



AusDBF Level 1 - Coaching Course

Pre Course requirements:

Current Senior First Aid Certificate and CPR

Current Child Protection Clearance - Working with Children/ Blue card

Current Certificate Beginning Coaching principles ASC

Course Content Overview:

This course is convened over 2 consecutive days (weekends) and is designed to provide new and existing coaches with the tools to effectively train club teams for general training and regatta preparation. There is a good mix of class room activities (workshop format) plus water sessions and land based drills. Come prepared to paddle, perform warm up – cool down exercises and be subject to video filming and review.

Topics included in the course (but not limited to)

Reasons to become a coach

Coaching values and ethics

Communicating effectively – teaching skills

Legal requirements of the coach

Risk management assessments

Working with children and special needs groups

Safety practices and first aid

Preparing session plans

Delivering session plan – practical on water sessions and video review of group

Boat loading and trim – practical session, create crew list and seating plan

Design and conduct warm up and cool down exercises – practical session

Post Course Requirements:

Provide the following to your presenter/assessor within 90 days from course completion.

1 x Personal Development Plan

1 x Risk Management Plan

10 x Session Plans you have conducted – signed off by club coach or president

3 x Self Evaluation Questionnaires

3 x Assessment Reports completed by qualified Level 1 or Level 2 , senior coach.

Contact your State Association for details on the next Level 1 Coaching Course to be held in your area.