

## NGB Support Guidance for the Community Sports Coach Scheme

<b>Sport</b>	Rowing
<b>NGB deployment focus for the Community Sports Coaches linked to the NGB player pathway, relevant development initiatives and reflecting the scheme deployment parameters as detailed in the guidance notes</b>	<p>10 – 13 yr olds taking part in multi-activity, “Health and Fitness” sessions at school site(s) based around the use of indoor rowing machines. Also included are team games, individual activity, balance &amp; co-ordination exercises, flexibility plus basic sports science. The sessions should include water safety. IT / Maths are integrated using electronic “e-rowing.” Sessions should use ARA / scUK “Dry Start” teaching methodology / resources.</p> <p>11 – 16 yr olds taking part in rowing specific sessions developing rowing technique at club site. Sessions should use ARA / scUK “Wet Start” teaching methodology / resources. Sessions, where possible should be integrated into local Youth Games. Sessions should include the principles of other water sports inc Canoeing and Sailing.</p> <p>The ARA junior development model should be followed. ( See <a href="http://www.ara-rowing.org">www.ara-rowing.org</a> )</p> <p>Successful implementation should result in more sessions of a higher quality, with more young people consistently involved. There should be a corresponding increase in the number of volunteers actively coaching in clubs and schools, with club junior AND senior membership increasing over time, linked to other development work.</p> <p><b><u>Club - School Links</u></b></p> <p>The work of Community Sports Coaches should aim to add value to work being carried out in linking <u>clubs with schools</u> via the ARA Go-Row Programme, primarily but not exclusively being driven by clubs and LEA schools involved in Project Oarsome. Coaches should complement the work of School Sport Co-ordinators who are linking <u>schools with clubs</u>.</p> <p>All clubs involved must be Clubmark and possess an ARA agreed Development Plan integrating Coaching, Volunteering, Facilities and long term club-school links. Schools should have an ARA agreed written contract with the club(s) to ensure the long term development of school to club links.</p> <p>The school should also provide training to staff in relation to Indoor Rowing through the ARA Dry Instructors Award. Secondary schools benefiting should agree to promote the junior Rowing Leaders Award.</p>
<b>Minimum NGB coaching qualification for employed coaches</b>	<p>ARA Level 2 Instructors Award</p> <p>It is recommended that completion of the Level 3 Bronze Award, RYA Level 2 Motorboat Handling qualification and a BAWLA course as agreed with the ARA are worked towards through the managed continuous professional development programme for coaches.</p>

<p><b>NGB Priority Partnership areas</b></p>	<p><b>National Strategic Priorities</b> – Counties where there are at least 3 clubs involved with 2 LEA schools each (on average ). The clubs are all accredited under Sport England schemes.</p> <p><b>County Partnership Town or Area</b></p> <ul style="list-style-type: none"> <li>• Berkshire Slough, Maidenhead, Reading</li> <li>• Cambridgeshire Grafham Water, Cambridge, Peterborough City, St Neots</li> <li>• Cheshire Runcorn, Northwich, Chester</li> <li>• Cornwall Fowey, Penzance, Dartmoor, Cornish Pilot Gig Association</li> <li>• Devon Bideford, Totnes, Dartmouth</li> <li>• Kent Maidstone, Dover</li> <li>• London Docklands, Kingston, Lea</li> <li>• Oxfordshire Oxford, Henley</li> <li>• Surrey Molesey, Walton, Weybridge</li> <li>• Worcestershire Evesham, Bewdley, Worcester</li> </ul> <p><b>Local Strategic Priorities</b> – Towns where there is significant junior activity. The clubs are all accredited under Sport England schemes. The clubs are located in or near areas of IMD deprivation.</p> <p><b>County Partnership Town or Area</b></p> <ul style="list-style-type: none"> <li>• Cambridgeshire Peterborough &amp; St Neots Location of local training centre</li> <li>• South Yorkshire Doncaster Equity Priority</li> <li>• Nottinghamshire Nottingham Location of National Watersports Centre</li> <li>• Hampshire &amp; IoW Southampton ( inc IoW ) Equity Priority ( SRB area )</li> <li>• Staffordshire Burton on Trent Equity Priority ( SRB area )</li> <li>• Bedfordshire Bedford Equity Priority ( SRB area )</li> <li>• London North &amp; East London Equity Priority</li> <li>• Merseyside Liverpool ( Wallasey ) Equity Priority ( SRB area )</li> <li>• Kent Dover Equity Priority ( SRB area )</li> </ul>
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