

RCA COASTAL ROWING PATHWAY

Pre-Requisites

1. Create an account and register with RCA as a coach (membership.rowingcanada.org)
2. Register in "The Locker" (thelocker.coach.ca)
3. Obtain/verify Pleasure Craft Operator Card (PCOC) and provide to your Provincial Rowing Association

ELearning Pre-Requisites

1. Complete NCCP Coach Initiation in Sport | eLearning Module
2. Complete RCA Rowing Essentials eLearning Module
3. Complete MED module <https://www.coach.ca/make-ethical-decisions-med--s16834>

YOU ARE IN TRAINING

Coach actively for six months between coach workshops #1 and #2

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RCA Coach Workshop Weekend #1

1. Athlete Development Pathway (LTD), MED/Safety Review
2. Analyze Performance - Technique
3. Analyze Performance - Rigging
4. Design a Sport Program - Categories of Intensity
5. Design a Sport Program - Functional Assessment Screen
6. Plan a Practice- Skill Acquisition and Physical Abilities
7. Support to Athletes in Training- Teaching and Learning
8. Support the Competitive Experience - Rules of Racing

RCA Coastal Coach Workshop Weekend #2

(Virtual/In Person Module Delivery)

1. Coastal Safety -Float Plan/Dynamic Risk Assessment
2. Beach Entry and Exit -Boathandling
3. Training and Race Skills
4. Rigging
5. Rules of Racing



YOU ARE TRAINED

Upload the following items to your portfolio in the Coach Education Database or email to your Provincial Rowing Association

1. RCA Coastal Coach Assignment
2. A copy of your PCOC
3. A copy of your organizations EAP/Float Plan
4. Two lesson plans

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BUILD YOUR PORTFOLIO

EVALUATION STEPS

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Must complete online evaluation via thelocker.coach.ca
Only one MED evaluation needs to be completed.

1. Make Ethical Decisions
2. Contact your Provincial Rowing Association to request an evaluation
3. Portfolio review (determines "readiness" of coach for direct observation)
4. Direct Observation
 - Dynamic Risk Practical
 - Conduct a practice on water
 - Beach Sprint Race Skills Task
 - Safety Equipment - coach and crew



YOU ARE CERTIFIED

Upon successful completion, you are NCCP certified.

ACTIVE COACH STATUS MAINTAINED

In order to maintain certification, coaches are required to earn professional development credits.