

## FAQs



### Why has the British Rowing Coaching Assistant training been developed?

British Rowing recognises the huge amount of time and effort coaches put into their roles the length and breadth of the country. We also recognise that committing to becoming a qualified coach with limited experience can feel quite daunting. The Coaching Assistant training has been developed to both ease the load for coaches, and to give a first step into coaching for those who may be interested in pursuing it further. It is also here to help those who simply want to get more involved in helping at their club.

### Is the workshop a qualification?

The Coaching Assistant training is not a coaching qualification, but is the first step to learning about coaching and supporting coaches within a club environment. It does not qualify the person attending to lead coaching sessions. Those who have undertaken the training will receive a certificate of attendance.

### What will the Coaching Assistant be able to do?

The training a Coaching Assistant receives gives them the knowledge to be able to support the lead coach under direct supervision. They will be an extra pair of ears and eyes on the bank to support both the coach and rowers. This can range from anything from being the person to welcome everyone when they arrive, to carrying out safety checks on boats, getting crews afloat, or even running the warm up or cool down.

### Is there anything the Coaching Assistant cannot do?

They are not trained to lead a water session, and do not hold a recognised coaching qualification. The Coaching Assistant should not be working independently from the lead coach.

### Does the Coaching Assistant need a DBS check and insurance?

It is a requirement for all volunteers to have an in date enhanced DBS check if working with any U18s and adults at risk in regulated activity - some clubs have projects where they are sharing facilities or running engagement programmes with children, and therefore a DBS check is a requirement if you are involved in any activities with them. For any coaching activity, adequate insurance is needed. Coaching Assistants should either have a current British Rowing membership which includes this or liability insurance through the club. This is not provided as a result of attending this training.

### Does the Coaching Assistant Workshop help towards becoming a qualified coach?

Coaching Assistants are very important people that can make a difference in the sport. This might be the start of their coaching journey, but they can get recognised prior learning from the workshop should they decide they would like to continue onto become a Level 2 Session Coach or Club Coach. The pre-learning that they do (Safety Basics, Capsize and Cold Water and Hypothermia) are also part of the coaching pathway and are requirements for a coaching qualification in the future.

### Is there any additional support that the Coaching Assistant will need after their training?

Every coach needs support as they continue to develop, and the Coaching Assistant will need a great coach, or even a team of coaches to continue to learn about the sport and how best to support club activity. Try to give them as many opportunities as possible to ask questions and learn more. If you can, take them in the launch with you, or on a bike up the bank. The more they see and hear, the more they will learn! British Rowing has a suite of helpful resources online which can be accessed through

[RowHow](#).