

# HOW TO BECOME A QUALIFIED OUTRIGGER COACH

1. Obtain your Beginning Coaching General Principles certificate.

In Queensland the Department of Communities (Sport and Recreation Services) offer this course, face to face, at various times. Go to

<http://www.sportrec.qld.gov.au/EventCalendar.aspx> to check when a course is on. The course can be completed online at <https://learning.ausport.gov.au/jportal/Home/tabid/106/Default.aspx>

2. Obtain your 'Play by the Rules' certificate by completing the online training provided by the 'Play by the Rules' website. This training is about discrimination, harassment and child protection.

<http://www.playbytherules.net.au/online-learning>

Once you have entered a username and password go to the 'Discrimination and Harassment - Coaching' link.

3. Make sure you have a current First Aid certificate and a current CPR certificate.

4. Obtain a Police Check/Blue Card or whatever the requirement is in your State to allow you to work with children.

5. Attend the Level One Outrigger Specific Coaching Course~

Contact your Zone Coaching Co-ordinator to find out when the next course is on and/or express your interest in attending a course. <http://aocra.com.au/index.php?page=coaching>

6. After the course: complete a Coaching Diary (12 weeks or 24 sessions)

Use the format suggested/provided at the coaching course to ensure all the necessary elements are in your plans/diary

7. After the course: have your Mentor Coach observe you for two sessions and be signed off as Competent.

Details on selecting your Mentor Coach and getting signed off are provided at the Level One Outrigger Specific Coaching Course.

8. Within **6 months** of completing the Level One Outrigger Specific Course submit to your Zone Coaching Co-ordinator (or the National Coaching Co-ordinator should your Zone not have a Co-ordinator) all necessary paperwork and payment. You need to submit:

- the application form (Application for Registration as an Australian Coaching Coach); in section 4 of the Form include your Zones' Coaching Co-ordinators details
  
- a cheque/money order made payable to Australian Canoeing or complete the credit card details form (*available on the Coaching page of the AOCRA website*), \$46.50 (\$44 plus \$2.50 postage and handling)
  
- a copy of your Coaching Diary
  
- a copy of the paperwork completed by your Mentor Coach
  
- submit an outline of your outrigger coaching experience including the 12 weeks completed as part of this application. (You simply have to mention how long you have been coaching and in what capacity not an outline of each session)
  
- submit an outline of any additional coaching experience in other sports
  
- a copy of your current First Aid Certificate
  
- a copy of your current CPR Certificate
  
- a copy of your Beginning Coaching General Principles certificate
  
- a copy of your 'Play by the Rules' certificate

**It is strongly advised that you keep a copy of all parts of your application.**

**Once you have submitted all of the necessary items to your Zone or National Coaching Co-ordinator**

**your application will be assessed as acceptable or not.**

**When the application is acceptable it will be forwarded onto Australian Canoeing to issue the certificate.**

*(It may take up to 4 weeks for Australian Canoeing to issue the certificate).*

**The certificate is valid for 4 years as long as you have a current First Aid certificate and a current CPR certificate and**

**provided you remain a registered paddler with AOCRA.**

**Should your AOCRA registration lapse for more than 4 weeks your Coaching status will not be recognised by AOCRA.**

### **~ PREREQUISITES OF ATTENDING THE LEVEL ONE OUTRIGGER SPECIFIC COACHING COURSE<:**

- minimum 18 years of age
- **minimum 3 years paddling experience**
- successfully completed Beginning Coaching General Principles Certificate (this can be completed online at <https://learning.ausport.gov.au/jPortal/default.aspx>)
- obtaining your 'Play by the Rules' certificate by completing the online training provided by the 'Play by the Rules' website. This training is about discrimination, harassment and child protection. <http://www.playbytherules.net.au/online-learning>. Once you have entered a username and password go to the 'Discrimination and Harassment – Coaching' link
- current First Aid and CPR certificates
- it is also expected that participants have a fairly good knowledge of all aspects of outrigger canoe safety and outrigger paddling and be able to apply simple outrigger paddling skills on flat water

< This course is designed to make you a **safe beginning coach**. Some of the topics covered in the course include: rigging, general safety, risk assessments, the paddling stroke, paddling drills, stroke analysis and correction, novices, program writing.

**NOTE: Only the following will be considered to RPL the Beginning Coaching General Principles Certificate:**

- **Human Movements degree**
- **Any other PE teaching degree**
- **Any current Level 1 (or higher) sports specific coaching accreditation.**