

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). *Have your **mentor** verify your coaching log.*
3. After the course: have your **mentor** complete two observations of you delivering a coaching session. The mentor will complete a verification page.
4. Make sure your First Aid and CPR certificates are current
5. Submit an outline of your outrigger paddling experience
6. Submit an outline of your outrigger coaching experience (if any)
7. Submit an outline of your additional coaching experience (if any)
8. Complete the Application Form; in section 4 of the Form include your Zones' Coaching Co-ordinators details
9. Organise a cheque made payable to Australian Canoeing, \$44.00
10. 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*

Mentoring System

1. At each course a list of mentors will be displayed. It is the responsibility of the trainee coach to approach one of these individuals and work with them towards their accreditation.
2. Mentors will be available to provide assistance and advice for the delivery of training sessions and plans.
3. Trainee Coaches will advise the Course Presenters of the name of their mentor within 4 weeks of completion of the course.
4. Mentors will need to complete the verification form (to be submitted with trainee coach's application).

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

- minimum 16 years of age
- minimum 3 years paddling experience
- current First Aid and CPR certificates
- successfully completed Beginning Coaching 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.**