

## HOW TO BECOME A QUALIFIED OUTRIGGER COACH

- 1.** Attend the Level One Outrigger Specific Coaching Course~ (incl the practical assessment)
- 2.** After the course: complete a coaching diary (12 weeks or 24 sessions)
- 3.** Make sure your First Aid and CPR certificates are current
- 4.** Submit an outline of your outrigger paddling experience
- 5.** Submit an outline of your outrigger coaching experience (if any)
- 6.** Submit an outline of your additional coaching experience (if any)
- 7.** Complete the Application Form; in section 4 of the Form include your Zones' Coaching Co-ordinators details
- 8.** Organise a cheque made payable to Australian Canoeing, \$46.50 (\$44 plus \$2.50 postage and handling)
- 9.** Send your Form, Certificates, Diary and outlines along with the cheque to your Zone Coaching Co-ordinator who will sign off the necessary sections and then send your application onto Australian Canoeing\*

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

- minimum 18 years of age
- minimum 3 years paddling experience
- current First Aid and CPR certificates
- successfully completed Level One General Principles Certificate (this can be completed online at <https://learning.ausport.gov.au/jPortal/default.aspx>)
- 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

\* It may take up to 8 weeks for Australian Canoeing to process your application. It is Australian Canoeing who issue you with your certificate. The certificate is valid for **4 years** as long as you have a current First Aid certificate and a current CPR certificate. It is strongly advised that you keep a copy of all parts of your application.

< 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 General Principles Certificate:**

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

**AUSTRALIAN CANOEING  
CAN NOT (AND WILL NOT) PROCESS  
ANY APPLICATION THAT DOES NOT  
CONTAIN A GENERAL PRINCIPLES CERTIFICATE,  
OR ONE OF THE ITEMS FROM THE LIST ABOVE.**