

Lee Pooley 00:00:13

Hi everyone, and welcome to the British Canoeing Awarding Body coaching podcast. As you probably already know, that my name's Lee Pooley and I'm the director of coaching and qualifications. Today we're going to focus on how we go about approaching full day trips and extended adventures, such as overnight camps, etc. And how we introduce novices to this particular area and look around hydration and nutrition. And I am absolutely delighted to be joined by Dave, and Dave, thanks very much for giving up your time. It's one of these things isn't it? You're very busy, I know you very busy in terms of your paddlesport and all the offerings that you're doing. So yeah, I'm gonna go straight into it if you don't mind and a bit of an introduction really, on a bit of background so the listeners to understand where you come in from if that's okay.

Dave Janes Snr 00:01:09

Yeah Okay yeah lovely, so yeah, I'm Dave Janes senior not to be mistaken with Dave James Jr. I've been paddling for about 52 years. I started off playing Polo in Luton for Luton Tigers. I progressed into canoe slalom where I paddled C1 Slalom and had the privilege of representing the country.

Time's gone on, I'm now a British Canoeing Awarding Body provider, as you said, of a number of awards and I'm a national trainer for a number of the awards as well and my heart is in open boating and expeditioning.

Lee Pooley 00:01:34

Well that's good then isn't it because that's what we're going to talk about today Dave. Where's home now?

Dave Janes Snr 00:01:39

So homes just outside Hereford. So I'm right on the boarder between England and Wales in Hereford.

Lee Pooley 00:01:45

And the local run?

Dave Janes Snr 00:01:46

So obviously we've got the Wye, which is very local to us. But I tend to go into Wales and the middle Wye and the Usk when it's open. They're my playgrounds.

Lee Pooley 00:01:56

Well I'm sure we'll delve in further to some of your adventures anywhere and you'll probably make reference to some of the journeys and adventures you've had over the 52 years of paddling. As you know, one of the attractions to paddlesport is full day trips and over overnight expeditions and adventures, but what we're really interested in really is, if you're working with someone that's relatively new to paddlesport that comes to you and says I really want to be able to get in my boat, whatever craft it is, I want to do full day trips. That's what I really want to do. How do you go about setting up almost like a training package or sessions for those individuals?

Dave Janes Snr 00:02:42

Well, somebody coming and asking and being that focused on what they want to do is a dream for a coach. Is somebody that's got the end goal. That's it a dream really? So it's about sitting down with them and establishing expectations. What do they want to do? Is it a challenge? Is it for fun? What is the purposes of their journey? What do they want to do? And then we'll sit down and set some goals, agree some goals and some milestones and look at it from there. I have done this a few times with people coming to me, wanting to do this type of thing and I must admit I've used the Personal Performance Awards Touring Award to hand it off of, because that covers all that the areas and I've found for myself, that that's really good for us to check progress and it gives the learner the opportunity to design the sessions. Because they know all the bits we've got to cover and they can start asking those questions. And I think particularly with touring and day trips, there is as much off the water to learn as on the water. So making sure that I'm covering those off the water bits as well, with I'm not gonna call it homework, but just posing questions for the next session. Where they can go off and do that little bit of research and grow themselves really.

Lee Pooley 00:04:06

And what do you think, are there some logical steps. Because you talk about, there is much off the water as on the water, are there some logical steps that you have to do something before you do the next topic?

Dave Janes Snr 00:04:19

They've obviously got to become relatively proficient in their craft and they've got to choose their craft, and they've got to choose the craft for the trip that they want to do. I think that's important and then start building up that effective and efficient paddling. And then progressing it from there really and letting it find its own route, if you like. And on the sessions that we do once we've got the paddling going, we start doing the coaching by journeys and start introducing journeys. And a lot of those questions or a lot of that learning will naturally come out from just doing the journey because that's what they are looking to do.

Lee Pooley 00:04:59

And I would imagine from my background is as a coach and someone that's explored, as a privilege as part of my job, is a decision making. Decision making is absolutely crucial isn't it? And is that something you hold back on, whereabouts do you start the decision making process or having the decision making process over?

Dave Janes Snr 00:05:20

Right at the beginning. Okay right at that beginning, where we are setting and agreeing those goals and those milestones, that the learner is, that the person that's there, is starting to make those decisions about what we're going to do. And if you look at what the Touring award is, it's an award designed to develop your ability to apply appropriate decision making skills for an enjoyable and safe days Touring. And that does what it says on the tin. It's them making those decisions and we are just giving those, the bits of information that they can call upon to make sound safe decisions.

Lee Pooley 00:06:00

Okay, so really sort of at the very early stages, you're doing decision making, your adding sequences in, you're building up on it. Over the years of doing trips, there are some significant physical and psychological demands, when you're on the water.

And actually, how do you go about, as a coach, I mean you're highlight experienced, how do you go about as a coach, introduce in such demands.

Dave Janes Snr 00:06:26

So when we are teaching the basic level of the paddling, we've got those fundamentals. And I think when we are looking at touring, we've got to go back to those four fundamentals, the active posture, the connectivity, power transfer and the feel. And I think that particularly in touring, the feel and how that person feels in the craft is really important. They've got to feel safe, secure, if they're always feeling wobbly, they're not going to enjoy their trip. They can't relax into it. And that has, I think has a really big psychological impact. And if we can get them with a good active posture using a whole body to paddle and we've got that good power transfer in the face of the blade to the hull of the boat. So all the effort they are putting in being positive, it's going to be easier for them. And I think that also comes down then to the selection of the craft that we were using for touring. If we were to use a playboat, we're going to struggle to keep it in a straight line, we're pushing a lot of water down the river, where if we go to a touring kayak, it's going to cut through the water, we've got some stability and it's going to tend to go in a straight line. So it's about mixing all of that. And as coaches we use T.T.P.P.E.E., so technical, tactical, physical, psychological. But I think the E.E, that we don't always use on our coaching, is quite important in a touring environment and that's understanding the environment and how the environment can change out through the day, the water conditions will change and the equipment that we are, not just paddling, that we're choosing to take and some of that is some of the biggest decisions that we're going to make when we're touring.

Lee Pooley 00:08:08

Yeah, anecdotally what we've heard over the years and I'm sure you've heard of it is that people that go paddling bite off more than they can chew initially and they just get put off by it. It's almost building up to those longer trips, but really enjoying the shorter trips as you progress.

Dave Janes Snr 00:08:29

Yeah, and it's those shorter trips and increasing the intensity, those bits and pieces. And I think it's about having those courageous conversations with people, where they are maybe got this vision in their head of a trip that they want to do and as a coach we look at it, we've probably done the trip or we understand the trip and it's maybe a little bit about expectation management and maybe need to draw them back a little bit because I'm a real firm believer, if we're gonna send people out there, they've got to go out there and they've got to enjoy it. Because that's why we do the paddling. But I also think it's really important to remember that the craft is just the vehicle. It's not the adventure. The adventure could be being out in nature, the peace and quiet, exploration whatever it is, but the canoe kayak, boards, whatever, is just the vehicle to enable that adventure.

Lee Pooley 00:09:26

Yeah, just listening to you there, you listing off the aspects of our enjoyment and one big part of what I enjoy about adventures and exploration is the planning. And interestingly, during an adventure, and an example would be when I was in Greenland last, is we're already planning the next trip. And that's a good indication the trip going well, I don't know if you've had those.

Dave Janes Snr 00:09:52

Yeah. I'll give you an example from, it wasn't yesterday, it was Monday. We were doing a Paddlesport Touring Leader training and we were sat in a pub after the day on the reservoir and we were looking at navigation and trip planning. And this group, they just got so into the planning and you could see that there were definitely a couple of individuals there, that the planning of the trip, was probably bigger for them, than actually doing the trip and they loved that logistical side and putting it all together. It's creative at the end of the day, isn't it?

Lee Pooley 00:10:25

Yeah, absolutely. It's mountaineering on the water.

Dave Janes Snr 00:10:28

Yeah, definitely. Yeah, we've got some great resources out there as well to help us do this planning and I don't think we should forget that.

Lee Pooley 00:10:37

So full day trips, multi-day expeditions, a big part of it is, we're just not popping out from the hour. It's not a quick run down our local white water river and hydration and nutrition is absolutely crucial isn't it? And it's such an important aspect. But yet again, it's probably that topic that you talked about off the water. So could you give some sort of, from a full day trip, maybe to multi-day trips, how do you go about introducing those concepts. Because there is a, in colder weather there's a requirement to have more calories, there's an importance of hydration. Coaches are probably one of the worst for hydration, because we're getting so carried away with what we're doing, we forget to drink ourselves. So it would be really interesting to get your view on that and how you put that subject across.

Dave Janes Snr 00:11:26

Okay, so as you said the hydration and nutrition really important and I always break it down into three phases. There's fuelling, refuelling and replenishing which is after. So the fuelling, this is before the event. They say that we are fuelling our body two hours before the activity and further back. And this is carbohydrates and we need to be avoiding saturated fats because that stops that process there. The pit stops, during, which is the refuelling, the real big one here is the hydration. Okay, and I use examples of that in a minute. But interestingly, I found a fact that it's recommended that while we're paddling, we should take 50 to 100 calories on per half hour. So that sort of just really saying that we should be grazing the whole time, rather than having full meals particularly, and raisins and bananas are great things for that. The replenishing at the end, as we know we've got that 20 minutes to 60 minutes after an event where our muscles can collect and store the carbohydrates to aid its recovery. Okay, so things like water with orange juice in it is a really great thing. Not very pleasant, but it's a great way of putting that into your body. And then after the two hours has gone, sorry after that hour has gone, we're getting into the two hours. It's a case of really getting some protein into us so we can repair the muscles. On a multi-day trip, I will plan the trip, have a look at what's needed and I will plan the menu to fuel the trip. And also about planning that menu, if we've got a short day, then we can spend some time in the evening cooking. But if we've got a really hard day, we

just want something really quick and effective to get inside us to get into our pits and start that recovery for the next day.

Lee Pooley 00:13:26

It's interesting you say about that. Where do you carry that stuff, is it in your buoyancy aid, is it in a day bag. There has been talk around hydration packs, in the back of your buoyancy aid. But there has also been talk about, well you don't actually know how much fluid they're taking on because you can't see it. So, how do you go how about that area?

Dave Janes Snr 00:13:48

So the craft that we're taking, definitely affects what we were going to carry. A white water kayak on a white water kayaking day, we've got very little space. In my open boat, it's not a trip if I haven't got my Kelly kettle and my Dutch oven with me I'm afraid. Let's put things into perspective here. But interestingly, knowing I was going to do this, I sent a message out yesterday morning to a number of friends of mine and said, what's your go to. And I've got some really interesting bits and pieces here that will bring out the bits about the hydration as you've said. So one of the people I asked was Jenna Saunders. And her go to is soup. But she did put the caveat there, not to packet soup. Okay, and then in the summer, she's definitely hummus and rice cakes. I'm not casting any judgment on any of these.

Okay, so I also asked Ken Hughes and Ken said that his go to during the winter is a homemade vegetable soup with a tin of tuna in it. Yep, and in the summer, he will go for tuna and coleslaw but he makes the point of no wheat, no gluten, a very limited or no carbs during the day, black tea and water. I think he's definitely at the other end.

I asked Chris, Chris Brain and Chris said that he likes to eat on the go. When he's paddling properly, he likes to eat on the go, rather than stopping and having a proper lunch break. And as we all know, Chris likes his malt loaf cakes. And I think there's a podcast all in its own about how many little soaring bars he can get into the pocket of his buoyancy aid. But he also says that he's not adverse to those meal replacement bars as well when he's paddling. And he does make a really interesting point as well, that he feels that when the paddling is the most important thing, the food is for fuel. But when we've got the time, the food is for being sociable. And I thought that's a

really, really good point he made there. So I asked Andy Oughton, and I'm down with and Andy Oughton I must admit. We're talking flapjack, cheese and salad wraps and more flapjack.

Robson says that he doesn't eat an awful lot during the day, but he's definitely one that will look at loading his body and fuelling his body in the morning. So he's definitely eggs on toast, oats and yogurt for him and he's stopping with this weekend. So I've got to go shopping to make sure we've got plenty of eggs in for him. But the point he made which was interesting, that when we're paddling our hands are full and when our hands are full, we often forget to drink. And I'd never really thought of that particularly in that way.

Emy Mcleod. She's another hummus and oat cakes person and Junior, my son, again, he was very much about storing in his buoyancy aid and grazing through the day. But making sure that he's fuelled from the day before. But he also made a point that he always keeps a little bit of, an energy gel or something in his buoyancy for the end of the day when you need that boost. When you've just done that last rescue of the day or something. You just need that bit of a boost and a pickup. Although there's some interesting bits and pieces there. But one of the things, apart from Chris's comment, was a lot of that is around performance paddling. And we don't all go out to perform when we're paddling, a lot of us go out to have fun. I've got a couple of examples of that and one is a friend of mine, or she has become a friend, she started off as a client, and she did a Great Glen trip with us. And we were paddling down Loch Ness on a particularly horrendous day. And we stopped for a snack and I lit a fire. And I cooked some bacon rolls, and Harriet said that it wasn't Performance food, it was definitely morale food. It was probably the best bacon roll that she'd ever had and likely to ever have.

I've also done a trip with Shropshire paddlers, Sian and Bill doing their Guide Endorsement observation. And we stopped for lunch and lunch came out. And it came out of every boat, every craft and I've never seen so much food in my life. And they just sit there and they're chatting and their sociable and I honestly think that we paddled to go for lunch and then we paddled back again after lunch. Because the lunch was the main part of the trip and I thought that was lovely as well. So we feel for the trip, whether it's a challenge or fun and enjoyment and a chill.

Lee Pooley 00:18:26

Yeah, I think that goes back to one of your first comments Dave, is you talk about the motivations of the individuals and why people paddle and I think that's really important. The social setting, and I'm just thinking about some of the trips that I've done. Some of the next times have been sat on the beach with an open fire, chatting whilst food and cooking and thinking about the day and also thinking about the next day. And one of the things probably is good to thought talk about and get your view on as well, is you gave some examples, not all of them, but some examples were eating on the go.

But we also need to be really conscious, especially where we currently are. And unfortunately, that some of the water conditions aren't that great. So what would your advice be, about eating and ensuring that you stay healthy, especially for an extended trip.

Dave Janes Snr 00:19:28

So extended trips, particularly again, I've done a lot of open boating stuff, making sure that the food that I'm taking is in barrels or in bags and not being contaminated. And I'm also a great fan of wet meals, the sachet meals that are already wet, rather than the hydrated meals. My concern with the hydrated meals, particularly if I'm abroad or some sketchy areas, that I'm potentially introducing contaminates to my food. Whereas, if I've got a readymade pack that I've just reheated, I can be fairly assured that there's no contaminates in there. And again, it's about hygiene, basic hygiene. I'm not a great fan of hand gels and bits and pieces but they definitely have their place and wipes, wet wipes and everything, as long as we disposing of them effectively and everything. And I think that the big thing is we see an awful lot in open boating, where somebody has got their water bottle and it's just rolling around in the bottom of that boat. They take the cap off they drink it and we don't know what's gone on it, so it's maybe just being really aware and I think it's an awareness of the environment that you're in. And when we're going out and we're purchasing these things, we can get them with caps on, which is again over the drinking thing, maybe considering those, to eliminate the contaminants.

Lee Pooley 00:20:54

Yeah, I don't know what your views or your approaches are, is sometimes on trips, that you have limited water that you can carry. Do you delve into the purification, is the iodine tablets or is it boiling it to within an inch of its life? What do you do?

Dave Janes Snr 00:21:11

So I've tried them all and I think one of the great bit of kit is a millbank bag which takes out a lot of the contamination and then probably a rolling boil, for a lot of what I'm doing. But I'm, on a lot of my trips, I'm cooking on open fires. So to keep water on a rolling boil takes a lot of fuel. So if you're taking a lightweight stove, then we maybe need to be going down some other routes of a better purification system and filtration system, or iodine tablets but you can never get rid of the taste of that iodine tablet can you. It's a fine line with being ill and the iodine tablet I'm afraid for me, but it's about really being aware of it and collecting the water where it is most likely to be the cleanest and less contaminated, as we can go, if we can.

Lee Pooley 00:22:05

Yeah, well we've started really now delving into the overnight, the camping. And what comes with camping as everyone knows, doesn't matter how lightweight you might go, it's the same as that iodine isn't it. You can go extremely lightweight and be uncomfortable or you can go a bit more and be comfortable but whatever you do in terms of camping, becomes more equipment. Making the craft lower, it makes it heavier in the water. So how do you, as a coach, introduce efficiency to traveling with such a loaded craft for multi-day trips?

Dave Janes Snr 00:22:38

I think one of the things is getting the participants to bring the kit they're going to take. It's a little bit like that Hudson bay start. We're gonna try it all before the big day and look at how they are going to load their boat for trim. Particularly White Water kayaking, there isn't a lot of room in the front of the boat. So we tend to put the weight in the back of the kayak and that massively changes the way that that kayak will perform.

It does with our open boats as well. But I think with our open boats, we're far more aware of trim and we move the weight around. It's the safety side of it which

concerns me with the loaded boats and it's that manual handling. And it's that manual handling with the boat and the equipment on the bank from loading our boat on a steep bank. And once we've got the loading in the boat, even things like the boat turning, it's got more inertia, and everything happening is that little bit heavier and harder and practicing with loaded boats and what you're going to take is really, really important. Is so you know what you're going to do. I don't know if you remember, we're going back a long way now, to canoeing down Everest with Mike Jones's Expedition. Last two days of the expedition, they went without any bank support. So they had to carry stoves and food and everything and that was one of the comments that they made was how differently... Yeah. I hope it's a signed copy. There you go.

Lee Pooley 00:24:13

Yeah. It is. It's a great book and totally recommend it now you've just talked about it.

Dave Janes Snr 00:24:18

Yeah, it's great and there's, I don't know if you know, but the person that dealt with the logistics and the catering for that was John Gosling. And John Gosling, at the time he'd worked for British Rail and he'd put all the food together. And having chatted to him after that event, was the selection of the food, was he was obviously trying to balance the diet for them, but was also having to be really, really conscious of the weight because they didn't have that many Sherpas. And he had to get the right food because he knew the six paddlers he had would give him all the stick in the world, if he didn't produce a meal that they could eat. So yeah, it's loaded boats are different.

Lee Pooley 00:25:00

Yeah, it's a great book isn't it, Canoeing down Everest by Mike Jones and yes, I am pleased, it is a signed copy. There's another book that's I think is really, really interesting because it goes into, less about, it's Commitment and Open Crossings by Bill Taylor. That yet again, goes into similar sort of areas of that, Yeah, it's really interesting. You talk about the manual handling and when people arrive or they're keen to get on the water, so they try to carry everything down to the shoreline in one go. Or when they arrive at the area to camp, they try to get it all up, it's really

important isn't it as coaches and leaders and guides that we actually demonstrate that behaviour of actually, it's okay that we do several trips, it's okay that we help each other. And building that up in the training is vital, isn't it?

Dave Janes Snr 00:25:57

Yeah I'm a massive advocate for independence in paddling. As much as we can, we can make people independent. But it's teamwork and expedition and a day trip, it's about teamwork, working together. Obviously, unless we go on a solo expedition. It's teamwork, working together and we've been on expeditions and I'm sure you have as well, where we have it. We have a set routine, when we get into a routine on a multi-day trip we land. My go to is to put a tarp up, even if it's not raining or whatever, I'd put a tarp up, it gives me a focus. And then the next thing is the kelly kettle goes on, so I can have a brew. Because once you've had a brew, the whole world's better, isn't it? Everything can be done there and it's just that slowing down. If I go back to my fire service career, most of the accidents that happened on fire grounds was after the fire was extinguished because everybody lowers their guard. And they relax and I think it's the same when we're paddling. We've got the water, we've done the dangerous bits. We're just making camp now, when actually this is the dangerous bit. Where we are unloading our boats. And that's where we can pull muscles and trips slips and falls and the likes. And it's a bit about management and self-management.

Lee Pooley 00:27:17

Yeah, absolutely. It's been great Dave, to get your insight and your experience into multi-day trips. And for anyone that's listening, they do know that I tend to throw in a couple of questions at the end. So what's the five items that you ensure that you pack when you going on a multi-day trip. Five items only.

Dave Janes Snr 00:27:40

Five items only. A tarp, my kelly kettle and does plenty of milk and tea go as one of the five? Or does that go with the kelly kettle?

Lee Pooley 00:27:52

Absolutely, that can be a third one.

Dave Janes Snr 00:27:55

A third one. Some good food. I always like to take nice fresh food. And then for me, it's either going to be plenty of films downloaded onto my phone or a nice book to read, to sit by the river and just chill.

Lee Pooley 00:28:13

Lovely. Last question, I promised Dave and then I'll let you go. What does the next six months look like for you? And when's your next big trip? And what is it?

Dave Janes Snr 00:28:25

Okay, so I had a big trip planned but the weather stopped us from doing it. My next big trip is going to be with my son David. And it comes from something that Ray Goodwin said at the Symposium about how special it was to go paddling with his daughter Mia. And I'm in the fortunate position of David, he's not bad paddler, and going out and getting some adventures done with him, to make some memories really. Where we're going to go, I don't know, but if it's with him, we'll probably be carrying our boats a long way, but that's the way he does. The next six months, a variety really. We've got quite a few courses that we're putting on, I've got a lot of individual coaching bits and pieces by Sarah myself. We've got some great D of E trips coming up and we do a lot of D of E work, which I love seeing young people getting out there and doing it. And then we go into the Autumn with our Scottish expeditions that I love and we do those as DIY Expeditions. So we support people, rather than provide everything, so they provide the food and we just support them and we found those really, really good because that's developing that independent paddlers and I think we're actually not doing ourselves any favours really because we're teaching our clientele that they don't need us. But it's the right thing to do.

Lee Pooley 00:29:45

Yeah. That exactly what coaching's about, it's working towards redundancy. Yeah, well Dave, thanks very much for your time. Much appreciated and really thoroughly enjoyed talking to you and sharing some thoughts around it. Last I'm very with Chris Brain, I am a screen person as well. Yeah, anyway, thanks very much and take care.

Dave Janes Snr 00:30:07

Thank you.