

ROWING



The Ontario Physical Education Safety Guideline for Rowing – Secondary Interschool

<http://safety.ophea.net/safety-plan/165/1409>

Supervision Coaching Qualifications effective September 1, 2016:

All coaches must meet with the head coach of the rowing club (if applicable) prior to the start of the season and be in communication throughout the season.

At least one rowing coach must possess **one of the following** coaching qualifications:

- **NCCP Competition Coach – RCA Coach Course**
- Accreditation as a NCCP Rowing Learning Facilitator
- Completion of rowing NCCP level 1 and/or level 2 certification in the past
- Attendance at a clinic or workshop within the last three years provided by an instructor who is knowledgeable of the activity (e.g., appropriate skills and progressions), and where safety is addressed as outlined in the Ontario Physical Education Safety Guidelines.
- Past experience within the last 3 years as a coach in rowing, having knowledge of the activity (e.g., appropriate skills and progressions) and current safety practices as outlined in the Ontario Physical Education Safety Guidelines.

How to access the NCCP Courses for Rowing:

NCCP Competition Coach – RCA Coach Course

Register here: <http://www.rowontario.ca/events/>

Cost: ~\$226/weekend Contact: Erika Roach
erika@rowontario.ca

The 16-hour long RCA Coach Weekend #1 clinic is a recognized coach education course in the National Coaching Certification Program (NCCP); completion of the course is the first step in becoming a certified RCA Coach.

This course is for coaches who are actively coaching competitive rowers and specifically prepares coaches who are taking athletes in the Training to Train and Learning to Compete stages of the LTAD to regattas.

The 16-hour long RCA Coach Weekend #2 clinic is a recognized coach education course in the National Coaching Certification Program (NCCP); completion of the course is the second step in becoming a certified RCA Coach.

This course is for coaches who have completed RCA Coach Weekend #1 and are actively coaching competitive rowers. RCA Coach Weekend #2 offers more in-depth training on topics covered in RCA Coach Weekend #1, covers additional advanced topics, and allows coaches to reflect on their practical coaching (using the assignment from Weekend #1 as a resource for this dialogue).

FUNDING OPPORTUNITIES

- Grants are available to pay a portion of NCCP courses through the Quest for Gold Coach Bursary program.
<https://www.coachesontario.ca/q4g/bursary-program/> or email q4g@coachesontario.ca
- Host your own course - Apply for Investors Group Coaching Grants to pay for a NCCP workshop at your school or board.
<http://www.coach.ca/investors-group-community-coaching-conferences-s12763>

Useful Links:

Need more information? Email guidelines@coachesontario.ca to help navigate the NCCP coaching qualifications, as well as find additional ways to achieve the coaching qualifications (e.g.- direct to evaluation option, etc.).

- Rowing Ontario <http://www.rowontario.ca/education/coach/>
- Rowing Canada <http://rowingcanada.org/coaching-and-umpiring/become-coach>
- Rowing Course Information <http://www.coach.ca/rowing-p154466>
- Coaches Association of Ontario <https://www.coachesontario.ca/>
- OFSAA <http://www.ofsaa.on.ca/>
- Coaching Association of Canada <http://coach.ca/>
- Ontario Physical Education Safety Guidelines <http://safety.ophea.net>

