**Coaches Training Course To attend, email:** [**dermod.sweeney@btopenworld.com**](mailto:dermod.sweeney@btopenworld.com)

**2020**

**Aim**

The aim of the course is to train coaches to be able to deliver safely rowing sessions under the supervision of a qualified coach.

Each session will be 60 to 75 minutes.

**Pre-course homework**

**\***Familiarise with British Rowing ‘Rowsafe’ (available online)

\*BR – Safety Basics (online module)

\*BR – Cold Water and Hypothermia (online module)

\*Safeguarding and Protecting Children – Online Classroom by ‘UK Coaching’ (online module - £30)

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| Module 1  \*Code of Conduct for Coaches  \*Safeguarding | Farrell Mossop (KRC Chairman)  Lesley Clare (CWO)  Chris Andrews (Immediate past CWO) | Saturday  5th September 10 am |
| Module 2  \*British Rowing Rowsafe  \*Safety – Kingston Reach | Jon Mackinney (Immediate past Safety Advisor)  Chris Radford (Current Safety Advisor) | Saturday  12th September 10 am |
| Module 3  \*The Rowing stroke  \*My coxing journey  \*Coaching coxes | Andy Medcalf (Chief Coach, Senior Men)  A senior club cox  Andy Medcalf/A senior club cox | Saturday morning  19th September TBA |
| Module 4  \*Great Scullers  \*The Art of Sculling | Farrell Mossop (former National Sculling Champion)  Andy Medcalf (Chief Coach, Senior Men) | Saturday morning  26TH September TBA |
| Module 5  \*Launch driving/safety kits  \*Safe to Row Assessment | Ian Martin (RYA Powerboat course)/Boh Tjarks (Safety Champion)  Jon Mackinney | Saturday  3rd October 10 am |
| Module 6  \*Coaching beginners | Mike Landers (Coach Improvers) | Saturday  10th October 10 am |
| Module 7  \*Coaching intermediates – skill development | James Parris (Chief Coach, Senior Women) | Saturday morning  17th October TBA |
| Module 8  \*Land training – stretching/ ergometer/weights/circuits | James Hepburn (Qualified personal trainer) | Saturday  24th October 10 am |
| Module 9  \*Session planning  \*Inspiring positive behaviour | James Parris (Chief Coach, Senior Women)  James Parris (Chief Coach, Senior Women) | Saturday morning  31st October TBA |
| Module 10  Rigging | Farrell Mossop | Sunday  8th November 10am |

External service providers

\*First Aid (not necessary for those with suitable level of training in last five years)

\*Life jackets – (RNLI – arrange visit)

Practical Sessions

\*Launch driving – (Chris Griffiths/Ian Martin/Jamie Asher/Gavin Miller) – I hour individual session

\*Outings in the launch with experienced KRC coaches

\*Capsize drill – (KRC coach)