

2020 Coaching Cross Commission

2020 Primary Achievements

1. L1, L2 and L3 outlined and agreed with the Director of Coaching
2. World Rowing Coach Development Plan Complete
3. Scheme of work for all L1 aspects complete. L1 completed for Classic, Coastal with bolt ons for Para and Coastal Race Module
4. Implemented a mentoring programme including training the mentors
5. 8 x 2 hour seminars with the coach educators current and future (80+)
6. Tutor training in Tunisia, Portugal,
7. L1 classic started Senegal and ongoing
8. L1 classic in Cape Verde



Joint Commissions Meeting

2020 Virtual

2020 Coaching Cross Commission

2020 Primary Achievements

1. Virtual L1 classic and CRM Nicaragua, Costa Rica
2. Virtual Rowing Conference includes Para and Coastal
3. Virtual delivery of coastal race module to 35 plus instead of Donoratico
4. Virtual delivery of coastal race module in Vanuatu and American Samoa
5. Virtual delivery of Para in Tunisia



Joint Commissions Meeting

2020 Virtual

2021 Report of the Coaching Cross Commission

2021 Primary Objectives

1. Lead the Cross Coaching Commission
2. Move to a regional delivery method using our coaching experts and continental representatives
3. Continue to develop coach education and utilize on line learning
4. Welcome indoor
5. Aspects such as Anti-doping will be new to many indoor rowers.
6. World Rowing Strategic Plan Governance aspects such as safe guarding and safety are being led and rolled out through coach education



Joint Commissions Meeting

2020 Virtual

Layer 1 folder	layer 2 folders		Layer 3 folders	Layer 4 Folders	Layer 5 folders
L1	D (Overview documents)	Award Overview Documents	see tab D		
pre-course	E (External courses)		see tab E		
pre-course	S (Guided self learning)	Guided self learning	see tab S		
course	F (Face to face)	Face to Face learning	see tab F	see tab F	
materials to train the coach educators	T (Tutor)	Coach Educator training & support resources	see tab T		
Participant toolkit	TK (Toolkit)	Participant Toolkit	see tab TK	see tab TK	
Participant toolkit	TK (Toolkit) Coastal	Participant Toolkit Coastal	see tab TK Coastal	see tab TK Coastal	see tab TK Coastal
Participant toolkit	TK (Toolkit) Para	Participant Toolkit Para	see tab TK Para	see tab TK Para	

F3 SAFETY AND RISK MANAGEMENT

	CLASSIC ROWING	COASTAL ROWING	PARA ROWING
Should Know	<p>How to check the functionality of a boat (a bow to stern check of fittings to include nuts and bolts and other fixings, hatch covers, bow ball, heel restraints, hull integrity).</p> <p>Should Know how to produce a written risk assessment for a home venue and factors to consider for dynamic risk assessment.</p>	<p>Understand the critical elements of risk management in coastal rowing (incl. navigational, weather and marine hazards).</p> <p>How to write a float plan, dynamic risk assessment, undertake a safety checks, methods of calling for help and how to set up a sign out/in system.</p> <p>Understand the rowers' and crew captains' obligation and the coach's duty of care.</p>	<p>How to check the functionality of a boat (a bow to stern check of fittings to include nuts and bolts and other fixings, hatch covers, bow ball, heel restraints, hull integrity, fin/ruder,) and safety equipment (rowers kit, tow line, lifejackets, means of communication, grab bag, sign in /out, float plan).</p> <p>Should Know how to produce a written risk assessment for a home venue (Generic RA) and factors to consider for dynamic risk assessment.</p>
Teaching Resources	<p>S2.1 Safety basics</p> <p>F3.1 FISA Coach Education Safety & Risk Management</p>	<p>S2.1 Safety basics</p> <p>https://ispri.ng/lp2ZVF3.C.1 On Water safety Hazard & Control TASK cards</p>	<p>S2.1 Safety basics</p> <p>https://ispri.ng/lp2ZVF3.2 Tutor notes for safety</p>

D1: LEVEL 1 COACHING SYLLABUS AND SCHEME OF WORK

<p>F3.2 Tutor notes for safety</p> <p>F3.3 FISA Coach Education Safety</p> <p>RiskSortingGame</p> <p>TK1.1 "Learn to Row" Booklet</p> <p>TK2.1.1 GenericRAtemplate</p> <p>TK2.1.2 DynamicRAtemplate</p> <p>TK5.2 Checking the boat video</p>	<p>F3.C.2 Coastal ... Basics</p> <p>F3.C.3a SAFE: Managing a water session</p> <p>F3.C.3b SAFE: Float Plan & Nav Hazards</p> <p>F3.C.3c SAFE: Pre-Launch</p> <p>F3.C.3d COASTAL TUTOR NOTES – delivery SAFE Management</p> <p>F3.1 FISA Coach Education Safety & Risk Management</p> <p>with Hazard & Control TASK cards.</p> <p>F2.3a SAFE: Managing a water session (40min)</p> <p>F2.3b SAFE: Float Plan & Nav Hazards (2hr 20min)</p> <p>F2.3c SAFE: Pre-Launch (1hr)</p> <p>F2.3d COASTAL TUTOR NOTES – delivery SAFE Management</p> <p>TK2.1.1 GenericRAtemplate</p> <p>TK2.1.2 DynamicRAtemplate</p> <p>TK5.2 Checking the boat video</p>	<p>F3.3 FISA Coach Education Safety</p> <p>RiskSortingGame</p> <p>TK1.1 "Learn to Row" Booklet</p> <p>TK2.1.1 GenericRAtemplate</p> <p>TK2.1.2 DynamicRAtemplate</p> <p>TK5.2 Checking the boat video</p> <p>F3.P.3 FISA Para-Rowing Safety</p> <p>F3.P.4 Access & Inclusive Rowing Provision</p> <p>F3.P.4a Access & Inclusive Rowing Provision</p> <p>Para-rowing specific audit to rowing environment</p> <ul style="list-style-type: none"> - External approach routes - Public transport - Parking - Steps - Access – boathouse - Access – water
--	--	---