we can encounter confusion when vision is not available (i.e. when upside down in a kayak). Witkin's theory is that if we rely on the visual field to determine our body's position in space we are likely to be classified as 'Field-dependent', whereas if we are better able to rely on bodily information to determine our position we are independent of the visual field or 'field-independent'. It's important to know that we are not simply one or the other, but rather we all reside on a continuum somewhere between two ends of the spectrum from very field-dependent to very field-independent. More recently Witkin's original theory has been examined in some depth with performance in sport. Subsequently, research has highlighted other characteristics of field-dependence/ independence. A major development has been the discovery that a field-independent style is associated with a greater ability to apply structure to complex displays. Examples of applying structure to a display might be; a central midfielder in football being able to pick out an appropriate feed to a striker based upon the position of other players on the pitch, or a white-water kayaker identifying a navigable route down a tricky rapid. This isn't to say that field-dependent people can't do either of these tasks, it just happens more slowly and with more cognitive processing than in field-independents.

Our experiment

Over the last 20 years the role of field-dependence (FD) and field-independence (FI) has been well investigated in sport. Interestingly, very few studies have looked at FI in relation to sports that rely heavily on the performer's accurate perception of their body position in space, or to put it another way, sports that require accuracy in body orientation (diving, gymnastics etc.) It seems that if field independent people are better able to orientate themselves when vision is impaired (as they rely on bodily cues to orientate themselves) they would be at an advantage when learning orientation based elements of the kayak roll. Furthermore, if FI people are also more analytical and able to apply structure to learning sports skills; this too would be advantageous in learning the roll.

Currently our research has attempted to break down and teach discrete elements of the roll and teach them to complete beginners in a pool setting. We also assessed each participant's cognitive style (FI/FD) and looked for relationships between these and the ability to learn the elements of the roll. The elements of the roll we taught were; initial orientation, moving the paddle into position, separating the upper and lower body (hip flick) and an attempt at putting them all together. Each of these were measured and analysed independently against the participant's measure of FI/FD. Statistical analysis showed that 3 of taught elements did relate to FI/FD scores; orientation, upper/lower body separation and outcome (putting it all together) all had strong relationships.





Only the paddle movement skill was not related, which was surprising as it was perceived to be a structuring task which is indicative of field-independence. The conclusion of our research was that people with a field independent cognitive style were better able to learn some elements of the roll as well as attempting the complete roll.

So what!

Well it seems that one factor that could explain why some people get completely disorientated when learning to roll could be their level of FI/FD. But what use is that for us as coaches? How can we even know how each person functions? The answer is we don't know but that doesn't mean it's of no use. Recently I have started to focus on orientation games in the initial stages of teaching the roll, just by watching what people do, how they act and (very importantly) what they say after each dunking you can start to get an idea of the extent that person is struggling with orientation. Listening is particularly important as this gives a lot away, i.e. "I didn't know where I was".

One exercise that I have found particularly useful is an underwater version of 'pin the tail on the donkey'. When your student is sitting upright in their boat ask them to focus on a point in the environment (a door, a tree etc.), then capsize them and get them to point to the object while underwater and see what happens. I have had people that point straight and true every time, however, I have also had people who consistently make 180° errors of judgement and it's these people who need who need the time and coaching to train this skill.

If the task proves to be problematic for the student try simplifying it by asking them to locate easier objects such as a specific part of the boat (i.e. grab loop, logo sticker, etc.) or maybe even your hands or a paddle. One method of training here is to get the student to build a mental image of their surroundings with their eyes closed. Get them to focus on where things are and build up a map of the pool or lake. Allow them time to do this and embrace mistakes as this helps with error correction (for a really good chapter on proprioceptive training check out 'Performance Rock Climbing' by Neuman and Goddard, 1993). Spend some time on this and progress up to the stage where they are doing it underwater and locating objects accurately. To make the activity progressive try increasing task difficulty by 'stress proofing'; get the student to capsize in a variety of postures or pressuring the student with increases in speed and unexpected capsizes. Let your imagination go crazy and try all sorts of tasks to see which ones work.

The fact of the matter is that we don't need to be able to identify individuals' cognitive functions but be more aware that we are dealing with individuals. It seems that some people are better able at orientation and structuring in paddlesport and that these people could progress in some skills faster; however this should not be at the cost of those who struggle. I guess the message is to analyse, interpret and adapt our teaching to maximise our students learning no matter who they are or what their abilities. After all that's our job!

Ed Christian and Chris Hodgson – University of Chichester.

If you have any comments, suggestions or feedback on this article it would be great to hear from you.
Drop me an email at: e.christian@chi.ac.uk

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
Tel: 028 4372 2158
www.tollymore.com

Canolfan Tryweryn Coaching Courses

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

Water Information Line: 01678 520826

Web-site: www.rivercoaching.co.uk

Stop press..... Training Director / Tutor conference 26th
May 2009 further information coming direct to you.

Chichester University 'Coach-fest'

11th / 12th July 2009

A weekend 'Coach-fest' offering coaches in the South / South west opportunities to enhance their coaching experience and portfolio while accessing BCU foundation modules and discipline specific modules that support the BCU's new Coaching Awards. Develop your Coaching performance via a range of pick and mix options designed to provide you with an opportunity to learn and share your experiences with coaches at all levels.

All recognised BCU Endorsement courses attendance certificated - attendance meets BCU Coach Update requirements.

£95 Full weekend (including Refreshments and light lunch on both days and on course transport)

£65 Sat / Sun only (Including Refreshments and light lunch and on course transport)

Excludes Accommodation (accommodation options at an extra cost via Chichester University or other local providers)

Programme to include:

Coaching Processes Course

Foundation and Safety and Rescue Course

Foundation Modules - Coaching the Mind / Fitness for Paddlesport / Mentoring for Paddlesport Coaches

Performance Planning for Paddlesport coaches / Coaching and the Outdoors / Coaching Young Paddlers

Discipline Specific Modules - Racing / Slalom / Freestyle (TBC)

To register an interest please contact - maria.winfield@bcu.org.uk



Sea Kayaking Programme

Course	Description	Dates
Sea Kayaking Slide show	A slide show taking you through the fascinating world of Sea Kayaking	3 rd March
4 and 5 Star Sea Kayaking Theory £45	Aimed at anyone wishing to gain the knowledge to travel on the sea safely covering: buoyage, tides, navigation, weather and associated equipment. No equipment required.	TBC
Introduction to Sea Kayaks £39	1 day course on either dates covering the basic handling skill such as forward paddling, rescues etc	4 th 5 th April

This programme is aimed at anyone interested to gain experience in the area of Sea Kayaking from the fundamental handling skills, the theoretical planning tides navigation etc. To the implementation of day journeys on the sea, overnight camping trip, to a week long sea expedition along the world renown Scottish West Coast.

This program will be delivered by Howard Jeffs, a Level 5 Sea Kayaking Instructor with a vast experience ranging from trips to North America to The British Isles to Greenland and Sri Lanka

Loughborough Road
Leicester
LE4 5PN
Telephone (0116) 2681426
email: info@lopc.co.uk
www.lopc.co.uk

Pembrokeshire Trip

£175

Anglesey Trip

£175

Scotland Western Isle Expedition

£525

2 single day coastal trips aiming to improve your sea kayaking skills and enjoy the west coast scenery.

18th 19th April

2 day expedition with an overnight camp on the north coast of Anglesey. A slightly more adventurous journey leading to the more remote areas around Wales

6th 7th June

An incredible week long expedition. A chance to see some of the worlds most beautiful Sea Kayaking scenery as you travel along the stunning West Coast of Scotland.

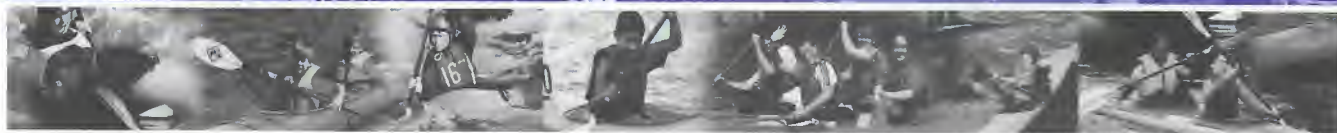
11th - 19th July



FULL RANGE OF BCU COURSES RIVER • SEA • SURF • OPEN

For more details contact 01479 861256
www.glenmorelodge.org.uk





A British Canoe Union award scheme designed to meet the needs of young people



The colourful and youth centred approach aims to:

- Encourage more young people to come into and stay in the sport
- Provide progression and reward achievement in a wide range of topics
- Show them all aspects of the sport – both competitive and adventurous
- Provide signposts into Clubs where their skills and development can be nurtured
- Provide a flexible structure for delivery according to venue/situation

The scheme has recently been revised and now comprises of 5 Awards to support a young paddler's introduction and progress in Paddlesport.



Paddlepower Start - an entry level award suitable for taster sessions or as part of a series of sessions.

Paddlepower Passport - four progressive levels based on 24 topics that are grouped into safety awareness, paddling skills, varied experiences, and supporting knowledge. The award is equivalent to 1 Star.

Paddlepower Discover - this follows on from Passport with a further 4 levels to take the young paddler to equivalent of 2 Star standard.

Paddlepower Explore - supporting different levels takes the paddler on an extensive journey exploring the great variety Paddlesport, with topics focused on participation in events and journeys in the competitive and non-competitive disciplines.

Paddlepower Excel - three levels to test the paddler on all elements of paddlesport including being responsible for self and others, participation in journeys, coaching sessions, training, events in a variety of disciplines, background knowledge of the sport; access, rules, environmental.

How does it work? At Paddlepower Start there is a certificate that is awarded by the coach. For each award after Start there is a colourful Progress Card for the young paddler to record their progress and to encourage them to move to the next stage with a BCU certificate awarded on completion of each award.

Who can deliver the Awards? A Level 1 Coach can deliver Paddlepower Start, after that a Level 2 coach is required. For Explore and Excel a Level 2 Coach can deliver with support from a discipline specific Coach/s.

How do I get started? Coaches must have the Coaches Manual to start delivering the scheme. This is available to download from your Home Nation Association Website. A starter pack including a sample of the progress cards together with the Coaches Manual is also available to purchase via the BCU E-shop, along with the Progress cards and Start Certificate.



For more information contact your Home Nation Association



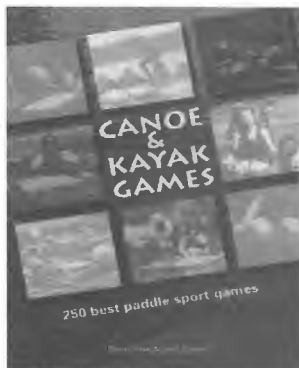
The Paddlepower resources can be ordered through the BCU E-shop <http://www.bcushop.org.uk/>, or by contacting your Home Nation Association

BCU E-shop <http://www.bcushop.org.uk/>

Coaching Tips:

- Always take time to get the boat correctly set up at the start of the session
- Play games to encourage a good posture i.e.
- Paddle like; a puppet, Lord or Lady of the Manor
- Goalkeeper Position
- Dwarfs & Giants Tag; appointed giants chase the dwarfs until everyone is giants. NB – must look like a giant to score!
- Comparing good and poor posture – Paddle forward with eyes closed. When the boat veers how well can you correct it?
- Wobble the boat with your eyes closed whilst still or paddling forward – which one gives you control?
- Can we spin the boat without using our paddles – just using the feet knees, core muscles etc.

You may find that in practice you do not need to develop many new games, exercises, or activities; but with some consideration can modify your current coaching tools to develop good posture. If you are looking for more ideas 'Canoe Games' by David Ruse & Loel Collins (Fourth edition 2005) has lots of games and includes reference to those that are good for developing correct posture.



In the last edition of CoDe we looked at the importance of, and how to coach safe lifting and carrying techniques; this month we are going to have a look at how we can help paddlers sit or kneel with correct posture.

An active and secure posture is essential in paddlesport in order for paddlers to feel in harmony with the water underneath them, achieving a state where the boat is an extension of the paddler, rather than being an object they sit on/in.

An active posture allows us to:

- Move freely, with the muscles sensitive to movement and free to act quickly
- Remain balanced throughout the movement of our bodies, paddles, boat
- Feel and anticipate what is happening to the boat and paddles as a result of the external influences
- Efficiently transfer power from the body and water to create movement of the boat. Being able to perform strokes that generate power, turning and stability; control the speed, angle, edge and trim of their boat; and move efficiently and economically

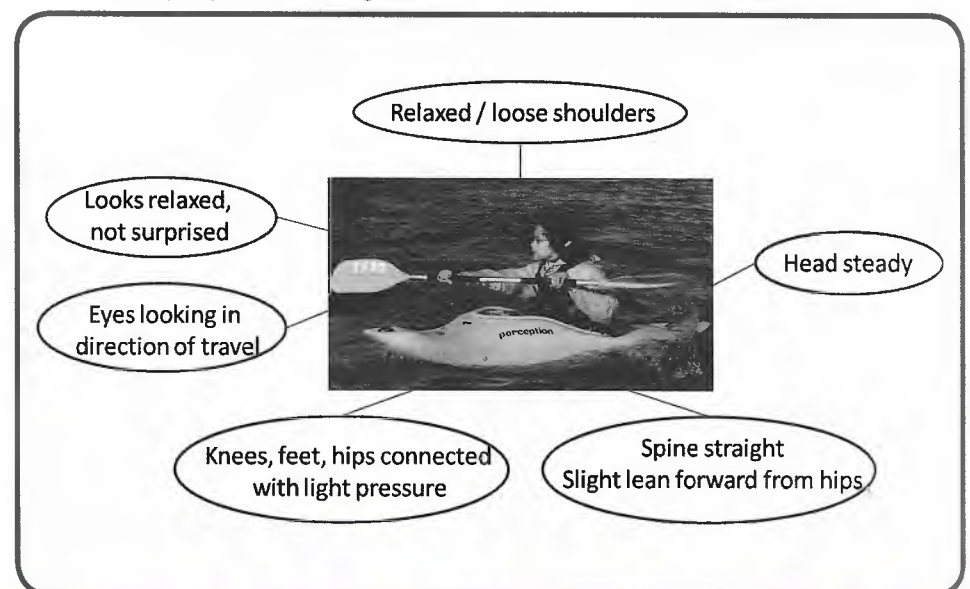
This gives paddlers a sound base upon which they can learn skills and enjoy being on the water, without an active posture the paddler will be limited on efficiency and control. Hence, it is vital for coaches to address as one of their first teaching points, especially for first timers...

Key Points

- The body needs to sit (or kneel) up tall, with slight lean forwards from the hips
- Paddlers need to be secure in their boat - it is not simply enough to 'hold' onto the boat with the knees, but a light pressure through the contact points i.e. feet, knees, and hips is also important
- Using the core (stomach muscles) – as paddlers get ready for being active in their boat it is important that they have a basic level of tension in the muscles of their stomach. This helps connect them to the boat and ensure that when they use the paddle, the movement created passes through them, and into the boat.

Some common problems:

- Round slouched back
- Leaning forward from the chin, rather than the hips
- Lazy core muscles
- Poorly fitted footrest
- Poorly adjusted outfittings



River Dart Coach Update goes from strength to strength

25th January 2009 saw the River Dart Coach Update, an enormously successful event with over 100 Coaches in attendance. The variety of workshops, the venue with its fantastic location, whitewater and placid water, the top level coaches running the workshops all led to the day becoming fully booked with a couple of weeks to go. Sorry if you couldn't attend; next time get your applications in sooner!

The day started with the two new Local Coaching Organisers (LCOs) Andy Wright & Gary Peverill from South Devon College introducing themselves and giving a brief outline of their work and the days programme. Andy Davey, Canoe England Paddlesport Development Officer for the South West gave an update on the coaching scheme and the excellent progress that has and is being made. Mark Agnew, Mountain Water Experience was presented with Canoe England's volunteer award for services to paddlesport for his support of local clubs, and Dennis Wall (who was unable to attend) from Exeter Canoe Club received a round of applause for his volunteer award for life long service to Paddlesport.

It was then time for the fun bit; there was a range of wet and dry sessions. Most people opted for the outdoor workshops with the River Dart beckoning, plenty of water, and a host of exciting things going on. Workshops included, advanced white water skills on grade 3-4 water, freestyle coaching, right through to canoe traditional skills. Everyone seemed to have a good time, however we strive for perfection, so to encourage informative feedback we resorted to bribery, this seem to have worked, and we have some fantastic ideas for next time. The luck prize-winners are Marc Balistrari, Ben Kennedy and Headley Apperly.

I'm sure you will join me in giving a great big thank you to everyone who gave up their Sunday; to the LCOs Andy and Gary for organising the event, and to all the coaches who ran the workshops; Darren Joy Fluid Skills, Mark Agnew Mountain Water Experience, Stuart Woodward Canoe Control, Ted Fearon, Ian Pitchford, Andy Bruce, Chris Ramplin, Tom O'Neil, Katie Peverill, Keith Putman, Steve Hopkins, Jim Mitchelmore, Ben Farrell, Ewart Alyward, Andy Iley, Dave Fletcher, Rob Barclay, Dan Withers. Photos curtsy of Jemma Lane & Simon Discombe. Our sponsors AS Water Sports for the demo boats, Camel Canoe and Kayaks for providing the prizes for the feedback draw and South Devon College boats and mini buses, and not forgetting you the fantastic core of paddlesport coaches.

Where next; we are looking at making the Dart Update a two day event so keep the weekend of the 30-31 January 2010 clear details will be posted on the website www.bcusw.org If you missed this update then there is still the chance to get to one of the others this year, the next one at Weymouth on Sunday the 26th April 2009.

Want to be kept up to date on developments events in the South West log on to www.bcusw.org and register for our free email information service.

Canoe 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!

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.

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 Central:

Nottinghamshire

Team South:

London North
London South
London West
London Central
Bristol & Avon

Channel Islands:

Guernsey

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 Friday 1st May 2009.**

Notice of Canoe England RCO Elections

The RCO West Midlands, and the Channel Islands are due for re-election. Updated Coaches eligible to vote have been contacted directly with information on how to put nominations forward.

Further information will be published in the next CoDe.

An invitation for an RCO for North East was published in February CoDe. With only one candidate putting themselves forward; I am therefore pleased to announce Ken Hughes re-elected in position, effective immediately.

Lara Tipper,
English Coaching Manager.

Safeguarding and Protecting Children

The BCU and Canoe England are committed to providing a safe environment for all young people to enjoy Paddlesport. As part of this we recognise the support that volunteers, coaches, and clubs will need to implement this locally – both in terms of guidance and training. One important aspect that a club should ensure is that everyone at your club knows who they can contact if they have a concern about a child or young person.

The following are some of the documents that we have produced to help you promote this.

- **Paddlesafe Posters** - these are still available to download from our website and included in our Club Welfare Officer Pack. We suggest you pin the poster up somewhere where parents and children are likely to see them. If you don't have a clubhouse or location where this is possible, then consider putting it on your website where it will always be available to view.

- We've now also produced a **Paddlesafe card** for young people which they can carry around with them. A number of the cards are enclosed with this mailing for you to distribute to the young paddlers at your club. If you would like some more please contact youth@bcu.org.uk.

- We have recently updated our **Useful Contact list** which gives details of a range of contacts that might be helpful for the club, children or parents. See opposite and also our website www.bcu.org.uk.

A useful document for parents that you can download from our website is the leaflet produced by the Department Culture Media and Sport called "**Helping Keep Children Safe in Sport**". We also have a link to the Every Child Matters website where you can download a useful document entitled "What to do if you are worried a child is being abused"

We will soon be scheduling some new dates for the Time to Listen Workshop. If your Club Welfare Officer has not yet had the opportunity to attend a workshop then please contact your Paddlesport Development Officer to let them know you are keen to attend one.

Coming soon.....the launch our new on line Child Protection Awareness training module....

BCU LAUNCHES NEW CHILD PROTECTION INITIATIVE

The BCU is proud to reveal plans to increase our efforts to proactively safeguard children involved in canoeing with the launch of an Online Child Protection Course.

The BCU takes the training of everyone involved with children and young people in Paddlesport very seriously and acknowledges that getting people together, even for a few hours can be very difficult.

As a result for sometime the BCU has been looking for a solution to train through distance learning that is both inexpensive and accessible.

To that end, an online Child Protection & Best Practice training package has been developed to meet these needs. The course provides an interactive and intuitive learning experience for its applicants through reading materials, questions and answers, instant feedback, video and audio clips and step-by-step instructions.

The course provides a highly efficient way of delivering child protection guidance to thousands of applicants. The course is designed specifically for the British Canoe Union and is supported and introduced by Dr Tim Brabants MBE, Olympic Gold and Bronze Medallist who re-enforces the courses learning outcomes.

The course will be available directly via the BCU website.

Full details in the next edition of CODE.

Continued from page 8 Canoe England Local Coaching Organiser – Positions Vacant!

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 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. Where there are two or more nominations the election process will take place via a postal vote subsequent to the June 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.

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

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



Canoe England Coach Update Calendar 2009

Team North	Northern			
	Region	Date	Venue	Details
	Cumbria	4th April	(TBC)	Details available form Nigel Timmins nigel.timmins@bcu.org.uk
	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
	Northamptonshire	26th September	Nene WWC	Details available form Stuart Briggs stuart.briggs@bcu.org.uk
	Derbyshire (North)	3rd October	Castleton	
	East			
	Region	Date	Venue	Details
	Hertfordshire	4th April	Welwyn Garden City	Details available from Jeff Toser jeff.toser@bcu.org.uk
	Cambridgeshire	10th May	Graham Water	
	Bedfordshire	27th September	(TBA)	
	Norfolk	10th October	(TBA)	
Essex	7th November	(TBA)		
West Midlands				
Region	Date	Venue	Details	
West Midlands	9th May	Upton Warren	Details available from Phil Hadley phil.hadley@bcu.org.uk	
Staffordshire	18th October	Burton		
Warwickshire	(evenings TBA)	Leamington		
Team South	London & South East			
	Region	Date	Venue	Details
	London	26th September	London	Details available from Andy Gray andy.gray@bcu.org.uk
	Sussex	17th October	Chichester	
	South West			
	Region	Date	Venue	Details
	Wessex	26th April	Weymouth	Details available from Andy Davey andy.davey@bcu.org.uk
	Devon & Cornwall	27th September	Devon	
	Wessex	22nd November	Wiltshire	
	Southern Region			
Region	Date	Venue	Details	
Isle of Wight	6th June	IOW	Details available from James Hives james.hives@bcu.org.uk	
Hampshire	4th October	Hampshire		

Using APL for Direct Entry to BCU (UKCC) Level 2 Training

Candidates who wish to enter the BCU Coaching Awards directly into Level 2 Training may apply via the BCU APL scheme.

Applications are considered by a panel, who are looking for evidence that the candidate has prior learning or experience that equates to the BCU Level 1 Training and or Assessment package. Successful candidates are required to demonstrate knowledge of how to coach, good practice knowledge of running paddlesport Taster Sessions in Canoe and Kayak and hold the Level 1 and 2 pre-requisites.

Further information and examples of these alternative are available from the BCU or your Home Nation websites.

BCU 4 star sea training Jersey.

Dates. Saturday and Sunday 12/13/14 September. 20 September also available for those wanting to make a long weekend.

venue- jersey

Contact:

www.jerseykayakadventures.co.uk

Email.

info@jerseykayakadventures.co.uk

Tel: Mob 07797853033

Office. 01534 853138

Stop press.....Training Director / Tutor conference 26th May 2009 further information coming direct to you.

Canoe Scotland Regional Coaching Organisers

RCO Borders Giles Chater
RCO.Borders@CanoeScotland.com
01387 375394

RCO Central Dave Rossetter
RCO.Central@CanoeScotland.com
01786 464777

RCO Dumfries & Galloway
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01556 680479

RCO Fife Ian Vosser
RCO.Fife@CanoeScotland.com

RCO Grampian & Speyside Andy Yule
RCO.Grampian@CanoeScotland.com
07739 910960

RCO Highlands & Islands
Steve MacKinnon
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07775 682034

RCO Military Personnel Paul Mills
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01855 811348

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0131 332 4506

RCO Strathclyde East Mark McKerrall
RCO.Strathclydeeast@CanoeScotland.com
07841 353460

RCO Strathclyde West Richard Cree
01505 502266

RCO Tayside Jude Girling
RCO.Tayside@CanoeScotland.com
07914 786325 01887 822617



Canoe Scotland Courses

Scottish Regional Coach Update events:

Highlands & Islands
13th June 09

rco.highlands@canoescotland.com

Level 1 Training & Assessment

02/05/2009	Galloway Sailing Centre	01644 420 626	gsc@lochken.co.uk
11/05/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
16/05/2009	Inverness	07775 682034	macksteve@btinternet.com
29/05/2009	Ardroy Centre	01301 703 391	info@outdoor education.co.uk
22/06/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
06/07/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
10/08/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
12/10/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk

Level 2 Training

01/06/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
17/08/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
30/11/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk

Level 2 Assessment

03/07/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
23/09/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
20/11/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk

Level 1 Transfer

05/05/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
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Level 2 Transfer

04/05/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
01/05/2009	SCA	0131 317 7314	coaching@canoescotland.com
10/07/2009	SCA	0131 317 7314	coaching@canoescotland.com
11/09/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk

4 Star Assessment Courses

Craft	Start Date	Region	Provider		
Canoe	11/04/2009	GASPA		gaspa_training@yahoo.co.uk	
Canoe	27/04/2009	Scotland	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Canoe	12/05/2009	Scotland	Beyond Adventure	01887 829202	email@beyondadventure.co.uk
Canoe	27/07/2009	Scotland	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Canoe	01/08/2009	Scotland	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Sea	02/07/2009	Scotland	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Sea	05/11/2009	Scotland	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Sea	09/12/2009	Scotland	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Sea	27/04/2009	Scotland	Skyak Adventures	01471 833428	info@skyakadventures.com
Sea	27/08/2009	Scotland	Skyak Adventures	01471 833428	info@skyakadventures.com
Surf	02/07/2009	Scotland	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Surf	10/12/2009	Scotland	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
WW	06/06/2009	Scotland	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
WW	01/08/2009	Scotland	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
WW	09/05/2009	Scotland	Standing Waves	01786 464777	mail@standingwaves.co.uk
WW	28/11/2009	Scotland	Standing Waves	01786 464777	mail@standingwaves.co.uk

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.

LEVEL 1 COURSES:

Region	Start Date	Course Director	Contact
Southern	14/04/2009	Owen Burson	owen@iow-seakayaking.co.uk
South West	16/04/2009	Samuel M. Roberts	doc.roberts@btinternet.com
South West	21/04/2009	Gary S Peverill	garyacesport@yahoo.co.uk
South West	21/04/2009	Samuel M. Roberts	doc.roberts@btinternet.com
South West	25/04/2009	Ian W Cave	ian@foxboats.co.uk
West Midlands	25/04/2009	Martin C Dutton	info@bearcreekadventure.co.uk
London & SE	25/04/2009	Paul Newman	paulnewmanpaddlesport@blueyonder.co.uk
South West	27/04/2009	Dominic Kawalec	domkawalec@tiscali.co.uk
South West	28/04/2009	Chris Wilson	chris@adventure.uk.com
West Midlands	29/04/2009	Phillip Russell	prussell17@tiscali.co.uk
West Midlands	29/04/2009	Darryll Shaw	darryll.shaw@pgl.co.uk
North East	01/05/2009	Kenneth Hughes	kenhughescourses@aol.com
West Midlands	03/05/2009	Darryll Shaw	darryll.shaw@pgl.co.uk
London & SE	04/05/2009	Andrew f Jackson	jacko@kayakjacko.com
South West	09/05/2009	Ian W Cave	ian@foxboats.co.uk
South West	09/05/2009	Andrew Davey	andrew.davey@bcu.org.uk
Northern	09/05/2009	Paul Heaton	p.heaton@manchester.gov.uk
Eastern	09/05/2009	Adrian Slim	adrian.slim@bt.com
Southern	18/05/2009	Owen Burson	owen@iow-seakayaking.co.uk
West Midlands	25/05/2009	David McEneaney	dmceneaney@herefordshire.gov.uk
North East	26/05/2009	Kenneth Hughes	kenhughescourses@aol.com
Cumbria	30/05/2009	Andrew Noblett	a.noblett@tiscali.co.uk
London & SE	31/05/2009	Andrew f Jackson	jacko@kayakjacko.com
London & SE	01/06/2009	Gareth Moss	gareth.moss@surreycc.gov.uk
North East	05/06/2009	Kenneth Hughes	kenhughescourses@aol.com
South West	16/06/2009	Dominic Kawalec	domkawalec@tiscali.co.uk
London & SE	27/06/2009	Owen Burson	owen@iow-seakayaking.co.uk
London & SE	05/07/2009	David J. Barker	dave@what4.org.uk
London & SE	21/07/2009	Gareth Moss	gareth.moss@surreycc.gov.uk
North East	28/07/2009	Kenneth Hughes	kenhughescourses@aol.com
London & SE	05/09/2009	Roger Wiltshire	roger.wiltshire3@btopenworld.com
London & SE	25/09/2009	David J. Barker	dave@what4.org.uk
Eastern	03/10/2009	Ronald A. Hodgson	ron.hodgson@hertscc.gov.uk

LEVEL 1 TRANSFER COURSES:

Region	Start Date	Course Director	Contact
West Midlands	21/03/2009	Darryll Shaw	darryll.shaw@pgl.co.uk
Cumbria	12/07/2009	Gregory P Bartlett	grog_uk@yahoo.com
Cumbria	17/05/2009	Andrew Noblett	a.noblett@tiscali.co.uk

LEVEL 2 TRAINING COURSES

Region	Start Date	Course Director	Contact
South West	10/01/2009	Ken Hughes	kenhughescourses@aol.com
London & SE	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
South West	13/04/2009	Lee Pooley	i.c.g@live.co.uk
London & SE	18/04/2009	Paul Newman	paulnewmanpaddlesport@blueyonder.co.uk
London & SE	20/04/2009	Paul Newman	paulnewmanpaddlesport@blueyonder.co.uk
London & SE	24/04/2009	Roger Wiltshire	roger.wiltshire3@btopenworld.com
Cumbria	25/04/2009	Andy Noblett	a.noblett@tiscali.co.uk
West Midlands	07/05/2009	Martin C Dutton	info@bearcreekadventure.co.uk
Cumbria	19/05/2009	Gregory P Bartlett	grog_uk@yahoo.com
West Midlands	25/05/2009	Darryll Shaw	darryll.shaw@pgl.co.uk
London & SE	26/05/2009	Gareth Moss	gareth.moss@surreycc.gov.uk
London & SE	30/05/2009	Roger Wiltshire	roger.wiltshire3@btopenworld.com
Eastern	06/06/2009	Philip A Hadley	Phil.hadley@bcu.org.uk
Southern	08/06/2009	Owen Burson	owen@rapid-development.co.uk
Southern	20/06/2009	Andy Maxted	morven@ukonline.co.uk
Eastern	20/06/2009	Adrian Slim	adrian.slim@bt.com
Cumbria	27/06/2009	Andrew Noblett	a.noblett@tiscali.co.uk
London & SE	19/09/2009	Paul Newman	paulnewmanpaddlesport@blueyonder.co.uk
Northern	10/10/2009	Paul Heaton	p.heaton@manchester.gov.uk

LEVEL 2 TRANSFER COURSES:

Region	Start Date	Course Director	Contact
Cumbria	01/06/2009	Thomas J.I. Sibbald	canoecoaching@btinternet.com

for the widest, most complete range of BCU Coaching courses in the country

Supporting the BCU - Supporting Paddlers

PLAS Y BRENIN

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



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

Please find details of our next two Panel Meetings. Both meetings will count as two hours towards your coach update and will be held at Longridge, Quarry Wood Road, Marlow, Bucks.

THURSDAY 2nd APRIL 2009:

19.00 for 19.30

An opportunity to hear the updated Keynote speech from the coach update and then to question Paul and RCO Andy Maxted on the BCU plans and progressions.

The Keynote speech outlines where the coaching scheme has come from and more importantly where it is going, including key bits of information around Personal Performance and Coaching awards. Also available will be details about the transfer process from current awards to the new and an opportunity to discuss your personal pathways through the scheme.

I hope to be able to have Diane Ward present from 7.00 to 7.30pm to sign off, on behalf of the BCU, any CRB applications. If you wish to do this you need to arrive with a CRB form from BCU website, passport, driving licence and 2 recent utility bills - all showing the correct address.

THURSDAY 4th JUNE 2009:

19.00 for 19.30 on the water.

Local Level 5 Coach and Chairman of the BCU Freestyle Committee, Tim Ward, will lead a practical session on coaching freestyle, especially the introductory stages, followed by a Q&A session on the new skills award scheme that should be published by then. I hope to see you at these meetings. **If you wish to attend please let me know, preferably by email.**

PAUL SUTTON BUCKS LCO



POST: INSTRUCTOR – WATERSPORTS/LAND
RESPONSIBLE TO: WATERLAND DIRECTORS
QUALIFICATIONS: BCU/RYA Instructor Qualifications
 in Canoeing/ Kayaking, Sailing, Windsurfing. GNAS
 Archery Leader a bonus.

Who are we?

Waterland is based in the Cotswold Waterpark on the Wiltshire / Gloucestershire border. We operate on a 44acre lake, with camping field and land available for a variety of land activities. We are a private company growing and operating for over 15 years.

What we do

We run coaching and fun sessions in a variety of activities from school groups, holiday programmes and the corporate market. We would require you to deliver these sessions to the high standards

Waterland is known for, whether it is a fun session for a birthday party or a full five day stage 3/level 2 dinghy sailing course (for instance)

& for you ...

Our motto is Safety, Fun & Learning which is both for the instructors and clients groups, so you will have time for personal development. We provide full induction and training development plans at the beginning of the employment. Hours are 5 days out of 7, no more than 40 hours per week. There is accommodation available in the nearby villages and towns if you do not live within commuting distance. The job may develop into full time dependant on candidate and business developments.

Contact jo@ukwatersports.co.uk or 01285 861202/07867 558095. Website www.ukwatersports.co.uk

Closing date 31st May 2009.

Frequently Asked Questions

Q: Do I need to start my coaching at Level 1?

A: We would normally require coaches to enter the coaching scheme at Level 1, developing coaching behaviours and skills. However, candidates who wish to enter the scheme directly into Level 2 Training may apply via the BCU Accredited Prior Learning (APL) scheme. Applications are considered by a panel, who look for evidence that the candidate has prior learning or experience that equates to the BCU Level 1 Training and or Assessment Package. Further information on the requirements is available in an information sheet, available from the SCA website or by contacting SCA Coaching.

Q: I am an existing BCU coach. Do I need to transfer to the new Awards?

A: No – your existing coaching awards will remain valid indefinitely providing you remain updated and hold current home nation membership. However, a range of opportunities exist for you to transfer should you desire to do so. We would encourage you to consider these options and transfer where relevant. Funding support is available to those wishing to transfer.

Q: I'm a single discipline Level 2 coach. Can I assess new 2 star as it involves canoe and kayak?

A: Existing Level 2 coaches are able to register to assess the new 2 star (canoe & kayak) providing they hold a minimum of 2 star in both disciplines (i.e. old 2 star in canoe and kayak, or new 2 star). Therefore, the quickest way for existing coaches to be able to assess new 2 star is to gain the new 2 star themselves.

Q: I am a volunteer and most Level 1 and 2 coaching courses are 4 consecutive days – I don't have time available.

A: The BCU UKCC courses are flexible! The courses can be run in a modular fashion over a series of weekends or even single sessions with up to 3 months to complete the whole process. The 2star/FSRT pre-requisites can be covered during the course or as additional modules along with the course making the course not only flexible but also very accessible. Some clubs have already taken advantage and organised courses over multiple weekends. Contact a course provider to discuss your requirements.

Further FAQs can be found on your home nation website





BCU Star Award Assessor Registration Form

In order to assess the new BCU Star Awards, coaches need to register and achieve accreditation as a BCU Star Award Trainer/Assessor. Please complete this form and send it to your Home Nation Governing Body, with photocopies of the necessary evidence.

Name:	Membership Number:
Address:	
Telephone H:	W: M:
Email Address:	
If you provide an email address we will send your reply via email, unless you tick this box! <input type="checkbox"/> We would like to save trees by sending your reply information by email.	

You need to meet BCU update requirements to qualify to assess the new BCU Star Awards. This includes: Valid First Aid and membership together with being up-to-date with current best practice:

Membership expiry date:	First Aid expiry date: (Please send a copy with this form)	BCU Update expiry date:
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Please Tick	Award	Minimum Requirements:
<input type="checkbox"/>	I would like to assess: Paddlesport Start	BCU Level 1 Coach
<input type="checkbox"/>	I would like to assess: 1 Star	BCU Level 2 Coach
<input type="checkbox"/>	I would like to assess: 2 Star	BCU Level 2 Coach with Kayak and Canoe 2 Star* (or, Placid Water Level 2 Coach)
<input type="checkbox"/>	I would like to assess: 3 Star Whitewater	BCU Level 3 Inland Kayak Coach
<input type="checkbox"/>	I would like to assess: 3 Star Canoe	BCU Level 3 Canoe Coach
<input type="checkbox"/>	I would like to assess: 3 Star Sea	BCU Level 3 Sea Coach
<input type="checkbox"/>	I would like to assess: 3 Star Surf	BCU Level 3 Surf Coach
<input type="checkbox"/>	I would like to assess: 3 Star Touring	BCU Level 3 Coach, with kayak and canoe 4 Star* (or Placid Water Level 3 Coach)
<input type="checkbox"/>	I would like to assess: 4 Star Whitewater	BCU Inland A4
<input type="checkbox"/>	I would like to assess: 4 Star Canoe	BCU Canoe A4
<input type="checkbox"/>	I would like to assess: 4 Star Sea	BCU Sea A4
<input type="checkbox"/>	I would like to assess: 4 Star Surf	BCU Surf A4
<input type="checkbox"/>	I would like to assess: 5 Star Whitewater	BCU Inland A5
<input type="checkbox"/>	I would like to assess: 5 Star Canoe	BCU Canoe A5
<input type="checkbox"/>	I would like to assess: 5 Star Sea	BCU Sea A5
<input type="checkbox"/>	I would like to assess: 5 Star Surf	BCU Surf A5

*** Important note:** The BCU have evidence of all your coaching qualifications; however we do not hold details of Star Awards. Therefore if you are applying to be a 2 Star, or 3 Star Touring, Assessor and do not hold the relevant Kayak and Canoe Coaching qualifications you need to send photocopies of your Star Award Certificates with this form.

Now return this form to your Home Nation Governing Body:

Canoe England	18 Market Place, Bingham, Nottingham, NG13 8AP	Fax: 0845 3709501	coaching@bcu.org.uk
WCA	Frongoch, Bala, Gwynedd LL23 7NU	Fax: 01678 521158	welsh.canoeing@virgin.net
CANI	Unit 2 Rivers Edge, 13-15 Ravenhill Rd, Belfast BT6 8DN	n/a	office@cani.org.uk
SCA	Caledonia House, 1 Redheughs Rigg, South Gyle, Edinburgh, EH12 9DQ	n/a	coaching@canoescotland.com