



CoDe

No 146 June 2009 £1



- SCA Courses
- Coaching Responsibilities
- Canoe England Courses
- 4 Star Leader Courses
- Canoe England Coach Update Forums
- Regional Updates



SAFEGUARDING AND PROTECTING CHILDREN

Standards

We are delighted to announce that the BCU has passed the Advanced Standard for Safeguarding and Protecting Children in Sport. This achievement reflects many years of hard work and dedication by both staff and volunteers to develop suitable policies and procedures and most importantly the willingness and commitment by our volunteers and coaches in the clubs and centres to implement them. Well done to everyone in helping us to achieve this milestone.

Website and New Resources

We have reorganised the website pages for Safeguarding which we hope will make it easier to find what you need. The web-page now has three additional pages for Safeguarding which includes; Resources, CRB and Training. You can navigate to the Safeguarding pages direct from the Home pages for both the BCU and Canoe England websites. In addition all the resources have now been updated. You will see that they have been divided into Policy, Guidance and Templates and each document has a number and date which will help to identify the ones that you might need and the latest version.

Independent Safeguarding Authority - Update April 2009

The government has recently announced a major change in the implementation process for the new Independent Safeguarding Authority (ISA). Individual applications for scheme registration will not now begin until summer 2010 with a five year phase in of the scheme anticipated. Consultation for the needs of sport in the new scheme are currently being undertaken by representatives for sporting organisations. Canoe England will update all clubs and members once this is completed and we will provide guidance and advice to support everyone who is involved with young people.

For further information/ updates see the Safeguarding and Protecting section of our website.

Paddlesafe – on line Child Protection Course

The course is aimed as a first step in helping volunteers and coaches to understand more about child protection in an easy to access format. Coaches who regularly work with young people should still attend the Safeguarding and Protecting Children workshop. You will find further details on our website under training.

For all Safeguarding matters go to:

www.bcu.org.uk or www.canoe-england.org.uk and click on the Paddlesafe box on the home page.

Star Award Admin

**Unreradable
handwriting /
Incorrect Fees /
Courses not
registered**

Star Award Coaches /
Assessors -
Some advice from
Diane - your
office
administrator

Star Award Admin advice as follows...

1. Coaches / Assessors please remember to register courses at least 2 weeks prior to course
2. Coaches / Assessors please be sure to verify membership numbers of Candidates
3. Coaches / Assessors - If candidates are non members please complete name and address - please print (some times unable to read)
4. Coaches / Assessors - remember that your first aid needs to be up to date - This needs to be in date as part of your revalidation / coach update!
5. Coaches / Assessors - when sending in Star Award Test slips remember to complete candidate address - With out this i'm unable to process
6. Coaches / Assessors - remember you have to be registered to assess the specific award you wish to assess.

If unsure about any aspect of award processing please feel free to contact

Diane..or a colleague 0845 3709500

Thank you for your assistance

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

As coaches we have an enhanced duty to safeguard and protect those people in our care. The BCU/Home Nations have a number of policies that aim to provide guidance for coaches on these responsibilities.

Whilst this article does not negate the need to read these policies, we will outline each area to highlight what it means to our coaches.

These policies are all available on the BCU and Home Nation Websites.

Members of Canoe England can request an electronic copy of them all by emailing - Coaching@bcu.org.uk to request a "Coaches Responsibilities Pack".

Duty of Care:

Duty of Care is the duty which rests upon an individual or organisation to ensure that all reasonable steps are taken to ensure the safety of others. We all have a duty of care to everyone we come into contact with or have an effect on, this responsibility increases as we take on more responsible roles such as being a coach. It also increases in specialist environments if we have a greater level of knowledge or ability than those around us. Duty of Care is a legal commitment to being responsible. It is not something that we can choose, to avoid by writing disclaimers, or something we can duck out of. The BCU Duty of Care policy outlines a general and basic view of our duty of care.

Physical Competency:

Coaches need to be fit and able to perform the job. The BCU Statement of Physical Competence requires coaches to declare any medical conditions that may impair their ability to be responsible for the overall safety of others. The declaring of impairments does not necessarily debar a person from coaching; certain working conditions may be established to ensure you can maintain your responsibilities. This helps protect coaches, and is a mechanism by which the BCU can support those individuals with specific medical conditions.

Participants Statement of Fitness:

As a coach responsible for others safety it is important to establish that participants are fit to perform. Information may be gathered on booking forms, signing-in sheets, or specific forms. (See note later about guidance on keeping records, this includes information about data protection, confidentiality etc).

Coaches Code of Conduct:

The BCU Coaches Code of Conduct outlines the behaviour a coach must display to keep children and adults safe from harm. The BCU Coaches Code of Conduct meets National standards for sports coaches across the UK, and sets standards for coaches as well as providing information to participants about what standards are expected. The code of conduct comprise such values as responsibility, humanity, relationships, commitment, co-operation, advertising, integrity, confidentiality, abuse of privileges, competence, personal standards and safety, with regards to a responsibility towards participants, colleagues, the BCU and to society.

Safeguarding and Protecting Children and Vulnerable Adults:

There are a number of BCU/Home Nation policies and procedures designed to help safeguard and protect young people and vulnerable adults. BCU Coaches play an important role in safeguarding the welfare of children and preventing their abuse, with both a moral and legal obligation to ensure that when given the responsibility for children we provide them with the highest possible standard of care. The BCU Child Protection and Vulnerable Adults Policy includes sections on:

- Recognising abuse
- The main forms of abuse
- The effects of abuse
- How to respond to suspicions or allegations of abuse
- What to do if allegations are made against members of staff or volunteers
- Advice on good practice
- Advice on Recruitment of staff and volunteers

In addition there are BCU Policies for Anti Bullying and Whistle Blowing. More details about Child Protection Training Requirements for Coaches, and Disclosure will be included in the August CoDe.





Equal Opportunities policy:

The BCU equal opportunities policy aims to ensure that people from all sectors of the Community (irrespective of their age, colour, disability, ethnic origin, race, sexual orientation or gender), have genuinely equal opportunities to participate in canoeing at all levels. The BCU as the governing body for sport takes responsibility for this in ensuring that present and potential members receive equally favourable treatment, but also require coaches working under BCU qualifications to do the same.

Injury Prevention and Manual Handling:

This policy provides guidelines for manual handling and risk assessment in relation to paddlesport. This covers good practice for Coaches, e.g. executing rescues, but also responsibilities that coaches have to their participants, e.g. explaining and developing safe lifting techniques for the boats they are using.

First Aid:

All Coaches are required to hold an appropriate First Aid award to ensure they have the skills to appropriately treat a paddler if they are injured. We hold details of this on your membership record – so if you haven't already please send us a copy. Coaches must also ensure they have access to an appropriate first aid kit whilst coaching.

Responsibility to the environment:

As a coach you have a responsibility to protect our environment and to teach others to do the same. We are fortunate to be involved in a sport that allows us to enjoy the wildlife and explore the landscape as an essential part of the canoeist's pleasure for aesthetic, cultural and recreational reasons. The responsible use of canoes and kayaks leaves no trace of passing and causes no erosion, noise or pollution; and is unlikely to have any significant impact on or lasting disturbance to wildlife and the water environment. The British Canoe Union, as the sport's governing body in the United Kingdom, recognises that the wildlife and landscape of Britain is a part of our common heritage, and has a clear duty to concern itself with the care of the environment where canoeing takes place. Refer to your respective Home Nation Website for information on good practice in the freshwater and marine environment.

Responsibility for access:

Many people taking up canoeing are often surprised to learn that it cannot be assumed they can paddle on any waters deep enough to float a canoe or kayak. The law in England and Wales is such that there is no certainty of public access to an along all inland water, and permission may be required. The choice to go canoeing is up to the individual but there are many waters without clear and publicised rights of navigation and one needs to be aware that their presence there may be questioned. Many navigations need licences and most of these are covered, in England, through Canoe England membership but there are others that require a separate licence so one needs to check before launching. The law in Scotland is different with the Scottish Land Reform Act allowing general public access to most inland waters. Access in Scotland comes under the Scottish Outdoor Access Code which all people canoeing in Scotland should familiarise themselves with. The Outdoor access code can be found at www.outdooraccess-scotland.com

Coaches have a special responsibility when coaching to inform their group about the access situation, access arrangements, and the need for licences.

Important messages for newcomers are:

- Always seek information about the access rights when planning a trip. The BCU have a team of Voluntary Access Officers to help provide this information
- Join the British Canoe Union and/or a local club to support the work to increase the present limited access to water.
- Help earn and retain the reputation of paddlers being responsible and considerate to other people and the environment

Keeping Records:

One of the responsibilities of the coach is to keep records. Whilst you may not be directly responsible for all of the following records, you may need to collect information about your participants, your sessions, safety, accidents, venues etc.

The BCU Coaches code of conduct provides guidance on how to treat this information, including not to divulge it to a third party without the express approval of the participant, (confidentiality does not preclude the disclosure of information, to persons who can be judged to have a "Right to Know").

Coaches also have a responsibility to the Data Protection Act (1998) that states only relevant and necessary information should be held, used only for the purposes stated, not kept for longer than required, secured in a safe place, disposed of securely, and not passed on without consent.



Insurance:

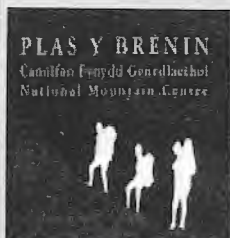
If a coach fails to meet their duty of care and someone becomes injured or suffers loss or damage, they can make a claim against the coach. It is therefore vital that coaches have Third Party Liability insurance to provide cover against claims of negligence. One of the biggest benefits of BCU membership is this insurance, covering anything we would consider 'Canoeing', including Coaching Canoeing.

**5 Star Courses in Scotland****5 Star Leader Assessment Courses**

Craft	Start Date	Provider	Telephone	Email
Canoe	29/10/2009	Beyond Adventure	01887 829202	email@beyondadventure.co.uk
Canoe	26/11/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Sea	20/09/2009	Skyak Adventures	01471 833428	info@skyakadventures.com
Sea	05/11/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Surf	01/11/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Surf	02/11/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
WW	26/11/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
WW	26/11/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk

5 Star Leader Training Courses

Craft	Start Date	Provider	Telephone	Email
Canoe	06/10/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Canoe	03/11/2009	Beyond Adventure	01887 829202	email@beyondadventure.co.uk
Sea	16/09/2009	Skyak Adventures	01471 833428	info@skyakadventures.com
Sea	02/11/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Surf	30/11/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
WW	06/10/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
WW	10/11/2009	Standing Waves	01786 464777	mail@standingwaves.co.uk



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



ENGLISH COURSE DATES

ENGLISH COURSE DATES:

Below is a list BCU 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. These dates are also published and kept up-to-date on the Canoe England Website

<http://www.canoe-england.org.uk/coaching/course-dates/>

BCU UKCC LEVEL 1 COURSES:

Date	Course Director	Venue	Contact
16/06/2009	Dominic Kawalec	Bicton, South West	domkawalec@tiscali.co.uk
20/06/2009	Colin J Broadway	Derby, East Midlands	colinbroadway@hotmail.com
27/06/2009	Fergus Lynch	Northumberland	fergus.lynch@btconnect.com
27/06/2009	Owen Burson	Guildford,	owen@iow-seakayaking.co.uk
02/07/2009	Ian Cave	Chelmsford, Southern	ian@foxboats.co.uk
04/07/2009	Joe Jordan	TBC	joejordan599@blueyonder.co.uk
04/07/2009	Ken Hughes	North	kenhughescourses@aol.com
04/07/2009	Phil Hadley	TBC	phil.hadley@bcu.org.uk
05/07/2009	David Barker	Southern	dave@what4.org.uk
06/07/2009	Lee Pooley	Devon, South West	i.c.g@live.co.uk
07/07/2009	Darren Joy	Exeter, South West	darren@fluidskills.com
18/07/2009	Ian W Cave	Worcester, West Midlands	ian@foxboats.co.uk
21/07/2009	Gareth Moss	London & South East	gareth.moss@surreycc.gov.uk
27/07/2009	Hila Coggans	London & South East	hila@kayakojacko.com
28/07/2009	Ken Hughes	Sunderland	kenhughescourses@aol.com
24/08/2009	Sean McGrath	Cumbria	sean@wildriver.co.uk
05/09/2009	Roger Wiltshire	Thames, Oxford	roger.wiltshire3@btopenworld.com
14/09/2009	Thomas Sibbald	Lakeside, Cumbria	canoecoaching@btinternet.com
25/09/2009	David Barker	Southern	dave@what4.org.uk
03/10/2009	Ron Hodgson	Chestnut, Eastern	ron.hodgson@hertscc.gov.uk

BCU UKCC LEVEL 1 TRANSFER COURSES:

12/07/2009
Greg Bartlett
Cumbria
grog_uk@yahoo.com

26/07/2009
David Balazik
Nene, East Midlands
david@balazik.wanadoo.co.uk

BCU UKCC LEVEL 2 COURSES:

Date	Course Director	Venue	Contact
15/06/2009	John Handyside	Holme Pierrepont	John.handyside@bcu.org.uk
20/06/2009	Adrian Slim	Woodbridge, Eastern	adrian.slim@bt.com
20/06/2009	Andy Maxted	Morven, Southern	morven@ukonline.co.uk
20/06/2009	Phil Hadley	South Cerney, Southern	phil.hadley@bcu.org.uk
27/06/2009	Andrew Noblett	Clitheroe, Cumbria	a.noblett@tiscali.co.uk
02/07/2009	David Hellawell	South Shields	dhellawell@btinternet.com
16/07/2009	Darren Joy	Exeter, South West	darren@fluidskills.com
08/08/2009	Andrew Jackson	London	jacko@kayakojacko.com
11/08/2009	Lee Pooley	Totnes, South West	i.c.g@live.co.uk
17/08/2009	Sean McGrath	Lancashire, North West	sean@wildriver.co.uk
07/09/2009	Thom Sibbald	Lakeside Cumbria	canoecoaching@btinternet.com
19/09/2009	Greg Bartlett	Windermere, Cumbria	grog_uk@yahoo.com
19/09/2009	Paul Newman	Richmond, London	paulnemanpaddlesport@blueyonder.co.uk
26/09/2009	Joe Jordan	South Wales	joejordan599@blueyonder.co.uk
10/10/2009	Paul Heaton	Debdale, North	p.heaton@manchester.gov.uk

BCU UKCC LEVEL 2 TRANSFER COURSES:

16/07/2009
Darren Joy
Exeter, South West
darren@fluidskills.com

BCU FOUNDATION COURSES

Date 25/09/2009 **Course** Mentoring for Paddlesport Coaches
Course Director Martyn Hartley
Venue Clitheroe Canoe Club, North West
Contact martyn.hartley@sky.com



Canoe England Coach Update Calendar 2009

Team North

Northern			
Region	Date	Venue	Details
North West	20th-21st June	Anderton	Details Available from Ian Bell rco.northwest@bcu.org.uk
North West	September	(TBC)	
North East			
Region	Date	Venue	Details
North East	1st November	(TBC)	Details available from Ray Hudspith ray.hudspith@bcu.org.uk
North West & Yorkshire			
Region	Date	Venue	Details
Yorkshire	14th June	Humber	Details available from John Lucas rco.yorkshire@bcu.org.uk
North Yorkshire	26th September	Ellerton	
South Yorkshire	15th November	Manvers	
Wakefield	(TBC)	Pugneys	

Team Central

East Midlands			
Region	Date	Venue	Details
Northamptonshire	26th September	Nene WWC	Details available from Stuart Briggs stuart.briggs@bcu.org.uk
Derbyshire (North)	3rd October	Castleton	
East			
Region	Date	Venue	Details
Bedfordshire	27th September	(TBA)	Details available from Jeff Toser jeff.toser@bcu.org.uk
Norfolk	10th October	(TBA)	
Essex	7th November	(TBA)	
West Midlands			
Region	Date	Venue	Details
Staffordshire	18th October	Burton	Details available from Phil Hadley phil.hadley@bcu.org.uk
Warwickshire	(evenings TBA)	Leamington	

Team South

London & South East			
Region	Date	Venue	Details
London	26th September	London	Details available From Adrian Green rco.london@bcu.org.uk
Sussex	17th October	Chichester	Details available from Andy Hall rco.southeast@bcu.org.uk
region			
Region	Date	Venue	Details
Devon	27th September	Skern Lodge	Details available from Andy Barclay rco.southwest@bcu.org.uk
Wessex	22nd November	Wiltshire	Details available from Simon Westerman rco.wessex@bcu.org.uk
Southern Region			
Region	Date	Venue	Details
Isle of Wight	6th June	IOW	Details available from Andy Maxted rco.southernregion@bcu.org.uk
Hampshire	4th October	Hampshire	

Coach Updates go from strength to strength.

The latest Coach Update for the South West was held at Weymouth Outdoor Education Centre. Over 90 coaches attended the day which kicked off with James Hives SDO (senior development officer) for the south giving an update on the developments in the coaching scheme.

This was the first update in the south west to have the new CPD (continual personal development) modules in the program, Coaching the Mind & Fitness for Paddle-sport, these proved to be very popular and became fully booked within two weeks of the program being published.

As well as the CPD modules there were a variety of both indoor and outdoor workshops taking place ranging from Nero Linguistic Programming, Rescue Skills, Interesting things to Coach in a Sea Kayak to How to Coach your Mums Skittle Team.

The general feeling from the participants was that the day was well organised and run, some of the open canoeists complained about the windy conditions so we are looking into the possibility of purchasing some wind breaks.

The feedback from the workshops was very positive, so a big thanks to all the coaches/tutors who gave up their Sunday to make the day such a success, to Paul Hurrell the LCO (local coaching organiser) and Weymouth Outdoor Centre for the use of the facilities, boats and trailers.

The South West team are all taking a bit of a break from coach updates with the next one on the 27th September 2009 at Skern Lodge Nr Bideford North Devon EX39 1NG.

However we do have the Club Forum in Exeter on the 21st June 2009 for details of both events check out www.bcusw.org

Scottish Regional Coach Update events:

Course	Dates	Email
Lothians	September	rco.lothians@canoescotland.com
Strathclyde East	21st June 09	rco.strathclydeeast@canoescotland.com
Highlands & Islands	13th June 09	rco.highlands@canoescotland.com

4 and 5 Star Assessment – Candidate Registration Now Required

4 Star Leader

Qualified to lead groups up to and including a moderate water environment

Paddlers in the group need to have the technical skills to be in the given environment

The 4 Star Leader awards are not designed for coaching

From 1st July 2009 Candidates attending 4 or 5 Star Leader Assessment will be required to register with their Home Nation on a LR Form (Leadership Registration) at least 2 weeks prior to the assessment. The cost of registration is £10 for members, £20 for non-members and includes Certification (there is no cost increase from the previous administration fee). Once approved the candidate will receive their stamped LR Form, to be presented to their Assessment Provider; the LR Form is valid for 12 months.

(Candidates are still required to take original copies of the prerequisites and logbook to their assessment course for verification)

Registration Information: The following four documents are available from the Home Nation Websites:

- Guidance notes for candidates wishing to apply to become a BCU Leader
- LR form
- BCU Coach and Leadership Registration Prerequisites
- BCU Leader Medical Declaration Form

This change has been brought about to provide a more robust verification process for candidates achieving the award.

Candidates and Assessors should make sure they are familiar with the most recently updated 4 and 5 Star Leader Syllabi available on from the Home Nation Websites – these have been recently updated and now include details of the prerequisites for both training and assessment.



Canoe



Sea



Surf



Whitewater



4 Star Leader Courses

Date	Discipline	Course Director	Venue	Contact
13/06/2009	4*Sea	Derek A Hairon	Jersey	derek@jerseykayadventures.co.uk
Date	Discipline	Course Director	Venue	Contact
25/07/2009	4*Whitewater	Andrew f Jackson	TBC	jacko@kayakjacko.com
25/07/2009	4*Whitewater	Richard Watson	North Wales	canoerichie@tesco.net
06/11/2009	4*Whitewater	Andrew Noblett	North West	a.noblett@tiscali.co.uk
14/11/2009	4*Whitewater	Kevin Edwards	TBC	kevin.edwards56@btinternet.com
14/11/2009	4*Whitewater	Joe Jordan	South Wales	joejordan599@blueyonder.co.uk
12/12/2009	4*Whitewater	Joe Jordan	South Wales	joejordan599@blueyonder.co.uk
Date	Discipline	Course Director	Venue	Contact
4 Star Surf Assessments				None currently planned
4 Star Canoe Assessments				None currently planned

4 Star Leader Courses

4 Star Leader Training

Craft	Start Date	Provider	Telephone	Email
Canoe	08/06/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Canoe	20/07/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Canoe	08/10/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Canoe	19/10/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Canoe	19/10/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Canoe	26/10/2009	Beyond Adventure	01887 829202	email@beyondadventure.co.uk
Sea	28/06/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Sea	29/06/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Sea	24/08/2009	Skyak Adventures	01471 833428	info@skyakadventures.com
Sea	02/11/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Surf	28/06/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Surf	29/06/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Surf	07/12/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
WW	08/06/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
WW	08/07/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
WW	20/07/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
WW	20/07/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
WW	07/09/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
WW	07/09/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
WW	14/11/2009	Standing Waves	01786 464777	mail@standingwaves.co.uk

4 Star Leader Assessments

Craft	Start Date	Provider	Telephone	Email
Canoe	06/06/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Canoe	27/07/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Canoe	27/07/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Canoe	01/08/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Sea	02/07/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Sea	27/08/2009	Skyak Adventures	01471 833428	info@skyakadventures.com
Sea	05/11/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Sea	09/12/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Surf	02/07/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Surf	10/12/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
WW	06/06/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
WW	01/08/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
WW	28/11/2009	Standing Waves	01786 464777	mail@standingwaves.co.uk

Moderate Water Definitions;



White Water

Grade 2 whitewater or equivalent weirs (Grade 2(3) when using whitewater spec Kayaks)



Sea

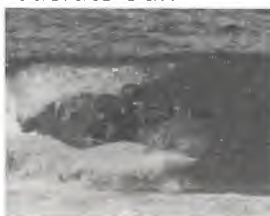
Coastline or estuary with easy landing; no fast tidal streams/ races; winds not above force 4; moderate surf



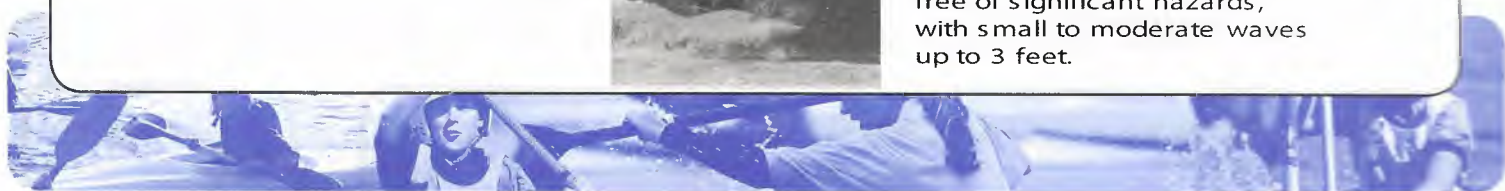
Flat Water

Large areas of open water, no more than 500m offshore, in wind strengths that do not exceed force 4.

Surf



Defined areas on beaches free of significant hazards, with small to moderate waves up to 3 feet.



Want to be involved in possibly the biggest open water swim in the UK..... but don't want to swim?

Well you could be if you can Paddle!

Hospicecares sw1m 2009 is taking place at Roadford Lake Nr Okenhampton Devon on the 26th of September 2009. Wadebridge Canoe Club with help from the PDO Andy Davey are assisting with the safety cover and we need about forty paddlers to help provide this.

It will involve being on the water for about 2 hours watching the swimmers and assisting any in difficulty.

What's in it for you? You'll be helping a worthy charity raise money; you get a free breakfast and lunch on the day plus two nights free camping. Why not see if your club wants to be involved and make it a club weekend ?

Roadford Lake is set on the edge of Dartmoor there are miles of footpaths and cycle trails winding their way through the beautiful Devon countryside as well as 730 acres of water to paddle on. There is a BBQ area which will be available for you to use for your club social.

For further details contact the Wadebridge Canoe Club Secretary
carol@thedaveys.org 01208 813125 or
check out www.bcushw.org.
For details of the swim check out
www.onemileswim.co.uk

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.

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 6th July 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 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/>

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
- Bristol & Avon

Team Central:

- Nottinghamshire

The Channel Islands:

- Guernsey

**Canolfan Tryweryn
Coaching Courses**

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

Water Information Line: 01678 520826

Web-site: www.rivercoaching.co.uk



RCO Service in Scotland

RCO Borders	Giles Chater	RCO Borders@CanoeScotland.com	01387 375394
RCO Central	Dave Rossetter	RCO.Central@CanoeScotland.com	01786 464777
RCO Dumfries & Galloway	Position Vacant		
RCO Fife	Ian Vossler	RCO.Fife@CanoeScotland.com	
RCO Grampian & Speyside	Andy Yule	RCO.Grampian@CanoeScotland.com	07739 910960
RCO Highlands & Islands	Steve Mackinnon	RCO.Highlands@CanoeScotland.com	07775 682034
RCO Military Personnel	Paul Mills	RCO.MilitaryPersonnel@CanoeScotland.com	01855 811348
RCO Lothians	Mark Foster	RCO.Loathians@CanoeScotland.com	0131 332 4506
RCO Strathclyde East	Mark McKerral	RCO.Strathclydeeast@CanoeScotland.com	07841 353460
RCO Strathclyde West	Richard Cree		01505 502266
RCO Tayside	Position Vacant		

Notice of Canoe England RCO Elections

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 6th July 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.

The RCO Cumbria is 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.

Lara Tipper, English Coaching Manager.



CanoeEngland
Something for Everyone

Vacancies:

The RCO East Midlands (Scott Bradley) has reached the end of his RCO term, and is standing down.

If anyone is interested in this position and wishes to discuss it further please contact the Paddlesport Development Officer (PDO) for the East Midlands:

Stuart Briggs -
Stuart.briggs@bcu.org.uk
0771 898 2091.

(Nominations need to be received at BCU HQ before 6th July 2009, see below).

RCO West Midlands

Following the mail shot to eligible coaches from the West Midlands, having had one nomination for the position of RCO West Midlands, I am pleased to announce Ian Dallaway elected in position for a term of three years; effective immediately.

Contact Ian at:
24 Woodhaven, Cannock,
Staffs, WS11 1RE,
07715 005153,
ian.dallaway@bt.com



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





Scottish Canoe Association

BCU(UKCC) COURSES IN SCOTLAND

Level 1 Training & Assessment

Start Date	Provider	Telephone	Email
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

Start Date	Provider	Telephone	Email
12/09/09	Lowport Centre	01506 775390	lowport.centre@westlothian.gov.uk
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

Start Date	Provider	Telephone	Email
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 2 Transfer

Start Date	Provider	Telephone	Email
11/09/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
10/07/2009	SCA	0131 317 7314	coaching@canoescotland.com
11/09/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk

Moderate Water

Craft	Start Date	Provider	Telephone	Email
Canoe	01/09/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Sea	04/09/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Sea	10/10/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
WW	01/09/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Canoe	31/08/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
Sea	03/09/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk
WW	31/08/2009	Glenmore Lodge	01479 861256	enquiries@glenmorelodge.org.uk

**FULL RANGE OF BCU COURSES
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For more details contact 01479 861256
www.glenmorelodge.org.uk



inspiring adventure

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. 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**