



UKCC LEVEL 2 CERTIFICATE IN COACHING ROWING – YORK/BRADFORD

The Amateur Rowing Association, in conjunction with the Yorkshire Rowing Council, notifies all member clubs and associations of an upcoming L2 Coaching Course.

Course Dates; 3rd, 17th, 24th 31st October 2009 and 1 evening (tbc)

Assessment Dates: tbc

Venue: York / Bradford – details to follow

Cost; £350 (Cheques made payable to "Yorkshire Rowing Council")

Application Deadline: Saturday 22nd August

(Strictly no late applications. Application forms and course fees received after this date unfortunately cannot be accepted)

ALL CANDIDATES MUST REGISTER WITH ARA FOR MEMBERSHIP BEFORE SUBMITTING APPLICATION FORM TO ENABLE THEM TO ACCESS COURSE MATERIAL VIA 'ROWHOW' – VISIT www.ara-rowing.org/membership

Course Content

The course is aimed at beginner coaches, focusing primarily on **how to coach** as well as the rowing specific knowledge of what to coach. Applicants must be 16 years or above, have some previous experience of rowing (either through participating, coaching or spectating) and must be able to attend **all** course dates outlined above.

Level 2 Coach is qualified to;

Plan, deliver and review rowing coaching sessions. The course is based around development in the following areas;

1. Safe and Professional Behaviour
2. Communication
3. Planning and Reviewing
4. Sequential Activity

| Course Modules |
|--|
| Introduction to coaching |
| Risk management and incident reporting |
| Good practice and participant welfare |
| First Aid |
| Coaching the capsize drill |
| Checking and setting up equipment |
| Developing activity and fitness |
| Flexibility and core stability |
| Dynamic Warm up |
| Developing technique |
| Developing skill |

Assessment;

Following the course candidates will carry out 6 weeks of mentored coaching practice in their own club, followed by an assessment.

Application forms and course fee must be returned to; **Rory Semple, 18 Shadwell Walk, Leeds, LS17 6EG** by the deadline date outlined above (late applications or those without course fee will not be accepted).

Enquiries to; **Rory Semple** – ARA Coaching and Development Officer

Office: 01132660926 Mobile: 07884230884 E-mail: rory.semple@ara-rowing.org

Rowing Coach Education Course – Oct 2009 – York/Bradford

Candidate Application Form 4.1 Level 1 & 2 Indoor Rowing, Level 2 & 3 Certificates in Coaching Rowing, Tutor & Assessor Training.

Core Information - Please complete all sections in BLOCK CAPITALS.

* indicates mandatory information

| | | | |
|----------------------------------|---------------|---------------------------|--|
| Surname* | | Title* | |
| First name* | | Known as name | |
| Gender* | Female / Male | Date of Birth* | |
| Full Postal Address* | | | |
| Postcode* | | | |
| Home Telephone No.* | | Work Telephone No. | |
| Mobile* | | Fax | |
| E-mail* | | | |
| ROWHOW or (W)ARA/number** | | Club | |

**Non ARA/WARA members are required to register with ROWHOW to access course resources. All candidates for water based courses must produce evidence of Third party insurance for water based activities (EG SARA membership)

Special Requirements

| | |
|---|-----------------|
| Do you require any special arrangements to take part and complete the course? YES/NO* If YES – Request and submit form 5.5.1 with supporting evidence before closing date. | |
| Have you any health conditions, impairments or disabilities of which the Course Organiser, Tutors or Assessors should be aware?* | Yes / No |
| INFORM THE TUTOR/S – COURSE ORGANISER – ASSESSOR ON FIRST MORNING OF THE COURSE. | |
| Please give details if yes: | |

Course Details

| | | |
|---|--|-----------------------------------|
| Qualification applied for Tick one only* | Level 1 Certificate in Coaching Indoor Rowing | |
| | Level 2 Certificate in Coaching Indoor Rowing | |
| | Level 2 Certificate in Coaching Rowing | |
| | Level 3 Certificate in Coaching Rowing | |
| | CTS | |
| | IAP's | |
| Course dates* | 3, 17, 24, 31 October 2009 | Course fee attached* £350 |
| Course venue* | York/Bradford | VAT Registered? * Yes / No |

Ethnicity Details *

| I would describe my ethnic origin as: | | | | | |
|--|--|---------------------------------|--|-------------------------------|--|
| White British | | White Irish | | White European | |
| White Non-European | | Mixed White and Black Caribbean | | Mixed White and Black African | |
| Mixed White and Asian | | Other Mixed Background | | Indian | |
| Asian British Indian | | Pakistani | | Asian British Pakistani | |
| Bangladeshi | | Asian British Bangladeshi | | Other Asian | |
| Black Caribbean | | Black African | | Black British | |
| Other Black | | Chinese | | Other | |
| | | | | Prefer not to say | |

Coach Profile Information

| | Yes / No |
|---|-----------------|
| Do you hold any rowing Coaching Awards?* | |
| Do you hold any other relevant qualifications? i.e Level 2 Fitness Instructor etc – please state. | |
| If Yes , please state your current level e.g. Dry Instructors, Level 2, Bronze, etc. | |

CRB Clearance

| | |
|--|-----------------|
| The ARA’s Safeguarding & Protecting Children Policy requires all Coach Educators and Coaches working with young people and vulnerable adults to undertake a CRB check. Are you/will you be working with young people?* | Yes / No |
| If yes, have you completed a CRB enhanced disclosure? | Yes / No |
| CRB Number | |
| <ul style="list-style-type: none"> If no to the second question: More information is available at http://www.ara-rowing.org/welfare - or ring HQ on 020 8237 6700 | |

ALL Applicants to sign:

I understand and agree that, if I fail to start or complete the course, part of the course fee will only be refunded in exceptional circumstances and at the discretion of the ARA. I understand that Rowing has adopted the sportscoachUK Code of Conduct. I agree to uphold its principles and practices in my coaching and agree to abide by the rules of the ARA.

Signature: _____ **Date:** _____