



National  
Coaching  
Certification  
Program

Programme  
national de  
certification des  
entraîneurs



ROWING  
CANADA  
AVIRON

## Sport: Rowing

Discipline:

Context: Instruction – Beginners

Participant age group: 12 - 65 Estimated number of participants: 3000

Age range of coaches: 18-25 (mostly) Estimated number of instructors: 200

Date of conditional approval: May 2006

Official launch date (both official languages): September 2006

### Outcomes trained and evaluated:

Outcome	Trained	Evaluated
Make Ethical Decisions	T	E
Plan a Practice	T	
Support to Athletes in Training	T	E
Analyze Performance	T	E
Design a Sport Program		
Support the Competitive Experience		
Manage a Sport Program		
Drive a Motor Boat		E

Which multi-sport modules will the coaches access through the provincial/territorial delivery system?

None

### Training Description:

#### Workshop description (duration, logistics)

*This workshop is 1.5 days. However, clubs can request that the workshop be extended to go into more depth in the areas of rowing technique. The workshop is comprised of both classroom and "at the boathouse" sessions. Considerable attention and practice relate to safety, professional roles and responsibilities and how to effectively teach a beginner how to row.*

#### Assessment activities

*Formative assessments are ongoing throughout the workshop. This includes use of equipment checklists (safety), providing feedback to the beginning instructor after their first practical instructing session. Learning Facilitators (LFs) are also tracking participation during the classroom workshops.*

### Evaluation Description:

#### *Portfolio details*

*The instructor candidate must submit a copy of the rowing lesson plan to be used during the observation. The instructor candidate must also submit a copy of his/her Emergency Action Plan.*

#### *Coach observation details*

*The instructor candidate must provide a copy of his/her Pleasure Craft Boaters License.*

*The evaluation of "Support to Athletes in Training" takes place on the water at the instructor's home club.*

*The evaluation of the "Analyze Performance" outcome takes place using a DVD and does not take place on the water. The instructor candidate may provide a video/DVD copy of his Learn to Row (LTR) participants for the "Analyze Performance" outcome. Alternatively, the evaluator can bring a DVD for the analysis.*

## **Learning Facilitator & Evaluator training:**

### *Training process*

#### *LF training includes:*

- *participation in the LTR instructor workshop*
- *participation in the LF training workshop*
- *co-facilitation of the LTR instructor workshop*
- *facilitation of the LTR instructor workshop independently under the observation of a Master Learning Facilitator.*

#### *Evaluator training includes:*

- *participation in the Rowing Canada Aviron (RCA) Evaluator training workshop*

### *National implementation*

*Presently, RCA has a Master Learning Facilitator in 8/9 provinces. In two of the bigger provinces we have additional LFs (Ontario -1 MLF, 2 LFs & BC 1 MLF, 1 LF). There are evaluators in 8/9 provinces. Since we have just received conditional approval, we will now move forward with a communications plan, and an expansion plan that includes training additional learning facilitators and evaluators in each province (where needed)*

## **NSO Contact Information**

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### **3 most innovative features of your program:**

1. Evaluation of an instructor's ability to drive a motor boat safely and effectively.
2. Use of participants after practical teaching session #1 to provide feedback on the instruction received. Each instructor candidate receives feedback from the facilitator as well as feedback from the learners (via the LF).
3. Use of equipment templates to inspect safety aspects of the rowing shells.

