Title Research data for PhD Thesis on Advancing Environmental Literacy

Training for Instructors of Outdoor Adventure Activities

Creator Ella Rose Sutton

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Sensitive information that could identify the participant has been removed from the transcript. The participant’s name has been pseudonymized.

**Interview with Frank**

(recording was started late) 0:0:0.0 --> 0:0:13.960  
Ella Sutton  
So in terms of when you say that you think that you were doing the, that's what you do more of do you mean in terms of anthropocentric ecocentric conversation or that's or you're more one than the other or what do you mean?

0:0:13.260 --> 0:0:18.140  
Frank  
I'm. Yeah. No, I I think my knowledge is is more one than the other.

0:0:18.700 --> 0:0:32.60  
Frank  
Just just now I and well, it's more of an interest to me. So that's what I tend to pass on. So that's the bits I've picked up on and why why the rivers like it is. If I'm thinking of a particular example. So they did, did a lot of quarrying on the XXX, and that's had a massive impact on how the river is now because all the slag, they dropped all the slag into the river and now they can't really use it as a navigation because it's because because you just can't, there hasn't got the the depth of water that it did have, you see.

0:0:56.280 --> 0:0:57.120  
Ella Sutton  
Wow, OK.

0:0:57.370 --> 0:1:2.690  
Frank  
Which you know, and all the infrastructure and everything that's around there and all that sort of thing. It's just kind of, it's of more interest than the actual wildlife and vegetation are I supposed to me personally, but I-

0:1:13.470 --> 0:1:16.350  
Ella Sutton  
So coming from the angle of like how-

0:1:23.420 --> 0:1:23.860  
Frank  
Yeah.

0:1:20.480 --> 0:1:25.400  
Ella Sutton  
What have humans done to change the environment, or in general, how has the environment changed?

0:1:25.680 --> 0:1:45.80  
Frank  
Yeah, yeah, I've got in brackets human centred design. I don't know why they're designed bit, but yeah, but that's how, yeah. What? What's how- what the impact is from human activity on the environment that we're paddling in, I guess is how I look at things more than anything else, but.

0:1:45.790 --> 0:1:46.750  
Ella Sutton  
Yeah. So that's interesting, actually how you phrased it because those two are philosophical ways of looking at the environment.

0:2:0.220 --> 0:2:0.620  
Frank  
Yeah.

0:2:1.350 --> 0:2:11.270  
Ella Sutton  
But in terms of, one is, kind of the idea that humans and nature are all interlinked and the other one is that humans and nature are very separate. And almost sounds like- from what I think you're saying (and correct me if I’m wrong) is that you’re looking at the way that humans have impacted it, but, still looking at it almost from an ecocentric point of view, but looking at the impact that humans have had rather than just seeing it as two totally different things.

0:2:46.680 --> 0:2:49.720  
Frank  
Yeah. Yeah, yeah, yeah, that's right. That's right.

0:2:49.590 --> 0:2:51.390  
Ella Sutton  
Yeah, actually managed.

0:2:51.30 --> 0:3:1.910  
Frank  
We back when my girls were little, I was lucky enough, I guess, to do some quadratic work up on the XXX Mountains.

0:3:2.560 --> 0:3:3.0  
Ella Sutton  
Lovely.

0:3:3.590 --> 0:3:23.550  
Frank  
And I it was a bit of a mission to get up there. And I wasn't sure I should have been there because my grass identification skills weren't brilliant to start with sort of thing but it was good money and they needed people and they needed bodies more than anything else I think so to get the project done. We were sat there having lunch one day talking about the environment we were looking at and kind of looking out across the mountain in front of us because we nearly always ended up right on top of mountain, looking across the valley and looking at the landscape around us. We were sort of saying, well, there's nothing. It's really nice that you couldn't see any signs of man was the initial comment, because there weren't any houses. The weren’t Telegraph wires there weren't any, you know. And then we're looking at it thinking, well, actually, man's devastated this environment from what it was and if you look closely, there was a line along the hillside on the opposite side of us which was an old railway track to which would have gone around the corner to a quarry or something, you know? And it would have been all covered in trees. And you know this. And there was a wall. Then you what you take for granted is just being natural landscape. There's a man-made wall going up the side of the of the hill. You know, you just well actually. Or although we don't see the movement now, man's been all over that and completely well destroyed what was there originally, you know? And it just got us thinking. Yeah, just how much impact we do have without kind of realising probably over the centuries, you know, I guess that's centuries old environment up there.

0:5:14.950 --> 0:5:15.350  
Ella Sutton  
Yeah.

0:5:0.50 --> 0:5:17.410  
Frank  
You know, but it just kind of. Yeah, it's interesting. You can't always see it. You've got to look for the layers and look for the small impacts that have that are hiding the big impacts. If you like. You know? So. But anyway, that was massively side-tracking. Sorry!

0:5:17.600 --> 0:5:19.240  
Ella Sutton  
Yeah. No, that's fine. It's interesting.

0:5:22.280 --> 0:5:27.760  
Ella Sutton  
Well, I have a few questions to kind of run through loosely, but if it doesn't go to the questions and that's also fine.

0:5:26.80 --> 0:5:28.200  
Frank  
Oh, right, right.

0:5:28.850 --> 0:5:29.10  
Ella Sutton  
So with the first one, you kind of already answered in what was what were the most valuable bits of the course to you.

0:5:40.600 --> 0:5:41.960  
Frank  
At the end of the day, opening my mind and just getting me to think about it, getting me to think about what I was doing that doesn't matter. I mean, you could. I was thinking about this, how it might feed into other things and from a a coaching point of view, Coach, core structure, type of point of view, how you might build it into something else or part of or something, but, it would be nice to have some background knowledge about some of the things, but at the end of the day, what you're trying to achieve, I guess with the course is to get people to think differently about- you think laterally about what they're doing and add it in, isn't it? It's an add in to what they're what they're doing and talking, listening to some of the people on the course. Whether we were doing that, we were with, everybody's got a different background and they're doing little bits and pieces. They're all they all seem to be doing a bit of something. There was one chap in my breakout group- was it the nature break out? I'm sure I wrote his name down when I when we did the breakout…He, the one chap was from XXX, and we didn't get much of a say. I think there's only a couple of people at breakout room. I can't see now break out questions. I normally write down a name if I- who's in there, I can't see it. He just obliterated the breakout room because he- we're from totally different worlds as far as the environment is concerned. We have the luxury, the the, the, you know the we have this amazing place to paddle that we’re there virtually every week we're either XXX on the coast or various bits of XXX depending on what we're doing and it's it's a lovely environment, it's it's- Thank you so much- You can do it in a in a boat and with different people and everything and this chap was from XXX and he said it was- It's disgusting going paddling down there. So, and he was really, really laying into this horrible place that he has to paddle that's on his doorstep that he has to paddle in. And I just thought I just- how do you- we we were just gobsmacked we were just kind of stumped as to what to say to to him you know, because we then didn't want to go on about where we paddled.

0:8:21.510 --> 0:8:21.950  
Ella Sutton  
Yeah.

0:8:21.140 --> 0:8:27.700  
Frank  
Because I can't remember who I was in there with. It's really annoying cause normally I'm really nearly always write it down, write write down down who I'm with, and I can't. I can't see my notes. I can't see it in my notes, but yeah, it just it was just kind of kind of funny that it went like that. But yeah, I think just opening, opening your mind up to it, just having it just because it's something I've kind of always done bring a bit of interest in, but putting it into the structure. Actually, having it on the agenda has a to do you know? Going out and looking and increasing your own knowledge. Yeah, it just that's what I've gained from just doing that. And I I you know I I I didn't really know what to expect from the course. I hadn't really thought about it when I went into it. I just. I was interested in the concept I guess, but I didn't really know what I was going to get out of it, but, definitely that. And I, I'd I'd like, I try and try and pass courses on. If I've done one, and enjoyed the course and what have you. I'd try and get other people onto it so you know, I'd like it to go out to- you could do it on a parental level. You could. You know, you could do. You could run this kind of course for everybody in the club, you know, to give them a bit of understanding about just opening their eyes to what they're doing. It doesn't have to be focused on coaches or just the coaching side of it, does it? So, yeah, yeah.

0:10:2.900 --> 0:10:22.580  
Ella Sutton  
No, not at all. Yeah, it can definitely be tailored. And I think actually from what you said in the survey, I think it's right in terms of, you know, the people come from so many different backgrounds. It's quite hard almost to try and tailor it, you know, even tailoring it to different governing bodies, you still have loads of different branches within that don't you.

0:10:22.120 --> 0:10:23.640  
Frank  
Yeah, yeah, yeah, yeah.

0:10:24.510 --> 0:10:31.470  
Ella Sutton  
Whereas, I guess if facilitating it in person is definitely preferable and doing it to one club because then you sort of think everyone's a little bit more under the same roof.

0:10:31.50 --> 0:10:33.570  
Frank  
Yeah. Yeah, yeah, yeah, that's right.

0:10:33.960 --> 0:10:39.0  
Ella Sutton  
So have you been able to use any bits from the course within your within your coaching?

0:10:42.510 --> 0:10:43.950  
Frank  
Yeah, I mean, the biggest thing for me is that I need a bit more knowledge behind what I'm doing to do more than what I'm doing, what I'm already doing. If you like, I need need a bit more knowledge and I like to be correct about what I'm doing. There's bits in it about storytelling and things like that. I guess I'm already doing. It's hard because it's- it's things that I I kinda do it naturally. I've been doing it naturally as a the whole point we have a club, we run the club here in, in XXX. The whole point of it, the whole the way it's evolved is because we always just use scope paddling and invited people along with us, and we're inviting them along because we want to show them the environment that they wouldn't see otherwise. You know, it's a different view, isn't it? Of, of the environment from the water. You're much more up close and personal with it. You know it's, it's just even going along, walking along the river where we are looking down into the river is not the same as looking across it from the water sort of thing. So I mean we've always kind of done that. So I guess I've always just picked up on bits and pieces and told some stories and and what have you. You know, as you go along. But I could be so much better at it. Maybe this year I need to. Yeah, I need to focus a little bit more on it. I'll tell you what's really hard. What? What? What's the? That's the other thing with- Look at the group. I’m trying to remember some of the people who were there. There were quite a few from activity centres if, if I remember, or maybe I wasn’t listening and read between the lines or whatever, but I think an activity centre, some of you running working in activity centre doing this sort of thing, they can get a bit of a spiel together, can't they? They're probably doing the same sort of courses, same, same sessions, day in, day out or week in week in, week out, or whatever. Maybe with a slight different audience, but you know, generally it's sort of and it's quite hard to do that. To build that speal. If you're not practising it, if you're not, you know, so it takes a bit more effort.

0:13:27.560 --> 0:13:28.200  
Ella Sutton  
Yeah, of course.

0:13:17.880 --> 0:13:43.760  
Frank  
But normally the other problem is that we're really short of staff and the pressures normally on me to be watching everything else and priority obviously has got to be safety. And then whereas I'm trying to get into a position where I can sit back a little bit on the river, get other people to be doing the work and then I can, I've got a bit, it's there's less pressure isn't there then and you could fit this sort of thing into it much, much easier than this kind of, you know, so you saw ongoing process

0:13:48.670 --> 0:13:53.270  
Ella Sutton  
Yeah, because are the people that you're taking out with the club the same people most weeks or most times when you go out or.

0:13:57.340 --> 0:14:0.940  
Frank  
I do a little bit of both. I do. I do take some groups out. I do take friends out and other people that come along, but mostly it's a club.

0:14:19.190 --> 0:14:19.830  
Ella Sutton  
Ok, nice.

0:14:9.420 --> 0:14:30.300  
Frank  
As there's quite a little good core group of, you know, we'll probably go for 10 or 12 people on the river every week sort of thing. But it's a mixture of people. It's we haven't really got any non-parents, older people, non-parents really paddling at the moment. It's mostly parents with their kids.

0:14:33.10 --> 0:14:33.570  
Ella Sutton  
OK.

0:14:34.270 --> 0:14:36.230  
Frank  
In on the whole, yeah. And there are all sorts of different age ranges then, so and we I don't really worry about age minimum age we don't have a minimum age. So we might have a four year old on the on the river with us one time and a 60 year old you know all together so you just yeah the balance is all over the place and you're kind of jumping around then as to what they're doing and what the focus is and where you're trying to get down that bit rapid and you know all that sort of thing isn't it so.

0:15:9.980 --> 0:15:21.980  
Ella Sutton  
So in, in what way do you feel like the experiences that you take people out to do might change the way that they look at the environment or their environmental behaviours?

0:15:26.270 --> 0:15:32.150  
Frank  
I think that it's the whole it's the whole package for me, it's just the experience of going, getting on the water for a lot of people. I do some of the- have been- I have done. I don't know if I'm going to do much more. I have done quite a few naughty boys type of trips. You know the naughty kids that are in special schools or excluded from schools and stuff, and just surviving. It is often, you know, a win.

0:16:1.820 --> 0:16:2.220  
Ella Sutton  
Yeah.

0:16:3.880 --> 0:16:7.360  
Frank  
As you yeah, you probably know. But there's the story. I couldn't decide how to put it. I was going to come up the story and we were short time and stuff, so I didn't know, but I took one set, one group of lads and we went round the corner from where we launch and there's a shallow bit where you can where you can kind of sit in the boat. But they we're on the side of the river, so it's quite safe. And if anybody wants to go muck about in the river bit, I've got a good view all the way down. I can keep my boat so I can launch it if I've got to go. Anybody, any of it. It's quite a quite a good place to just kind of chill out and think. And it's where we ended up having lunch. So we sat there with that, got all our lunches out, and one of the boys had his shoes off and had his feet in the water and the fish started coming along and nibbling his feet. And he's looking down. I started taking the Mickey. And so. Yeah. And then next minute, they've all got their shoes off. They're all having their feet nibbled. It was just so funny. But it was just like, you know, because it was, it was, it was organic. The way it happened, I didn't really initiate it, to be honest. I just helped it along. And I just thought it was great the way they, you know, these kids who are from bashed up homes and stuff, you know that they were sat there having their lunch with their feet, been nibbled in the river which is really good, you know. Yeah. Yeah, exactly. Yeah. Yeah. Yeah. So you can't you can't tell. I took the dog on my dog on the one week I took the dog with me which is always a little bit dodgy because he's mad at manic in the boat. He wants to go in the boat so badly. So that you can get out of the boat again. It's like really hard work. But I had the dog with me and I think I'd- one of the boys was not so keen on going in that and I put the dog in with him as a bit of an icebreaker as a bit of a challenge and he survived it and he came back the next week he won- what he actually volunteered to come back the next week because- to see the dog. Which is quite funny so, you you don't, you don't know, I mean, when you're doing the, you can see some progression with the club side of things. Obviously 'cause they kind of come back and you see the lads. You know the progressing and understanding and being more relaxed with what they're doing and this sort of thing. And I tend to I'd try and raise the bar a bit with club sessions as each time we go, you know, just to make it a bit more challenging a bit, bit harder, a little bit more interesting. You know every week but with the with the, the kids you don't see, you know, you're not gonna see again sort of thing often. You're packing up the kit. You're just about managed to get them to help put the boats back on. They've stripped the kit off and it's lying all over the grass everywhere, you know. And I even though I tried to get some sort of system, and then they're jumping in the bus and they're gone and you don't get a thank you or anything and you just think. What? What just happened? It's like it's like 3 hours of pandemonium and then, buff, there's nothing, you know? So you just left with this kit? And you do wonder you do, but you just gotta hope you're making that little bit of a bit of an interest and you know. But I try and stay flexible let's call it. I pulled up there 1 day and I don't know if there's an environmental-. Yeah, they're part of the environment- backed in, backed the trailer into where we normally park with this minibus full of lively lads and there was a couple of quite a slightly older middle-aged ladies sitting there painting, painting this bit of a landscape, you know of the river and before anybody got out the bus, I popped out. So, when I said look, I'm really sorry. I am about to share your piece of day. I just. I'm going to apologise in advance. That's all I could do and that's the only chance them and then they were they were right about it and I was chatting them and everything and then we're getting all the kit out and everything and I said why don't you come paddling with us. But I go why did I say that?! And they did.

0:20:49.280 --> 0:20:50.440  
Ella Sutton  
Oh wow. Cool.

0:20:50.420 --> 0:21:7.140  
Frank  
Luckily, luckily I had two spare buoyancy’s that fitted and everything. We just happened to work out and I had canoes I wouldn't have said that otherwise, but I had canoes and I put one of them in with one of the larger but nicer lads, not that I knew them very well this group, but I just kind of sizing them up and how you know and I thought I'll get away with it. With him, it'll be all right. So, she went in with him and the other one came with me because I just thought I'd that's a 50/50 risk! Let's just reduce the risk assessment by half if she's with me. And yeah, they come up with a river with us and they were absolutely brilliant. So yeah.

0:21:34.380 --> 0:21:38.420  
Ella Sutton  
Wow. Yeah, I bet they loved that. It brought a whole new perspective to their art I imagine!

0:21:38.640 --> 0:21:46.400  
Frank  
Yeah, yeah, yeah, yeah. Well, no, we haven't been there. We'd literally just arrived, and they'd started packing up. And I thought, oh, no, we're going early. And then they came with us. So yeah, you don't you don't know, do you? You don't know what sort of impact and you know, I mean, I don't think you need to specifically discuss the vegetation, you know the bits of the environment. I think you just need to make it accessible and let them see. Let them just open their eyes. You know, I don't know if you've ever done the stretch of the river there, you get a get on at XXX?

0:22:20.770 --> 0:22:25.290  
Ella Sutton  
Yeah, I've done it once on SUPs actually!

0:22:23.580 --> 0:22:30.220  
Frank  
Yeah, yeah, it's beautiful. Brilliant stretch. If you if you go around the corner, down downstream, you've got a little bit of a rapid by the castle. That's always a little bit fun. You can cross the bit of a what wasn't there when I it got washed out a lot recently, but there's normally a quite nice eddy there. Yeah, and you can walk back across it, across the stones. From that point onwards there's no- all the towpaths are washed away and overgrown. The road to XXX goes way away. The other side of the hill you're kind of in a gorge, but it's quite wide, so you just got these big trees above you, but it's not enclosed. And it's about. It's gonna be about a mile and 1/2, something like that, down to the nature reserve and the next little rapid that you can handle, you can stop on the top of it if you need to. So it's not like you you're going to plough into or anything. And it's- we get on to it and you're everybody by then is kind of in their boat moving sort of in the right direction. Everything and you're kind of going, there's a little bit of a flow. There's enough of a flow that you're not worried about it, but you know you can get comfortable going down there and then you can start explaining to them where you are. It’s gorgeous. It's like you could be miles away from anywhere halfway up the Amazon or something, you know. It's just, it's just brilliant. But your there's, there's enough. There's enough to get out. There's enough egresses there eventually. You could get to things that you know. It's not. It's not a worry. So you can you can- It feels like you're in the middle of nowhere and it and you pretty much are because you can't hear anything. You can't see anything. There's nothing man made. There's one house that's sitting up to one side that you can't really see unless you point it out. Yeah, it's just. It's a lovely bare river. Really. Really nice. That's a lovely sup journey. You can go down and back on the sup quite easily to the nature reserve. But you've got to you've got to get across the marshes and the weather's got to be good for most craft canoes. I've been out canoes, and it's a bit of a nightmare if you if you don't. But yeah. So what I was guessing, I guess I was saying really was, it's not always about what you say, or the stories you're telling or anything like that, sometimes it's just exposure. Sometimes it's just about putting them into an environment where they feel safe and comfortable doing what they're doing and but they're there and they're experiencing it, so you know. I always wonder about what sort of impact you've had and I try not to. That's why I try and vary things with the club a lot is so they don't take it for granted because I think you turn up to the same bit of river, we're going to join a club in on the XXX when we lived over that way and it just felt like they did the same thing every week. They got on the same bit of river and just did the same sort of thing on this bit of river every night because their club- they had a container by the back of the school or something and they had access the river there. It just felt like they did the same thing, you know, whereas we go wherever, do all sorts of things, you know, so.

0:26:56.780 --> 0:26:57.300  
Ella Sutton  
Hmm. Really nice.

0:27:2.780 --> 0:27:10.980  
Ella Sutton  
In terms of having this kind, of course as a CPD, what is it about CPD courses that makes it valuable to you?

0:27:20.310 --> 0:27:20.470  
Frank  
I don't normally log my CPD as in, I don't go for something to just to get CPD just to qualify for CPD. It's just it's interesting when it, when it when it's there. I did something else that CPD recently just by attending, I was supposed to get something, but I didn't really. That's not why I attended. I did have to because we're coaching, don't you? You get, you've got to do 20 points. I think every three years, something like that. But. And it's never been an issue. And then because of COVID it was that's what it was because of COVID a lot of it had lapsed. I hadn't. I hadn't built up nearly enough. So I did some of the online stuff which actually was really interesting because it meant I was kind of forced to plough through all the stuff that was there to see what was interesting. And then it was, well, actually, yeah. That one read that one as well. Do that one. I did a load of stuff that I wouldn't have bothered doing otherwise, I suppose so. I'm not particularly bothered whether it's CPD. It's got CPD on it or not, personally.

0:28:31.30 --> 0:28:38.110  
Ella Sutton  
I suppose that, yeah, less of it to get the credential and more just if you're going to do on a course. What makes it valuable to you? Not necessarily for it to give you points, but just what makes a course valuable to you?

0:28:44.810 --> 0:28:45.250  
Frank  
I think the hardest, the hardest part, I think with this course is not having real discussions about the environment, I think it just naturally opens itself up, doesn't it? To having conversations. And I know you're because I'm looking at some of the keywords and the bits and pieces, nudge theory and stuff like that. I love nudge theory because I use all the time. But some of the technical side of it, if you like the, the teaching, the coaching side of it, is it's important, but it's not as important as the theory of doing it of the ethos, the ethos. That's what I'm looking for, but I don't think you can separate it from the real life examples and discussions that you're going to have in, in a group and I think. The closer the group is to the same, doing the same sort of thing. So if it was all volunteer coaches from West Wales, you'd have a really, really good day of everybody. You know, just coming up with the same stuff and yeah, we did that there though, because you did, you did the, were you talking about the barnacles and coasteering. So I've done a fair bit and I was wondering about the impact that I was wondering about all the rocks I've climbed on there and whether I've done any damage or you know, whether I've had an impact when you were talking about it and you know, you can relate to it, that's probably that's probably where I'm coming from, isn't it? So I think if everybody on the course can relate to what other people are saying, then it goes up a notch or two or three, doesn't it? So the whole discussion. So I think to have enough discussion it's about finding common denominators and if you can find those before or during the course early on then it will everybody would walk away from the course thinking it was really, having felt that they've got something from it, wouldn't they? That kind of what I was, so there was 2 sessions, wasn't it?

0:31:36.530 --> 0:31:38.890  
Ella Sutton  
Yeah, two evenings, yeah.

0:31:38.960 --> 0:31:41.560  
Frank  
Yeah, about 3 or 4 hours. Something- It could be it could be a day.

0:31:51.10 --> 0:31:55.450  
Ella Sutton  
Yeah. And I did do, actually one of them I managed to do in person.

0:31:56.20 --> 0:31:56.500  
Frank  
Right.

0:31:56.890 --> 0:32:26.610  
Ella Sutton  
For a centre and it is interesting that you're saying in terms of conversations because that was for a centre and their staff and all of their discussions were solely related to their own centre and like, OK, how can we improve this activity? Like what do we do when we go to this hill or whatever and it it's the only course that I've run where all of the conversations will really shared because it really felt like they were trying to build it between them in the discussions rather than we've done this, we've done this, and while it might be a bit relatable, like you say, they're still in different places or whatever.

0:32:41.280 --> 0:32:47.720  
Frank  
So I will I at the end of the day is the is the idea, isn't it? Of building your coaching skills to include the environment around you as you as you as you're as you're doing your job as well, isn't it so I mean. I did the core coach- I just thought I can't really get other people doing this unless I understand it myself better. So I went back and did the core coach. I know that a good chunk of it I don't- have you done, coach? Coach course.

0:33:59.410 --> 0:34:0.370  
Ella Sutton  
I haven't no.

0:34:1.350 --> 0:34:12.310  
Frank  
A good chunk of it is understanding the technical aspects as well, so technical templates technical template was a new sort of phrase to me. I'd heard it a little bit before, but during the course it was, it kept popping up. So although we weren't, it's not part of the coaching, the remit, the what's name syllabus. It's not part of the syllabus itself. We did it. We went over technical templates and what they meant and what have you and then looked at specifics so high brace high brace is a is 1 for me because you're not supposed to do a high brace. You're not supposed to teach high brace now, but there's a yeah, because it hurt shoulders. People do it as a high brace. Too high, too high, and it pulls- There's a better way to do it is it's a power face recovery brace. I think we decided it was called so. So you do with the power face down, but you keep your elbow in and do it. Do it low. But because I didn't want to be teaching it wrong. So, I was getting a lot of coaching. I was being coached on the subject, but it was because we were looking at how to coach it. Do you know what I mean? So it's you having some content in there that, obviously, then we when we went out in the water to do that, the discussion before we got in the boats was we're going to take Canoes and kayaks. Who wants to do what? Who wants to learn what? And I sort of said, well, what, what is this technical to what do you mean by technical template? And then OK, we'll. So we'll look at a technical template. What do you want to look at it on, you know, between us it was a good. It was a good subject to kind of do it on so. I'm learning how to coach here, but I'm also learning what it's about as well, the actual the skill or that stroke, let's call it, you know. Though I just I think you feel like you get a bit more out of it. But the other one. There was a chap on here called XXX. Do you know XXX?

0:36:17.910 --> 0:36:20.670  
Ella Sutton  
Yeah, yeah. I don't know him, know him. But I know him from this.

0:36:21.20 --> 0:36:24.140  
Frank  
Alright, right. We did Canoe coach training a couple of days with him, canoe coach training. Not so long ago and the we met and did all our usual brief and paperwork and blower and a bit of classroom stuff in the morning. And then he said, right, we're going to go, we'll meet here and he gives a what 3 words. And so we met. We met on the XXX and I and I'm thinking we've got canoes. What are we going to? And we left all the cars in one place. There was no discussion about shuttle or anything. And I go, I don't understand what we're going to do here. I don't know the XXX at all, but it's not a lot of river. It's a nice canoe river one way, but you're not going to go. You're not going to paddle up and down it sort of thing, you know. And he got the poles out and we spent three or four hours polling on the XXX. And I'm thinking, well, I don't really. I would like to learn pole. I don't mind learning to pole, but I'm not sure what it's got to do with learning to coach canoe, you know? And he was really good. I I've, I've had some ups and downs with XXX but when we got to the top, we did, we put a lot of lot of sweat in pulling up this river. And really, really well, I know I was getting there was bits. I'd paddled it. The bits I walked it because I just couldn't respond to polling and just, you know, and then we've got like this last little bit and it's also sort of clicked and it was him showing us how to coach. Without us realising we're being coached, if you like. So we were doing the skill, we were learning the skill and everything and all practising it. I don't know where polling, but it was just the way he brought it together at the end of it, how it came together and you realised what he was trying to show you, you know about the coaching of it and the processes. You've got to go through. And he went back over some of the discussions we'd had on the way up and it was actually, it was really good. Yeah. I was quite surprised how it sort of clicked at the end and sort came together.

0:39:14.490 --> 0:39:17.450  
Ella Sutton  
Interesting. It's really good that people can do that.   
Frank  
Yeah, yeah, and this other chap was there and we were both getting sort of frustrated with it and not wanting to look frustrated. You know sort of, it's kind of. It was so funny the way it kind of went when you came off it afterwards, thinking, wow, good work out. And I've kind of put that together. Yeah. I kind of get that now. Yeah. Yeah, so.

0:39:56.800 --> 0:40:5.880  
Ella Sutton  
Yeah. Oh, interesting. Yeah. I think it definitely would benefit from it being able to have a practical element rather than it all being online.

0:40:6.260 --> 0:40:7.340  
Frank  
Yeah, yeah.

0:40:7.360 --> 0:40:14.600  
Ella Sutton  
And at the time, that wasn't really feasible with what I was doing, but hopefully in the future that is more how it would be run than just an online thing.

0:40:12.870 --> 0:40:23.230  
Frank  
Yeah, but it all depends on how you how you see it, how it progresses now and what what it, how it, how it's gonna be developed in the future, I suppose, isn't it if? I have a big problem with safeguarding in that it's something that you have to get key members of your club of your staff to do to learn and and it's a tick box for a lot of people, but I've not- I've never really seen it as a tick box. I did the first safeguarding course not knowing what the subject's about, really and that was the whole point of being there, really. And it was a 3 hour evening course and it was all we coaches there was all coaches, but it was all sorts of different sports.

0:41:20.450 --> 0:41:25.930  
Frank  
It was a free- it might have been free. It was free, was it? No £20 or something.

0:41:27.890 --> 0:41:37.490  
Frank  
It's just a £20 course, but it was one to one. It was. It was all in the one room, you know, sort of thing. But although you felt uncomfortable with some of the subject being new and everything you know, not knowing the terminology and all this sort of thing. It was so much better to have done it in person. And you know, and I've just, I've done loads of courses since and I've gone. I’ve taken a lot more on, but I've always tried to engage the parents, give the parents some understanding of safeguarding, and I did have a COVID year. I had a course set up to do them all, to do a course for the parents. But just so that everybody's a bit more aware of it and aware of some of our decisions, make some decision making that sort of thing. We're not just being awkward. You know, there are reasons for things you know. I think just this is similar in that if everybody has a little bit of understanding it can develop into something much bigger, but they're different things. That's what I'm kind of saying. You've got coaches who you know can do it from a teaching point of view. It could be part of their core teaching skills. And developing those, but there's no reason why parents and other staff can't have some understanding of the of the idea of environmental literacy? Is there so?

0:43:2.210 --> 0:43:5.10  
Ella Sutton  
I think it, yeah, the more the better really.

0:43:5.360 --> 0:43:7.600  
Frank  
Yeah. Yeah, yeah, yeah, that's right.

0:43:8.110 --> 0:43:15.190  
Ella Sutton  
Yeah. Thank you very much. Well, I've come to the end of my questions, but if there's anything else that you would like to add, then feel free.

0:43:16.980 --> 0:43:18.740  
Frank  
Yeah. No, probably talk too much.

0:43:16.790 --> 0:43:19.470  
Ella Sutton  
Anything that you feel like you'd like to say that you haven't?

0:43:21.350 --> 0:43:27.350  
Frank  
No, no, no. Have you? I don't know if, you know, I'm on the Board of Directors for XXX. I've talked to XXX a few times about it, and because I think it's such a good idea, you know, we can promote it within XXX as well. That'd be brilliant, you know.

0:44:12.980 --> 0:44:16.900  
Ella Sutton  
Yeah, that would be really good

0:48:0.640 --> 0:48:6.600  
Frank  
Right, right, cool, good. Alright. Brilliant. Good luck with it. No worries.

0:48:3.990 --> 0:48:9.70  
Ella Sutton  
Well, thank you very much. Again, that's really helpful to have people volunteer to have interviews.

0:48:10.860 --> 0:48:12.260  
Frank  
That's alright. No worries at all.