**Coaches Training Course To attend, email:** **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)  | Saturday5th September 10 am |
| Module 2\*British Rowing Rowsafe \*Safety – Kingston Reach  | Jon Mackinney (Immediate past Safety Advisor)Chris Radford (Current Safety Advisor) | Saturday12th September 10 am |
| Module 3\*The Rowing stroke\*My coxing journey\*Coaching coxes | Andy Medcalf (Chief Coach, Senior Men)A senior club coxAndy Medcalf/A senior club cox |  Saturday morning19th September TBA |
| Module 4\*Great Scullers\*The Art of Sculling | Farrell Mossop (former National Sculling Champion) Andy Medcalf (Chief Coach, Senior Men) | Saturday morning26TH 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 morning17th October TBA |
| Module 8\*Land training – stretching/ ergometer/weights/circuits | James Hepburn (Qualified personal trainer) | Saturday24th October 10 am |
| Module 9\*Session planning\*Inspiring positive behaviour | James Parris (Chief Coach, Senior Women)James Parris (Chief Coach, Senior Women) | Saturday morning31st October TBA |
| Module 10Rigging | Farrell Mossop | Sunday8th 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)