



GUIDELINES FOR COACHES

Reviewed 29-12-2016 by P.Amey

A. ALL BEGINNER/TASTER SESSIONS

- **Ensure everyone attending signs the Register**
- Check tide before booking sessions
- Book no more than 10 complete beginners to a session (to cater for boats and cover on the water)
- For groups of up to 5 beginners allocate at least one coach and one assistant with at least one deep-water rescue craft
- For groups of up to 10 beginners increase this to two coaches and an assistant with at least two deep-water rescue craft
- Allocate at least one DBS checked club member to provide bank support during each taster session and the first couple of beginner sessions
- Ensure that everyone knows that they must not get on the water until their coach or assistant is on the water
- Reiterate and check that beginners know the five key points to paddling and fully understand the following just before getting on the water:
 - Paddle direction and how to paddle (check for lefties)
 - How to stop
 - How to use the tiller for turning
 - Not to turn boats over or hold on to them when they fall in
 - How to get into a boat
 - Paddles in both hands at all times
 - Which way is left and which way is right!
- Define a clear meeting point and/or holding pattern to be maintained until the whole group is on the water
- Don't hold the boats while beginners are getting in. Make them get (fall) in and out until they get it right.
- Coaches and coaching assistants must stay on the water with their group for the entire session.



B. WATER BASED COACHING/TRAINING SESSIONS

1. Preparation

- a. *Touch base with the other coaches/session leaders*
- b. *Ensure club boats are shared between sessions week by week*
- c. *Do you need support on/off the water and if so, who is providing it?*
- d. *Ensure there is sufficient cover for your session if you are going away*
- e. *Check you can gain access to the Centre*
- f. *Check suitability of boats and crews for the session/weather/tide conditions*
- g. *Plan your coaching sessions in line with Club policies and in accordance with club development plans.*
- h. *Share the planned sessions with your students in advance of each session using the paysubsonline email system.*

2. Club Introductory Briefing

- a. *Make it clear that Children are the parents' responsibility at all times while on land*
- b. *Ensure that students understand that they must listen to and obey any instructions of the coach whilst they are on the water.*
- c. *Discuss appropriate clothing for our sport*

3. Weekly Briefing

- a. **Ensure everyone attending signs the Register**
- b. *Advise on upcoming races and who to contact*
- c. *Highlight safety items (tide, weather, rowers, power boats etc.)*
- d. *Today's session, where it will be and limitations*
- e. *Today's focus - technique/strategy*
- f. *Name groups, group leaders, coaches and session leaders*
- g. *Set the meeting point or a holding pattern*
- h. *Get a few (juniors in particular) to recite the session back to you*
- i. *Don't get on the water until a coach is on the water*
- j. *Ensure you provide a warm up session before moving the boats to the water side and*
- k. *a warm down session after every session before returning the equipment to the centre.*

4. Checks - after briefing

- a. *Safety cover - who is supporting today.*
- b. *Buoyancy aids - are they fitted properly and serviceable*
- c. *Suitability of clothing for the weather conditions*
- d. *Coaches must wear buoyancy aids during all sessions*
- e. *Are all the boats about to be used serviceable - get the students to make the checks and adjustments themselves.*



5. On the water

- a. *Maintain discipline*
- b. *Keep the whole group in sight, all together and keeping river right*
- c. *Give clear waiting points for the end of efforts and end of the session*
- d. *Ensure the group is lead by another should you have to make a rescue*
- e. *If coaching then do not race ahead unless demonstrating something. Hold back, keeping the whole group in view and use a bungee*
- f. *Focus on individuals and keep providing positive advice and support*
- g. *Five key points of good paddling technique:*
 - 1. *Upper hand stays nose height*
 - 2. *Sit up straight (balloon attached to head)*
 - 3. *Finger in the ear*
 - 4. *Heels apart (to bring knees together)*
 - 5. *Paddle in six inches in front of foot rest (promotes rotation, stretching and other aspects)*
 - 6. *Paddle out away from the boat level with hips*

6. De-Brief (on the water may be easier as everyone is still together)

- a. *Today's focus*
- b. *What's going on next week*
- c. *Reminder of races and other events*
- d. *Remind paddlers to put all club equipment away*



Current Coaches are:	Qualification
Junior beginners 9.00am Steve Willis Peter Gorst	Level 1, First Aider Level 1, First Aider
Adult Beginners 9.00am Phil Amey Richard Hewitt Geoff Close	Level 1, First Aider Level 1, First Aider First Aider
Practising Race Techniques 9.00am Damon Grimsey	Level 1, First Aider
Progressing Adults 9.00am James Hives	Level 2, First Aider
Developing Race Pace and Techniques Adults and Juniors - 10.30am Steve Rance (Head Coaching Officer) Damon Grimsey	Level 2, First Aider Level 1, First Aider
Fast Training Group 10.30am Steve Willis	Level 1, First Aider
Faster Juniors 10.30am Jan Rance (Welfare Officer) and (Junior Coaching Officer) Peter Gorst	Level 2, First Aider Level 1, First Aider
DW Race Techniques and Training Group 9.30am to 11.00am Fred Taylor Phil Pearse	Race coach (Level 2), 4 Star, sea proficiency, power boat, First Aider Level 1
Starter courses -12.00 mid-day (when operating) Phil Amey Richard Hewitt Geoff Close Jan Rance (Welfare Officer) and (Junior Coaching Officer) Peter Gorst Steve Rance (Head Coaching Officer)	Level 1, First Aider Level 1, First Aider First Aider Level 2, First Aider Level 1, First Aider Level 2, First Aider



With assistance from:

Richard Elliott

Richard Gilbert-Johns

Neil McLeod

Joanne McLeod

Adam Egeland

Level 2, First Aider

Level 2, First Aider

Session Leader

Session Leader

Level 1, First Aider