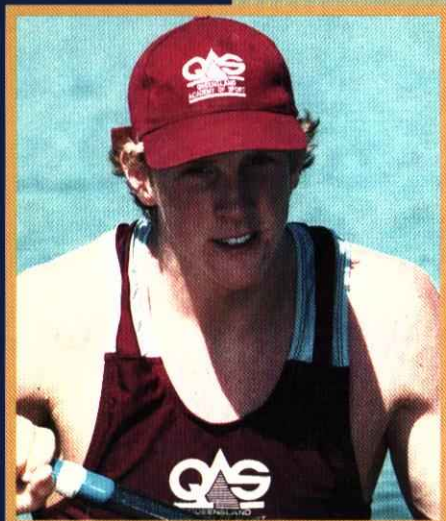




Murray Marathon Pictorial



Canoe
polo



Instructor
liability



Canoe
education



Paddling and
pregnancy

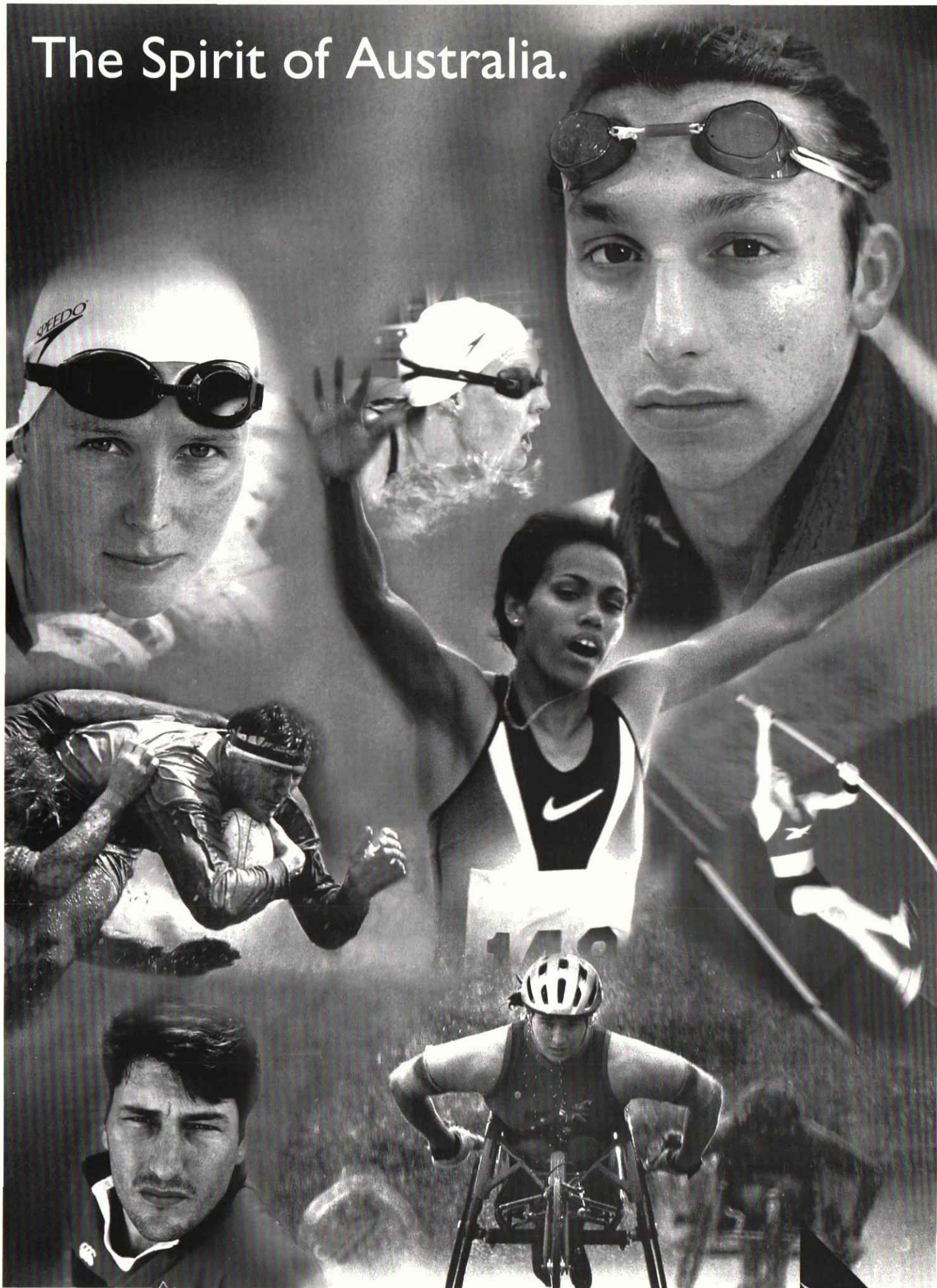


Competition
- sprint and slalom



Ken Wallace
- profile

The Spirit of Australia.



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Front cover:

*Simon Stenhouse, Nev Hargraves and brothers
Glenn and Neal Hemphill. First place
K4 – 2000 Red Cross-Herald Sun Murray Marathon.*

Photo: Ryan Gormly.

Cover inset:

Ken Wallace.

Photo: Trevor Wallace

Above:

*Jo and Jacob Vartanian
– Canoe Polo World Championships, Portugal 1998.*

Photo: Jo Vartanian collection.


KC – Next Issue

Wildwater – gear availability



'Ningaloo Reef is one of the world's longest fringing coral reefs, stretching 260 km along the Pilbarra coast of Western Australia. Easily as spectacular as the Great Barrier Reef in terms of its diverse marine life and vibrant corals'

Coral Bay to Exmouth – next issue

 Plus all of the usual **KC** features including:
*Competition, Canoe Education,
KC crossword and the event calendar.*

KC

Kayak & Canoe Magazine

KC – Kayak and Canoe Magazine

The magazine of Australian Canoeing Inc.

KC is published four times per year by Australian Canoeing

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From the Editor

At the recent Victorian Marathon Championships I spent a few hours helping to scrutineer competitor's kayaks. As the last junior paddlers got onto the water, two rowing eights came under Princes Bridge, apparently racing each other. The men's crew were naked and both crews were being cheered on by the members of their rowing club. The men's crew collided with one of the junior paddlers who had just got on the water. The boy's face was hit by a rowing oar and his paddle was broken. The boy was not seriously injured, however he was taken to hospital for a check up.

With this incident in mind, Paul Sheppard's adaptation of Peter Vandeeper and Judge Peter Gray's article – 'Liability and responsibility of instructors' – in this issue of **KC** – is particularly pertinent.

I do not want to say that irresponsibility on the river is confined to rowers alone, however the incident at the Victorian Marathon Championships is a timely reminder that, whether training or competing, we have a duty of care to act responsibly on the water.

Also in this issue of **KC** Duncan Cochrane features an introduction to canoe polo and provides some basic information about polo gear.

Jo Vartanian discusses the issues surrounding pregnancy and sport. Jo argues that any decision regarding sport and pregnancy should be placed in the hands of parents.

We also profile sprint paddler Ken Wallace who won the under 18 K1 1000m at the recent world sprint championships.

Also in this issue we have updates on the AC Award Scheme and all of the regular features including the slalom and sprint updates and **KC** crossword.

Finally I would like to thank all of **KC**'s contributors who have supplied stories and photographs for this issue. Without your support and help **KC** would not be published.

Michael Loftus-Hills



Ken Wallace on his surf ski in QLD.

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Our contributors

Australian Canoeing thanks the following authors and photographers who have contributed to the Spring issue of KC Magazine.

Richard Fox

Richard Fox, a 5-time individual and 5-time team world champion for Great Britain, has been the national slalom coach since 1998, and was the head coach at the 2000 Sydney Olympics. As a member of the ICF Slalom committee from 1996, Richard was instrumental in securing the inclusion of slalom in the Olympic program for Sydney.

Sue Price

Sue Price is a registered whitewater canoeing instructor and a former representative in canoe polo and slalom. Her photos have been published in various print media.



Peter Horne

Peter Horne is the coaching and development manager responsible for the management, operation and coordination of kayak and canoe education programs in Australia. Peter coordinates and implements the AC Award Scheme.



Jo Vartanian

Jo Vartanian has played canoe polo since 1987, represented Australia between 1989 and 1998, and captained two winning teams in the 1994 and 1998 world championships. She lives in Bundeena, Sydney with husband Claude and 2 children, Jacob 4 and Nicholas 2.



Dianne Chellew

Dianne Chellew was the manager of the Australian marathon team. Based in Canberra Dianne 'followed' her son into canoeing, and paddles a K1 when she is not organising marathon teams.

Stephen Schaefer

Stephen Schaefer is a freelance sports journalist with a management background. Stephen is a regular contributor to **KC** magazine with a focus on sprint racing.

Paul Sheppard

Paul is the project officer responsible for the transition and implementation of the new competency based Award Scheme.



David Clark

David Clark has been paddling whitewater in various countries for over twenty years. After years of freezing on icy Scottish rivers he now prefers to kayak in warm water and sunny weather. He lives in Melbourne.

Karl Russell

Karl Russell is the National /AIS Sprint Program coordinator based at the AIS in QLD. Karl previously worked with Canoeing Victoria.

Trevor Wallace

Trevor Wallace is a devoted father and a keen photographer. Trevor lives with Ken and family on the Gold Coast.

Peter Vandeeper

Peter Vandeeper is a keen participant, guide and leader in many outdoor activities and holds industry qualifications in many areas. Peter is Deputy President of Australian Canoeing.

Paul Currie

Paul Currie is manager of the Victorian Sailing and Water Safety School on Corio Bay, Geelong. He lives at Jan Juc and paddles vet 35 K1 and K2 – mainly in marathon. Paul also enjoys sailing, surfski racing and surfing.

Duncan Cochrane

Duncan Cochrane has been playing canoe polo since 1986. He is a three time world champion being in teams that won in 1994, 1996 and 1998. He was also coach of the Australian Women's team in 1994 and 2000. Duncan owns and manages Kayaks Plus with his wife Carolyn.

President's message

Welcome to this edition of KC Magazine. May I take the opportunity to thank the office staff, editorial team, and contributors to what I believe has become a quality journal full of interesting and informative articles on what people want to read about paddling.

Whilst Australian Canoeing has E-news and its own website to promote and discuss current news, views and information, it is great to be able to take some time out and sit down and read about people's paddling exploits from all parts of the globe. I trust you will find this edition enjoyable.

And whilst discussing paddling exploits I would like to commend some of the results achieved by our athletes since the last edition.

In slalom, Robin Bell continues to excel with his excellent silver medal performance in the Augsburg and Prague world cups. He capped it off his world championship medal in freestyle – the emerging discipline now taking the world buy storm. Congratulations Robin. Your continued success brings pleasure to us all.

Our flatwater disciplines also shone recently with medals in both marathon and sprint.

Michael Leverett and Chantal Meek showed their continued success in the sport of marathon with silver and bronze medals respectively at the World Marathon Championships in Stockton on Tees in England. In the junior division, congratulations goes to Skye Taylor for her silver medal performance in the singles followed by a bronze in the doubles class with partner Ella Carrie. Congratulations to you both.

And as our sprint team returns from overseas we commend the success of Katrin Borchert, silver in the LK1 500m, bronze in the LK1 1000m and silver in the LK2 500m with new partner Katrin Keiseler.

Not to be overlooked, our junior sprint team also had success in Brazil with Ken Wallace taking gold in the premier event – the U18 K1 1000m, and Lyndsie Fogarty also winning bronze in the ladies premier event, the U18 LK1 500m.

Both the slalom and sprint teams underwent comprehensive reviews of their high performance areas subsequent to the Olympics and it is pleasing to see each program sowing the seeds of success for the future. Apart from the high performance areas, it is important to acknowledge the contribution of the discipline committees in the continuing growth, development and participation in our sport. Overseeing successful national championships, officiating, coach education programs and technical support in the high performance programs are critical elements to continued success. I believe we must increase our national focus on and commitment to junior development and continue and develop successful athletes at senior level. The difficulty here lies with funding and this is where committees can have a fundamental role in finding and securing sponsorships and 'in kind' support of junior programs in each state.

It is pleasing to note that Australian Canoeing has been nominated as a finalist in the 2001 Active Australia Awards in the provider category. Keep your eyes out for further information in late October.

Finally I would like to offer my condolences to the family of the late Garry Gardner OAM. Australian Canoeing lost a life member and myself a good friend in Garry. I had the pleasure of working with Garry over a number of years as a selector and came to know Garry as a committed and passionate man with a big heart, a smile and a joke for all. He served in numerous positions on the executive of the Australian Canoe Federation including six years as President from 1970 to 1976. We will indeed miss you our good friend.

Until the next edition happy paddling to you all.

Greg Kaeding

Duncan Cochrane

canoe polo

A brief summary
Equipment requirements

Australian canoe polo international standings



Photo: courtesy Victorian Canoe Polo committee

Year and venue	Men	Women
1994 Sheffield, England	1st	1st
1996 Adelaide, Australia	1st	2nd
1998 Porto, Portugal	1st	1st
2000 Sao Paulo, Brazil	5th	5th

Australia has a fantastic record in international canoe polo. Since first touring overseas in the early eighties the Australian women's team were undefeated in international competition between 1985 and 1996. Since the advent of the world championships in 1994 Australia's dominance has continued. (see table above - Australian canoe polo international standings)

In the second in a series of special features on canoe disciplines Duncan Cochrane gives **KC** the run down on canoe polo. Duncan provides a summary of the game with some useful information on polo equipment, requirements and terms.

Polo continues to grow in popularity in Australia and around the world. Canoe Polo is a fast, energetic and extremely skillful game that is played on lakes, canals, rivers and swimming pools. Combining the speed and ball skills of basketball and water polo with kayaking skills for manoeuvrability, the game has fast, exciting play, that is very entertaining for spectators. The majority of rules are based on safety, which sees the sport remain almost injury free.

What is polo?

Each team has five players on the playing field at any one time, with up to 3 reserves who may substitute at any time. The field is 35 x 20 metres in size, with a goal suspended at each end, 2 metres above the water.

Each player paddles a specially designed kayak called a 'polo bar' that is up to 3 metres long. Players in possession of the ball can be 'tackled' by the opposition's kayak, or 'hand tackled' on the shoulder and capsized. The ball is passed hand to hand as in water polo, or flicked using the paddle. Paddles can also be used to intercept passes and block shots at goal.

The modern game revolves around every player having very good paddling and kayak control skills (many players now use white water and slalom as cross training) exceptional ball skills, and the ability to use the paddle to block, pass and shoot. Throw in the many different types of defence and offence tactics and the ability to play in multiple positions on the field and it is little wonder it takes many years to acquire the necessary skills to play at the elite level.

History

Canoe polo has been played in Germany in a very different form since the early 1920's, but it was the advent of fibreglass that really saw the sport begin to grow. Worldwide there were several different versions of the game ranging from fields 100m long, with 4.5m kayaks and 11 a side, to a game using water polo goals floating on the water, in which you were not allowed to touch the ball with your hands. In 1987 the International Canoe

Federation combined many aspects of each different version of the game and released the rules which gives the game its current form. After several years of development every country now plays to these rules and competitor numbers are growing rapidly worldwide. Since the formation of the ICF rules, international competition has been growing rapidly. The first European championships were held in 1993, and were closely followed by the inaugural world championships in 1994. Both competitions are held every two years.

Canoe polo is now played in every state of Australia in all major cities and many country regions. The Australian canoe polo committee holds national championships at Easter each year for state teams and in September for club teams. In the last ten years these competitions have been largely dominated by teams from Sydney and Adelaide with Melbourne rapidly catching up, after having dominated in the early years.

Equipment requirements

Gear Item	Beginner	Average	Elite
Kayak (polo bat)	Plastic or fiberglass approx \$750-\$850.	Kevlar approx \$1000-\$1200	Carbon approx \$1350-\$1500
Paddle	Plastic or Rim approx \$60-\$120	Rim or fiberglass approx \$120-\$250	Carbon approx \$300-\$400
PFD*	PFD 2 or PFD 3 Polo Legal approx \$80-\$180	PFD 2 or PFD 3 Polo Legal approx \$80-\$180	PFD 2 or PFD 3 Polo Legal approx \$80-\$180
Helmet & facemask	Plastic helmet and steel facemask approx \$100-\$120	Plastic helmet and steel facemask approx \$100-\$120	Carbon helmet and steel facemask approx \$120-\$150

The table gives a rough guide of equipment types for each level of player and a price estimate. *PFD Personal floatation device.



Photo: courtesy Victorian Canoe Polo committee

Canoe polo is ideally suited for use in development programs and to build participation rates as a large number of athletes can be catered for in a small area and with relatively cheap equipment. Overseas it is increasingly common to see canoe clubs, even those traditionally based in racing, with a canoe polo field in front of the club house. It is being used increasingly around the world as the entry point into canoeing for large numbers of participants.

Equipment requirements vary with the level of ability of the paddler as with other disciplines but a reasonable boat can be picked up for around \$300 and a full set of base level gear can be purchased new for around \$1100. Obviously there is a huge range of equipment available from many dealers. The most critical guide for PFD's and helmets with facemasks at all times is safety and confirmation with the rules. PFD's must have side padding and offer adequate protection from the cockpit to the armpit level and comply with the relevant ICF standards for buoyancy aids. Helmets and facemasks must provide protection from the base of the skull to the base of the chin.

Boat design is mostly dependent on body size and weight as well as level of ability. Smaller and lighter paddlers need a kayak with less total volume than larger heavier paddlers to give them the necessary speed, manoeuvrability and control necessary to play the game well. Kayaks Plus in Adelaide- are Australia's biggest manufacturer of polo kayaks and are increasingly exporting their kayaks overseas. There are four different versions of the 'Vampire Bat' available- the same design produced under licence by Dagger Australia. Each boat has its own weight range, hull shape and total volume to suit different paddlers. Paddler comfort is also a priority as a paddler must be a firm fit in the kayak to give maximum performance.

Paddle design and shape, as well as construction are also becoming increasingly important. The majority of paddles used are symmetrical in shape, some with specific polo features for better ball control built in. The newer slalom blade shapes, such as kinetic, are also becoming increasingly popular.

Canoe polo terms

Zone defence	A defensive style similar to basketball where the defence forms a defensive ring in front of the goal.	Eagle pass	A cut out pass used to fool the defence.
Press	One on one defence where each player is marked individually.	Charge start	How each half of the game is started- one player from each team sprints to the middle of the field to attempt to gain possession of the ball.
4-1	One on one defence with a goal keeper where the 4 defending players mark the four most dangerous attackers individually.	Illegal tackle	Any illegal hand or kayak tackle including any tackle which endangers the tackled player, or any boat tackle that contacts an opponents body, or is hard and at 90 degrees by momentary contact.
Double drive	An attacking move where two attackers attack one side of the defence at once	Hack/illegal use of paddle	Any illegal use of the paddle, including any dangerous use of the paddle or any paddle contact with an opponents body.
Triple dish	An attacking move where the attackers attempt to draw a defender and then pass the ball to the next attacker to create an overlap.		

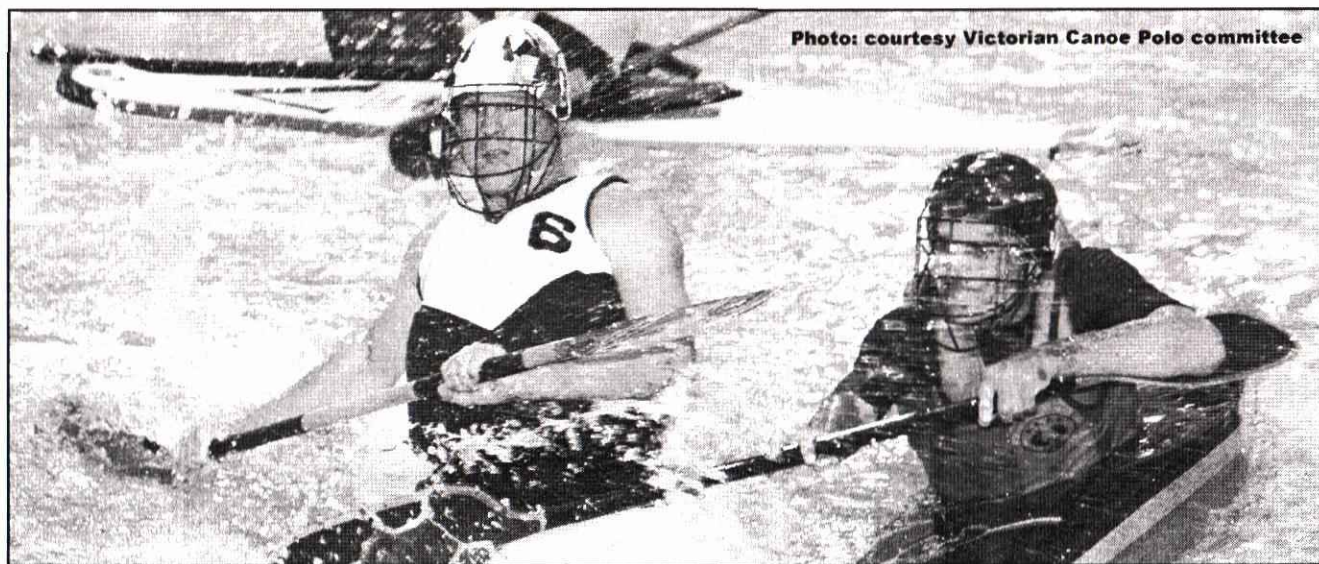


Photo: courtesy Victorian Canoe Polo committee



All photographs taken at the Easter Polo Championships held at the Melbourne Sports and Aquatic centre (2001)

Photo: courtesy Victorian Canoe Polo committee.

The future

The Australian canoe polo committee is extremely active in promoting canoe polo at all levels from beginner to elite. There is continual activity in the ongoing development and support of new regions. The national squads receive ongoing support with regular training camps and selection events as well as continual fundraising efforts and attempts to gain sponsorship. The Australian polo teams are one of the most supported teams in Australian Canoeing with major cash sponsorship from network Appliance and Fiberglass International as well as several smaller sponsors including Kayaks Plus, Chemplus, Rossi Boots, Sealink, and Peak UK.

There is currently a major push to create permanent outdoor venues in many regions to increase the accessibility of polo to its players and also to increase its profile. The development of these fields is in line with the European experience of using polo to get individuals into canoeing and then using talent ID programs to identify individuals with the talent for the Olympic disciplines. These programs have been extremely successful already in Germany with several national champions already resulting. As polo continues to grow it is hoped that more clubs- especially those with club houses will develop their own polo facilities to use polo in this way.

On the international stage the world championships will be held in Germany next year where 30-40 countries are expected to compete, and Polo has also been included in the world games in Germany in 2005. Long term there is talk about a push for polo to be included in Commonwealth Games.

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Australian Canoeing online

www.canoe.org.au

Find the latest international and national canoe news at the new AC website.
 Features include the AC Library, AC news, discipline information and news.

The screenshot shows a web browser window titled "Welcome to Australian Canoeing" with the URL "http://www.canoe.org.au/". The page features a navigation menu with links for "Club search", "Athlete profile", "Calendar", and "Forum". The main content area is divided into several sections:

- About AC**: A vertical sidebar menu with links for "AC News", "Zones", "KC Mag", "Library", "Shop", "Getting Started", "Links", "Contact", "Home", and "Admin".
- News - latest stories**: Contains two articles: "2002 Slalom Program Update" and "Less Athletes for Athens Games".
- News - other headlines**: Contains two articles: "ICF Announces Important Slalom Changes" and "Canoeing Maintains Anti-Doping Reputation".
- Feature photo**: A photograph of a kayaker in a helmet, with a caption "Find out more about our feature photographs" and a link to "Latest athlete profiles".
- Special Features**: Contains three sections: "Canoe 2002" (Festival of Australian Championships), "AC Awards Scheme", and "AC member benefits".
- AC Weekly Email**: A registration form for receiving weekly newsletters.

At the bottom, the website acknowledges the support of partners, including logos for "46", "BWS", "SAR", "wais", and "VIS".

Slalom



Robin Bell (AIS and WAS athlete) at the Penrith Whitewater Stadium.

Photo: Sue Price.

Worlds apart

Richard Fox, AIS and national slalom coach, updates what is happening on the national and international slalom scene.

The end of the international season

The end of the international season came suddenly and unexpectedly on September 12th when the ICF announced the cancellation of the world championships scheduled for 20–23 September in the USA. The terrorist attacks on the World Trade Centre created a climate of insecurity throughout America and the world championship organisers were unable to guarantee the safety of athletes and officials at the Ocoee River venue. With some teams stranded at airports and a general feeling of uncertainty prevailing it seemed that the right decision was taken to cancel the race. The numbness created by the enormity of the human tragedy overwhelmed any feelings of disappointment and frustration amongst the teams that were ready but unable to compete at the worlds. The sporting page was quickly turned. The 'worlds apart', the training and competition undertaken this year by the AIS national slalom team has been extremely worthwhile and positive. Twenty seven athletes competed in senior world cup events gaining two medals and more than a handful of final placings. At the junior level twelve athletes undertook a successful three week tour of Europe to compete in the pre-worlds in Poland and the unofficial junior world cup events in Roudnice near Prague in the Czech Republic.

Measures of Improvement

Robin Bell (WAIS/AIS) lead the AIS Australian team by example with two impressive silver medal performances

and an overall fifth place in the world cup. At the Augsburg World Cup in July, 'Belly', was only 0.25 out of gold in his first big race of the season while the following weekend at Prague he came back from ninth position after first runs to finish second, the best comeback of the season in any class. Kynan Maley (WAIS/AIS) reached the final for the first time at the Merano world cup and in doing so broke through the artificial confidence barrier that becomes a nemesis for so many good paddlers. In K1, John Wilkie (NSWIS/AIS) showed significant improvement by reaching four out of six finals in the world cups, turning in some impressive times in the process and Lachie Milne (NSWIS/AIS), more consistent than last year, finished 15th in the third world cup. In the women's kayak event Louise Natoli (NSWIS/AIS), was a finalist at Tacen, Slovenia in the third world Cup and finished 8th in the final at the pre world championship at Bourg St Maurice, her best international result. Mia Farrance (VIS/AIS) also qualified for the finals in Bourg finishing 11th on the toughest course of the season. In the C2 class newcomers Ben Hankinson and Steven Cole (NSWIS/AIS) improved throughout the season to qualify for the final in Bourg St Maurice and at the Wausau World Cup. Finally, in their only World Cup race of the season, Kai Swoboda and Andrew Farrance (VIS/AIS) produced an excellent performance to finish 8th in the final event at Wausau, their best international result to date.

As expected the best performances at the junior pre-worlds and unofficial world cup events in Europe came from Kate Lawrence (NSWIS) in K1 Women, Matt Gabb (NSW) in C1, and Mark Bellofiore (VIS) in K1. All three look set for a positive transition to the senior ranks over the coming seasons. Meanwhile the experience of four competitions in Europe resulted in significant improvements and personal best performances from many more junior athletes. Ashleigh Flowers (NSW), Amanda Pain (NSW), Lachlan Vallance (VIC), Will Forsythe (NSW), Cameron Gee (VIC), Matt Armstrong and Ben Coy (NSW), will no doubt be faster, wiser and 'cleaner' as they prepare to return for the junior worlds next August.

Overall, the international performances in 2001 represent good progress but there is much more work to be done in order to bring out the best within each athlete and for the team as a whole at the major competitions. As we progress through the 2002 season towards the world championships and Olympic qualifiers in 2003 and then the Olympics in 2004 we look forward to skimming off a little more time, hitting a little less wood and scraping a little more metal by the end of the race. As expected there will not be much room for error over the coming seasons. News from the grapevine indicates that the 2004 Olympics, like Sydney 2000, will be a select affair for about 80 something slalom athletes and twenty plus nations in slalom. The ICF qualification system should be announced shortly with the 2003 worlds in Augsburg and a world cup event in Athens at the end of April 2004 being used as qualification events.

The best of the rest

Thomas Schmidt, the pocket rocket from Augsburg in Germany, confirmed his Olympic supremacy in the K1 class with faultless paddling in the world cup series. Schmidt is a model of efficiency on the water. Smooth and controlled around the upstreams Schmidt also has a turn of speed with quick acceleration between the gates. His secret is simple: a balanced boat, a clear line and a minimal number of errors. Equally machine like has been the Slovak superiority in the C1 class from Martikan, and Mincik culminating with an impressive win from Michal Martikan at the world cup final. If we are talking world best times in slalom then the world cup winner, Elena Kaliska (SVK), Rebecca Giddens (USA), Stepanka Hilgertova (CZE), Mandy Planert (GER) and Irena Pavelkova (CZE) are the K1 women on the pace at the moment. Pavelkova's qualification race at Augsburg was one of the hottest of the year. She came within 108% of the K1 winning score which was well below the season average of 111%. The Hochshorners are still oozing class in the C2 and posting some exceptional times. Their overall

world cup title seemed a formality. One paddler missing from the scene this year was America's Scott Shipley. An engineering degree and a book project kept him away from the major races until what was planned to be a swan song at the worlds. The race was called off but the book, 'Every Crushing Stroke', made it to the river bank at the Ocoee and is now available through Australian Canoeing.

Back to Bradys

After a few years of mainland mania there will be a welcome return to the testing Bradys Lake course in the Central Highlands of Tasmania for two of the senior selection trials next year. Bradys will provide a good balance in the selection process with the now more familiar Penrith course and will enhance the process of preparation for the challenging worlds course at Bourg St Maurice. Provisionally, the selection dates have been set as 23 / 24 February for Bradys Lake and 2/3 March for Penrith with details to be circulated following the AC AGM on 27 October this year. Subject to final confirmation following the AGM, the junior team selection will take place at Nymboida 5-8 January and the Goulburn on 26/27 of January. Changes to the selection format for both seniors and juniors will include the best three out of four races, a new points system and performance criteria based on percentages behind the winning time at the selection trials. It is anticipated that the selection process will include a second team at the senior level to be known as 'team 22' for athletes who are 22 or under on 31 December this year. Stay tuned for more details in the coming month.

A word of thanks

The efforts of the AIS national slalom team athletes have been widely supported this year and our special thanks go to: Australian Canoeing. The Australian Sports Commission and the Australian Institute of Sport, The Australian Olympic Committee, the New South Wales Institute of Sport, the Victorian Institute of Sport, the Western Australian Institute of Sport, the Tasmanian Institute of Sport, Penrith Whitewater Stadium, SportsTec International, Apple Australia, AIS Travel, Coastwise Tours and Travel, and to the coaches, managers, officials, families and friends who help make things happen. See you on the river.

Richard Fox

AIS National Head Coach

Red Cross-Herald Sun Murray Marathon – pictorial



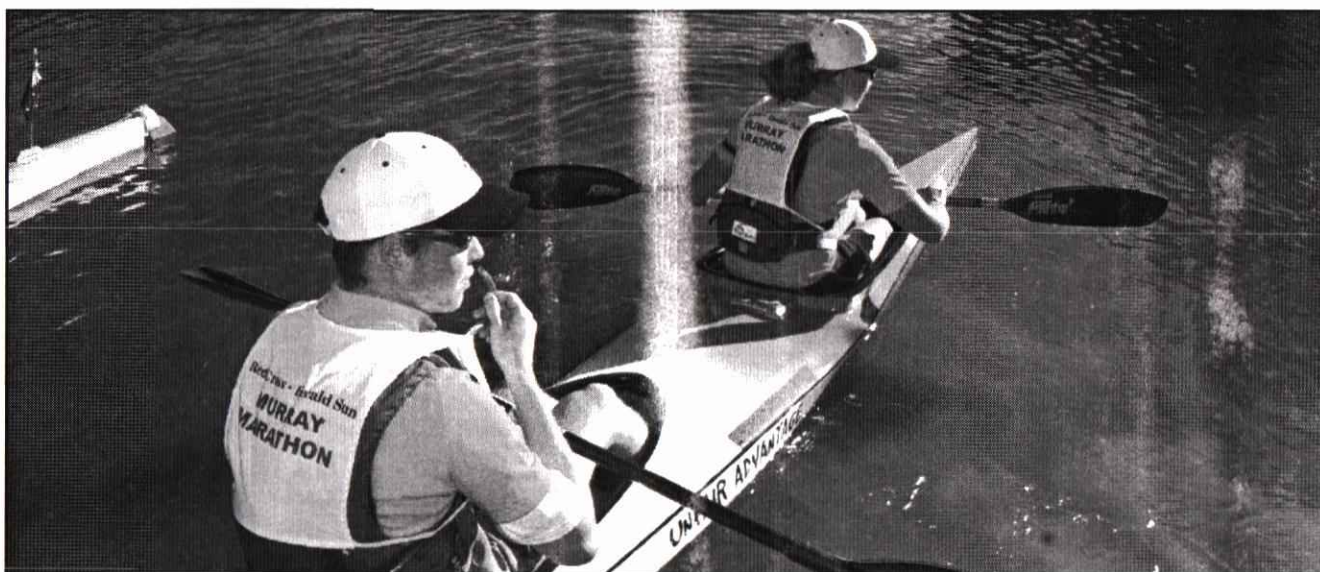
All photographs are from the 2000 Red Cross-Herald Sun Murray Marathon.

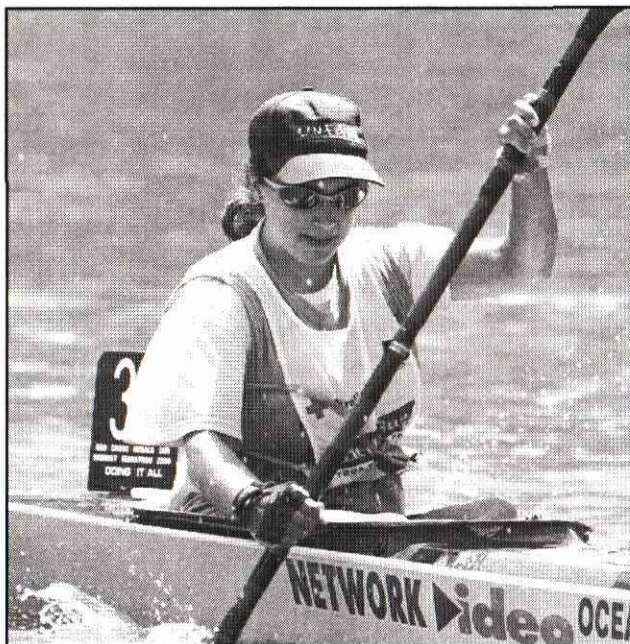
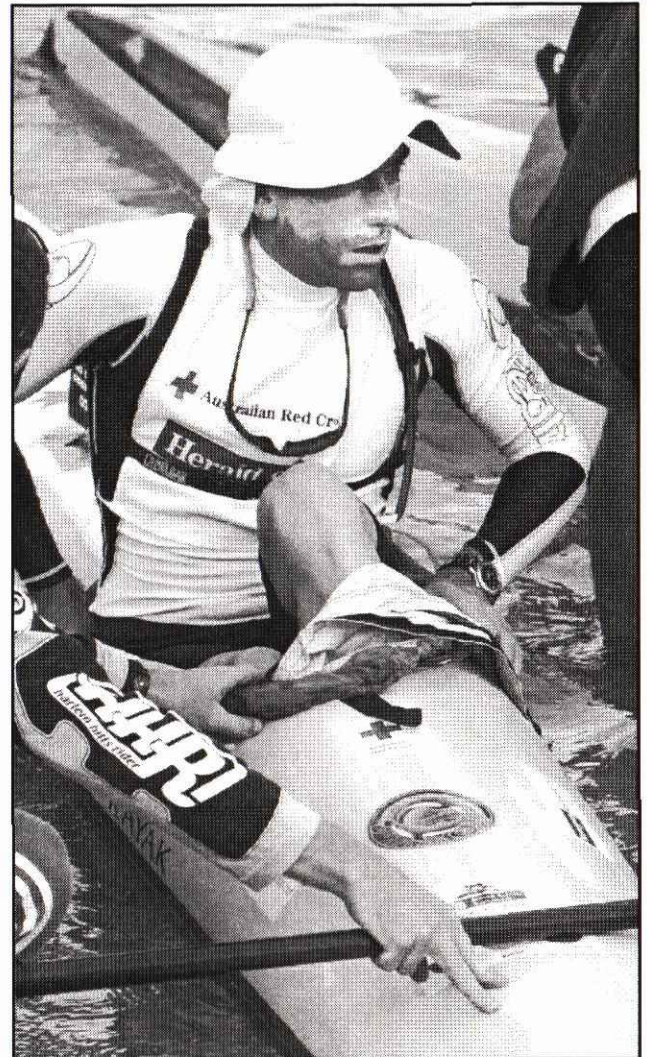
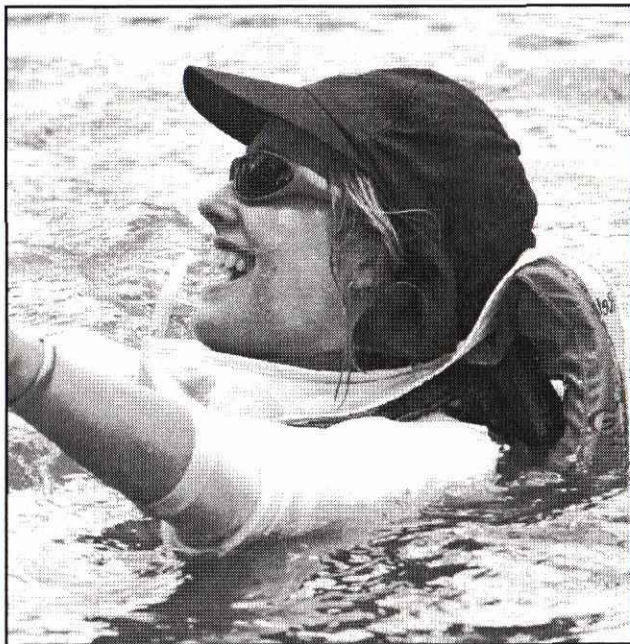
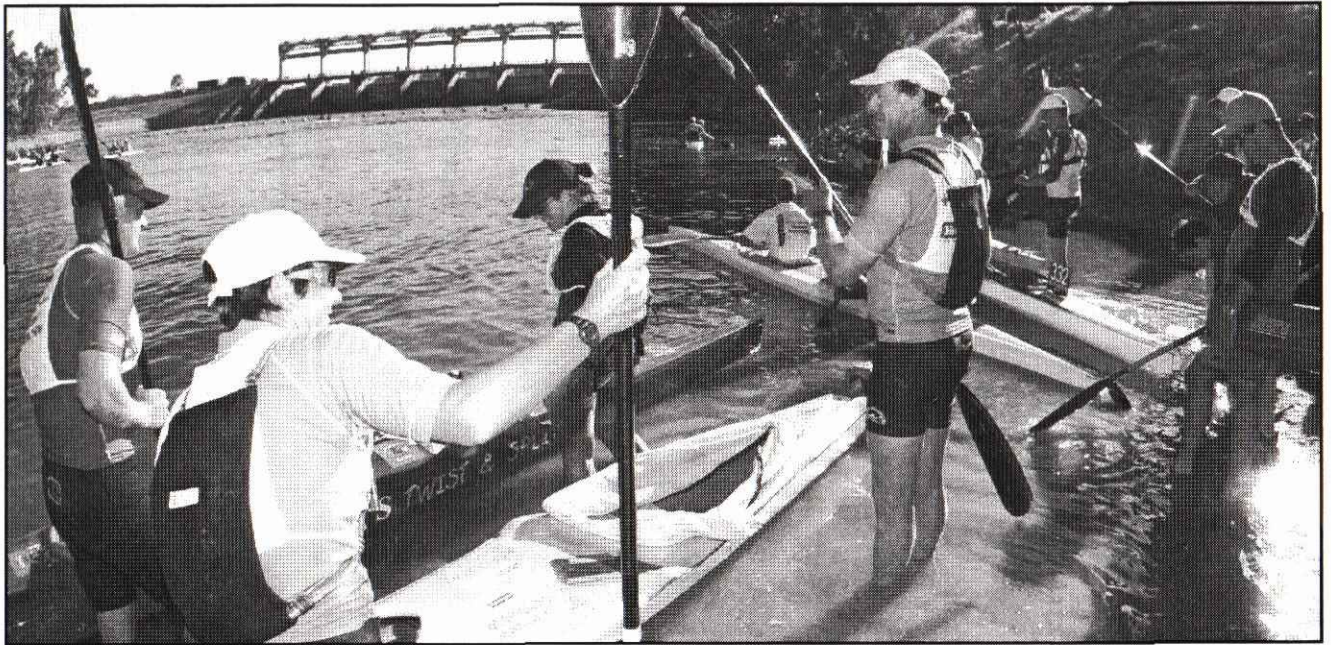
All Photographs: Ryan Gormly.
Courtesy Australian Red Cross.

Left Paddlers and support crews completing entry forms at Yarrowonga.

Middle Paddlers at the start on day one at Yarrowonga.

Bottom The schools relay start.





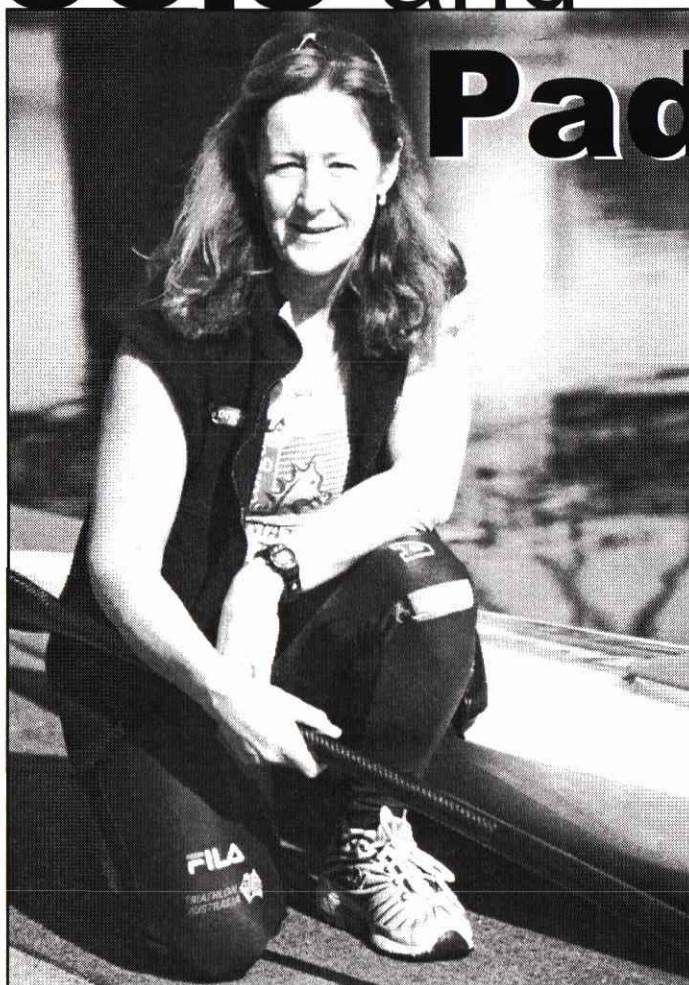
Top Waiting to get on the water at Yarrawonga – the weir is seen in the background.

Middle left Celebrating at the finish at Swan Hill.

Middle right A paddlers support crew help a paddler.

Left On the Murray.

Wheels and Paddles



Michelle Pinci with her new TK1.

Photo: Stephen Schaefer.

Stephen Schaefer profiles Michelle Pinci, a triathlete who at 42 has taken up paddling after seeing the New Zealand Coast to Coast on television.

If there's one thing Michelle Pinci likes, it's a challenge. Arriving in Montreal for the 1999 Triathlon World Championships as a member of the Australian age group team, a familiarisation ride on her bike went horribly wrong. Turning a corner she didn't see the tramlines, came off her bike heavily, and dislocated her elbow.

Daily physiotherapy for the week leading up to the championship race got her to the starting line. With race officials aware of her injury, she swam on the outside of the main group, her hard training paid off, and she finished in a faster time than team officials had expected. The pain came later.

With a history like that behind her, it's not surprising that a documentary on the famous New Zealand's 'Coast to Coast' multi sport event captured her imagination. The challenge of the JLL classic from Katoomba to Sydney confirmed it, and it was time to learn how to paddle at the age of 42.

Michelle had only been in a boat before to fish with her husband, Tibor, so an Internet search led her to the Penrith Kayak Club and the start of her paddling career.

I learnt whitewater kayaking first of all, and while it was a lot of fun it wasn't really what I was after,' Michelle remembers. 'I really wanted to be in distance, but it was great, they taught you how to manoeuvre and do 'wheelies' in the water with your paddle. I really felt lucky to be learning another sport at my age. The body's taken it's toll with all the running and injuries.'

Although the JLL Challenge was cancelled, the magic of paddling had taken hold. The first time she went out in Tibor's recreational kayak she loved it. 'Being out there, no traffic, in my own world, it's absolutely beautiful.'

Michelle's desire for distance paddling had taken her up the Nepean Gorge by herself. 'It was so nice, I took my music, my earphones and looked at the spectacular view of the Gorge. I felt really privileged to be out there. I don't know what makes people fearful of it, but I feel very calm in water. I love water, that's probably why.'

The fraternity of paddling has impressed her as well. 'I feel like part of the team when there's a lot of other kayakers out there. It's like a big training field on the weekend and it's nice to be part of it. People really do respect each other with right of way and it's nice waving as you go past.'

The background diversity of paddlers has been apparent, with one notable exception. Michelle has noticed a lot of encouragement for women to take up the sport. She's doing her part to spread the word.

'One thing I've noticed since I've been kayaking is how many women in the club (Panthers Triathlon) ask me what I'm doing,' Michelle says. 'When I tell them, they say

'That's what I'd like to do'. It's not just the triathlon club, sometimes when I'm swimming I'll know the lady next to me, and she'll say 'I've been thinking about that as well'.

'I've got a few other ladies into it, and they're just trying to get some water confidence. It's a bit cold at the moment so they're not so confident now.'

With the summer series ahead, it was time for Michelle to get serious and get her own boat. The new TK1 has arrived from the Gold Coast and Owen Hughes at Pro Kayaks, Narrabeen, has supplied the paddle, so it's all systems go!

Once Michelle gets used to the boat and has her technique polished up, she's looking at doing some endurance races, maybe a marathon or two, and possibly a JLL challenge in either Victoria or NSW next year.

The Hawkesbury Classic? 'Maybe in a few years. I'd have to give away the other sports and I'm not prepared to do that yet.'

Keeping in touch with all the sports she participates in is a time consuming effort for her, but Michelle's triathlon background has been a good preparation. 'It's the same basic training incorporating intervals and speed work. You work the same systems so triathlon has helped me understand the training in kayaking.'

'There's so much to be learnt, you've got to get the proper technique. Just to achieve that is good, and you're finally looking like a kayaker!'

So it's on with the hat, paddle in hand, don't forget the music, and Michelle's ready to go down to the river.

'I do like to work hard,' she says. 'I like to do it on my own time and I like to see an improvement. But it can be such a recreational thing too, that the whole family can enjoy and the kids can do.'

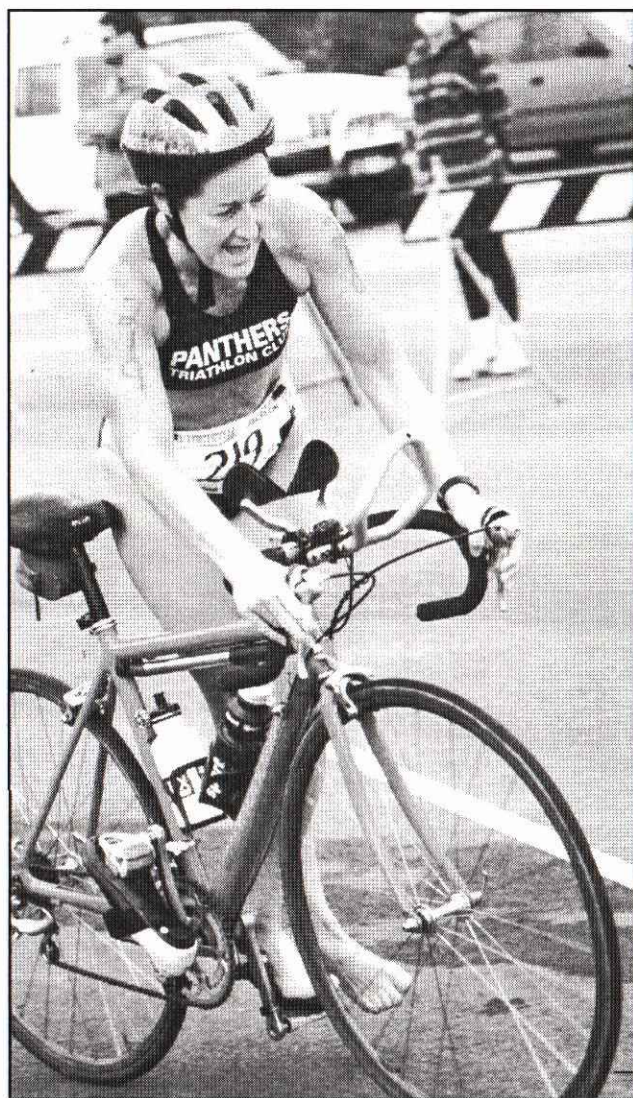
Multi-sport events will always be part of Michelle's life. She enjoys not having to be the best at everything, and finds the choice and combination very satisfying.

'Doing paddling is not just about paddling,' she says. 'It's looking at where you can use paddling in a multi-sport event. It gives you a lot of options all year around because triathlons aren't on all year unless you're a traveller.'

'You can do paddling anytime of the day you want, and in any type of mind you want. You can go out and train, or just relax on the river. It's so nice, especially on a warm sunny day.'

If you're looking for Michelle this summer, you know where to find her.

She's off paddling her own canoe.



Michelle Pinci competing in the Nepean Triathlon.

Photo: Stephen Schaefer

Marathon Championships

Australian paddlers have just returned from a very successful world championship regatta held on the river Tees in Northern England. Dianne Chelley (see KC profile volume 18) manager of the team reviews the tour.

Despite being disadvantaged by distance and lack of international competition Australian paddlers, both senior and junior, showed they can mix it with the best in the world. Australia finished fifth in the world on points, an incredible result considering we were the only country in the top ten who contested only the kayak events and not the canoeing.

Australian national champion Michael Leverett won a silver medal in the prestigious open men's K1. This follows on top of Michaels bronze medal in Canada last year. Australian ladies champion Chantal Meek also followed up her medal in Canada with a Bronze medal in the women's K1. Two medals were won by outstanding junior paddler Skye Taylor. Skye took out a silver medal in the junior women's single event and paired up with Ella Carrie to take out bronze in the junior women's double.

In all these events Australians were beaten by the very strong paddling European countries, often in very close finishes. Whilst these paddlers were our medal winners, all Australian paddlers performed extremely well, at times showing great fortitude and determination to compete and complete the testing 35 kilometre course. As in all sporting events luck plays apart and unfortunately several Australian paddlers experienced the worst kind of luck, which resulted in them not achieving the result they desired, however they take away from these championships the satisfaction of knowing that on the day they gave their all. Marathon racing is as much a mental race as a physical one and the benefits of developing determination, mindset and self control are all aspects that our paddlers were able to bring home from these championships.

Both Michael and Chantal are young enough and determined enough to continue in the sport, add the blend of youth, experience and skill of Ben Poole, Bennet Maxwell and Susan Tegg along with a strong junior showing, the sport of marathon kayaking in Australia is in good hands.

Australian marathon team – results

Junior men

K1, David Lawson 8th

Junior women

K1, Skye Taylor 2nd Erin O Keeffe 5th

Senior men

K1, Michael Leverett 2nd Chad Meek 19th

Senior women

K1, Chantal Meek 3rd

Junior men

K2, David Lawson and Ross MacDonald 8th

Junior women

K2, Skye Talyor and Ella Carrie 3rd
Nicola Cronin and Nicole O Shea 8th

Senior men

K2, Ben Poole and Bennett Maxwell 16th

Senior women

K2, Susan Tegg and Erin O keeffe (junior) 9th

Chantal Meek.

Photo: courtesy of the Victorian Marathon committee



KC Crossword

Congratulations to Joan Morrison from Como, NSW.
who won last issues crossword competition.

Clues

Across

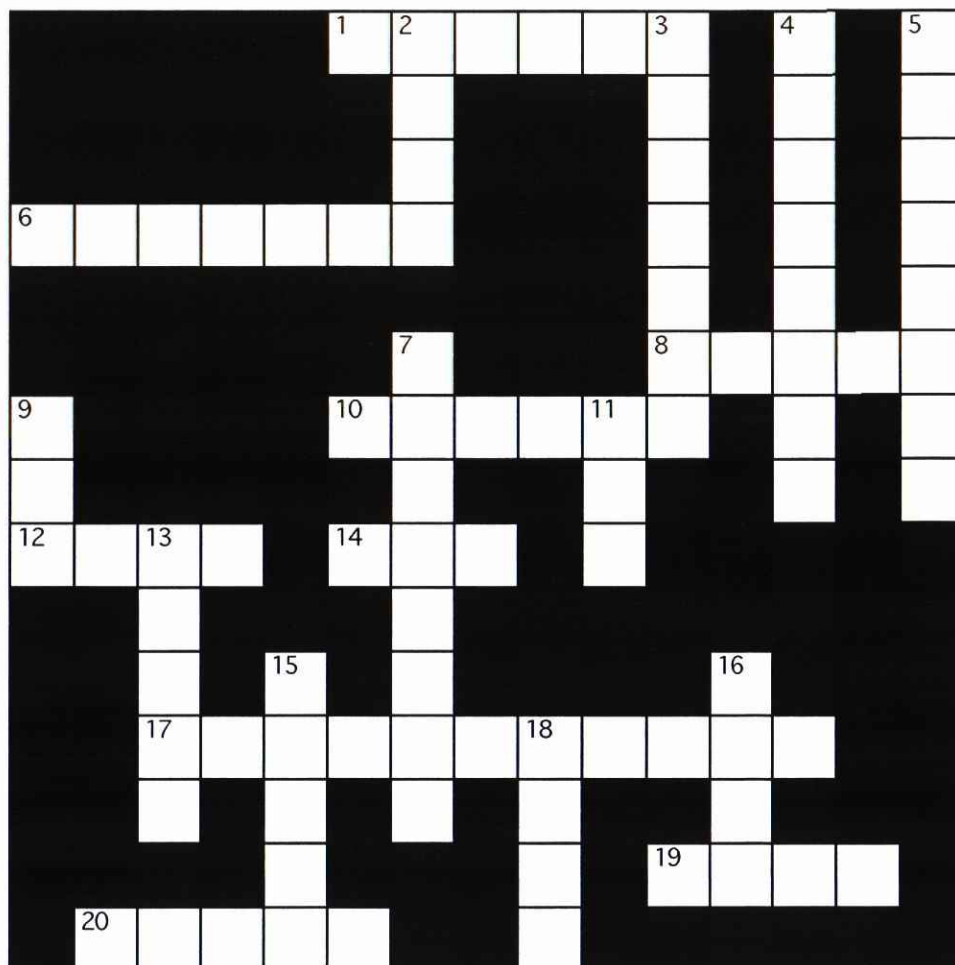
- 1 Australian Canoeing uses this airline.
- 6 One of Australia's most successful Olympics – every boat made the finals.
- 8 Australian Canoeing weekly email.
- 10 Du Pont's trade name for poly-para-phenylene terephthalamide.
- 12 CEO of Canoeing Victoria.
- 14 Vocational Educational and Training.
- 17 The loss of core body temperature through exposure to cold and wet, and especially wind. Prevention is much better than care: dress warmly and eat well.
- 19 Women's marathon bronze medal.
- 20 The planned slalom world championships were due to be held on this river.

The first correctly completed crossword received will win a Polo shirt.

**Send the completed Crossword to 'KC Cross Word Competition'.
AC address page 2.**

Down

- 2 Australian Sports Drug Agency.
- 3 The wave formed immediately downstream of an obstacle which water is flowing known as a 'hydraulic jump'.
- 4 A 'wall sealing off one end of a kayak to form a watertight compartment.
- 5 Australia's first Olympic canoeing gold medal – surname.
- 7 Men's marathon silver medal.



- 9 The forward extremity of a kayak.
- 11 The rear part of a canoe or kayak.
- 13 What side of the river should you paddle on?
- 15 Emergency position indicating radio beacon.
- 16 The number of colours that make up the Olympic rings.
- 18 An area of water that is still, slow moving, or moving upstream behind an obstacle in a river.

Calendar of Events

2001/2002

EVENT	DATE	INFORMATION	LOCATION
OCTOBER 2001			
SLALOM, WILDWATER	5-15	<i>Australian Masters Games</i>	<i>Newcastle</i>
MARATHON	13	Echuca Mini Marathon	Murray River, VIC
WILDWATER	21	Mitchell River	VIC
MARATHON	21	Winter Series race	NSW
WILDWATER	21	<i>NSW State Wildwater Champ's</i>	<i>Nymboida</i>
MARATHON	27	Hawkesbury Classic	Hawkesbury River, NSW
SLALOM	27-28	National Slalom Development Camp	Penrith, NSW

NOVEMBER 2001

WILDWATER	11	Vic Downriver Champs	VIC
MARATHON	25-26	Australia-wide - 24 hour	Australia - wide
SLALOM	24-25	AIS Camp	AIS, Canberra

DECEMBER 2001

MARATHON		Red Cross-Herald Sun Murray Marathon	Yarrawonga, VIC
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JANUARY 2002

SPRINT	11-13	SIRC	Penrith, NSW
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Australian Canoeing Online

www.canoe.org.au

**for the latest calendar of canoe events,
national and international canoe news and results.**

New site online now!

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Red Cross-Herald Sun Murray Marathon – event tips

Preparing for the Marathon.

Training

Adequate preparation is necessary to complete the five-day journey.

The training should start at a gentle pace early in the year, leading up to more intensive work just before the Marathon.

Good technique improves your speed, conserves energy, and reduces the possibility of injury. Training is needed to develop:

- Whole body fitness eg swimming, running and aerobics
- Increased heart and lung fitness and endurance
- Increased muscle strength
- Flexibility (Stretching and strengthening exercises)
- Specific paddling skills

All of the above should be included in your training routine.

A typical training session should include:

a warming up

All paddlers should warm up properly before training or competing. Concentrate on warming up, loosening up and stretching all major muscle groups.

b training

The best training is in your canoe, but time in the gym working on weaknesses, or swimming, jogging and/or riding for general fitness can be of help. While in your canoe, concentrate on your style, speed and skills e.g. balance, wash-riding.



A good coach will help plan your training session, as well as ensure good paddling style. Contact a canoe club for access to paddling coaches.

c cooling down

Slow paddle for 5-10 minutes so that muscles are gradually cooled down.

Stretch out all muscle groups to lengthen muscle fibres.

If you cool down correctly, you increase your flexibility and redistribute blood from the muscles to the digestive system.

You can also identify injuries and problem areas and start treatment early. Waste materials that build up in the muscle tissue during competition are also removed by slowly moving the blood through the muscles.

Training Under Race Conditions

Having a pre-race run is the best possible way to test your capabilities in the Marathon. It's also important to find out how compatible you really are with your partner(s) and your land crew.

Canoe Education

Peter Horne, development manager with Australian Canoeing, updates the AC Award Scheme and the latest developments in Canoe Education.

Best industry practice

For 51 years Australian Canoeing has been the peak industry body for canoeing and its Award Scheme has been regarded as 'best industry practice' for the past 30 years. Over the past few years competency-based training, through Vocational Education and Training (VET), has replaced many traditional types of training in all national industries. Competency-based qualifications have been introduced by the National Training Authority into many key areas of the recreation industry, such as climbing, abseiling and canoeing.

Australian Canoeing decided to create a new award scheme (based on the old award) and to align it to the outdoor recreation industry training packages. By doing this, AC will be able to enhance its position as a national sporting organisation and to continue to set the new standards for the industry and thus remain as to be 'best industry practice'.

By taking this direction AC has formed alliances with other groups such as the Australian armed forces; community groups (guides, scouts) various education departments, state government departments including, National Parks and Wildlife, waterways, maritime and transport departments, universities, TAFE colleges and industry groups (Outdoor Recreation Council Australia).

Combined with this plan, AC is continuing to lobby at a state as well as national level through state boards of Canoe Education. This will ensure that that AC award remains the principle qualification in the outdoor recreation industry. The aim is to strengthen this position by developing a competency-based award.

Frequently asked questions about VET

Over the next few issues of **KC** I would like to answer the most frequently asked questions that are related to the VET system and the new Australian Canoeing Award Scheme.

What is VET?

VET stands for vocational education and training – that is, study and/or practical training that develop the skills and knowledge that people need for employment.

What is a Registered Training Organisation (RTO)?

Assessment for national recognition purposes in the sport and recreation industries is undertaken by, or auspiced through, a Registered Training Organisation. It is

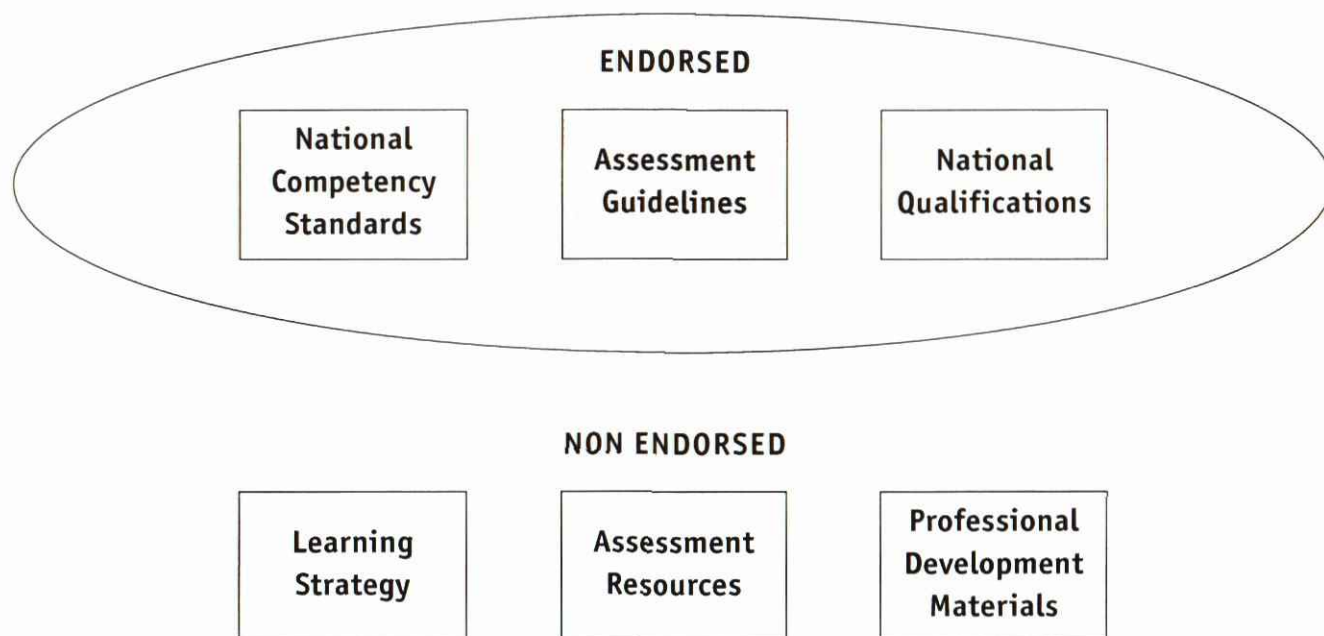


conducted under the quality assurance arrangements approved by the state or territory recognition authorities.

A registered training organisation may be a public or private training provider or an enterprise within the industry. A registered training organisation may provide on- and off-the-job training and/or assessment for the sport and recreation industries. The role of the registered training organisation is to:

- conduct and/or validate assessments against the performance criteria, range of variables and evidence guides set out in the endorsed national sport and recreation industry competency standards – generic, community recreation, fitness, outdoor recreation and sport activities.
- supply the assessors who meet the qualification requirements as established by the sport and recreation industries in the qualifications framework component of training packages.
- ensure that the sport and recreation industry assessment guidelines are used as a basis for assessment processes and procedures.
- develop and maintain quality assurance mechanisms to ensure assessment is fair, reliable, valid and flexible to provide outcomes consistent with the state/territory recognition authorities' requirements and the national competency standards for assessment.
- ensure that assessments are conducted in a cost efficient, flexible and timely manner.
- implement an appeals process consistent with the state/territory recognition authorities' requirements.

Industry training packages



- issue the Australian qualifications framework qualification or statement of attainment.
- maintain secure records of assessment outcomes or arrange a reliable outsourced record keeping process.
- institute a reporting process for assessment outcomes.
- provide access to the recording system for reporting and replacement of personal records of assessment on an ongoing basis.

Assessments for national recognition purposes in the sport and recreation industries should be mutually recognised. All registered training organisations throughout Australia must ensure that they recognise and offer credit for the assessment outcomes of all other registered training organisations. This is regardless of whether assessment was conducted through a training and assessment pathway or an assessment only pathway.

What is a national training package?

The Vocational Education and Training (VET) system is extremely confusing and daunting to the average canoeist, full of acronyms and unfamiliar jargon. However despite this the VET system has developed into a much-needed national standard for training. A national training package in any industry allows that industry to develop a set of competency standards, or knowledge and skill levels that will be nationally recognised. In conjunction with the Australian qualification framework that has standard skill outcomes from certificate I to advanced diploma, this will enable any candidate to move between states, organisation to organisation, and industries without overlap or having to equally to gain recognition within their state or territory.

Training packages are a key feature of vocational education and training for industries in Australia. They are part of the national training framework, which aims to make training and regulatory arrangements simpler, flexible and more relevant to the needs of industry.

A training package comprises two components, endorsed and non-endorsed. The endorsed components of the training package are national competency standards, assessment guidelines and qualifications. These are endorsed by the Australian National Training Authority's national training framework Committee. The relationships between the three components may be expressed as follows:

- competency standards specify the level of performance of an employee in the workplace.
- assessment guidelines provide a framework in which accurate, reliable and valid assessment of the applicable competency standards may take place.
- national qualifications are awarded when an assessee has been assessed as achieving a combination of competency standards at an appropriate level. Where an assessee has achieved less than the combination of competency standards for a qualification to be issued, that individual is given a statement of attainment, which similarly recognises their achievement.

The endorsed components of the training package are complemented by the development of optional learning strategies, assessment tools and professional development materials that form the non-endorsed components of the training package.

How is Australian Canoeing involved?

Australian Canoeing was involved in the development of the outdoor recreation training package, which is currently under review after just 2 years of industry use. From this training package AC has aligned the units of competence, to its award scheme which is the industry standard for canoe education in Australia. These units of competence when delivered in alignment with the AC award scheme give the participant the ability to receive status with any Registered Training Organisation (RTO) throughout Australia, truly nationalising the qualification.

Will Australian Canoeing Courses Change?

AC courses will still be conducted in a very similar fashion to the current way. However, any candidate wishing to complete an AC Award must complete it through a National Training Provider (NTP). NTP's are quality-endorsed organisations for the delivery of canoe education and are the only organisations able to deliver the AC Award Scheme. AC instructor & guide qualifications remain valid for 3 years and 4 years for coaches and officials before there is a need to re-register.

As part of a qualification you will now be able to claim competency for units completed in that program. Essentially you will receive an AC certificate and a statement of attainment listing competence in a number of units within the outdoor recreation training package. This statement of attainment may then be used as a stepping-stone toward gaining a certificate III or IV in outdoor recreation if you wish to do so.

So what is happening with the old Award Scheme?

The old award scheme will continue to be available until the 31 December 2001. Past this date the new Award Scheme will be offered by national training providers. Organisations may apply to AC to deliver the old courses through a memorandum of understanding with AC, but be aware that post 31 December 2001, anyone running these courses will need to update qualifications of their staff and become a national training provider under the new scheme. If any organisation is interested in conducting these courses please contact AC as soon as possible.

What happens to my old instructor award?

These qualifications will need to be updated into the new award scheme through a recognition of prior learning (RPL) policy. This became prevalent when AC mapped the old award with the new award when more units of competence were identified to be an instructor in the industry (e.g. guiding, risk assessment, overnight campsite). AC recognises that active instructors may already have these extra units of competence and be able to

prove this through the RPL process. All instructors will be sent a RPL form and policy and are requested to update their qualification.

What happens if I don't update the qualification?

Your qualification will be valid until you need to re-register. However, past this date you will need to re-register and update into the Award Scheme. If you choose not to update your qualification then your qualification will lapse and become invalid.

How do I update my old qualification to the new?

You will need to complete the RPL process and application form. This is available from AC and will also be sent to all instructors and guides on the AC national data base. If you wish to update your contact details you can do so through auscanoe@canoe.org.au

What is a national training provider (NTP)?

A national training provider is the term for an organisation that will be licensed by Australian Canoeing from January 1 2002 to deliver Australian Canoeing Awards. The organisation can be a state association, an affiliated club or a non-AC affiliated group such as a TAFE, school, college, community groups or private enterprise.

All national training providers with Australian Canoeing will be required to be an Active Australia provider. This is a quality assurance measure, as Active Australia is an initiative developed by the Australian Sports Commission which assists organisations after submitting a desk audit to ensure good standard operational procedures within their organisation. Once this status has been achieved the NTP completes an AC Canoe education specific checklist, which includes such areas as insurance, standard operation procedures and risk management plus training facilities and resources.

What is the relationship required between national training providers (NTP) and registered training organisations (RTO)?

NTP's will need to have either an alliance with or become a registered training organisation. A registered training organisation is an organisation that delivers competency-based training under the auspice of an Australian national training authority. Competency based training is a Vocation Education and Training (VET) award that is recognised within the industry nationally and for canoeing comes under Sport and Recreation Training Australia.

The alliance between an RTO and a NTP is that the NTP will issue the 'Australian Canoeing Award Scheme' through Australian Canoeing and the RTO will issue the 'statement of attainment'.

The role of the guide and instructor in the canoeing industry

Participant	A person who has the necessary competencies to participate independently or under supervision in an outdoor activity. The ability to demonstrate participatory skills to the appropriate standard is a pre-requisite to performing as a guide or instructor in outdoor recreation.
Guide	A person who leads or guides a group without the intention of imparting skills or knowledge beyond that which is necessary to participate safely and adequately in the activity. At the end of a session or program with a guide, the intent is not for the participant to have acquired the skills to independently participate in the activity.
Instructor	A person who facilitates skill transfer or development to participants in order that they may act independently or with minimal supervision. This requires the instructor to be able to critique technique, apply a variety of appropriate instructional strategies and may require them to assess participants skill acquisition at the end of a program or session.

Source: Outdoor Recreation Training Package 1999.

For example when someone obtains an AC award they will have the added benefit of receiving a statement of attainment that will outline the units of competencies that are contained within it. This statement of attainment is nationally recognised by RTO's and can enable participants to obtain status for units of competence in a Diploma, Certificate 4, Certificate 3 and 2 of Outdoor Recreation.

What is the role of a guide or instructor in the canoeing industry?

Within the canoeing industry, the vocational outcomes are primarily those of an instructor and a guide, as described in the table above. Participation, whilst it is an important part of skills acquisition and underpins the ability to guide or instruct, is not, in itself, a vocational outcome for most employees within the outdoor recreation industry.

A national training provider is the term for an organisation that will be licensed by Australian Canoeing from January 1 2002 to deliver Australian Canoeing Awards.

Adventure tourism, a competency based training approach

Peter Vandeppeer reflects on the concept of adventure sport in the outdoor recreation industry. Peter argues that 'It is the adventure guides knowledge, judgement, and competence, which provides the safety net for the adventure tour client.

Peter is the educational manager of the Centre for Recreation, Sport and Tourism at the Regency Institute of TAFE in SA. This article is based on a resource paper produced by Regency TAFE.

'A man who goes to sea for pleasure would go to hell for a pastime.' Colin Puff

Adventure sports is one of the fastest growing segments of the travel business.

Tourism is an activity engaged in by people who travel. It is all of the activities and impacts that occur when a visitor travels.

Recreation is an activity chosen for its own intrinsic worth or enjoyment. It contains elements of free choice and is a component of leisure, which comes from the French *loisir*, 'spare time at leisure for pleasure.'

What then is adventure tourism? Who would want to spend their pleasure going to hell for a pastime? Isn't this just what people seek through adventure tourism?

'Tignes Falls, France - Sitting there listening to water. At first silence, and then the almost imperceptible sound of a paddle cutting deep slices of the glassy back of the swollen river. The early morning music of little birds begin, amplified by the flat water and fat ripples carving a quiet tempo in the wake of the kayak. At first, the sound is at the limit of hearing, the closer you approach, the more like music it becomes, the sound of water speeding over rocks, curling over itself, diving into thin air and boiling at the base of a fall. There's a point when each noise is disconcerting, when you can still hear and make out the sound of your own breath, but soon there is nothing but the roar of white water.

The scream of water falling.

At this time, if you make a mistake you die.'

Corran Addison, the undisputed guru of extreme kayaking, says that this is the extreme at its very limits. He's not talking of paddling off a ten metre fall into a pool or chasing someone down a flooding creek in the Alps, he is talking about being at places in the world which bring about fear more than anywhere else. Places where simple mistakes results in death. Tignes Falls is a man-made 30 metre vertical drop off a mountain in France.

In Australia, we have similar opportunities for adventure. David Williamson who has paddled from Victoria to Tasmania, and made many of the first paddling explorations of islands off the coast of Ceduna in the Great Australian Bight, talks about his individual adventure. He undertook a solo paddle to the Pearson Islands 70 kilometres off Elliston, Eyre Peninsula, in the Great Australian Bight, South Australia's most remote island group.

The attraction being they had never been paddled to before. And so why a solo paddle? Because he was keen to discover if he had the skills and experience to undertake such an adventure on his own.

David has paddled extensively in the Great Australian Bight, is the area in which there have been two deaths within two days within the past two weeks.

What then is adventure? Adventure is an experience where the outcome is uncertain. The uncertainty is because the individuals involved in the adventure don't have all of the information that will allow them to determine the outcome. Changing environment, changing weather, remote conditions, height, water, mountains, snow, and a number of natural environmental influences provide sufficient uncertainty of any outcome to turn the experience into an adventure.

For any individual the experience of an adventure is determined by their perceived risk of the activity and their ability to overcome the unknown.

Risk is the potential to lose something of value and may involve an individual undertaking risk to their social, psychological, physical or economical well-being. Most people when they undertake adventure activities risk their social standing or their psychological safety more so than their physical safety.

The individual perception of risk is important and those who work as adventure tour guides need to be able to balance the client's perception of risk against the actual risk at any particular point in time. It is the adventure guide's knowledge, judgement, and competence, which provides the safety net for the adventure tour client. It is the adventure tour guide who is able to keep the risk and losses within an acceptable range.

Competency comprises knowledge and skill and the consistent application of that knowledge and skills to the standard of performance required in employment.

The concept of competency includes all aspects of performance;

- Performing tasks at an acceptable level;
- Organising the tasks;
- Responding appropriately to the unexpected;
- Fulfilling the role expected in the workplace;
- Transferring knowledge & skills to real situations;

In providing the safety net however it is important that the adventure guide doesn't remove the challenge and the perceived risk to the individual. The challenge for our adventure tour client is when their personal skills are matched to overcoming the uncertainty in the situation. When the participant believes they may be able to influence the outcome it provides the challenge. If however the participant believes that he is unable to influence the outcome and fear takes hold, and his or her life is at risk then there is no challenge. Similarly if the outcome is based entirely upon luck without any influence of the competence of the guide or the participant it also cannot be a challenge.

So it's important to understand that there needs to be an interplay of risk, and the matching of that risk with appropriate levels of competence along with safety nets. The judgement of the adventure tour guide will provide the safety net and provide the opportunity to experience the adventure. This adventure, has been described by Simon Priest as a 'peak adventure'.

When an individual undertakes real risks in advance of their own level of competence the result is normally a misadventure or what is even worse devastation or disaster.

If the client perceives the risk to be indeed greater than they are and perceives the competence level of himself and the tour guide to be less then it is obvious that the participant is going to fear the outcome and not enjoy it.

When competence and risk are accurately assessed and an experienced adventure tour guide can provide a perceived level of risk that can be matched by the competence of the tourist, then the opportunity is there for the tourist to experience a peak adventure. Priest would claim that when facilitated adventure is correctly matched with the perception of risk and level of competence of the participant, the individual will experience the peak adventure.

Adventure then doesn't lie simply within the activity or within the environment, the adventure lies within oneself, within our own emotions and feelings.

DH Lawrence, in 1936, suggested 'we all must die. But we need not all live ... We may refuse to live, we may refuse to pass into the unknown of life; we may deny ourselves to life altogether ... Unless we submit our will to

the flooding of life, there is no life in us.'

How does this then take us into adventure tourism? For the purposes of the paper we will define an adventure tourist as someone who travels for pleasure to engage in some sort of adventure recreation.

Tourism, however, is defined as people taking trips away from home for recreation and embraces transportation, accommodation, hospitalities, distance away from home and other activities relating to providing services.

It is this packaging of challenge and adventure to match individual and groups' desire for adventure that is the newest concept of tour packaging which began with Thomas Cook who introduced packaged tours in England in 1841.

Today's adventure recreation tours are promoted in various forms and provide a wide range of perceived and real risks. Where the normal tour package represents an opportunity for customers to engage in pleasure travel that provides the benefits sought by the participants such as socialisation and cross-cultural experience, adventure recreation tourism tends more towards excitement and the peak experience.

It is here that tour guides and wholesale packages are able to offer real or perceived risk matched to soft adventure, adventure or high adventure. This matching of perception and real risk allows some people to be satisfied with a soft adventure. Others work harder and harder at developing their own level of competence so that they are able to more safely undertake high adventure, where the actual or real risk level is considerably higher.

What skills then does an adventure tour guide need to provide the peak adventure in a safe way.

The guide is going to need a number of packages of knowledge, skills and attitudes, (competencies) that are going to equip him with;

- the technical and physical skills;
- the management and human resource skills;
- and thirdly a set of skills that relate to interpersonal communication, judgement, problem solving and decision making. Linked here of course is a flexible leadership style that will match appropriately to the requirements of the group and each individual and to the environmental challenges and risks undertaken;

I would like to group these knowledge, skills and attitudes under those three broad areas. Firstly the technical and physical skills.

These technical and physical skills fall within the Outdoor Recreation National Competency Standards. These National Competency Standards have been established after a number of years of consultation and validation. These technical and physical skills link them with the management and human resource skills along with problem solving, judgement, interpersonal communication, and appropriate leadership styles.

Let's consider, for example, some of the technical and physical skills an adventure tour guide will require. For example:

- Navigate in tracked or easy untracked areas,
- Demonstrate bushwalking skills in tracked or easy untracked areas,
- Demonstrate simple canoeing, kayaking or sea kayaking skills,
- navigate in Difficult or Trackless Areas,
- Demonstrate Bushwalking Skills in Difficult or Trackless Areas,
- Demonstrate Simple Canoeing, Kayaking or Sea Kayaking Skills to a High Standard of Technical Correctness,
- Perform Deep Water Rescues,
- Apply Complex Sea Kayaking Skills in Moderate Conditions,
- Develop Interpretative Content for Eco-Tourism Activities.
- Operating and Maintaining a Four Wheel Drive,
- Setting Up and Operating a Campsite,
- Carrying Out Vehicle Maintenance and Make Minor Repairs,
- Demonstrate Basic Cycling Skills,
- Apply On Road Cycle Touring Skills,
- Apply Off Road Cycling Skills.

These physical and technical skills, then, need to fit in with the second order of management and human resource skills. For example:

- Deliver Service to Clients,
- Support the Work of a Team,
- Co-ordinate Interaction with Clients,
- Deal with Conflict,
- Work with Colleagues and Customers,
- Work in a Socially Diverse Environment,
- Develop and Update Tourist Industry Knowledge,
- Co-ordinate and Operate a Tour,
- Lead Tour Groups,
- Managing Extended Tour Programs,
- Provide appropriate catering
- Follow Health & Safety Security Procedures,
- Respond to Emergency Situations,
- Provide Emergency Care,

And finally, the interpersonal skills in connection with judgement, problem-solving and leadership such as:

- Implement Minimum Environmental Impact Practices,
- Facilitate a Group,
- Assist in Preparing a Sport & Recreation or Tourism Session for Clients,
- Organise Work,
- Work in Teams,
- Apply Risk Management Audits and Plans.

Competency standards can be used for:

- the development of curriculum for training
 - the delivery of workplace training
 - the implementation of workplace assessment and recognition of prior learning (RPL) processes
 - the development of skills-based position descriptions
 - the development of Codes of Practice and Safety guidelines
 - linkages with Industrial Awards
 - Relevant areas of competency
- Generic recreation units in the areas of:
- Coaching/instruction
 - Regulation/Compliance
 - Administration
 - Career oriented participation

Outdoor recreation

- generic
- activity-specific

Tourism guiding

This balance of technical and physical skills, management and human resource skills and interpersonal judgmental, problem-solving and leadership skills all go together to make an ideal adventure tour guide. These units of competence come from the National Outdoor Recreation Training Package and the National Tourism (Tour Guiding) Competencies. This course has been trialed and developed over the past six years and has allowed us to develop a level of graduate that is extraordinarily employable and able to take individual tour clients and give them a peak adventure experience.

Graduates are now working around the globe in diverse roles such as ski instructors, walking tour guides, scuba instructors and guides, canoe/kayak guides, cycle tour guides and company owner, first mate on luxury charter yacht, with some setting up their own small business operations in tour guiding.

News from the national sprint program

Karl Russell, National/AIS sprint program coordinator, provides a summary of news from the national sprint program.

In his first international tour as national head coach, John Sumegi reiterated his opinion that the athletes need to get tougher, work harder and results would follow. Since taking over the role as head coach this year, John has not been slow in coming forward with his views and opinions. Hard-nosed? Some will say yes! Others will tell you that his passion and knowledge together with his own experience of winning an Olympic silver medal, and that four other Olympic medals were won by athletes in his care, just might be what it takes to help athletes realise that unless you put 100% of yourself into the job ahead, why bother.

Life is so short; an athlete's careers are even shorter. Take some time, look at yourself and ask some hard questions? And be honest. Many athletes have now accepted the hard approach, witnessing at first hand the work required to perform at the top level.

Standouts would have to be the ladies, who made all finals contested at the world championship. Katrin Borchert showed that she is not slowing down for any one by winning two silver and one bronze medals. New comer to the team, Katrin Kieseler combined with Borchert to win her first medal for Australia in the LK2 1000m (silver). The ladies K4 crew showed great determination, making all finals and doing what the olympic crew could not.

Nathan Baggaley took a step in the right direction showing that he had learnt from the heartache of missing last years' Olympic final. Nathan paddled both K1 1000m and 500m, making both finals in a great effort that will now allow him to again take a step closer to the top.

New comer Martin Marinov completed a great comeback to the sport by finishing 7th in the men's C1 500m event. After the race Martin joked that perhaps he should train twice a day now. Martin won his first Olympic medal for Bulgaria in 1988 in the C1 500m event.

Sprint results

500m Events

2nd	LK1	500m Katrin Borchert
4th	LK2	500m Katrin Borchert, Katrin Kieseler
9th	LK4	500m Paula Harvey, Amanda Rankin, Kate Barclay, Lisa Oldenhof

1000m Events

3rd	LK1	1000m Katrin Borchert (Non Olympic Event)
2nd	LK2	1000m Katrin Borchert (Non Olympic Event) Katrin Kieseler
7th	LK4	1000m Paula Harvey (Non Olympic Event) Amanda Rankin, Kate Barclay, Lisa Oldenhof

Men's Events

500m Events

7th	K1	500m – Nathan Baggaley
7th	C1	500m Martin Marinov

B – Final

3rd	K4	500m – Craig Rodgers (Non Olympic Event) Justin Dean, Tim Bird, David Rhodes
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1000m Events

5th	K1	1000m – Nathan Baggaley
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B – Final

6th	K2	1000m – Glenn Singleton Piers Christiansen
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B – Final

3rd	K4	500m – Craig Rodgers, Justin Dean, Tim Bird, David Rhodes
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Members of the national sprint team in Europe.

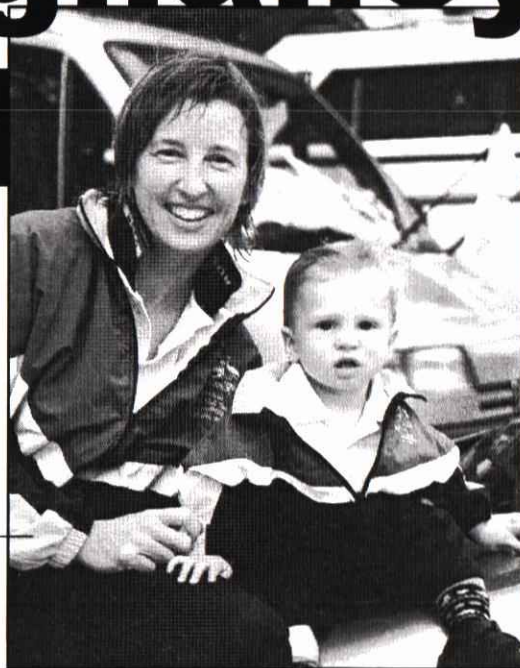
Photo: Karl Russell.

Paddling and Pregnancy

**The facts versus the fear
– A canoe polo perspective**

Jo Vartanian with 13 month old Jacob.

Photo: Vartanian collection.



Netball Australia's recent ban on pregnant players has prompted other sporting associations including our own, to look at their position on the highly sensitive issue of pregnancy and sport. Joanne Vartanian argues that the responsibility should fall on pregnant women to make choices.

As a canoe polo player I have competed during two pregnancies, competed for Australia and won at the world championships 12 months after giving birth and continue to play at a national level today. During my pregnancies there was nothing that would have enticed me to change my priorities – the health of my unborn child came first. Not a gold medal, an Australian cap or a sponsorship offer. In fact my sport became a compliment for my pregnancies enabling me to maintain great health and fitness and produce two very healthy 9+ pound boys. Four weeks after the birth of my first child I started competing and found the mental and physical benefits profound.

Knowing the risks

My instinct during pregnancy was to find out as much as possible about the risks to my unborn child and to modify my behaviour accordingly. The list of don'ts grows daily and includes aspirin, caffeine, alcohol, cigarettes, soft cheese, shellfish, processed meats, and even salad. I was advised to

avoid touching cats, to stay away from various chemicals including paints, petrol and some household products. This list is about putting the information out to parents and letting them decide. And I did. The decisions were clear and easy to make. Avoid the risks, seek medical advice and do what I believed was right.

The evidence...

At the recent 'National Sport and Pregnancy Forum', medical experts unanimously concluded that while some risks existed for pregnant women playing sport, they were in fact minimal and that participating in sport would have greater benefits than adverse effects. Apart from isolated cases, there are no studies that identify injuries to pregnant women during sport. It is therefore impossible to identify the real risk of an adverse pregnancy outcome for a woman playing sport.

This lack of evidence does not justify the notion of a ban on pregnant women competing in sport. This 'just in case' mentality could be likened to the similar 'fear' that surrounded HIV. We saw the effects on innocent children who were banned from attending school because of the community fear that they might spread this deadly virus to other children. When the facts about the spread of HIV were realised, a more common sense approach to preventing its spread was accepted. Unfortunately much

damage had already been done. A common sense approach is what is needed in the pregnancy and sport debate. A look at the evidence that does exist about injuries during pregnancy can assist in this. Adverse pregnancy outcomes caused by abdominal injuries were almost exclusively from car accidents or domestic violence and were considered severe and catastrophic traumas. In fact, the biggest cause of death in unborn children is from road accidents. No one says don't drive in a car when you are pregnant. I wonder why? A ball in the abdomen or a 'boat tackle' could hardly be likened to a severe and catastrophic car accident.

The current information needs to be looked at it in the context of canoeing and in my case canoe polo. As an obvious contact/impact sport there are some risks and common sense must prevail. I believe the following risks associated with canoe polo need to be avoided during pregnancy.

Risk #1

Overheating during 1st trimester – the foetus is susceptible to sustained increase in the mother's core body temperature

- no paddling in the hottest times of the day
- regular fluid consumption
- substitute regularly

Risk #2

Level of exertion needs to be controlled and not increased from pre-pregnancy levels

- avoid maximal intensity
- substitute regularly
- thorough cool down

Risk #3

Impact injury to foetus during 2nd trimester. In the 1st Trimester of pregnancy the foetus is protected by the bones of the pelvis and would be inside the Kayak under the spraydeck. Once the foetus moves higher in the 4th month it moves outside the pelvis and its main form of protection is the sac of amniotic fluid that surrounds it. It is then more susceptible from blows to the region from a kayak or a ball, although the buoyancy vest provides some protection.

In theory there is a risk of damage from a blow at this stage of pregnancy. However, there is no evidence to draw on, except that which relates to damage from blows to the abdomen in car accidents and domestic violence cases. In these reported cases, adverse pregnancy outcomes have been a result of severe and catastrophic trauma. A car accident would most likely involve high speeds, hard materials and multiple trauma. Similarly domestic violence cases involve repeated blows and high force.

Playing a pregnant opposition

In my fifteen years of competing in canoe polo I have played alongside and against a number of women in both their 1st and 2nd trimester of pregnancy. Many of these women felt the need to keep their pregnancies private for fear that the opposition would feel uncomfortable playing against them and feel the need to modify their playing styles. None of them wanted or needed their opposition to do this.

Unfortunately society has a tendency to regard pregnancy as an illness and a time for a woman to be 'wrapped in cotton wool', rather than a time of great health and a time to encourage physical activity. Because of this and the fear that comes out of ignorance of the true risks, people do feel the need to act and behave differently around pregnant women. Sporting organisations should be looking to follow the lead of Soccer Australia, which seeks to endorse the participation of pregnant women in their competitions while educating everyone about the true risks and benefits.

A pregnant woman in today's society is constantly being judged on the choices she makes. In my experience it is quite usual for a pregnant woman to suddenly feel she is now 'public property' because of the reaction of those around her.

In sport the pregnant athletes' opponents and teammates will form their own judgements about the rightness of her sporting choices. This is only natural, however they are generally opinions and not based on medical fact. It is wrong to make rulings based on the fears and degree of comfort of those who do not necessarily know the facts, no matter how well intentioned they are.



Jacob & Nicholas Vartanian aged 3 and 1.

Photo: Vartanian collection.

The duty of care owed to a pregnant athlete and her unborn child by an opponent is no different to that owed to any other competitor. We do not make special allowances for females in our mixed competitions, for veterans or juniors playing in open competition, for athletes with other medical conditions or for disabled athletes. Canoe polo is a game with rules and equipment designed to keep all athletes safe, not just pregnant ones. Everyone has the right to play the game given that they have sought sound medical advice if necessary (as in the case of pregnancy).

The fear of litigation

I recently watched a program about councils being sued for people tripping up on footpaths. It was suggested that the cost to rate payers if this were to get out of hand would cause the councils to stop building footpaths.

It is not a huge leap to see where we are headed if sport gets on a similar bandwagon. It will no longer be viable for sporting associations to provide their services. If canoe polo is too dangerous for pregnant women then it could be too dangerous for other groups, for example, Epileptics and Asthmatics. Banning certain 'at risk groups' and stopping events out of fear of litigation is not the answer. Sport exists to provide equal access to all. The responsibility for sporting administrators should be to inform and educate the people in its care of the inherent risks of the particular sport. The decision and the liability are then the athlete's.

Our money driven society has certainly entered the sporting arena and too often to its detriment. Unfortunately, I see this debate as yet another point where the fear of being sued may talk louder than commonsense or what is right. Sport has tried to maintain its place as one of the last bastions of the greater good, striving to promote societies highest values. Where litigation appears to be looming, sporting administrators may feel that they have no choice if they are to save their associations but to

sacrifice these ideals. The freedom of an individual to make their own choice about what is right for there unborn child may be taken away. My question, then, is what is the point of the association if it is willing to sacrifice its fundamental principals?

A final word

If banning is the answer, then will pregnant skiers be banned from the slopes? Perhaps the surf also. Banned from driving in cars, buying alcohol or owning a cat. Clearly the responsibility must fall on the pregnant woman to make her choices rather than discriminate against her unnecessarily.

There is currently a strong push in the workplace to encourage family values through incentives like creches and extended maternity leave. A ban on pregnant players in sport is an erosion of those same family values that society wishes to promote. For example, it is not unrealistic to imagine some elite athletes delaying pregnancy, or not having children at all, should they face bans during pregnancy. Surely this is not a desirable outcome.

To take the choice away from the pregnant athlete has the potential to destroy sporting careers and to alienate a large and important group of healthy and happy paddlers and their families.

While I understand society's desire to protect an unborn child, I believe that ultimately all decisions should be placed in the hands of the two people who have the greatest interest in and concern for their unborn child, the parents. The unborn child, too, should have the right to have its parents make the decisions about its health and safety.

With accurate advice and information about the possible risks involved in their particular sport, the parent is the best person to make decisions about the welfare of their unborn child.

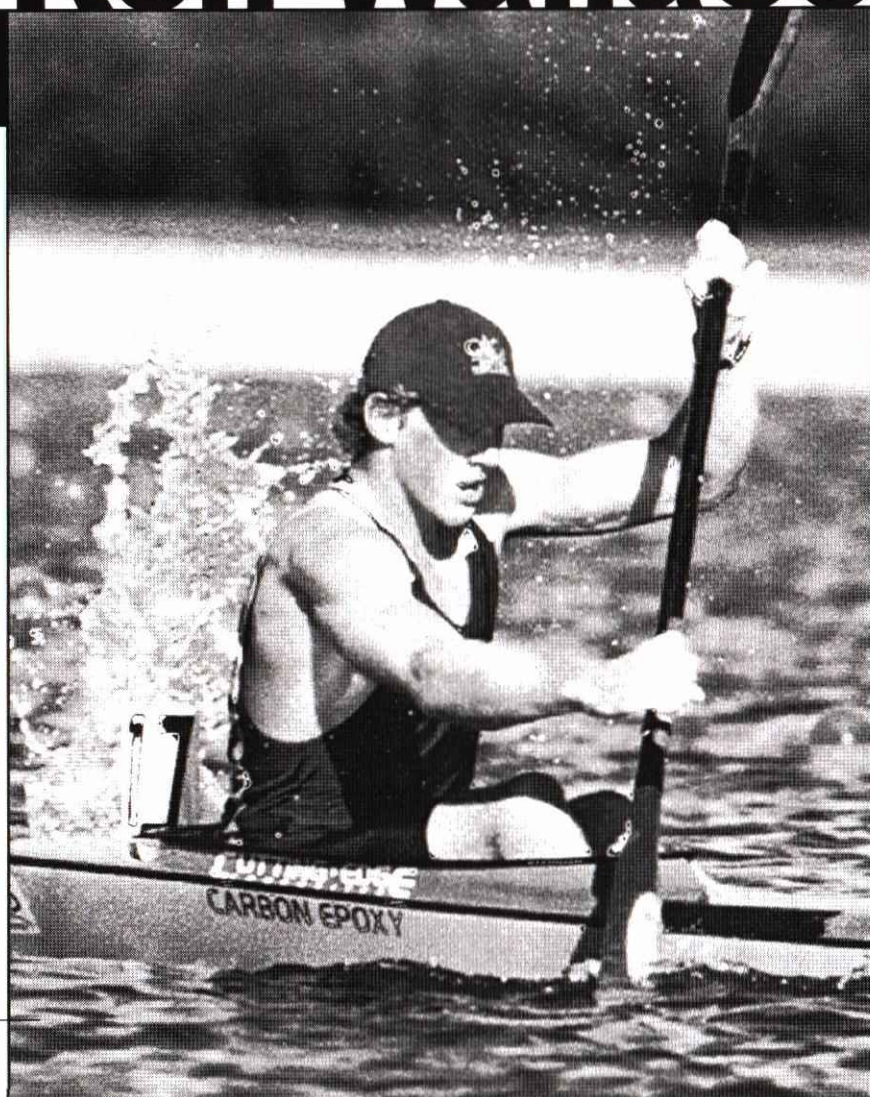


The final of the 1998 World Championships in which Australia won – Jo's son Jacob and husband Claude travelled as part of the Australian squad.

Photo: Photo: Vartanian collection.

Ken Wallace

A father's perspective



Ken Wallace in his K1.

Photo: Trevor Wallace

Trevor Wallace provides a 'father's perspective' on his son Ken's dramatic rise in junior sprint canoeing. Trevor will be the first to admit that his family perspective is a very proud one - and that he could brag all day about his son's achievements.

Ken started kayaking three years ago in Palm Beach, Queensland, to improve his surf life-saving ski technique. Not only did he improve his surf-ski technique but, along the way, he discovered a love of sprint on flat water. Ken's coach was Mario Von Appen, a K4 Gold medalist at the Barcelona Olympics. Mario told Ken that he had a natural feel for the water and his boat. It is probably this natural feel combined with hard training that has made him a junior world champion.

Ken's early training was also supported by coach John Newton, who helped Ken to progress to a stage where he was accepted by the Queensland Academy of Sport. Ken is now coached by QAS coach Jimmy Owens. It is Jimmy's dedication to coaching that deserves a lot of credit for Ken's success at the world titles.

Ken has been paddling outstandingly since he started and was the dark horse at his first Australian Titles in 1999.

This year has been a very successful year of kayaking for Ken. He was awarded the most outstanding competitor of the meet by winning 9 out of 9 medals at the 2001 Australian sprint titles, a feat never done before by an open or junior paddler. He then continued his success in Bochum, Germany, at an international regatta which was a warm-up regatta for the world titles where 22 countries competed. It was here that he won the 500m and 1000m K1 races. By this stage the Europeans were becoming concerned about the paddler from down under. Then, on Saturday 8th September 2001 in Curitiba, Brazil, Ken became the new men's junior world K1 1000m champion winning by a boat length in a strong head wind. The first time an Australian male has won a junior world title.

The national anthem has only been played twice at the junior world titles. Once for Jacqui Mengler when she won the worlds' and this time for Ken Wallace. Ken also continued his success at the world titles in the K2 500m with K2 partner Troy Hipwood, by coming 5th in the A-final.

These world titles and surrounding events will never be forgotten by Ken. It wasn't smooth paddling to get to the worlds. A month before he left he pulled a trapezium muscle and then contracted a flu virus, both of which stopped him from training and weakened his body. This was a very worrying time as he was restricted to rest and no training. This was not good before a world title. Fortunately Ken recovered enough, although he was still being treated for bronchitis right up to competition.

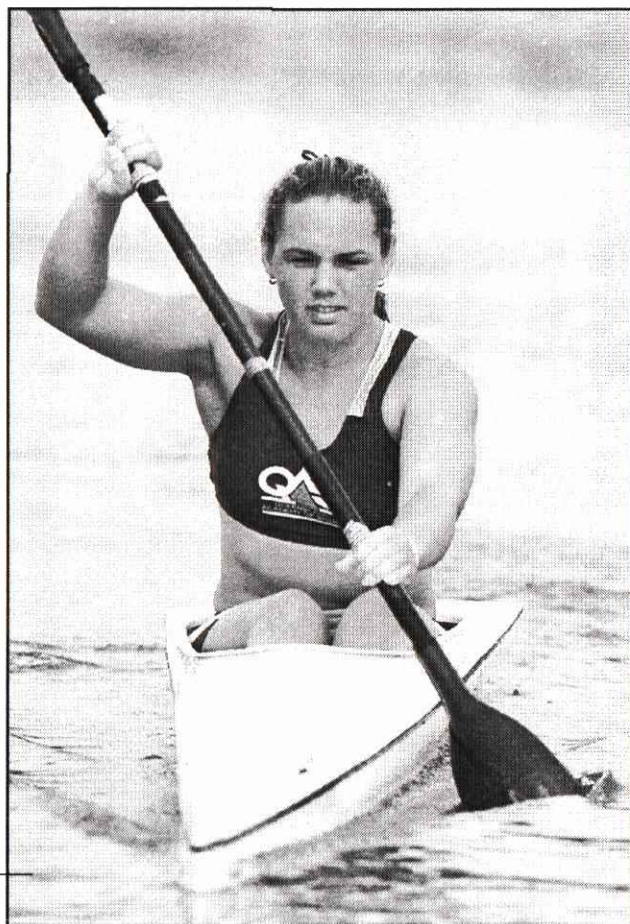
Following the world titles, there was to be a celebration by the Australian team, in Las Angeles on the way home, but unfortunately the hijacking disaster in New York created havoc all over America and the world. The celebrations were restricted. It was a very frightening and dangerous time for the team.

As parents we are very proud of Ken and we are very glad he and the rest of the Australian team are home. There are numerous people to thank for Ken's success. These are only some including the QAS, Ken's coach Jimmy Owens, Ken's best mate and K2 partner Troy Hipwood, national coach John Sumegi, team manager Dave Fourer, Scotty from Performance Paddles, Ian Rawlings from Max Kayaks and also Sharyn Bojcenko for her great communication and organisation skills.

Lindsie Fogarty also a member of the Under 18 sprint team – 3rd place at the World titles in Brazil.

Photo: Wallace collection.

The national anthem has only been played twice at the junior world (sprint) titles. Once for Jacqui Mengler, when she won worlds, and now once for Ken. Ken also continued his success at the world titles in the K2 500m with K2 partner, Troy Hipwood, by coming 5th in the A final.



Ken Wallace – in his own words

How did you find the transition from surf to sprint. Was the technique very different?

I don't think that I found the transition all that hard, when I first started out kayaking it was only just for fun. I started to become more interested in the racing side of it. One of my best mates already did kayaking (Troy Hipwood) so it was pretty easy to enjoy kayaking.

How did you find moving to the QAS ? Did you go to a canoe club first after surf?

To be able to race kayaks you have to be part of a canoe club any way. A lot of people that are in the QAS, or were part of it, went through a talent search program to get in. Although myself and Troy did not do that.

Had you travelled before the sprint tour?

I travelled the year before on the Australian team kayaking, but I have also travelled quite a fair bit with my family, and with surf life saving.

How was it overseas? Did you find any major technique differences with overseas paddlers?

I didn't notice that much difference although when you go over there, to race, you don't worry or try not to worry what the other competitors are doing. The standard was very high, they were the best competitors each country had so of course it was gonna be hard.

What was the highlight of the European tour – was it what you expected?

The highlight for myself was when I crossed the finish line and looked across and didn't see anyone – then I looked in front to see whether or not anyone was there, but fortunately for me there wasn't.

It seems you had a few great coaches who have had a role in your paddling career so far – is there any one person that you think has had the greatest influence?

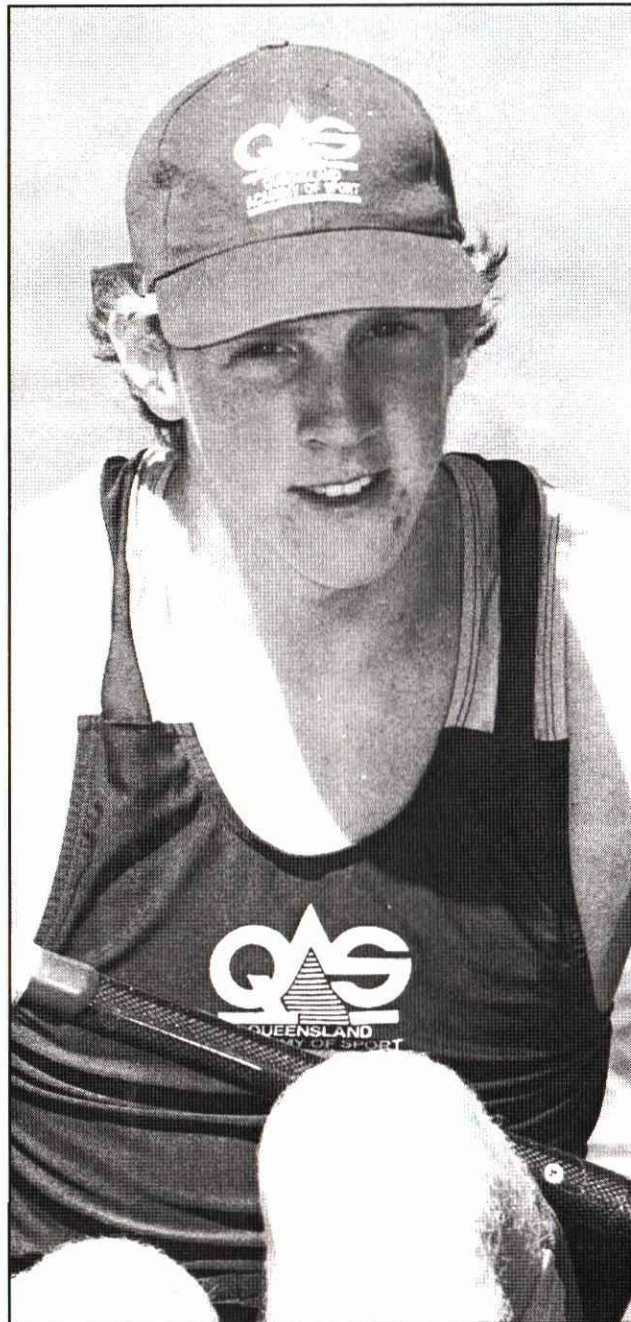
From the very start Mario Von Appen was always encouraging, but a lot of people have had influences, I try to take in a little from everyone and find out what works best for me.

Are you paddling at the moment?

At the moment I'm trying to have a rest but I will soon be backtraining as I have KNG Surf League coming up in the next month. My Kayak training starts later on in the year.

Do you have a paddling hero?

I'm not quite sure but Clint Robinson and Trevor Hendy rate pretty high.



Ken Wallace.

Photo: Wallace collection.

Liability and responsibility of instructors

In Part 1 of Liability and responsibility of instructors (see KC Volume 18) Paul Sheppard discussed some general legal concepts relating to instructors and other people involved in outdoor recreation area. Concepts such as assault, false Imprisonment and negligence were related to practical examples of outdoor recreation and instruction. In part two of the article Paul discusses the concept of duty of care and case scenarios that are relevant to outdoor recreation instruction.

The past few years have seen a number of incidents occur within the wider outdoor education/adventure field where participants have come to harm and legal action taken against schools/teachers/instructors as a consequence. The purpose of this article is to briefly introduce to instructors, some idea of the legal consequences of their acts and omissions. It attempts to remind instructors that they are in a legal relationship with their students, and that a failure to exercise the appropriate degree of responsibility may have legal consequences. What is hoped is that instructors will come to see the law as based heavily on common sense, with an emphasis on prudent conduct. With this in mind, an instructor can be free to carry out a course without worrying constantly about the stern views of judges, juries or coroners.

Duty of care in the outdoor recreation industry

Duty of care is a general concern all the time, but it becomes a big issue when accidents happen, or more to the point when such 'damage' is done to someone or to somebody's property that it leads to some sort of legal action. We mainly become aware of such issues then after the event, particularly after serious accidents.

Before addressing some of the general principles surrounding duty of care, we will briefly look at some incidents that have led to action against camp organisers, one involving a civil claim for damages, another being a coronial inquest into a double fatality. Finally a recent UK case involving criminal charges against a private outdoor activity company, its director, and its centre manager.

The Cathedral Ranges Incident, Victoria, 1983

A 14 year old boy was fatally injured, and a 14 year old girl suffered minor injuries in falling from a rocky outcrop when they took the wrong path while on a one day bush walk from a school camp. Two years later the girl sued the teachers and the Education Department of Victoria for damages due to psychological stress, in particular that due to the difficult terrain she and her classmate had to spend the night camped at the scene, with rescuers, and that during that night her classmate died in her presence. The teachers and the department were found negligent and the girl awarded damages of \$20,500.

Salient points in the Cathedral Ranges judgement

The walk was conducted within departmental guidelines, having a teacher/student ratio of 1:7, the total party being three teachers and twenty-one students, but the judge ruled that in the particular circumstances this was not sufficient.

- Teachers had not spaced themselves to ensure supervision of all students at critical danger points.
- Parents had not been given full details of the proposed bush walk, therefore they were deemed to not have provided their consent.
- The walk proceeded despite heavy rain on previous days making the terrain more slippery than normal.
- The judge stated that the walk should not have proceeded in any circumstances,
- Given the nature of the terrain and the inexperience of the students, the teachers had not exercised reasonable care.

Lal Lal Falls Rock Climbing Accident, Victoria, 1990

Two female students, aged 12 and 13, were fatally injured by large falling rocks dislodged from a cliff face during rock climbing instruction as part of an independent school outdoor education program at an area known as Lal Lal Falls. At the time the rocks were dislodged one student was in the process of descending the cliff (aborting the climb) and the other was waiting on a pathway immediately below. The rocks were dislodged whilst another student climber was ascending.

A coronial inquest was held, and also enquired into two rock climbing fatalities at Mt. Arapiles, a popular climbing area in Victoria. These two fatalities involved separate accidents where individual recreational climbers fell to their death.

In the hearing and in his report the coroner gave considerable attention to climbing instruction provided for novice groups.

Salient points raised in the coroner's report

Climbing experts indicated that the Lal Lal Falls area was unsatisfactory for the instruction of novice climbers because of the nature of the cliff face and the size of the safety area below.



The school concerned contributed to the deaths at Lal Lal Falls by undertaking a potentially dangerous activity without ensuring that appropriately qualified experts assessed the area for climbing. In view of the potential dangers of the nature of the climbing activity, insufficient investigation and assessment were undertaken by the school staff and the safety precautions (permitting the students to congregate at the base of the climb) were inadequate.

Other aspects of the management of the climbing activity on the occasion of the accident were also unsatisfactory, such as the not wearing of helmets. In spite of previous rock falls in the area, the two students were not wearing head protection, although, due to the size of the rocks that fell, the coroner commented that this had no bearing on the outcome.

The contribution of the school to the deaths of the two students must be seen in the context of a sport which, (in the coroner's opinion) had failed to adequately address the problems associated with the training and qualification of instructors.

As a result of the inquest a number of recommendations were made by the coroner. These are as follows:

In all cases where novices (i.e., school students, Scouts, persons who as a result of their employment and the like) are required or are desirous to learn the techniques of rock climbing/abseiling, appropriately qualified instructors should be used.

- The Education Department and the Association for Independent Schools should review their programs for safety in outdoor adventure activities. Whilst the Education Department information was shown to have some deficiencies in the rock climbing/abseiling area the Association's information was considered totally inadequate.
- That a uniform program be developed by both the Education Department and the Association to ensure that appropriate safety standards are reached, with no room for confusion. That the safety program should not necessarily be limited to rock climbing/abseiling but that it be extended to other sports-outdoor activities where risk to students is perceived.

The coroner went on to conclude...

'There are useful lessons to be learnt following the tragedy associated with these cases, in particular, where schools and other training institutions are involved in instructing and managing students in a potentially hazardous activity. It is important for all associations and organisations that are involved in such activity to ensure that the training qualifications and safety procedures for instructors are appropriate and that the site safety and equipment is appropriately assessed and managed.'

G Johnstone, deputy state coroner for Victoria Lyme Bay canoe tragedy, Dorset, UK, 1993

A party of eight 16-17 years olds and their teacher, all novices, set off from a private adventure centre with two instructors on a two-mile kayak trip across the bay. The kayaks swamped in 'heavier seas than expected' and were blown out to sea by an offshore wind. After four hours in the sea, the group was rescued, but four students died in hospital from the effects of hypothermia and drowning.

The managing director of the company, the centre manager, and the company were charged with manslaughter. The managing director was found guilty and jailed for three years, and the company fined \$60,000. The centre manager was acquitted, and a re-trial sought. The judge declined this request, to spare the survivors more trauma through having to give evidence at another trial, but he ordered that the defendant pay his own legal costs.

Salient points in the Lyme Bay Judgement

- The company was employing instructors who did not hold the recommended British Canoe Union qualifications.
- Instructors did not carry recommended safety equipment.
- No procedures were in place to establish SAR times for such canoeing activities, nor was there any other oversight by staff on shore.
- The company managing director had been warned in writing some nine months previously, by a resigning (qualified) instructor, that recommended safety procedures were not being observed.
- Even when told the canoeists were overdue, the manager did not notify authorities, but went looking from the shore himself. Authorities were only alerted when a fishing boat found a swamped kayak and reported it.

While this is a UK case, a recent paper by a law student at the Australian National University (Mr. Andrew Laurie) has examined the facts of the case in the context of Australian law. He concluded that such circumstances 'would produce the same result in an Australian court' and that in addition 'a verdict of manslaughter could be found against the instructors and perhaps Mr Stoddart (the centre manager). There was the option under UK law to charge the instructors in the Lyme Bay case, on the grounds that they accepted the position of instructor but did not carry out those duties in accordance with common practice, but police decided only to charge the managers.

The moral of these stories

These cases have all shown that outdoor activities are coming under increasing scrutiny by the legal system when things go wrong. While all cases discussed are at the extreme end of the spectrum, in that all involved fatal

accidents, they have clear messages for outdoor activity organisers and leaders in terms of what the outcome might be if practice is found wanting on examination of the facts in the case of any injury to participants. The conclusions drawn by deputy coroner Johnstone are well worth noting as a general warning to all involved in providing outdoor experiences for other people.

It is worth noting that in South Australia the government is becoming increasingly worried about the duty of care taken by leaders of camps offered by government departments. In 1995 the Crown Solicitor warned the Department for Education and Children's Services that all personnel managing camps are required to 'plan properly'. The advice was given following concerns about a number of occasions where students had been injured on school excursions, and the potential liability of the government in incidents 'where students were allowed to carry rucksacks which were too heavy, inappropriate footwear was permitted to be worn by students' and in one case the supervisor did not reassess changes to a notified bushwalk.

Warnings such as this, and the outcomes of the cases discussed above, are unsettling for people in the field. One thing to realise, though, is that people involved in these incidents found out after the event that they had done the wrong thing, particularly in the Cathedral Ranges case, where the teachers were working within published guidelines.

It is important then to consider issues of duty of care up-front. To be forewarned is to be forearmed. The most important aspects are to recognise that organisers and leaders do have a duty of care, and to have in place effective risk management strategies.

A Duty of care

A duty of care is owed to participants involved in recreational activities by the organiser, manager, and leader/instructor. In fact anyone who purports to have skills and/or experience which enables him/her to lead and instruct a group owes a duty of care to the participant. This is regardless of whether a position is recognised or not, and paid or voluntary. To quote again from the paper by Laurie (1996);

'A volunteer could not therefore use as a defence the fact that they were merely a volunteer. Attempts at regulation in both England and Australia have of course targeted professional instructors and centres but it remains true that individuals too must endeavour to satisfy the duty of care they owe to anyone they take into the outdoors.'

The duty of care applies at all times this instructor/leader and participant relationship exists. This duty of care is owed throughout an activity, camp or excursion, regardless of the time of day or night.

Duty of Care means that:

- Organisers and leaders should identify and assess the hazards and risks likely to face participants involved in any activity and take steps to adequately supervise to minimise those risks.
- Organisers and leaders must, not only refrain from injury-creating activities, but take such positive measures which are reasonable, to prevent injury to the participant.
- Leaders of an activity will observe the standards of safe practice established by community bodies knowledgeable in that activity. It is important to note that there are two issues here, accreditation of the leader, and adherence to codes of practice. Accreditation on itself is not a defence on its own in the event of being challenged on whether proper duty of care was provided. A person in such a case would still have to show that they were operating to recommend standards.

Similarly a person not holding accreditation in an activity could use as a defence that they were following recommended standards in the way they conducted the activity. This reasoning only applies to individual liability, it could not be used by an organisation conducting an activity but ignoring recommendations about the need for accredited instructors. (Laurie, 1996)

The duty of care will vary according to such factors as the age and experience of the participant, and the nature and location of the activity. For example: the younger the participant, the greater the duty of care required; participants with health care needs and/or disabilities may require a greater duty of care; the more potentially hazardous the situation, the greater the duty of care required; the more remote the location or extremes in climate, the greater the duty of care required.

Effective ways of reducing risk

The importance of formally assessing risks and documenting risk management strategies is now recognised as an essential part of meeting duty of care obligations, and showing, if called upon to do so, that this has been done. One procedure for doing this is the Risk Assessment and Management System (RAMS). This form can also be used to examine near miss' incidents to establish safe practices for future operation. (Further information 'on this system can be found in Haddock, C. 1993)

Whatever process is used, it is important that organisations ensure that steps are taken to reduce risks in all activities offered as part of organised camping and outdoor activity programs.

Recognised ways of reducing risk include.

- Having appropriate written rules and policies, within the organisation, and for each particular camp;
- Ensuring all camp leaders know and understand (and follow) these rules and policies;
- Having leaders with skills appropriate to the activity
- Knowing the participants, particularly their abilities ensuring progressive introduction to activities involving higher skill and ability; developing safety consciousness; disclosing the risk, to participants, to parents.

All specialist adventure activities are facilitated by industry qualified instructors.

References cited

Haddock, C. 1993. *Managing Risks in Outdoor Activities, Mountain Safety Manual*. NZ Mountain Safety Council

Laurie, A. 1996. Unpublished Internship Paper examining the Lyme Bay Tragedy.

Department of Environment, Sport, and Territories, Canberra, ACT

Legal Liability and Responsibility of Instructors
(Source: Justice Peter Gray 1999)

David Clarke

In the Wet

Barron River
Part 2

With the passing of Cyclone Tessie a few weeks earlier, David Clarke had not expected the rivers of FNQ (Far North Queensland) to be 'pumping' during a Whitehorse Canoe Club Easter trip. What David had not anticipated was the four days of solid rain which pushed the rivers to silly levels.

With talk of the Tully closing the Townsville to Cairns highway these were no light showers. As David says, 'Even a Pom wasn't used to getting this wet!'

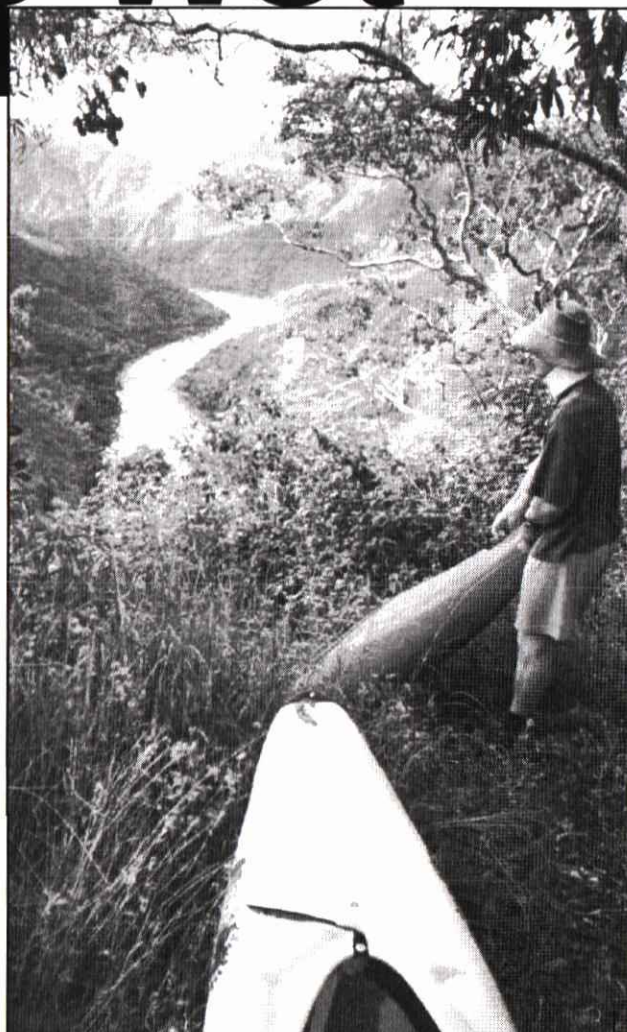
In Part 2 of David's epic adventure, he describes his trip in and along the Barron River in FNQ.

This article courtesy of the Whitehorse Canoe Club newsletter:
'From The Horses Mouth'

We got in about 2km upstream of Cardstone Weir. My buttocks were so tight you couldn't squeeze a credit card between the cheeks. We set off and were soon dodging holes of significant proportions. The further on we went, the more proportional their significance to me became.

On the approach to Cardstone Weir we encountered a standing wave at least 4m high. Unsure of what lurked on the other side we all skirted right. I went too far right, got stuck in some boils and consequently just missed the chute at the weir. It went dark for a while but conscious that there was a video camera not 10m away, and a trigger happy Bodeit at the viewfinder, a roll was essential. A few minutes later, away from the lens, Sean was swimming after coming off second best in a hole. Clancy got him to the trees (eddies were very rare). It took me another 150m before I could get to the bank – and this was on a flat bit! The other three took off in pursuit of his boat.

Sean was shaken but not stirred. He set off back to the road (his boat now long gone) while Clancy and I paddled on to catch the others. The size and frequency of the holes increased and we passed one that you wouldn't even wish on your worst enemy – not even a Kiwi! This wasn't a stopper that just sucked your booties off: it undid the stitches, rolled the neoprene into a ball then spat it out like a well chewed bubble gum.



Beginning the 400m descent down Blencoe spur to the Herbert River.

Photo: David Clarke.

We later learnt that Ben, in his noble though foolish quest to rescue Sean's boat, had accidentally dropped into it. Thirty seconds and 427 cartwheels later it spat out his boat, then his paddles, then his body. Drew and Corin picked up the pieces and put them all back together in the middle of the river (a super fast X rescue) before resuming the chase of Sean's submerged boat – oh for airbags Sean!

After 4 km of non-stop hair-raising paddling Clancy and I finally caught up with the boat rescue team. They had just got Sean's boat to one side at the last eddy before the next big rapids. Pebo was watching us from a roadside lookout at Flip Wilson rapid, so we gave him the kayak before resuming downstream.

I can only vaguely remember the next twenty minutes. My subconscious has decided this is for my own well-being so that I can sleep at night. I dimly recall lots and lots of

holes, a place called Minefield, and punching through a hole I thought would have me for breakfast. When we got out at No.4 I started hugging the ground.

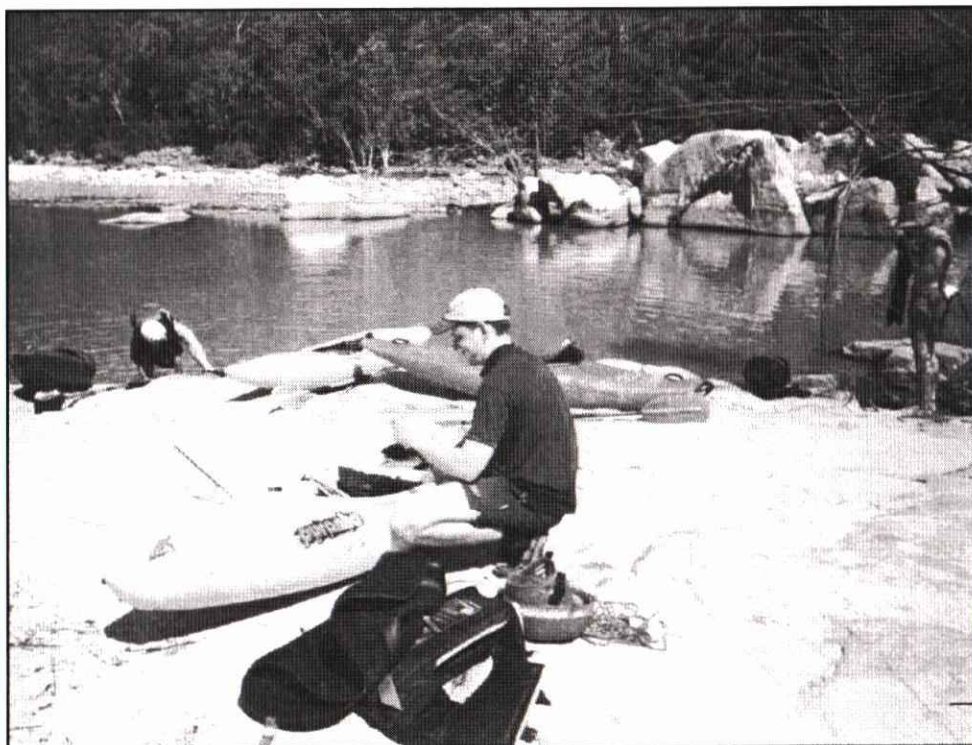
It was good to be standing on something solid and unmoving. Deciding I'd probably had more than enough excitement for one day I eagerly became a shuttle bunny so that Pebo, Russell and Sean, newly reunited with his boat, could paddle downstream from No. 4. And so ended the Tully adventure. Just wait till you see the video!

Sean plays 'Pugh' Sticks

After a hard night celebrating our Tully descent with the raft guides in Mission Beach, and with Russell and Pebo looking particularly unhealthy, we headed north to investigate Pugh Creek. Acknowledging the extensive river ramblings already endured by the reader thus far, and aware that there are still three more rivers still to go, I will summarise our day on Pugh Creek as follows:

- Sean inspects river: 'grade III technical'
- Pebo runs car shuttle, rest carry boats to creek
- Leeches
- River is very technical III-IV, safety potentially difficult
- Russell, Pebo and I not keen
- Pebo runs back for ute
- Sean runs top 200 m of river – grade IV
- Celebrates descent loudly, bounces paddle on deck in eddy
- Paddle lands in water, races off downstream, never to seen be again
- I do same 200 m run – keep firm grip on paddle at end
- Carry boats back to ute
- Leeches
- Cairns

**Thirty seconds and
427 cartwheels later it
spat out his boat, then his
paddles, then his body.
Drew and Corin picked up
the pieces and put them
all back together in the
middle of the river
(a super fast X rescue)
before resuming the
chase of Sean's
submerged boat**



Setting up camp.

Photo: David Clarke collection.

The Barron

Friday dawned in Cairns without rain. An early start saw us on the river by 9.30am. We paddled Freshwater Creek from Crystal Cascades with Pommie John and another Cairns paddler. Sunshine, sparkling water, continuous grade II and III rapids, rainforest and the occasional pipe to portage. A short but excellent trip.

We then drove across to run the Barron River which was, technically speaking, going off. Bypassing the 'road closed' sign we inspected the gorge with some apprehension. Using the picnic area at the 'lake' as a guide the river was running at a table and two chairs level. In other words if you sat down for lunch you'd have a wet bum and your sarnies would float away. It was high!

After Russell had finished 'playing' in the first hole John decided we should skirt far left on the main rapid, Rooster Tail. We picked our way down, easily avoiding the nasty stuff in the middle but only narrowly avoiding the big hole at the bottom.

After videoing the rest of the group Sean handed me the camera to record his descent. At the final hole he was: 'Sucked out of my boat', 'my spraydeck came off', 'the river pixies pulled me out', 'I don't know what happened', 'the differential pressure between the enclosed kayak and the aerated fluid medium combined with the chaotic imbalance of the water forces on the neoprene exceeded the frictional capacity of the rubber to plastic connection with the unfortunate result that the spray deck was accidentally displaced. This facilitated ingress of H2O into the kayak, significantly impairing the buoyancy and leaving the unfortunate occupant little alternative but to swim with the fishes.' Close scrutiny of the video tape that evening failed to disprove Sean's claim that the white, hand shaped object, seen fleetingly on the spraydeck grab loop moments before ejection, did not actually belong to Sean but was in fact a rare albino Barron starfish sucking on some neoprene.

The last rapid, Cheese Churn, saw a variety of lines run. Two down the guts, a chicken chute, and Russell's seal launch down moist rock cunningly avoiding any moving water altogether. No-one was game to drop into the huge hole on the left.

With two rivers run before lunch, we went off to look at the Barron Falls and have a relaxing beverage. Sean was lamenting on his recent swims: 'I need to get a deck that doesn't come off in big holes.' 'Well buy one without a grab loop' was the sympathetic reply.

Russell on the Russell

After a big night out we were lucky to be on the road before lunch the next day. 'On the road' was, incidentally, where we retrieved most of Russell's canoeing gear from, after the car behind had finally flagged us down. At the Golden Hole on the Russell River we met up with the Barron River Canoe Club, including the near-legendary creaking Ken.

The next 40 minutes were spent lugging boats along a twisty path through dense rainforest to reach the put-in. After de-leeching we bobbed off down the swollen river. The drops were large and spectacular but with straightforward lines. Great for photos. Unfortunately the video packed in, Pebo had forgotten his camera and mine was full of water.

We all got out to inspect the biggest, rollercoaster. After watching Pommie John run it centre I decided I'd do the same. As I was getting in someone said left was easier so I changed my line without re-inspecting. Big mistake I realised as my bow smacked a rock on the first drop and I slid gracefully sideways into a large hole. I'd gone too far left apparently.

After exploring the submerged portion of the rock wall alongside the rapid for much of its length, I finally got my paddle into the roll position and flipped upright. My next stroke nearly saw me back under again – there was only a quarter of a blade left on one side. How I'd rolled on that I'll never know. Fortunately, we'd found an old paddle on the bank five minutes earlier, so I finished the river with that. My attempt to salvage my own paddle was unsuccessful. I clipped it to my vest using Pebo's carabiner, but it slipped out and sank. Pebo seemed unduly concerned about the loss of my paddle until I realised that he thought his carabiner had also gone down with it.

Five minutes later and it was all over. Sean went back to Cairns while Russell, Pebo and I loaded up the ute and returned to Townsville to catch the plane back to Melbourne.

In ten days we'd paddled small creeks and swollen rivers in trips lasting three minutes to three days. We'd lost two paddles, rescued one swimmer (twice) and wrecked the lives of many a close knit leech community. It was a corking trip.

The Olympics – bring back the 10km

Until 1960, the 10,000 metres was an integral part of the Olympic flatwater program. By all accounts, it was considered a most crowd pleasing event. Peter Currie has spoken to people who witnessed the '10,000' at the Melbourne Olympics in 1956 when Australia's Dennis Green and Wally Brown came third. To them, the event was more exciting than any of the other canoeing or rowing races at Lake Wendouree. Peter puts the case for bringing back the '10,000'

No one can come up with a plausible reason why the '10,000' was removed from the program. Perhaps it was a belief that the distance was simply too far for the paddlers of the day.

At the Sydney 2000 Olympics, I attended athletics, water polo, basketball and two days of the canoeing/kayaking. I brought with me some friends and family who knew little of the sport, and indeed it was their first time at a kayak regatta.

Everything was right; a large crowd of 35,000, good weather (this wasn't the last day), and the elite paddlers of the world. But what we were served up, would go down as the most boring of all the sports we attended.

Watching 9 kayakers travel down a 500 or 1000 metre straight every thirty minutes or so is tough to get enthusiastic about even to a devoted paddler like myself. The sterile lanes and the distance of spectator to competitor, makes it probably a better television event than being there live.

Some in the crowd tried to make things more interesting, but there are only so many Mexican Waves that a sane man can perform in a morning. The crowd showed their disinterest, many leaving before the last race had started. Getting to the buses first seemed somehow more important than sitting around to watch another line of kayaks come down the course.

Now, had the 10,000 metres been on the program, I'm sure that our sport would have won many converts. With a little flair, the '10,000' has the potential to capture the imagination of even the most sceptical of journalists.

Imagine a field of 16 paddlers and no lanes. The first two laps would be 1500 m each (to sort out the packs) and the next 7 laps would be 1000 m each. Imagine the wash riding, the buoy turns and the burns to drop a paddler from the pack. Its stuff that crowds want to see.

Sports like cycling have long recognised the need to entertain. They've developed a multitude of events like pursuits, keirins and madisons that bring spectators to their feet. In fact nearly all sports have developed their events with the spectator in mind. Canoeing/kayaking needs to do the same. Until then, television coverage and sponsorship will always be elusive.

Re-introducing the 10,000 metre event would also send a message to the world that you don't have to be 90 kilograms and 185 centimetres tall to be successful in the sport. Rowing has introduced the lightweight class, surely we can add an endurance race where size isn't necessarily an essential criteria. Can you imagine if athletics (track & field to the Americans) decided to drop all races over 1500 metres or cycling removed the road races from their Olympic program? One would think that there would be significant dissent, and the organisers would be sued for discrimination by the smaller, leaner ectomorphs.

There has been an argument that the 10,000 metres is too difficult to conduct because without lanes, the potential for infringements is too great. Here we can learn a valuable lesson from sailing. This is sport that has never had lanes and yet collisions and rule infringements are very rare. If a boat does happen to commit a minor violation, the skipper can be exonerated by choosing to do a 360 degree manoeuvre. An 'on water' judge can immediately adjudicate on an offence. Naturally if the misdemeanour is severe, then disqualification results.

I'm not sure whether Australian delegates to the ICF or the International Olympic Committee can convince the organisers in Greece to reintroduce the '10,000', even if its just for the K1's and C1's. There is a worn out excuse that organisers don't want to introduce any additional events because of a perceived cap on the numbers of athletes attending the Games. Nevertheless, certain sports have negotiated their way around this minor hurdle. Diving, sailing, swimming, water polo and cycling were all allowed to add to their programs at the last Olympics.

By using a selection criterion based on results in lead up races, there would be no need for heats and semis. It would also be expected there would also be some paddlers doubling up in team boats for the shorter races.

Australian Sports Drugs Agency

Who are the Australian Sports Drug Agency?

Australians are renowned for their sporting prowess and sense of fair play ... so in 1990, responding to public concerns about the use of drugs in sport, the Australian Government established the Australian Sports Drug Agency (ASDA). ASDA is a Commonwealth statutory agency within the Industry, Science and Tourism Portfolio.

What is doping?

Doping is the use by athletes of banned substances or methods that may enhance performance.

What is inadvertent doping?

Inadvertent doping occurs when an athlete uses a medication to treat an illness, without realising that it contains a banned substance, and consequently returns a positive drug test result. In this situation, even though the athlete may not be taking drugs to enhance performance, they may return a positive drug test result because the medication contains a banned substance.

Education

ASDA develops education programs to assist national sporting organisations in dealing with drugs in sport issues.

ASDA also produces publications such as the Drugs in Sport Handbook which includes information regarding permitted and restricted substances, drug testing procedures and prohibited categories of substances in sport.

Drug testing

The agency's most significant role is to conduct a comprehensive drug testing program. ASDA initiates and controls the drug testing process, beginning with test planning which includes who to test and when the tests will take place. Any athlete competing at National championships is subject to drug testing at the event and National level competitors can also be tested out of competition. Recently some State and Territory Governments have introduced state level testing which allows ASDA to test state level athletes who compete in an open category.

An ASDA official will notify athletes of their selection for drug testing and will then perform the sample collection process and arrange secure transportation of the sample to the laboratory. The Australian Sports Drug Testing Laboratory will conduct the sample analysis and communicate the results to ASDA. If the result of the drug testing is negative, the athlete will be notified and there will be no further action taken. If the result of the

drug test is positive, ASDA will notify the athlete of their right to witness the unsealing of the B sample. The athlete may waive this right. If the B sample analysis confirms the A sample result, the athlete will be notified they have the option to lodge a submission about the collection procedures within seven days. If the submission is unsuccessful or not received an entry will be made on the Register of Notifiable Events.

Penalties

The hearing and appeal process will be conducted by the national sports organisation and any penalties will be applied in accordance with the doping policy of the relevant national sports organisation. The penalty for a first doping offence in Canoeing is a two year suspension.

ASDA's Website – www.asda.org.au

This site contains the latest information on ASDA and its role in the fight against banned performance enhancing drugs.

Up to date drugs in sport information is offered in the form of newsletters, briefings, reports and drug testing statistics. Information on how to order ASDA publications is also available on the site.

In addition the website outlines the history of drug use in sport and also offers information on various banned substances including anabolic agents, stimulants, peptide hormones and diuretics.

If in Doubt, Check it Out – 1800 020 506

As an athlete you must take responsibility for what goes into your body and for familiarising yourself with your sports' anti-doping policy. Always check the status of medications by calling the ASDA Drugs In Sport Hotline. The Drugs in Sport Hotline is a confidential free call service which provides information about the status of medications in sport. Every caller will be quoted a call receipt number which is how information provided can be tracked.

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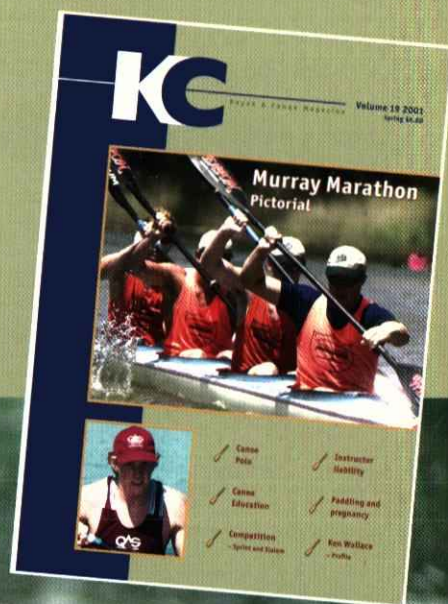
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