



WORLD ROWING LEVEL 1 DEVELOPMENT COACH AWARD

D1.1: SYLLABUS AND SCHEME OF WORK

Level 1 development coaches are required to plan deliver and evaluate individual coaching sessions to teach or improve rowing. The basics of good practice are required. Provided coaches can perform in a safe and equitable manner, and attempt to fulfil the criteria below they can pass the award. The Learn to Row booklet, available as a free download from the World Rowing website is a good indicator of the level of knowledge required by a Level 1 coach.

Safety is important above all else.

Please contact development@worldrowing.com for more information.

SUBJECT LIST:

External Certifications and Courses

E	CLASSIC ROWING	COASTAL ROWING	PARA ROWING
E1	Recommended: Swim certification or equivalent (External: Local authority), Access to a personal flotation device (PFD).	Recommended: Swim certification or equivalent (External: Local authority), Access to a personal flotation device (PFD).	Recommended: Swim certification or equivalent (External: Local authority), Access to a personal flotation device (PFD).
E2	Recommended: First Aid (External: Local authority)	Recommended: First Aid (External: Local authority)	Recommended: First Aid (External: Local authority)
E3	ADEL for High Performance Coaches Certificate (External: WADA)	ADEL for High Performance Coaches Certificate (External: WADA)	ADEL for High Performance Coaches Certificate (External: WADA)
E4	Safeguarding and athlete welfare	Safeguarding and athlete welfare	Safeguarding and athlete welfare
E5	WR Commitment Form read and signed	WR Commitment Form read and signed	WR Commitment Form read and signed

Note External Certifications and Courses are mandatory additional qualifications or courses the learner is expected to achieve as part of the Level 1 Development coach award.

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Guided Self-Learning

S	CLASSIC ROWING	COASTAL ROWING	PARA ROWING
S1	Rowing Basics Series (Intro to classic, coastal, para and indoor rowing, World Rowing and OVEP values, Sustainability)	Rowing Basics Series (Intro to classic, coastal, para and indoor rowing, World Rowing and OVEP values, Sustainability)	Rowing Basics Series (Intro to classic, coastal, para and indoor rowing, World Rowing and OVEP values, Sustainability)
S2	Safety basics (including Intro to water safety)	Safety basics (including Intro to water safety)	Safety basics (including Intro to water safety)
S3	Hyper and hypothermia	Hyper and hypothermia	Hyper and hypothermia
S4	Warming up and warming down	Warming up and warming down	Warming up and warming down
S5	Physiology of exercise	Physiology of exercise	Physiology of exercise
S6	Coxing and steering	Coxing and steering	Coxing and steering
S7	Gender Equality	Gender Equality	Gender Equality

Note Guided Self-Learning is the content the learner achieves before attending the physical course.

Face-to-Face Learning

F	CLASSIC ROWING	COASTAL ROWING	PARA ROWING
F1	Introduction to the course	Introduction to the course	Introduction to the course
F2	Capsize, man overboard and swim testing	Capsize, man overboard and swim testing	Capsize, man overboard and swim testing
F3	Safety and risk assessment	Safety and risk assessment	Safety and risk assessment
F4	Introduction to coaching	Introduction to coaching	Introduction to coaching
F5	Planning a session	Planning a session	Planning a session
F6	Technique	Technique	Technique
F7	Coaching skills	Coaching skills	Coaching skills
F8	Rigging a single	Rigging a single	Rigging a single
F9		Coastal Race Module	+
F10			Para rowing modules

Note Face-to-Face Learning is the content delivered on the physical course

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Each of these areas is described below in terms of what a L1 candidate **Should Know**, what **Teaching Resources** are available and **how** a L1 tutor should **Test** competency.

The award concludes with a face-to-face assessment in which the tutor observes a short-coached session.

01: LEVEL 1 DEVELOPMENT COACH QUALIFICATION INTRODUCTION

This is the learner facing guide to the qualification, what they will learn, who it is aimed at and what it will enable them to do after the course.

	CLASSIC ROWING	COASTAL ROWING	PARA ROWING (CLASSIC ROWING + PARA ROWING MODULES)
Should Know	Who the course is aimed at. What the different modules are. How it is assessed and how to pass. The competencies of a L1 Development Coach and how they fit into the World Rowing Coach Development Programme.	Who the course is aimed at. What the different modules are. How it is assessed and how to pass. The competencies of a L1 Development Coach and how they fit into the World Rowing Coach Development Programme.	Who the course is aimed at. What the different modules are. How it is assessed and how to pass. The competencies of a L1 Development Coach and how they fit into the World Rowing Coach Development Programme. This course is an additional bolt on (6 days/36 hrs delivery) to the classic rowing Level 1 Development Coach certification, to award the para rowing L1 Development coach certification. It is also designed to be a standalone course for experienced classic rowing coaches. It includes 10 para rowing modules that cover the basics to enable safe coaching practice for athletes with a disability
Teaching Resources	Contact development@worldrowing.com	Contact development@worldrowing.com	Contact development@worldrowing.com

EXTERNAL CERTIFICATIONS AND COURSES

Candidates can be directed to these materials through the participant post registration email ([D4.1](#)). These should be completed prior to attending the course.

Where applicable, candidates must provide evidence to their respective national federation and coach educator of their successful certification by an external authority. The respective certifications should be uploaded to the course participant profile on the WR database.

1. SWIM CERTIFICATION OR EQUIVALENT (E1) COACH COMMITMENT ON SWIM ABILITY

	CLASSIC ROWING	COASTAL ROWING	PARA ROWING
Should Know	World Rowing guidance is for all coaches taking part in the Coach Development Programme - Development Coach Level 1 to have taken part in a learn to swim or equivalent certification with their national swim federation or lifeguarding organisation. If a coach is not able to swim, they should be able to demonstrate a level of confidence in the water while wearing a personal flotation device (PFD).	World Rowing guidance is for all coaches taking part in the Coach Development Programme - Development Coach Level 1 to have taken part in a learn to swim or equivalent certification with their national swim federation or lifeguarding organisation. If a coach is not able to swim, they should be able to demonstrate a level of confidence in the water while wearing a personal flotation device (PFD).	World Rowing guidance is for all coaches taking part in the Coach Development Programme - Development Coach Level 1 to have taken part in a learn to swim or equivalent certification with their national swim federation or lifeguarding organisation. If a coach is not able to swim, they should be able to demonstrate a level of confidence in the water while wearing a personal flotation device (PFD).
Teaching Resources	National Swim Federation or Lifeguarding Organisation. E1 World Rowing Coach Commitment Form	National Swim Federation or Lifeguarding Organisation. E1 World Rowing Coach Commitment Form	National Swim Federation or Lifeguarding Organisation. E1 World Rowing Coach Commitment Form
Test	Coach trainees should provide proof of completion (certificate) or if not possible must have access and use a PFD while in a coach launch/boat or near the water. A signed World Rowing Individual Commitment Form must be provided by the coach trainee before coming to the course.	Coach trainees should provide proof of completion (certificate) or if not possible must have access and use a PFD while in a coach launch/boat or near the water. A signed World Rowing Individual Obligations Agreement must be provided by the coach trainee before coming to the course.	Coach trainees should provide proof of completion (certificate) or if not possible must have access and use a PFD while in a coach launch/boat or near the water. A signed World Rowing Individual Obligations Agreement must be provided by the coach trainee before coming to the course.

2. FIRST AID (E2)

	CLASSIC ROWING	COASTAL ROWING	PARA ROWING
Should Know	The external course should include CPR as well as more minor treatments.	The external course should include CPR as well as more minor treatments. See E2.C.1 Coastal Guidance on first aid courses before taking a course	The external course should include CPR as well as more minor treatments.
Teaching Resources	Candidates should source a suitable course for themselves, or with the help of their national federation. Those provided by the Red Cross, Red Crescent or St John Ambulance organisations are all suitable.	Candidates should source a suitable course for themselves, or with the help of their national federation. Those provided by the Red Cross, Red Crescent or St John Ambulance organisations are all suitable. Where possible undertake beach/small boat sea first aid. National Lifesaving and Surf Lifesaving first aid courses may be more suitable for coaches operating on beaches E2.C.1 Coastal Guidance on first aid courses	Candidates should source a suitable course for themselves, or with the help of their national federation. Those provided by the Red Cross, Red Crescent or St John Ambulance organisations are all suitable. Look to develop a para rowing specific course with input from Atlantic Pacific, modelling RYA Safety Boat Course https://www.atlanticpacific.org.uk (International Boat Rescue experts)
Test	Coach trainees should provide proof of completion (certificate).	Coach trainees should provide proof of completion (certificate).	Coach trainees should provide proof of completion (certificate).

3. ADEL FOR HIGH PERFORMANCE COACHES CERTIFICATE (E3)

	CLASSIC ROWING	COASTAL ROWING	PARA ROWING
Should Know	Role and responsibilities of a coach in regards to anti-doping. Know where to find the current list of substances banned in and out of competition (anti-doping).	Role and responsibilities of a coach in regards to anti-doping. Know where to find the current list of substances banned in and out of competition (anti-doping).	Role and responsibilities of a coach in regards to anti-doping. Know where to find the current list of substances banned in and out of competition (anti-doping).
Teaching Resources	External: ADEL for High Performance Coaches World Anti-Doping Code	External: ADEL for High Performance Coaches World Anti-Doping Code	External: ADEL for High Performance Coaches World Anti-Doping Code

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Test	Successful completion of ADEL for High Performance Coaches Certificate . 80% Pass rate. Coach trainees should provide proof of completion (certificate).	Successful completion of ADEL for High Performance Coaches Certificate . 80% Pass rate. Coach trainees should provide proof of completion (certificate).	Successful completion of Coach True Certificate . 80% Pass rate. Coach trainees should provide proof of completion (certificate).
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4. SAFEGUARDING AND ATHLETE WELFARE (E4)

	CLASSIC ROWING	COASTAL ROWING	PARA ROWING
Should Know	The signs and symptoms of neglect, physical, sexual and emotional abuse. Who and how to report concerns.	The signs and symptoms of neglect, physical, sexual and emotional abuse. Who and how to report concerns.	The signs and symptoms of neglect, physical, sexual and emotional abuse. Who and how to report concerns. Understand that some Para-rowers may be at an increased risk of neglect, physical, sexual and emotional abuse.
Teaching Resources	E4.1 World Rowing Education Academy Safeguarding Course TK8.1 2021-World-Rowing-Safeguarding-Policy TK8.2 2021-World-Rowing-Safeguarding-Procedures TK8.3 2021-World-Rowing-Safeguarding-incident-report-form External: TK8.5 IOC Toolkit	E4.1 World Rowing Education Academy Safeguarding Course TK8.1 2021-World-Rowing-Safeguarding-Policy TK8.2 2021-World-Rowing-Safeguarding-Procedures TK8.3 2021-World-Rowing-Safeguarding-incident-report-form External: TK8.5 IOC Toolkit	E4.1 World Rowing Education Academy Safeguarding Course TK8.1 2021-World-Rowing-Safeguarding-Policy TK8.2 2021-World-Rowing-Safeguarding-Procedures TK8.3 2021-World-Rowing-Safeguarding-incident-report-form External: TK8.5 IOC Toolkit
Test	Completion of: World Rowing Education Academy Safeguarding Course IOC course: Safeguarding athletes from harassment and abuse. 80% pass rate	Completion of: World Rowing Education Academy Safeguarding Course IOC course: Safeguarding athletes from harassment and abuse. 80% pass rate	Completion of: World Rowing Education Academy Safeguarding Course IOC course: Safeguarding athletes from harassment and abuse. 80% pass rate

GUIDED SELF-LEARNING

Candidates can be emailed the teaching resources for these elements before the face-to-face course begins or can be issued with hard copy during the face-to-face course to use as 'homework'.

Multiple attempts are allowed, and the coach educator may spend face-to-face time refining and discussing the answers in order to help candidates.

1. ROWING BASICS SERIES (S1)

S1.1 INTRODUCTION TO CLASSIC ROWING

S1.C.1 INTRODUCTION TO COASTAL ROWING

S1.P.1 INTRODUCTION TO PARA ROWING

S1.I.1 INTRODUCTION TO INDOOR ROWING

TK1.2 WORLD ROWING AND OVEP VALUES

TK1.3 SUSTAINABILITY

	S1.1 INTRODUCTION TO CLASSIC ROWING	S1.C.1 INTRODUCTION TO COASTAL ROWING	S1.P.1 INTRODUCTION TO PARA-ROWING
Should Know	<p>Understand what is “classic rowing” specifically its importance as the foundational discipline from which all other disciplines were created</p> <p>Know the origins of rowing</p> <p>Know the current status of classic rowing</p> <ul style="list-style-type: none"> • Practice and competitions • Boat classes • Equipment <p>Understand basic technique and skills required</p> <p>Know the role of coxswain or steersperson</p>	<p>Understand that coastal rowing is a unique discipline of rowing and defined by World Rowing in the WR Rule book. There are three types of boat whose designs are controlled through length, width and weight measurements.</p> <p>Know that the coastal rowers have some clearly defined obligations as laid out in the rules.</p> <p>Know that each crew is required to have a crew captain.</p> <p>Know that there are three difference format pathways (beach, endurance & tour) of the sport and their events.</p>	<p>Understand that para rowing is a unique discipline of rowing and defined by World Rowing in the WR Rule book.</p> <p>Know the origins of para rowing</p> <p>Know the current status of para rowing</p> <ul style="list-style-type: none"> • Practice and competitions • Boat classes • Equipment and regulations <p>Understand basic technique and skills (PR1, PR2, PR3)</p> <p>Understand Classification</p> <ul style="list-style-type: none"> • The process of identifying the type and degree of disability • World Rowing’s Classification Eligibility Guide

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	Know the coach responsibilities		Understand People first language and labels that stereotype Know the coach responsibilities
Teaching Resources	Contact development@worldrowing.com	Contact development@worldrowing.com	Contact development@worldrowing.com
Test	Completion WR Education Academy – WR L1 Dev Coach Online course	Completion WR Education Academy – WR L1 Dev Coach Online course	Completion WR Education Academy – WR L1 Dev Coach Online course

	S1.1.1 INTRODUCTION TO INDOOR ROWING	S1.2 WORLD ROWING AND OVEP VALUES	S1.3 SUSTAINABILITY
Should Know	What is “Indoor Rowing”? Origins of indoor rowing Know the current status of indoor rowing - Practice and competitions Equipment and para rowing specificities Basic technique and skills Role of a coach	Know the OVEP Row Values and how it can support your rowers to learn about the Olympic values, reflect on and grow their personal values while developing their rowing skills in a fun environment. Identify the six Row Values activity cards and how to use them as part of your ‘pathway’ to help your young rowers to be the best they can be irrespective of their age, gender, ability, religion and environment.	Understand that World Rowing sustainability strategy and its main objectives for the 2020-2024 Olympic cycle as well as longer term targets for the Rowing family for 2025 and beyond
Teaching Resources	Contact development@worldrowing.com	Contact development@worldrowing.com	Contact development@worldrowing.com
Test	None	None	None

2. SAFETY BASICS (S2)

	CLASSIC ROWING	COASTAL ROWING	PARA ROWING
Should Know	Know what a hazard is, what a hazardous event is, be able to describe what barriers	Know what a hazard is, what a hazardous event is, be able to describe what barriers and	Know what a hazard is, what a hazardous event is, be able to describe what barriers

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	<p>and controls can be used to control risk in rowing sessions. Understand the concept of risk assessment. Recognise why risk assessment is important in rowing. Perform a risk assessment using the 5-step approach. Use this skill to assess the risks when you go rowing. Learn how to assess risks in your rowing environment and be able to use this knowledge to keep yourself and others safe.</p>	<p>controls can be used to control risk in rowing sessions. Understand the concept of risk assessment. Recognise why risk assessment is important in rowing. Perform a risk assessment using the 5-step approach. Use this skill to assess the risks when you go rowing. Learn how to assess risks in your rowing environment and be able to use this knowledge to keep yourself and others safe.</p> <p>Understand the basics of ON WATER RISK MANAGEMENT Understand the 4 Steps in Managing an on-water session – A: Planning g, B: Pre-Launch, C: On water, D: Post Landing. Introduction to WR rowers' obligations, navigational hazards and COLREGS and buoyage systems.</p>	<p>and controls can be used to control risk in rowing sessions. Understand the concept of risk assessment. Recognise why risk assessment is important in rowing. Perform a risk assessment using the 5-step approach. Use this skill to assess the risks when you go rowing. Learn how to assess risks in your rowing environment and be able to use this knowledge to keep yourself and others safe. Understand that there are specificities in para rowing</p>
Teaching Resources	Contact development@worldrowing.com	Contact development@worldrowing.com	Contact development@worldrowing.com
Test	Completion WR Education Academy – WR L1 Dev Coach Online course. In-person discussion with tutor during the face-to-face part of the course as part of Safety and Risk Assessment module.	Completion WR Education Academy – WR L1 Dev Coach Online course. In-person discussion with tutor during the face-to-face part of the course as part of Safety and Risk Assessment module.	Completion WR Education Academy – WR L1 Dev Coach Online course. In-person discussion with tutor during the face-to-face part of the course as part of Safety and Risk Assessment module.

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		NOTE: In some countries where license is required the coach will need to take the VHF/marine radio course. If driving a safety/coach boat may need to obtain a driver's licence.	
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3. HYPER AND HYPOTHERMIA (S3)

	CLASSIC ROWING	COASTAL ROWING	PARA ROWING
Should Know	The symptoms and treatment for heat illness. The effects of cold-water immersion on the human body, the prevention and treatment of hypothermia.	The symptoms and treatment for heat illness. The effects of cold-water immersion on the human body, the prevention and treatment of hypothermia.	The symptoms and treatment for heat illness. The effects of cold-water immersion on the human body, the prevention and treatment of hypothermia. Understand that some para rowers have an increased risk of developing hyper and hypothermia
Teaching Resources	Contact development@worldrowing.com	Contact development@worldrowing.com	Contact development@worldrowing.com
Test	Completion WR Education Academy – WR L1 Dev Coach Online course. In-person discussion with tutor during the face-to-face part of the course as part of Safety and Risk Assessment module..	Completion WR Education Academy – WR L1 Dev Coach Online course. In-person discussion with tutor during the face-to-face part of the course as part of Safety and Risk Assessment module.	Completion WR Education Academy – WR L1 Dev Coach Online course. In-person discussion with tutor during the face-to-face part of the course as part of Safety and Risk Assessment module.

4. WARMING UP AND WARMING DOWN (S4)

	CLASSIC ROWING	COASTAL ROWING	PARA ROWING
Should Know	How to use a warm up before a rowing session and how to use a warm down afterwards	How to use a warm up before a rowing session and how to use a warm down afterwards	How to use a warm-up before a rowing session and how to use a warm down afterwards

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			afterwards (provision for ambulant and wheelchair users)
Teaching Resources	Contact development@worldrowing.com	Contact development@worldrowing.com	Contact development@worldrowing.com
Test	Able to devise a warm up suitable for a specific session (eg a group of school age beginners who will be participating in a skill-based rowing lesson)	Able to devise a warm up suitable for a specific session (eg a group of school age beginners who will be participating in a skill-based rowing lesson)	Able to devise a warm up suitable for a specific session (eg ambulant and wheelchair users)

5. PHYSIOLOGY OF EXERCISE (S5)

	CLASSIC ROWING	COASTAL ROWING	PARA ROWING
Should Know	How exercise affects the cardiovascular, skeletal and muscular systems (basic understanding only). Can outline how to train for endurance fitness and how to improve cardiovascular fitness. Can explain how cross training can benefit rowers.	How exercise affects the cardiovascular, skeletal and muscular systems (basic understanding only). Can outline how to train for endurance fitness and how to improve cardiovascular fitness. Can explain how cross training can benefit rowers.	How exercise affects the cardiovascular, skeletal and muscular systems (basic understanding only). Can outline how to train for endurance fitness and how to improve cardiovascular fitness. Can explain how cross training can benefit rowers. Exercise limitations, adaptations for some athletes with a physical disability <ul style="list-style-type: none"> • Overuse of upper extremities • Limited amount of active muscle mass: reduced energy consumption/VO2 peak • Blood pooling in legs: reduced pre-load of heart: reduced stroke volume • Autonomic nervous system: cardiac control, temperature regulation (vasoconstriction/dilation) Bone mineral Density & Decubitus

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Teaching Resources	Contact development@worldrowing.com	Contact development@worldrowing.com	Contact development@worldrowing.com
Test	Completion WR Education Academy – WR L1 Dev Coach Online course. In-person discussion with tutor during the face-to-face part of the course as part of Safety and Risk Assessment module.	Completion WR Education Academy – WR L1 Dev Coach Online course. In-person discussion with tutor during the face-to-face part of the course as part of Safety and Risk Assessment module	Completion WR Education Academy – WR L1 Dev Coach Online course. In-person discussion with tutor during the face-to-face part of the course as part of Safety and Risk Assessment module

6. COXING AND STEERING (S6)

	CLASSIC ROWING	COASTAL ROWING	PARA ROWING
Should Know	Some basic coxing commands	Some basic coxing commands	Some basic coxing commands
Teaching Resources	Contact development@worldrowing.com	Contact development@worldrowing.com	Contact development@worldrowing.com Remind coxes to be more descriptive when coxing athletes with a VI
Test	Observation during the practical element of the face-to-face course	Observation during the practical element of the face-to-face course	Observation during the practical element of the face-to-face course

7. GENDER EQUALITY DIVERSITY AND INCLUSION (S7)

	CLASSIC ROWING	COASTAL ROWING	PARA ROWING
Should Know	<p>The World Rowing’s guiding principles:</p> <p>Equality of Opportunity & Fairness: WR seeks to ensure fairness and equality of opportunity, both in competition and across all levels of the organisation.</p> <p>Inclusion & Non-Discrimination: WR is committed to inclusion and accessibility, strives for gender equality and does not tolerate any form of discrimination.</p>	<p>The World Rowing’s guiding principles:</p> <p>Equality of Opportunity & Fairness: WR seeks to ensure fairness and equality of opportunity, both in competition and across all levels of the organisation.</p> <p>Inclusion & Non-Discrimination: WR is committed to inclusion and accessibility, strives for gender equality and does not tolerate any form of discrimination.</p>	<p>The World Rowing’s guiding principles:</p> <p>Equality of Opportunity & Fairness: WR seeks to ensure fairness and equality of opportunity, both in competition and across all levels of the organisation.</p> <p>Inclusion & Non-Discrimination: WR is committed to inclusion and accessibility, strives for gender equality and does not tolerate any form of discrimination. How to best support your female rowers to help</p>

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	How to best support your female rowers to help them be the best they can be, and prevent drop out Main factors that contribute to successful coaching practices for female athletes training Top tips to promote female teenage athlete progression	How to best support your female rowers to help them be the best they can be, and prevent drop out Main factors that contribute to successful coaching practices for female athletes training Top tips to promote female teenage athlete progression	them be the best they can be, and prevent drop out Main factors that contribute to successful coaching practices for female athletes training Top tips to promote female teenage athlete progression
Teaching Resources	Contact development@worldrowing.com	Contact development@worldrowing.com	Contact development@worldrowing.com
Test	Completion WR Education Academy – WR L1 Dev Coach Online course. In-person discussion with tutor during the face-to-face part of the course as part of Safety and Risk Assessment module	Completion WR Education Academy – WR L1 Dev Coach Online course. In-person discussion with tutor during the face-to-face part of the course as part of Safety and Risk Assessment module	Completion WR Education Academy – WR L1 Dev Coach Online course. In-person discussion with tutor during the face-to-face part of the course as part of Safety and Risk Assessment module

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FACE-TO-FACE LEARNING

TIMETABLE FOR LEVEL 1 FACE-TO-FACE COACHING COURSE

Tutors may decide on the teaching order. Modules should be spread evenly over 5-6 days

		CLASSIC ROWING	COASTAL ROWING	PARA ROWING
F1	Introduction to the course	1:00	1:00	1:00
F2	Capsize, man overboard drill and swim Test	3:00	3:00	3:00
F3	Safety & risk assessment	3:00	5:00	4:00
F4	Introduction to coaching	2:30	2:30	2:30
F5	Planning a session	2:30	1:30	1:30
F6	Technique	3:00	3:00	3:00
F7	Coaching skills	3:00	3:00	3:00
F8	Rigging a single	3:00	2:00	3:00
F9	Coastal race module bolt on* (for coastal rowing level 1 coaches)	-	(16:00)	-
F10	Para rowing module bolt-on** (for World Rowing classic or coastal rowing level 1 coaches)	-	-	(14:30)
	TOTAL	21:00	21:00	21:00
As	Practice for the assessment (with course members)	1:00	1:00	08:00
As	Summative Assessment	1:00/ coach	1:00/ coach	1:00/ coach
S	Discussion of Guided Self-learning Modules (7)	1:30	1:30	1:30
S	Para Rowing Modules (10)			Self-guided (online)

Recommendation: Maximum 15 participants

* Coastal Race Module as a standalone module is 3 days/24hrs (is for experienced classic or para level 1 coaches)

** Para rowing module is 3 days/24hrs practical (for World Rowing classic or coastal rowing L1 certified coaches).

It is also designed to be a standalone course for experienced classic or coastal rowing coaches (in this case will not award the para rowing L1 Development Coach award)

F1 INTRODUCTION TO THE COURSE

	CLASSIC ROWING	COASTAL ROWING	PARA ROWING
Description	Introduction to the course and what is included. The award, the assessments	Introduction to the course and what is included. The award, the assessments	Introduction to the course and what is included. The award, the assessments
Should Know	Timetable House keeping Summative Assessment date (s) Who the other participants are and a little about their motivation	Timetable House keeping Summative Assessment date (s) Who the other participants are and a little about their motivation	Timetable House keeping Summative Assessment date (s) Who the other participants are and a little about their motivation
Teaching Resources	Contact development@worldrowing.com	Contact development@worldrowing.com	Contact development@worldrowing.com
Duration	1 hour Including 30 minutes introductory activity	1 hour Including 30 minutes introductory activity	1 hour Including 30 mins introductory activity
Test	None	None	None

F2 SWIM TEST AND RESCUE DRILLS

	CLASSIC ROWING	COASTAL ROWING	PARA ROWING
Description	Swim Test should precede the capsize or Man Overboard (MOB) drill to ensure the safety of all participants	Swim Test and Beach orientation should precede the capsize and re-entry drill to ensure the safety of all participants	Swim Test should precede the capsize or Man Overboard (MOB) drill to ensure the safety of all participants
Should Know	In the event of a capsize or MOB, that a rower should get free of the boat, get their body out of the water and get off the water as soon as possible. Trainees Should Know how to use a throw line.	How to run a safe swim and float Test, including putting on a lifejacket while floating. How to teach a controlled capsize and re-entry rescue drill in a solo. In the event of a capsize or MOB, that a rower should get free of the boat, right their boat, re-enter the boat and get rowing as soon as possible.	In the event of a capsize or MOB, that a rower should get free of the boat, get their body out of the water where possible Mobility issues for athletes in the PR1/PR2 sport class

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		<p>If they are unable to re-enter the boat, get their body out of the water, how to call for help and get off the water as soon as possible</p> <p>How to use a throw line, undertake a MOB and methods for towing a C4x+ and for carrying C1x and C2x in a safety boat.</p>	
Teaching Resources	<p>Contact development@worldrowing.com</p> <p>Tutor should conduct a capsize drill at which the L1 candidates can take part or observe</p>	<p>Contact development@worldrowing.com</p> <p>Tutor to conduct a practical session with a swim & float Test, beach orientation & capsize & re-entry drill at which the L1 candidates can take part or observe. Explain how to do a MOB and take a rowing boat in tow. 'Rescue drills.' Note this practical session</p>	<p>Contact development@worldrowing.com</p> <p>Tutor should conduct a capsize drill at which the L1 candidates can take part or observe Further considerations for athletes with a disability.</p> <ul style="list-style-type: none"> • Safety module • Para capsize and recovery video
Duration	<p>3 hours</p> <p>Including 2 hours practical</p>	<p>3 hours</p> <p>Including 2 hours practical (includes basic launching and landing) and 1 hour classroom (or theory on the beach)</p>	<p>4 hours</p> <p>Including 3 hours practical</p>
Test	<p>By discussion should be able to demonstrate to the course tutor that they know how to respond to a capsize or man overboard and explain how and why the drill is taught in stages (because it is easier and safer to learn in stages, and also builds confidence if it is taught in stages). They should demonstrate how to use and repack a throwline.</p>	<p>By discussion should be able to demonstrate to the course tutor that they know how to respond to a capsize, man overboard and towing and explain how and why the drills are taught in stages (because it is easier and safer to learn in stages, and also builds confidence if it is taught in stages). They should demonstrate how to use and repack a throwline/ or coil a rope.</p>	<p>By discussion should be able to demonstrate to the course tutor that they know how to respond to a capsize or man overboard and explain how and why the drill is taught in stages (because it is easier and safer to learn in stages, and also builds confidence if it is taught in stages). They should demonstrate how to use and repack a throwline.</p>

Field Code Changed

NOTE: L1 Development Coaches are not required to do the drill themselves.

Man Overboard drill is for trainees seeking to coach using sea-going craft or where similarly stable craft are being used.

F3 SAFETY AND RISK MANAGEMENT

	CLASSIC ROWING	COASTAL ROWING	PARA ROWING
Should Know	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). Should Know how to produce a written risk assessment for a home venue (Generic RA) and factors to consider for dynamic risk assessment.	Understand the critical elements of risk management in coastal rowing (incl. navigational, weather and marine hazards). 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. Understand the rowers' and crew captains' obligation and the coach's duty of care.	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). Should Know how to produce a written risk assessment for a home venue (Generic RA) and factors to consider for dynamic risk assessment
Teaching Resources	Contact development@worldrowing.com	Contact development@worldrowing.com	Contact development@worldrowing.com
Duration	3 hours Including: 20 minutes boat safety checks 30 minutes site safety audit 30 minutes safety card game	5 Hours Safety Basics & SAFE series all classroom 4:30hrs Task Float Plan for an endurance training session. Task Dynamic Risk Assessment task 30min	3 hours Including: 20 minutes boat safety checks 30 minutes site safety audit 30 minutes safety card game
Test	Complete risk assessment template for course venue demonstrating knowledge of hazards, hazardous events, barriers and controls. Demonstrate boat safety checks to course tutor.	Complete a float plan task for an endurance training session and dynamic risk assessment template for beach/venue demonstrating knowledge of hazards and controls. Demonstrate pre water session, safety checks/tasks to course tutor.	Complete risk assessment template for course venue demonstrating knowledge of hazards, hazardous events, barriers and controls. Demonstrate boat safety checks to course tutor.

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Field Code Changed

Field Code Changed

F4 INTRODUCTION TO COACHING

	CLASSIC ROWING	COASTAL ROWING	PARA ROWING
Should Know	Coaching is more than giving instructions, and be aware of the range of tools a coach must use to engage and motivate rowers in order for them to take an active part in sessions. Know that people all learn differently. Know how to give and receive feedback positively. Know how to use questioning to coach.	Coaching is more than giving instructions and be aware of the range of tools a coach must use to engage and motivate rowers in order for them to take an active part in sessions. Know that people all learn differently. Know how to give and receive feedback positively. Know how to use questioning to coach.	Coaching is more than giving instructions and be aware of the range of tools a coach must use to engage and motivate rowers in order for them to take an active part in sessions. Know that people all learn differently. Know how to give and receive feedback positively. Know how to use questioning to coach.
Teaching Resources	Contact development@worldrowing.com	Contact development@worldrowing.com	Contact development@worldrowing.com
Duration	2:30hrs Including 30-40 minutes communication practical	2:30hrs Including 30-40 minutes communication practical	2:30hrs Including 30-40 minutes communication practical
Test	Tutor observation during course. Trainee participation is essential during the practical exercises of this module.	Tutor observation during course. Trainee participation is essential during the practical exercises of this module.	Tutor observation during course. Trainee participation is essential during the practical exercises of this module

Field Code Changed

Field Code Changed

Field Code Changed

F5 PLANNING

	CLASSIC ROWING	COASTAL ROWING	PARA ROWING
Should Know	How to plan for a range of abilities within a group using instruction, questioning, demonstration and feedback. Should be able to plan effectively for the time available using goals that have been agreed with the group. Knows the value and method for self-evaluation.	How to plan for a range of abilities within a group using instruction, questioning, demonstration and feedback. Should be able to plan effectively for the time available using goals that have been agreed with the group. Knows the value and method for self-evaluation.	How to plan for a range of abilities within a group using instruction, questioning, demonstration and feedback. Should be able to plan effectively for the time available using goals that have been agreed with the group. Knows the value and method for self-evaluation.
Teaching Resources	Contact development@worldrowing.com	Contact development@worldrowing.com	Contact development@worldrowing.com

Field Code Changed

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D1: LEVEL 1 COACHING SYLLABUS AND SCHEME OF WORK

Duration	2:30 hours Including 1 hour for planned warm up exercise	1:30 hours Including 1 hour for planned warm up exercise	2.5 hours Including 1 hour for planned warm up exercise
Test	Complete a plan for a stand-alone coached session. The plan should include goals suitable to the session participants, should cater for a range of abilities and should be realistically time based and detail the teaching methods to be used. There should be a variety of methods planned. An evaluation of the session should be completed incorporating comments from the rowers and tutor as well as personal reflections.	Complete a plan for a stand-alone coached session. The plan should include goals suitable to the session participants, should cater for a range of abilities and should be realistically time based and detail the teaching methods to be used. There should be a variety of methods planned. An evaluation of the session should be completed incorporating comments from the rowers and tutor as well as personal reflections.	Complete a plan for a stand-alone coached session. The plan should include goals suitable to the session participants, should cater for a range of abilities and should be realistically time based and detail the teaching methods to be used. There should be a variety of methods planned. An evaluation of the session should be completed incorporating comments from the rowers and tutor as well as personal reflections.

F6 TECHNIQUE

	CLASSIC ROWING	COASTAL ROWING	PARA ROWING
Should Know	The hands-body-slide sequence for the recovery, that the drive is generated by the legs using a strong lower back. Recognises that the back and arms are employed later to promote further drive.	<p>Part 1 Technique: the hands-body-slide sequence for the recovery, that the drive is generated by the legs using a strong lower back. Recognises that the back and arms are employed later to promote further drive.</p> <p>Part 2 Watership Skills: how the basic rowing stroke is adapted to different coastal water conditions. Understand the concept of 'working the water' the technique that minimises the negative power and maximises the pushing power of waves. How to surf green waves and breaking waves safely.</p>	The hands-body-slide sequence for the recovery, that the drive is generated by the legs using a strong lower back. Recognises that the back and arms are employed later to promote further drive. Fixed-seat technique – PR1/PR2

D1: LEVEL 1 COACHING SYLLABUS AND SCHEME OF WORK

		How to navigate, steer and turn on open water. How to launch and land in harbours and on swimming beaches.	
Teaching Resources	Contact development@worldrowing.com	Contact development@worldrowing.com	Contact development@worldrowing.com
Duration	3 hours Including 90 minutes practical using skills drills	3 hours Including Part 1: 45 minutes introduction to technique classroom Part 2: 30 minutes coastal watership 15 minutes steering & turning 90 minutes practical incl. skills & drill, turning & stopping	3 hours Including 90 minutes practical using skills drills
Test	Rearrange Pictures of the Avatar showing the rowing sequence into correct order	Rearrange Pictures of the Avatar showing the rowing sequence into correct order	Rearrange Pictures showing the rowing sequence into correct order

Field Code Changed

Field Code Changed

Field Code Changed

F7 COACHING SKILL

	CLASSIC ROWING	COASTAL ROWING	PARA ROWING
Should Know	Exercises are valid way of teaching rowing skill to build confidence and hone existing skills as well as to teach new ones.	Exercises are valid way of teaching rowing skill to build confidence and hone existing skills as well as to teach new ones.	Exercises are valid way of teaching rowing skill to build confidence and hone existing skills as well as to teach new ones.
Teaching Resources	C	Contact development@worldrowing.com	Contact development@worldrowing.com
Duration	3 hours Including 2 hours practical	3 hours Including 2 hours practical	3 hours Including 2 hours practical
Test	tutor observation during coaching practice and discussion (if necessary).	tutor observation during coaching practice and discussion (if necessary).	tutor observation during coaching practice and discussion (if necessary).

Field Code Changed

Field Code Changed

F8 RIGGING A SINGLE

	CLASSIC ROWING	COASTAL ROWING	PARA ROWING
Should Know	The purpose and normal parameters for setting up a single to include span, work height, stern pitch, lateral pitch, stretcher placement, stretcher angle, foot height, inboard and outboard on blades.	The purpose and normal parameters for setting up a single to include span, work height, stern pitch, lateral pitch, stretcher placement, stretcher angle, foot height, inboard and outboard on blades. Understand the WR standard coastal rig and adapt standard rigs for different rowing groups using oar dimensions.	The purpose and normal parameters for setting up a single to include span, work height, stern pitch, lateral pitch, stretcher placement, stretcher angle, foot height, inboard and outboard on blades. Understand the para-rowing rigs with narrower spans, OL blade and reduced IB in the PR1/PR2 boats
Teaching Resources	Contact development@worldrowing.com	Contact development@worldrowing.com	Contact development@worldrowing.com
Duration	3 hours Including 2 hours measuring practical	2 hours Including 1 hour practical	3 hours Including 2 hours practical
Test	Fill out rigging chart for a single. Explain to tutor how to set footplate for a tall and a short rower, why blade gearing should be the same within sets of oars, effect of altering gate heights. The emphasis at Level 1 should be on knowing how to check the set-up so that a more experienced coach can make the necessary adjustments.	Fill out rigging chart for a single. Explain to tutor how to set footplate for a tall and a short rower, why blade gearing should be the same within sets of oars, effect of altering gate heights. The emphasis at Level 1 should be on knowing how to check the set-up so that a more experienced coach can make the necessary adjustments. Explain how to adapt rigging using blade measurements for different rowers when using the WR standard coastal rig set up.	Fill out rigging chart for a single. Explain to tutor how to set footplate for a tall and a short rower, why blade gearing should be the same within sets of oars, effect of altering gate heights. The emphasis at Level 1 should be on knowing how to check the set-up so that a more experienced coach can make the necessary adjustments. Explain how to adapt rigging with boats that are available for para-rowing

Field Code Changed

Field Code Changed

Field Code Changed

F9 COASTAL RACE MODULE

This module is designed to be a standalone module for experience rowing coaches (3 days delivery) or as an additional bolt on to the Level 1 for Development Coaches (2-1.5 days delivery).

	TOPICS	COASTAL RACE MODULE	RACE BOLT ON
A	Introduction to the coastal race module	YES	
B	Safe management	YES	
C	Launching and rescue drills	YES	
D	Race technique – beach sprint	YES	YES
E	Race logistics	YES	YES
F	Running a selection regatta	YES	YES
G	Wrap up	YES	

COASTAL ROWING MODULE	
Should Know	<p>How to prepare athletes for racing championship coastal events.</p> <p>A: Basic understanding of the two coastal racing formats endurance and beach.</p> <p>B: Safe management of on water coaching sessions – including – how to do a float plan and a dynamic risk assessment.</p> <p>C: Basic launching and landing on a beach and how to run 3 basic rescue drills (swim test, beach orientation and capsize and re-entry drill).</p> <p>D: How to coach race technique. Including i) An overview of the technical and tactical phases of beach sprint and endurance. ii) Specific skills of the start, slalom rowing, working the water, race turning and beach finish.</p> <p>E: How to prepare their crew for a beach sprint regatta – including an overview of the physical demands of the race, insight into the logistics of racing (progression, time trials, last eight, pool boats, standard rigging, lane selection) and the role of boat handlers.</p> <p>F: How to set up a beach sprint training course and run selection races.</p> <p>G: A personal coach action plan</p>
Teaching Resources	<p>Tutor support resources</p> <p>Contact development@worldrowing.com</p> <p>A: Introduction</p>

Field Code Changed

D1: LEVEL 1 COACHING SYLLABUS AND SCHEME OF WORK

	<p>B: Safe Management C: Launching and rescue drills D: Race technique E: Race logistics F Running a selection regatta - beach sprint G Wrap up</p>
Duration	<p>Stand-alone – 3 days (24hrs contact time) see timetable. Bolt on – 2 days (16hrs contact time) Virtual delivery: Part A: mixture of keynote videos and tutor led webinars (3-5x3hrs) Part B: Practical (1day).</p>
Test	<p>Successful completion of the module requires active engagement and demonstration of learning in following 5 key tasks.</p> <ol style="list-style-type: none"> 1. Group Task – Float Plan (written) 2. Personal Task - Dynamic Risk Assessment (written/practical) 3. Personal Task - Skills Task (written/practical) 4. Group Task – Running a regatta (practical – see feedback sheet) 5. Personal Task - Action plan (written/verbal) <p>Some tasks have been adapted for virtual delivery.</p>

F10 PARA ROWING MODULES

This module is an additional bolt on (3 days delivery) to the classic or coastal rowing Level 1 Development Coach award, to award the para rowing L1 Development coach certification. It is also designed to be a standalone module for experienced classic rowing coaches.

Part A: mixture of self-guided modules (10), quizzes and tutor led webinars (3x1hr)

Part B: Practical 2 days 19:30 + 1 assessment day

D1: LEVEL 1 COACHING SYLLABUS AND SCHEME OF WORK

	Self-guided learning and Tutor led webinar
Should Know	<p>Safety basics with an understanding of the specificities in para rowing</p> <p>Hyper and hypothermia - The symptoms and treatment for heat illness. The effects of cold-water immersion on the human body, the prevention and treatment of hypothermia and hyperthermia, understanding that some para rowers have an increase risk of developing these conditions.</p> <p>Injury prevention specific to para rowing, to include pressure sore (decubitus) prevention and an understanding of the secondary health conditions that athletes may present with to include reduced bone mineral density, greater predisposition to hyperthermia, hypothermia, autonomic dysreflexia, orthostatic hypertension etc..</p> <p>Warming up and cooling down - Demonstrate a warm-up and stretching session suitable for ambulant and wheelchair users.</p> <p>Physiology of exercise - Basic understanding of how exercise affects the cardiovascular, skeletal and muscular systems and exercise limitations, adaptations for some athletes with a physical disability (Overuse of upper extremities, Limited amount of active muscle mass: reduced energy consumption/VO2 peak, Blood pooling in legs: reduced pre-load of heart: reduced stroke volume, Autonomic nervous system: cardiac control, temperature regulation (vasoconstriction/dilation)</p> <p>Coxing and steering - Some basic coxing commands and the specificities for athletes with a VI (more descriptive when coxing athletes with a VI)</p> <p>Gender Equality and inclusion</p>
Teaching Resources	<p>Para Rowing Modules Contact development@worldrowing.com</p>
Duration	<p>Part A: Para Rowing Modules – self guided L1 self-guided modules and Tutor led webinars (3x1hr)</p>
Test	Successful completion of the module requires successful completion of the PRM and L1 self-guided learning modules

Field Code Changed

	Face to face learning - Technique
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D1: LEVEL 1 COACHING SYLLABUS AND SCHEME OF WORK

Should Know	Technical models for fixed seat para rowing - PR1/PR2 boats.
Teaching Resources	"Learn to Row" Booklet (PDF)- technical models for fixed seat para rowing PR1
Duration	3 hrs
Test	Rearrange Pictures showing the rowing sequence into correct order Observation

	A short history of para rowing
Should Know	Understand the earliest records of when the sport of rowing was used to engage individuals with a disability, both as a means of rehabilitation and competition
Teaching Resources	A Short History of Para Rowing Contact development@worldrowing.com
Duration	Part A: A Short History of Para Rowing
Test	Part A: Successfully answers the questions in the "short history of para rowing" quiz; 75% pass rate & 3 attempts allowed.

Field Code Changed

	People first language
Should Know	Basic understanding of people first-language terminology and labels that stereotype
Teaching Resources	People-first language Contact development@worldrowing.com
Duration	Part A: self-guided module
Test	Part A: Successfully answers the questions in the "people first language" quiz; 75% pass rate & 3 attempts allowed.

Field Code Changed

	Establishing a para rowing programme
Should Know	Considerations in establishing a para rowing programme
Teaching Resources	Establishing a Para Rowing Programme Contact development@worldrowing.com
Duration	Part A: self-guided module
Test	None

Field Code Changed

D1: LEVEL 1 COACHING SYLLABUS AND SCHEME OF WORK

	Para rowing capsizes and recovery drill and safety considerations
Should Know	How to organise and deliver a para rowing capsizes and recovery drill for athletes with a disability. Participants should understand the safety issues and considerations in relation to each sport class (PR3-PI, PR3-VI, PR2, PR1)
Teaching Resources	TK1.1 "Learn to Row" Booklet Contact development@worldrowing.com
Duration	Part B: face to face module 3 hrs
Test	Part A: Successfully answers the questions in the "Para rowing capsizes and recovery drill and safety considerations" quiz; 75% pass rate & 3 attempts allowed. Part B: Para Rowing Capsizes & Recovery Drill practical session-task

Field Code Changed

	An introduction to classification
Should Know	Have an understanding of the World Rowing classification process and the allocation of sport classes for an athlete with a disability.
Teaching Resources	Introduction to classification Contact development@worldrowing.com
Duration	Part A: Introduction to classification Part B: face to face module 1,5 hrs
Test	Part A: Successfully answers the questions in the "An introduction to classification" quiz; 75% pass rate & 3 attempts allowed.

Field Code Changed

	Access and inclusive rowing provision
Should Know	The specificities of access to the sport of rowing for people with disabilities through inclusion with able bodied clubs Carry out a comprehensive access audit of the rowing venue How to conduct a para rowing specific risk assessment to include each sport class that is venue specific. Safety basics (S2)
Teaching Resources	Access and Inclusive Rowing Provision "Learn to Row" Booklet Contact development@worldrowing.com
Duration	Part A: Access and Inclusive Rowing Provision Part B: face to face module 1 hr

Field Code Changed

D1: LEVEL 1 COACHING SYLLABUS AND SCHEME OF WORK

Test	Individually Access audit to venue (home) Assessment sheets Around the venue – progression from arriving to the venue, looking at the boat house, around the venue and specificities for types of impairment In groups: Para rowing specific risk assessment
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	Para rowing physical disability
Should Know	Coaching considerations when working with people with disabilities to include physical impairment. Demonstrate/explain safe moving/handling and transfer method (ergo and/or boat) for athletes with reduced mobility.
Teaching Resources	Para Rowing specific coaching considerations – Physical disability "Learn to Row" Booklet Contact development@worldrowing.com
Duration	Part A: Para Rowing specific coaching considerations – Physical disability Part B: face to face module 1 hr
Test	Part A: Successfully answers the questions in the "Para rowing physical disability" quiz; 75% pass rate & 3 attempts allowed. Part B: Ergometer / boat transfer task

	Para rowing visual impairment
Should Know	Coaching considerations when working with people with disabilities to include visual impairments.
Teaching Resources	Para Rowing visual impairment Contact development@worldrowing.com
Duration	Part A: Para Rowing visual impairment Part B: face to face module 1 hr
Test	None

	Para rowing equipment and regulations
Should Know	Understanding of para rowing specific equipment and World Rowing equipment regulations
Teaching Resources	Para Rowing equipment and regulations Contact development@worldrowing.com
Duration	Part A: Para Rowing equipment and regulations Part B: face to face module 1 hr

Field Code Changed

Field Code Changed

D1: LEVEL 1 COACHING SYLLABUS AND SCHEME OF WORK

Test	None
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	Para rowing rigging considerations
Should Know	Basic understanding of the rigging considerations/principles and how this relates to the technique for para rowing in fixed and sliding seat boats. This includes narrower spans, and a reduced OL blade and IB in the PR1/PR2 boats. Explain how to adapt rigging with boats that are available for para rowing
Teaching Resources	Para Rowing rigging considerations Contact development@worldrowing.com
Duration	Part A: Para Rowing rigging considerations Part B: face to face module 1 hr
Test	Rigging Practical

Field Code Changed

C: SUMMATIVE ASSESSMENT

As	Practice for the assessment (with course members)	1hr
As	Summative assessment	1hr per coach
S	Discussion of Self-Guided Learning Modules	1hr 30min

This should be conducted at the end of the course, if all of the above elements have been completed. It should consist of about half an hour of coaching in which time the tutor observes the trainee conduct a session from brief to debrief. Trainees may coach one another or else if available, volunteer rowers may be used.

A written plan for the session should be prepared by the trainee coach. The plan should be for a 1-hour session on the water.

There are a series of planned sessions at the back of the [Learn to Row booklet](#) (pages 72-93). Trainees can be signposted to these for examples of suitable sessions and can be encouraged to adapt one of the water-based examples to present as their observed session.

Since assessment time is limited, and only a small amount of time will be available on the water, the tutor should first discuss the session plan with the trainee coach and agree which elements of the plan will be used.

D1: LEVEL 1 COACHING SYLLABUS AND SCHEME OF WORK

The checklist for the competencies which the coach should be displaying during this final assessment are in the [D5.3 Coaching Assessment record sheet \(XLS\)](#), which can be used to tick them off as the session is being observed.

Afterwards the tutor and coach should sit down and discuss the session together bringing out the strong as well as the weak points. The feedback can be used to plan future training for the trainee coach.

The whole assessment should take about 1 hour.

During the assessment the candidate coaches should have the opportunity to demonstrate all the competencies. If you feel they have not had the opportunity to demonstrate any competence as part of their assessment you ask them questions. Record the questions and the answers. However if you having to do this for more than three of the competencies then they are not yet competent. You may however ask them additional questions for clarification. For example, you may have a discussion about the risk assessment on the day but they should have recorded this with either a change or no change necessary on their session sheet. They may have delivered a good session but you want to ask about what the next session would be for this group to see they understand progression. As the delivered session is only 30 minutes, they may not have had the opportunity to demonstrate all the elements. If you have any concerns on safety grounds then you should deem them Not Yet Competent.

This should be conducted at the end of the course, if all of the above elements have been completed. It should consist of about half an hour of coaching in which time the tutor observes the trainee conduct a session from brief to debrief. Trainees may coach one another or else if available, volunteer rowers may be used.

Competencies	Y/N	Questions	Answers
Reviewed venue risk assessment to ensure any changes to rowing environment were considered			
Ensured that rowers were fit and prepared for the session			
Safety checked equipment			
Set up, used and stored equipment safely (where necessary)			
Briefed rowers to ensure that the goals and content of the session were understood			

D1: LEVEL 1 COACHING SYLLABUS AND SCHEME OF WORK

Created a positive learning environment in which rowers and coach could interact			
Used effective communication techniques to motivate and instruct			
Gave technically correct explanations and demonstrations of technique, skills and equipment			
Coached at a level appropriate to the needs of the group and venue in terms of length, content			
Found opportunities to give positive feedback at appropriate times			
Concluded the session by reviewing the results and providing individual feedback			
Gave rowers the opportunity to provide feedback			
Additional Questions			

END