

ROWING CANADA AVIRON

# LEARN TO ROW COACH EVALUATION TOOL

## INSTRUCTIONS:

**Before the Evaluation:** Prior to the evaluation you need to:

1. Contact your Provincial Rowing Association to request an evaluation. You will be connected with a Coach Evaluator, who will arrange a suitable date, and ensure you are familiar and comfortable with the evaluation process and expectations.
2. Complete your Make Ethical Decisions Evaluation online. To do this evaluation go to [coach.ca](http://coach.ca) and log in. Click on e-learning at the top of the page. Select Make Ethical Decisions Evaluation, and select the evaluation that reflects the most appropriate stage for athletes you typically work with. (Completing any MED evaluation will be accepted)
3. Email your portfolio to [coacheducation@rowingcanada.org](mailto:coacheducation@rowingcanada.org) prior to the evaluation date, using the subject line LTR Coach Portfolio for (your name).

**Portfolio** Your portfolio should contain:

- The EAP (Emergency Action Plan) that you use
- A copy of your PCOC (Pleasure Craft Operator Card)
- A copy of the lesson plan for the day of evaluation

**During the Evaluation:** The coach must show a copy of their PCOC.

The coach will show they are able to demonstrate competency in the following areas:

- Provide a safe and enjoyable environment for lesson participants and themselves
- Operate a coach boat in an appropriate and safe manner for the lesson
- Understand the fundamentals of the RCA Technique Model
- Detect beginner errors and provide appropriate corrections

**After the Evaluation:** The Evaluator will debrief with the coach candidate, and discuss the strengths and areas that may need improvement. The Evaluator will upload the evaluation documents to the RCA Coach Education Database. The coach candidate will receive a copy and notification regarding “Certification Status” for outcomes evaluated.

## Section B: Observation Evaluation

<b>Coach Name</b>			<b>CC number:</b>								
	Surname	First Name									
<b>Date:</b>			<b>Location:</b>								

Support to Athletes in Training			Teach a Rowing lesson to beginner rowers.
Evidence of Achievement		Mark	Comments
Safety	LTR Coach has checked all equipment is safe and ready to use and where applicable the facility (such as docks, launch area) are safe		Scoring: must at minimum meet expectations in all components
	LTR Coach is aware of the weather conditions and water hazards		
	LTR coach presents and can implement/discuss an EAP with all critical elements		
	LTR coach has all safety equipment for the participants and themselves in motor boat.		
	LTR coach is able to conduct a safe lesson without supervision		
Structure & Organization	Lesson has structure including goals, time segments, evidence of planning		Scoring: less than 13 (NI), 13- 16 (ME) 17+ (EE)
	LTR coach is efficient in getting participants organized and participating in the lesson		
	LTR coach runs lesson in an environment that is appropriate for teaching beginners		
	LTR coach uses activities that contribute to the skill development of a beginner		
	LTR coach ensures that all participants are active for the majority of the lesson		
	Breaks are provided for recovery and hydration		
	Coach has a "Plan B" if the lesson environment unexpectedly changes		
	Adjustments are made for reaction of LTR participants to skill progressions		
Interventions that Promote Learning	LTR coach communicates key lesson objectives		Scoring: less than 11 (NI), 11 – 14 (ME) 15+ (EE)
	LTR coach uses demonstrations and explanations that participants can see and hear		
	Feedback is positive, specific, respectful, and is communicated to individuals and the group		
	LTR coach provides feedback and instruction that identifies what and how to improve		
	Participants are given the appropriate time to practice and develop the skills being taught		
	LTR coach can identify and modify if necessary oarlock height		
	LTR coach can identify and modify if necessary foot stretcher position		

	<b>Evidence of Achievement</b>	<b>Mark</b>	<b>Comments</b>		
<b>Professional Conduct</b>	LTR coach is dressed in a manner that is appropriate for the lesson, the weather, and indicates they are the coach/leader				
	LTR coach communicates in a professional, positive and respectful manner, and acknowledges participants needs and thoughts				
	LTR coach promotes a positive image of rowing and models the image to participants				
	LTR coach identifies appropriate expectations for participant behavior and reinforces these expectations when appropriate				
	LTR coach has read and understands the NCCP Code of Ethics				
			<b>Scoring: less than 8 (NI), 8 – 10 (ME), 11+ (EE)</b>		
<b>Drives a Motor Boat</b>	LTR coach demonstrates competence in operating the motor boat – wake management				
	LTR coach demonstrates competence in operating the motor boat – steering				
	LTR coach demonstrates competence in operating the motor boat – reversing control				
	LTR coach demonstrates competence in operating the motor boat – docking				
	LTR instructor uses kill switch lanyard appropriately*				
	LTR instructor is wearing a life jacket or suitable PFD*				
			<b>Scoring: less than 10 (NI), 10-12 (ME), 12+ (EE) *NOTE: Must meet expectations</b>		
<b>Rank</b> (NI, ME, EE)	<b>Standard</b>	<b>NI = Needs Improvement</b>		<b>ME = Meets Expectations</b>	<b>EE =Exceeds Expectations</b>
	Ensures that the lesson environment is safe				
	Implements an appropriately structured and organized lesson				
	Makes interventions that promote learning				
	Models Professional Conduct				
	Drives a Motor Boat				
<b>Evaluator</b>					
<b>Signature</b>				<b>Date</b>	
<b>Surname</b>				<b>First name</b>	

## Section C: Analyze Performance Evaluation

Coach Name			CC number:							
	Surname	First Name								
Date:		Location:								

	Evidence of Achievement	Mark	Comments		
<b>Detects Skill Error</b> <b>Prescribes Corrections for the errors detected</b>	LTR coach is able to identify beginner rowing errors common in the rowing stroke.		<b>Scoring: less than 11 (needs improvement), 11-14 (meets expectations), 15-21 (exceeds expectation)</b>		
	LTR coach is able to identify underlying causes of the error				
	LTR coach is able to explain how the error relates to overall comfort, injury prevention, and boat speed and why that is important				
	LTR coach is able to identify the most critical error that through correction will best allow participants to progress				
	LTR coach makes specific corrections that identify how to improve technique				
	LTR coach uses appropriate demonstrations to model correct skill				
	LTR coach prescribes corrections that are appropriate to the participant or equipment for optimum comfort and safety.				
	<b>Standard</b>		<b>NI = Needs improvement</b>	<b>ME = Meets Expectations</b>	<b>EE=Exceeds Expectations</b>
	<b>Detects skill error and prescribes corrections for the errors detected</b>				
<b>Evaluator</b>					
Signature			Date		
Surname			First name		

	Scoring Rubric
0	Not There. No evidence is observed.
1	Little or inconsistent evidence
2	Evidence is observed consistently throughout the lesson.
3	Exceptional quality and attention to detail throughout the whole practice.