

# ROWING CANADA AVIRON LEARN TO ROW PATHWAY

## PRE-REQUISITES

- CREATE AN ACCOUNT & REGISTER WITH RCA AS A COACH ([membership.rowingcanada.org](http://membership.rowingcanada.org))
- REGISTER IN "THE LOCKER" ([www.thelocker.coach.ca](http://www.thelocker.coach.ca))
- OBTAIN/VERIFY PLEASURE CRAFT OPERATOR CARD AND PROVIDE A COPY TO YOUR PROVINCIAL ROWING ASSOCIATION

## COMPLETE LEARN TO ROW WORKSHOP

1

1. ROWING CANADA AVIRON AND THE NEW NCCP
2. ROLES AND RESPONSIBILITIES
3. ANALYZE PERFORMANCE - THE ROWING STROKE
4. SAFETY, RISK MANAGEMENT, AND THE EMERGENCY ACTION PLAN (NCCP EQUIVALENT FOR 'MAKING ETHICAL DECISIONS')
5. PLAN A LEARN TO ROW LESSON (NCCP EQUIVALENT FOR 'PLANNING A PRACTICE')
6. TEACH A LEARN TO ROW LESSON
7. TEACHING AND LEARNING
8. ADAPTIVE ROWING
9. MODIFYING THE LEARN TO ROW PROGRAM TO MEET MY CLUB NEEDS
10. RIGGING

YOU ARE TRAINED

## BUILD YOUR PORTFOLIO

2

UPLOAD THE FOLLOWING ITEMS TO YOUR PORTFOLIO OR EMAIL TO YOUR PROVINCIAL ROWING ASSOCIATION

1. ENSURE A COPY OF YOUR PLEASURE CRAFT OPERATOR CARD IS IN YOUR PORTFOLIO
2. EMERGENCY ACTION PLAN
3. SUBMIT A LEARN TO ROW LESSON PLAN

## EVALUATION STEPS

3

MUST COMPLETE ONLINE EVALUATION VIA [www.thelocker.coach.ca](http://www.thelocker.coach.ca)

1. MAKE ETHICAL DECISIONS - INSTRUCTOR BEGINNER CONTEXT (ONLINE EVALUATION)
2. CONTACT YOUR PROVINCIAL ROWING ASSOCIATION TO REQUEST AN EVALUATION
3. PORTFOLIO REVIEW (DETERMINES "READINESS" OF COACH FOR DIRECT OBSERVATION)
4. DIRECT OBSERVATION  
ANALYZE PERFORMANCE IN TRAINING ON WATER  
OR BY REMOTE VIDEO OBSERVATION

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.