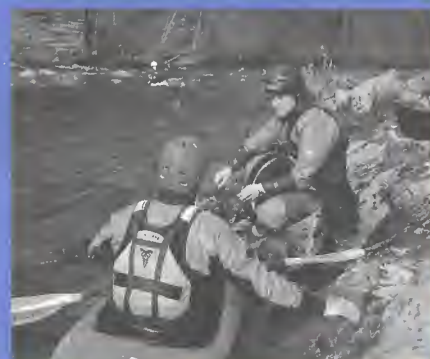


# W O R K



- Switch Your Coaching
- Preparing Participants for Coaching
- Sit on Top and Canoe and Kayak Angling
- News and Updates



## Canoe England Coach Updates 2012

### London- Leaside

1st April 2012

Details available from Andy Noakes [andy.noakes@gll.org](mailto:andy.noakes@gll.org)  
Tel 02084428116

### South West- Weymouth

22nd April 2012 Details available from Paul Hurrell

[P.Hurrell@dorsetcc.gov.uk](mailto:P.Hurrell@dorsetcc.gov.uk) Tel 01305 777633

### South West- Devon

28th April 2012 Details available from Darren Joy

[rco.devonandcornwall@bcu.org.uk](mailto:rco.devonandcornwall@bcu.org.uk) Tel 07946 763667

### Eastern- Suffolk

9-10th June 2012 Details available from Gary Denton

[rco.east@bcu.org.uk](mailto:rco.east@bcu.org.uk) Tel 07795 561741

### North West- Manchester

16th June 2012

Details available from Kevin Beattie [kevin@venture-out.co.uk](mailto:kevin@venture-out.co.uk)

### South West- South Cerney

16th June 2012 Details available from Gavin Lewis

[Gavin.Lewis@gloucestershire.gov.uk](mailto:Gavin.Lewis@gloucestershire.gov.uk) Tel 01285860388

### North East- Ellerton

5th August 2012 Details available from Ken Hughes

[rco.northeast@bcu.org.uk](mailto:rco.northeast@bcu.org.uk) Tel 07890 139908

### North West- Lancs

9th September 2012 Details available from

Ian Bell [rco.northwest@bcu.org.uk](mailto:rco.northwest@bcu.org.uk) Tel 07768 088876

### East Midlands- North Derbyshire New Date

1st September 2012 Details available from Colin Broadway

[rco.eastmidlands@bcu.org.uk](mailto:rco.eastmidlands@bcu.org.uk) Tel 07768 876756

### East Midlands- Lincolnshire

15th September 2012 Details available from Colin Broadway

[rco.eastmidlands@bcu.org.uk](mailto:rco.eastmidlands@bcu.org.uk) Tel 07768 876756

**Please Note that this event has had to be postponed**

### West Midlands- Staffordshire

16th September 2012 Details available from Ian Dallaway

[rco.westmidlands@bcu.org.uk](mailto:rco.westmidlands@bcu.org.uk) Tel 07715 005153

### Eastern-Cambridgeshire

22nd September 2012 Details available from Gary Denton

[rco.east@bcu.org.uk](mailto:rco.east@bcu.org.uk) Tel 07795 561741

### London- Shadwell

29th September 2012 Details available from Luke Smallman

[luke@smallman.org](mailto:luke@smallman.org)

### Yorkshire- Manvers

6th October 2012 Details available from John Lucas

[rco.yorkshire@bcu.org.uk](mailto:rco.yorkshire@bcu.org.uk) Tel 07884 18828

### East Midlands- Nottinghamshire

7th October 2012 Details available from Colin Broadway

[rco.eastmidlands@bcu.org.uk](mailto:rco.eastmidlands@bcu.org.uk) Tel 07768 876756

**Please Note that this event has had to be postponed**

### South East-Shoreham

21st October 2012 Details available from Chris Childs

[chris-alison@lineone.net](mailto:chris-alison@lineone.net) Tel 01273 554688

### West Midlands- Warwickshire

10th November 2012 Details available from Ian Dallaway

[rco.westmidlands@bcu.org.uk](mailto:rco.westmidlands@bcu.org.uk) Tel 07715 005153

### North East- Northumberland

10th December 2012 Details available from Ken Hughes

[rco.northeast@bcu.org.uk](mailto:rco.northeast@bcu.org.uk) Tel 07890 139908

## To make gaining awards easier, we've introduced multiple choice.

This year we're running more courses, on more dates, than ever before. Making it easier for you to choose a date that fits in with your schedule.

We run a full range of BCU qualification courses including the new Level 1, 2 and 3, throughout the year. What's more, if you can't find a course date that suits you in our brochure or on our website, we can arrange one for you. For clubs, or groups of four or more booking together we can programme a bespoke course date specially for you. But we know it's not all about gaining qualifications, which is why we run a huge range of recreational

courses, holidays and expeditions too, including paddling holidays for families.

When you get here you'll be convinced you made the right choice because everything we provide is first class, from the coaching, boats and equipment down to the facilities, food and accommodation.

So if you are looking for somewhere to improve, expand or enjoy your paddling, you'll find we tick all the right boxes. For a free 72-page colour brochure telephone us on 01690 720214 or e-mail us on [brochure@pyb.co.uk](mailto:brochure@pyb.co.uk)





## Switch your coaching!

Lots of management tools are informed by the coaching profession, and many of the skills required to be a good coach transfer across to management.

This might be why lots of coaches go into management training!

It can go the other way though. A recent book by Heath (2010) identifies some exciting approaches to management, that are directly transferable to coaching paddle sport.

**Dr Jon Miles**

The framework within which the theory fits is a metaphor of an elephant, a rider, and a path. The rider represents the rational side of people, which tries to logically direct what you do. The rider is good at seeing the set of instructions, but gets tired if there are simply too many of them. The elephant is the emotional side – this is the bit that really needs convincing if real change is going to happen. It has a tendency to keep going along the same route, and can be rather difficult to shift! The 'path' is the environment in which the change happens. This might be to do with the physical environment, the people, the planning, motivation, or people's lives outside of sport.

It's a really interesting metaphor, and when working out how to deal with specific problems in coaching, running group activities, and working with different groups of people, it provides an incredibly powerful tool for getting over difficult hurdles. So – here it is, with an interpretation for coaching!

**Direct the rider – the rider is the rational side.**

**Follow the bright spots.** Find out what is works well and clone it! Praise the actions that go well as soon as possible, so that the learner knows that what they just did was worth remembering. Get them to repeat the good bits to help them into long term memory. Get them to identify what went well, so that they are motivated by knowing they can do it.

**Script the critical moves .** Try to think in terms of specific behaviours, rather than too big a picture. For technique coaching, this might be just identifying the absolutely key next step they have to conquer. For example, you might know that the whole of their break-in sequence is a bit wobbly, but you put that lot to the side, and just focus on their edging. 'Try it again and just concentrate on raising your upstream edge an extra 10 degrees'. When they've got that, you take the step of moving on to the next thing. You worry about the big picture, but get them to take on the small bits.

**Point to the destination.** Learning is easier when people know where they are going. They probably want to be able to get down the river safely & by themselves or with their pals. This is the goal. 'You'll be running grade 3 in no time!' This is where they want to be. With this direction in mind, they will be receptive to all the small steps it is going to take to get there.

**Motivate the Elephant- the elephant is the emotional side.**

**Find the feeling.** Knowing something needs to be learned isn't enough! People have to feel something to change. In other words, they have to really want to do it and to take part. You need to think about what motivates people. Some might like the feeling of being really successful on more simple rivers (for example - they might like to get the technical parts perfect, and want it all perfect before they move on). Some might like the adrenaline and challenge of paddling rivers that are a bit difficult for them (they might be more excited by just about making it, than doing it perfectly). If you recognise what makes the different people tick, and put them in the right place, you'll get them engaged and hooked.

**Shrink the change.** The fact is that we aren't all going to be superstar river runners, or freestyle gurus overnight! Most people know this, but it can be daunting. Our local stretch of river is an 11 km test run of grade 4 in a remote area. It is fairly daunting to many people! But – when it is divided up into a sequence of consecutive rapids, it is a fairly manageable run. When each rapid is split into one eddy to the next, then it is even more manageable!

**Grow your people.** Cultivate an identity. Your 'people' are your learners or clients. If you run a club, or a group, life becomes much easier when they start to help organise it all. If you have a commercial set up, you really want repeat business, so you have to make them feel part of the whole thing. Try to bring on the instructors, & draw on others' knowledge.

**Shape the Path – the 'path' is all about the environment in which people learn, and clearing away the barriers.**

**Tweak the environment** – when the situation changes, so does the behaviour. If you are having

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no luck teaching something on one rapid – move onto the next one! I once ran a series of sessions for students in Plymouth. We had perfect kit and fantastic instructors, but attendance was very poor. We started off blaming the students, then blamed the weather, and next wondered if we'd got the course material right. We almost cancelled the whole programme. Finally it dawned what the problem was - we changed the sessions from a 9:00 am start to a 1:00 pm start, and started getting 100% attendance, and massive amounts of enthusiasm!

**Build Habits.** When behaviour is habitual, it is free. Regular weekly sessions are a great way to keep long term development going. With youngsters, make cleaning the kit all part of the session, so that is the 'norm'. Habits also fit into people's planning easily, so make it easier to get out for.

**Rally the Herd.** Behaviour is contagious. Help it spread. One of the problems we face is that the weather and water conditions are rather variable. My motto has for a long time been that the 'conditions are perfect'. The challenge is to figure out what the conditions are perfect for!. This catches on, and people come along knowing they are going to be engaged in something positive.

There are many ways that this approach can be engaged when coaching. I like to use it as a tool for thinking about specific coaching problems. Why can't this person do this skill? Why doesn't this person want to engage in this activity? What is holding this group back? A quick look down the possible solutions is a great way to think about how to help people improve quicker. It's not the only way to do things, but I've found it to be very powerful in changing the way I run my coaching.

Dr Jon Miles

Dr Jon Miles is a Senior Lecturer in Marine Sports Science at Plymouth University. Prior to reading this book, he used to think that 'Switch' was a freestyle move involving a 180 degree horizontal rotation of the boat!

#### Reference

Heath, C., and Heath, D., 2010. Switch. How to change things when change is hard. Random House Business Books, London, 305pp.

### Canoe Wales BCU/UKCC Courses

Date	Course Type	Area	Venue
26/27/05/12	L3 Discipline Specific	North	Plas Menai
28/30 /05/12	L3 Core	North	Plas Menai
02&03/06/12	L3 Discipline Specific	South	CIWW
25/29/06/12	L3 Core - (includes 3 CPD modules)	South	CIWW

For more details about these and any other Canoe Wales courses please contact marianne.davies@canoewales.com.

Cardiff International White Water Centre BCU/UKCC courses - For more information see <http://www.ciww.com/>

#### BCU/UKCC Level 1 Training & Assessment

30 /31 July and 01/02 Aug 2012

26/27 May and 09 /10 June 2012; 20/21 Oct and 27/28 Oct 2012

#### BCU/UKCC Level 2 Transfer

16th & 17th June 2012

#### BCU/UKCC Level 2 Training

07/08 April and 14/15 April 2012; 13 till 16 August 2012; 18/19 February 2012 (2 days); 22/23 September 2012 (2 days).

#### BCU/UKCC Level 2 Assessment

01 April; 01 July; 11th November



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**and more go to .....**

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## PREPARING PARTICIPANTS FOR COACHING

The fourth of a series of articles taken from the BCU's Level 2 Coach Support Book. Supporting Coaches develop and improve their coaching practices.

by Ed Christian

### Introduction

Before we take to the water and start coaching it is important to make sure our learners know what is in store for them and are given the opportunity to prepare themselves for the coming activity. As a Level 2 Coach you will need to ensure that your participants are ready both mentally and physically.

This section will start with looking at communicating session objectives to the participants and how to prepare them mentally, we will then consider the checks that we need to make before getting on the water. We will also consider in detail the concept of warming up and physical preparation.

#### 5.1 Communicating Session Aims and Objectives

A large part of preparing participants for coaching is the process of telling them exactly what will be involved in the session(s). The way in which we deliver this information can have a big effect on the motivation of the group and their perception of the impending activity.

A useful model to use in teaching as a whole is:

- ☐ Tell them what you are going to tell them
- ☐ Tell them
- ☐ Tell them what you've told them

For the purpose of this section we are looking at the first part; tell them what you are going to tell them. We can also think of this as framing. This basically means that we prepare the participants by telling them exactly what we want them to learn, and why we want them to learn it, at the start of the session.

An example of this could be:

"Today we are going to look at moving the boat sideways, this is really useful for accurate control and manoeuvring in small spaces."

With this kind of information presented at the start of the session the participant knows exactly what to expect and can prepare themselves for that activity.

How we communicate our objectives should be tailored to factors such as;

- ☐ Age: Children, adolescents, adults
- ☐ Ability: Beginner, novice, advanced
- ☐ The outcomes themselves: Skills, principles, communication, cooperation, etc.

Remember that the way in which we deliver the information can have a really big effect on the way our learners gain information from us. Research suggests that we pick up information from:

- ☐ The words that are used – 7%
- ☐ The way it is said – 38%
- ☐ The way the speaker behaves – 55%

Being enthusiastic is really important and your behaviour and body language will show this when you are talking. Your coaching will be made much easier if you are working with a group who want to learn what you are teaching and see value in it.

You may decide to present objectives in order of what you think must be achieved, what should be achieved and what could be achieved. If, for example, we are teaching rolling we might say:

"By the end of the session I would like everybody to be able to right themselves using my hands; some of you should be able to roll with me guiding the paddle and you could even do a roll on your own"



## PREPARING PARTICIPANTS FOR COACHING cont

This gives the learners an idea of what you, as the Coach, think they can achieve and also provides something to work towards. Remember to keep your expectations realistic, basing them on the planning you have already done. We wouldn't expect child novices to be hand rolling in the first session!

### 5.2 Checking Ability and Readiness

The final stages of preparation should involve an element of checking that the participants are ready to get going. Having told them the objectives for the session you should confirm that your learners are indeed able to attempt the activities. The information that you have gathered will have highlighted any physical or medical problems already. Other barriers such as anxiety and apprehension can often come out at this stage; you may find yourself reassuring and comforting individuals in order to prepare them for the activity.

The last few moments before getting on the water should also be used to make final checks on participants; clothing and equipment. You should include in your checks;

- ☐ Clothing is suitable to the conditions
- ☐ Buoyancy aids, helmets, and other safety equipment, are fitted correctly
- ☐ The boats are set up for the user (foot rests, back rests etc.)
- ☐ The group is clear on your launching instructions
- ☐ Boundaries have been set
- ☐ The venue is still appropriate (i.e. weather, water level or other water users)

### 5.3 Modifying Plans

Having developed session plans it is important to have the skills to adapt plans to meet changing needs, rather than delivering the plan with no flexibility.

Paddlesport coaching is normally in a dynamic environment; you can be faced with environmental factors that affect the coaching session, for example:

- ☐ Change in wind direction or strength
- ☐ Change in temperature
- ☐ Change in water levels

You are also going to be faced with changing individual needs, for example:

- ☐ Tiredness/fatigue
- ☐ Hunger
- ☐ Cold
- ☐ Boredom
- ☐ Frustration

You need to develop some strategies for dealing with these behaviours.

### 5.4 Warming up (physical preparation)

The importance of warming up cannot be overestimated and is an essential part of paddlesport coaching. Firstly, we will look at warming up in general and then consider how and why to make our warm up specific to paddlesport. Warming up is a key factor in reducing the chance of sustaining injury. Canoeing and kayaking are dynamic movement sports that require postures and movements that are outside of our everyday range of motion. Injuries to the shoulders, lower back and abdominal regions are common and can be caused by over reaching, over rotating and bad posture.

We should think of warming up a process that needs to be done with some accuracy rather than just a token run on the spot and some star jumps! Warm-ups should contain 3 phases:

**Raising the heart rate** – This increases the delivery rate of oxygen and energy to muscles in order for them to function during exercise. A simple jog or jumping game will achieve this but remember not to incorporate any dynamic movements until the body is ready.

**Preparing the muscular and skeletal systems** – This involves putting joints, muscles and tendons through gentle work and gradually increasing it. The aim is to warm up the synovial fluid in the joints and active tissues in muscles and tendons.



This reduces friction on cartilage and other tissues and lubricates joints to cushion them during exercise. Making ever increasing circles with the shoulders/ arms / hips / waist is a good way to achieve this.

Increasing mobility – Now that we have increased oxygen delivery and warmed up active tissues we need to increase mobility. The theory behind this is to lengthen the muscles in order to have a range of motion of the muscle and therefore, reduce the risk of injury and increase performance. This may also reduce muscular soreness after activity. Particular attention should be paid to areas that will be stressed during the activity such as hamstrings, shoulders, lower back, and waist.

## Warming up for Canoeing & Kayaking

The types of warm-up you do will depend on your group. Young people may not respond well to a structured warm-up but might achieve the desired effect with a game of 'stuck in the mud' or a 'penguin race'. Likewise, if you are coaching improvers and intermediates you may wish to conduct a boat-based warm-up to make the preparation specific to what they will be doing, forward and backward racing is a good start. Just remember to start gently and build up slowly.

There are literally hundreds of warm-up exercises that we could use for canoeing and kayaking and no doubt you will develop your own preferred methods. It is important to remember that we can achieve more than physiological preparation with a practical warm-up. For example, throwing a ball round the circle will work the upper body and if you state that every person must name the person they are throwing to, you will learn everyone's name as well as each others.

Similarly, try and make your warm-ups as 'canoe & kayak like' as possible. An example of this might be an extension of the ball game. This time get the group to hold their paddles and try to catch, pass, stall, and bounce the ball on the paddle blades. Not only will this warm up specific areas but it will also replicate body positions for paddlesport and raise awareness of how we move when holding the paddle and how to feather the blades. Additionally, this will allow you to see who is able to grasp the concept of moving the paddle (and may be more able) and those whose coordination may require attention.

Another useful point to remember when leading warm-ups is to mix it up. Paddlesport often involves coordinated movements that require differentiated body movements. We could well ask learners to rotate the trunk, push with a certain foot, as well as look in a certain direction. Quite a lot to expect, especially from children! Try using coordinated movements in your warm-ups, maybe swinging the arms in opposite directions or rubbing the tummy while patting the head. You could even set up a game of twister.

## Cooling down

Cooling down involves preparing the body to stop exercising as well as mentally preparing for the end of activity. Doing this well can have a big impact on a paddler's ability to perform a session later or the level of muscular discomfort experienced afterwards. It is as important as the warm up. We will look closer at cooling down in part 9.

### DEVELOPMENT ACTIVITY

Developing a good set of warm-up tools is essential for the paddlesport Coach. It is also useful to be able to pull out exercises that are tailored to your group. For each of these types of group, detail a series of warm-up exercises and games that will best prepare them for activity.

- Mixed gender, teenage novices practising for their Duke of Edinburgh Award (novices)
- Middle-aged business executives on a corporate development exercise (beginners)
- Year 7 pupils from the local school (beginners)
- Your long-term 3 Star trainees (improvers)

## Level 5 Update

### Level 5 Coach Assessment Dates:

14/15 April 2012	Scotland	Kayak/ Canoe/Sea	Registration Closing Date 23rd January 2012
13/14 October 2012	S.Wales	Sea & Surf	Registration Closing Date 23rd July 2012
27/28 October 2012	Devon	Kayak & Canoe	Registration Closing Date 6th August 2012
17/18 November 2012	Scotland	All Disciplines	Registration Closing Date 27th August 2012
Feb 2013	N.Wales	TBC	

Please contact [maria.winfield@bcu.org.uk](mailto:maria.winfield@bcu.org.uk) if you wish to book onto one of these assessments.

## CANOE ENGLAND RCO & LCO ELECTIONS & VACANCIES

### RCO Elections & Vacancies

The following RCO position is up for re-election in April 2012 and we invite alternative nominations, this is as follows:  
Channel Islands – current RCO Brian Aplin.

Congratulations to Kenneth Hughes, RCO North East, who will be continuing with his role.

### LCO Elections & Vacancies

The following LCO positions are currently up for election and we invite nominations, these are as follows:

#### Team North:

Humberside  
Lancashire  
Tyne & Wear  
Teeside

#### Team Central:

Shropshire

#### Team South:

Berkshire  
Hampshire  
South London  
East Sussex  
Guernsey

The following LCO position is up for re-election in June 2012 and we invite alternative nominations, this is as follows:  
Surrey – current LCO Andrew Pearson.

Congratulations to the following who will be continuing with their roles: West Yorkshire – LCO Dick Constable.  
Jersey – LCO Derek Hairon. Wiltshire – LCO Peter Pendlebury.

Congratulations to the following: Isle of Wight - James Batchelor who has been elected as LCO. Thanks go to Kevin Richardson, the former LCO, for all his hard work. Cambridgeshire & Peterborough - David Savage and Ian Cave who have been elected jointly as LCO. Cheshire - Simon Joinson who has been elected as LCO. Thank you to all those who nominated them.

**Note - Please note that Chris Childs is no longer LCO for East Sussex**

Please get in touch! If you (or someone you know) are interested in taking on one of these roles please get in touch with Karen Bagshaw at Canoe England ([karen.bagshaw@canoe-england.org.uk](mailto:karen.bagshaw@canoe-england.org.uk)) who can help answer your questions and help ensure the required nominations are received.

All applicants must also be proposed by two current RCOs/LCOs, or by five other updated and active Canoe England Coaches registered within the region – these individuals must hold current comprehensive Canoe England membership, be up to date with their coaching qualifications, and be working or living in the area – these all need to be received by Karen Bagshaw in the Canoe England Office by 4:00pm on 30th April 2012 – so please don't hesitate to get in touch if you are keen.

**Note - before nominating anyone, please ensure you have discussed this with them and that they are willing to stand.**

## Canoe England's BCU UKCC Level 3 Regional Programme

Canoe England have teamed up with Plas y Brenin, the National Mountain Sports centre, to jointly deliver a programme of BCU (UKCC) Level 3 training and assessment courses across England. This partnership arrangement offers coaches the opportunity to train as a BCU (UKCC) Level 3 coach closer to home. As a Sport England funded facility Plas-y-Brenin, Sport England National Mountain Centre, are the ideal partner to coordinate the delivery of this programme on Canoe England's behalf and maximise the funding support provided to both organisations.

The administration of the courses will be taken care of by Plas y Brenin and the courses will be staffed using a combination of Plas y Brenin coaches and local coach educators. Future Level 3 courses will be programmed according to the interest registered by coaches within the Canoe England delivery team areas. Courses will then be being offered within each region to suit the demands of the specific discipline.

If you are looking for a BCU UKCC Level 3 training course then visit the Plas y Brenin website, [www.pyb.co.uk/level3](http://www.pyb.co.uk/level3) where you will be able to register your interest in the type of courses you're looking for. When there is sufficient interest within a region we will be able to generate a course to meet the demand. If you are a club or centre manager and feel that you'd like to host a course on behalf of Canoe England and/or feel that you have sufficient numbers to generate a course contact Sid Sinfield at Plas y Brenin who is coordinating this programme. [Sid.sinfield@pyb.co.uk](mailto:Sid.sinfield@pyb.co.uk)





Sit on Top Kayaking is one of the fastest growing disciplines in canoesport. Its stability and ease of use have made it accessible to a wide range of people young and old. The ability to sit on rather than in removes the fear of the capsize and the ability to travel some distance with minimal technique is both an advantage and disadvantage enabling the paddler to get places early on in their learning that maybe they should not .

Kayak fishing has gained popularity as the Sit on Top (SOT) kayak has been developed. Indeed many fishermen keen to widen their fishing grounds have bought a kayak and found that they get hooked on kayaking.

While many participants of the sport undertake plenty of training and ensure they carry all the relevant safety equipment, there has also been a significant increase in more casual users taking to the water on SOT's either just for fun or to fish from. People that don't have any previous experience on the water are trying out the sport for the first time.



While this is great for paddlesport, at least in terms of introducing people to a great sport with fantastic opportunities for experiencing the great outdoors and for encouraging those starting in this way in the other aspects of paddlesport we should all look to encouraging new people to our sport to gain a good solid, early introduction that covers both skills training and safety knowledge - How do we do this ?

Well of course we need to look into ways of communicating with and directing such newcomers to coaches, clubs and centres and that's just what we are currently looking to do through manufacturers, retailers and safety agencies, however we also need coaches, clubs and centres, where they have an interest in working with SOT's and Canoe and kayak anglers, to welcome them and provide them with just the sort of training they need.



While this might sound a little stange, for why wouldn't we wish to welcome them? discussion with SOT Paddlers and Anglers when they do approach for help would appear to suggests that they don't always feel welcome, or that the Star Awards don't accommodate SOT's, If that's the case then may be this short article will dispell a few myths.

Firstly it is possible for paddlesport coaches to provide a good introduction to SOT activity - see Code 156, February 2011, page 7 and while this doesn't necessarily need to be through the Star Awards, Paddlepower and Paddlesport Start Awards and the BCU 1 - 3 Star Awards can all accommodate SOT activity if encouraging milestones to learning and progression.

Alternatively SOT paddlers and Canoe and Kayak Anglers can be directed to other options that can all encourage a better understanding of paddlesport, improved skills development and safety;

**GENERAL TASTER SESSIONS / BESPOKE TRAINING / INTRO TO SEA /  
INTRO TO MOVING WATER  
FOUNDATION SAFETY RESCUE TRAINING / INTRO TO SURF  
WHITE WATER SAFETY RESCUE TRAINING / COASTAL NAVIGATION**



Additionally we will shortly introduce a CANOE and KAYAK Fishing SAFETY AWARD for those taking to the water with fishing specifically in mind. The objective of this module will not be to teach fishing, however, it will provide guidance to anglers in respect of boat handling, safety, self rescue, equipment storage and safe anchoring etc.

Level 2 Coaches who are also FSRT providers will be able to undertake training and endorsement to deliver this module. Details will be available on the BCU / Canoe England website and the next edition of Code.





## Star Award Price Increase

Following a recent Coaching Strategy Group review of Star Award pricing Coaches are asked to note the following increases that will apply from the 1st May 2012

For 1-2 star

- o £1 increase for members
- o £2 increase for non-members

For 3, 4 and 5 star

- o £2 increase for members
- o £5 increase for non-members

The table below shows the current / New prices for the different awards (fees/registration fees – depending on the level).

Test	Current Prices		increase		New Prices	
	non-mem	mem	non-mem	mem	non-mem	mem
1	£5	£5	£2	£1	£7	£6
2	£5	£5	£2	£1	£7	£6
3	£20	£10	£5	£2	£25	£12
4	£20	£10	£5	£2	£25	£12
5	£20	£10	£5	£2	£25	£12

All relevant paperwork is being updated with prices, however, pass slips received dated before the 1st of May will be honoured at the old price. Pass slips dated after 1st May will be required to carry the new price. With regard to 4 and 5 Star any candidate registration applied for after the 1st May will be charged the new price.

## CRB Portability- England and Wales

In April 2011 Canoe England and Canoe Wales introduced a Portability process for individuals who already have a CRB from another organisation. This has proved to be successful and we are now extending the time period that we will accept a CRB certificates from 6 to 12 months.

With effect from 1st March the BCU will consider portability of an enhanced CRB certificate if your CRB is not older than 12 months and you have been with your current employer (including voluntary roles) for more than 6 months.

Full details of the scheme including Guidance document (SPC-G23) and Portability Form (SPC-G24) can be found on the Safeguarding and Protecting Children and Vulnerable Adults pages of the Canoe England website.

**PLEASE NOTE: The 24hr Child Protection phone number has changed and is NOW 07734453430**

## Touring Technical Group

The Coaching Operations Group (COG) are looking to appoint further interested and experienced practitioners to their Touring Technical Group. For further information please contact Maria Winfield, at the BCU 18 Market Place Bingham Nottingham NG13 8AP or email [maria.winfield@bcu.org.uk](mailto:maria.winfield@bcu.org.uk) for an application form.



**Live the adventure...**

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

Tel: 028 4372 2158 **[www.tollymore.com](http://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.



**Swim Event Safety Award (SESA) <<http://www.bculifeguards.org.uk/sesa>>**

In Paddlesport we work and play in an inherently dangerous environment. We go there for adventure and its not always possible or desirable to take away all of the dangers from the environment. **The alternative is to direct all of our efforts in to making ourselves safe.**

Participant, Coach, Client, Student - all play a part in ensuring safety out on the water

**Know your limitations and always work within them.**

Prepare yourself, your equipment and others appropriately for each and every trip and journey and undertaking and be particularly aware of and prepared for the prevailing seasonal and weather conditions

Over the last few months we've been busy organising a series of training courses to take place all around the UK in May 2012. Demand has been phenomenally high and so we've laid on more courses than ever. We are expecting many of them to fill to capacity so we would encourage you to book in early to avoid disappointment.

**All SESA Cost: £30 BCU/CE Members / £33 Non-members (includes certificate fees)**

**Weymouth - Sat 5th & Sun 6th May 2012** (1 Day) Sat 5th May & SESA (1 Day) Sun 6th May  
Pre-booking is required. <<https://bculifeguards.wufoo.com/forms/course-booking-form-wey-mouth/>>

**Suffolk - Sat 5th & Sun 6th May 2012** (1 Day) Sat 5th May (Ipswich) & SESA (1 Day) Sun 6th May (Lowestoft)  
Pre-booking is required. <<https://bculifeguards.wufoo.com/forms/course-booking-form-suffolk/>>

**Bournemouth - Sun 6th May 2012**  
Pre-booking is required. <<https://bculifeguards.wufoo.com/forms/course-booking-form-bournemouth/>>

**London (Stoke Newington) - Mon 7th May 2012**  
Pre-booking is required. <<https://bculifeguards.wufoo.com/forms/course-booking-form-london/>>

**Guernsey - Sat 12th & Sun 13th May 2012**  
Pre-booking is required. <<https://bculifeguards.wufoo.com/forms/course-booking-form-guernsey/>>

**South Wales (Port Talbot) - Sat 12th & Sun 13th May 2012**  
Pre-booking is required. <<https://bculifeguards.wufoo.com/forms/course-booking-form-south-wales/>>

**Hertfordshire (Cheshunt) - Sat 12th & Sun 13th May 2012**  
SESA (1 Day) Sat 12th May / Assistant Lifeguard Training (2 Days) \* / Core Lifeguard Training (2 Days) \*  
Assistant Lifeguard Assessment (1 Day) \* / Core Lifeguard Assessment (1 Day) \*  
Pre-booking is required.  
\* These courses are free of charge, however a minimal water access fee may apply at this venue.  
Click here to book (all courses) <<https://bculifeguards.wufoo.com/forms/course-booking-form-hertfordshire/>>

**North Wales (Gwynedd) - Sat 19th & Sun 20th May 2012**  
Pre-booking is required. <<https://bculifeguards.wufoo.com/forms/course-booking-form-north-wales/>>

**Lake District (Ambleside) - Sat 19th & Sun 20th May 2012**  
Pre-booking is required. <<https://bculifeguards.wufoo.com/forms/course-booking-form-lake-district/>>

**Gosport - Sat 19th & Sun 20th May 2012**  
SESA (1 Day) Sat 12th May / Assistant Lifeguard Training (2 Days) \* / Core Lifeguard Training (2 Days) \*  
Assistant Lifeguard Assessment (1 Day) \* / Core Lifeguard Assessment (1 Day) \*  
Pre-booking is required.  
\* These courses are free of charge, however a minimal water access fee may apply at this venue.  
Click here to book (all courses) <<https://bculifeguards.wufoo.com/forms/course-booking-form-hampshire/>>

**Hastings - Sat 19th May 2012**  
Pre-booking is required. <<https://bculifeguards.wufoo.com/forms/course-booking-form-hastings/>>

**Salford - Sat 26th & Sun 27th May 2012**  
Pre-booking is required <<https://bculifeguards.wufoo.com/forms/course-booking-form-salford/>>



RCO Central	Steve Linksted	07710 415539	rco.central@canoescotland.org
RCO Dumfries & Galloway	Alex Lumsden	07920 528119	rco.dumfries@canoescotland.org
RCO Fife	Ian Vossler	07917044492	rco.fife@canoescotland.org
RCO Grampian, Speyside and Shetland	Lyle Smith	07974431153	rco.grampian@canoescotland.org
RCO Highlands and Islands	Donald Macpherson	07808071810	rco.highlands@canoescotland.org
RCO Lothians	John Lewis	01506 775390	rco.lothians@canoescotland.org
RCO Strathclyde East	Willie Macleod	07866 557490	rco.strathclydeeast@canoescotland.org
RCO Military	Scott Simon	07533 497013	rco.military@canoescotland.org

## BCU UKCC and 4/5 Star Leader Award Courses in Scotland

Course	Dates	Company / Booking Details
<b>Coaching Courses</b>		
BCU UKCC Level 1 Train and Assess	29 May - 1 Jun	enquiries@glenmorelodge.org.uk 01479 861256
BCU UKCC Level 1 Train and Assess	16-20 Apr	mike.spencer@fife.gov.uk 01592 583 388
BCU UKCC Level 2 Assessment	7 - 8 Jul	enquiries@glenmorelodge.org.uk 01479 861256
BCU UKCC Level 2 Support Day	02-May	coaching@canoescotland.org 0131 317 7314
BCU UKCC Level 2 Training	19-22 Jun	mike.spencer@fife.gov.uk 01592 583 388
BCU UKCC Level 2 Training	11 - 14 Jun	enquiries@glenmorelodge.org.uk 01479 861256
BCU UKCC Level 2 Transfer	23-24 Apr	email@beyondadventure.co.uk 01887 829202
BCU UKCC Level 2 Transfer	20 - 21 Apr	enquiries@glenmorelodge.org.uk 01479 861256
BCU UKCC Level 3 Assess - Open Canoe	2 - 3 Jun	enquiries@glenmorelodge.org.uk 01479 861256
BCU UKCC Level 3 Assess - White Water	2 - 3 Jun	enquiries@glenmorelodge.org.uk 01479 861256
BCU UKCC Level 3 Assess - Sea	2 - 3 Jun	enquiries@glenmorelodge.org.uk 01479 861256
BCU UKCC Level 3 Core	26 - 28 Jun	enquiries@glenmorelodge.org.uk 01479 861256
BCU UKCC Level 3 Training - Sea	26 - 27 May	enquiries@glenmorelodge.org.uk 01479 861256
BCU UKCC Level 3 Training - Sea	25 - 27 May	enquiries@glenmorelodge.org.uk 01479 861256
BCU UKCC Level 3 Training - WW	26 - 27 Apr	enquiries@glenmorelodge.org.uk 01479 861256
<b>Performance and Leadership Awards</b>		
4* Leader Assessment - Open Canoe	20 - 22 Jun	enquiries@glenmorelodge.org.uk 01479 861256
4* Leader Assessment - Sea	16 - 18 May	enquiries@glenmorelodge.org.uk 01479 861256
4* Leader Assessment - Surf	22 - 24 Jun	enquiries@glenmorelodge.org.uk 01479 861256
4* Leader Training Open Canoe	20-22 Apr	email@beyondadventure.co.uk 01887 829202
4* Leader Training Open Canoe	6 - 8 Jun	enquiries@glenmorelodge.org.uk 01479 861256
4* Leader Training Sea	15 - 16 May	enquiries@glenmorelodge.org.uk 01479 861256
4* Leader Training Surf	19 - 22 Jun	enquiries@glenmorelodge.org.uk 01479 861256
4* Leader Training White Water	7-8 Jul	mike.spencer@paddleactive.co.uk 07769 866454
4* Leader Training White Water	6 - 8 Jun	enquiries@glenmorelodge.org.uk 01479 861256
5* Leader Assessment - Open Canoe	11 - 13 May	enquiries@glenmorelodge.org.uk 01479 861256
5* Leader Assessment - White Water	11 - 13 May	enquiries@glenmorelodge.org.uk 01479 861256
5* Leader Training - Open Canoe	24-Apr	enquiries@glenmorelodge.org.uk 01479 861256
5* Leader Training - White Water	26 - 27 Apr	enquiries@glenmorelodge.org.uk 01479 861256



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**FULL RANGE OF BCU COURSES  
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**For more details contact 01479 861256**  
[www.glenmorelodge.org.uk](http://www.glenmorelodge.org.uk)