



BCU Navigation Courses

18th to 19th February 2012, Nottingham, East Midlands.

Saturday 18th February
BCU Coastal Navigation & Tidal Planning
Sunday 19th February
Open Water Navigation

10th & 11th March to 2012, Nottingham, East Midlands.

Saturday 10th March
BCU Coastal Navigation & Tidal Planning
Sunday 11th March Open Water Navigation

31st March to 1st April 2012, Nottingham, East Midlands. (Fully booked, closed course)

Saturday 31st March
RYA VHF-DSC Operators Certificate and/or BCU Coastal Navigation & Tidal Planning
Sunday 1st April BCU Coastal Navigation & Tidal Planning

If any of the above dates do not fit in with your calendar or you would like a course to run through your own club or centre, please feel free to contact me for availability and price.

For more information contact

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Moving and Handling Equipment

You will have covered manual handling on your Level 1 course and Level 2 training in some detail. Injury prevention is a major focus in coaching and again it is our responsibility to ensure that risks of injury are minimised. When moving heavy loads such as canoes and kayaks remember the following models

Remember that most injuries occur when you least expect it! It is important ensure that all moving is done safely: this will include taking boats on and off trailers, moving to and from the water, rescues, etc.

Principles of Manual Handling

To protect the body

- ☐ Adopt a balanced stance
- ☐ Bend the knees so you lift with the thigh muscles
- ☐ Get a good grip
- ☐ Orientate yourself so that you're facing the direction of travel
- ☐ Keep the load close to the body

To make the task easier

- ☐ Raise the centre of gravity of the load before lifting
- ☐ Get under the load (like a weightlifter)
- ☐ Use gravity when lowering (allow the load to slide to the floor)
- ☐ Communicate when working in pairs
- ☐ Know your limitations
- ☐ If in doubt seek help

Environmental awareness

The environment in which we operate will invariably present risks that we should build into our risk assessment process. Special consideration should be given to changes in the weather that may affect your coaching session. For this reason it is important to obtain a weather forecast and attempt to build up an accurate a picture as possible as to what to expect from the weather. This will affect your operating area, your choice of content, safety equipment, and time on the water.

We should also remember how environmental conditions affect different participants. Children, for example are more affected by hot and cold weather. It's a fact that when immersed in water we lose heat 23 times faster than we do in air of the same temperature. This is a serious statistic when considering young people with less fat and fewer physiological coping strategies than adults.

Also, be mindful of the quality of the water where we are paddling and the risk of dangers such as Weil's disease.

The Safety Brief

The safety brief should contain all the necessary health and safety information that you need to convey to your participants. What you decide to tell the group and the manner in which you deliver it is something that you will develop in your own style.

However, a good safety brief should contain information on the following basic principles;

- ☐ Safety equipment, and how to use it
- ☐ Operating areas (setting boundaries)
- ☐ How to lift, carry and launch safely
- ☐ Ground rules for behaviour
- ☐ Action in the event of capsize
- ☐ Action in the event of an emergency

Dealing with incidents / injuries

During a coaching session it is conceivable that you may have to deal with any of the following;