



EXPERIENCE ROWING
Something Oarsome for everyone

PRINCIPAL PARTNER

HANCOCK
PROSPECTING

MAJOR PARTNER



Coach Re-Accreditation Form

Title: _____ Name: _____

Address: _____ Suburb: _____

State: _____ Post Code: _____ Date of Birth: _____

Telephone: (w) _____ (m) _____

Club/School: _____ Email: _____

ROWING COACHING ACTIVITIES over last 4 years (or attach Log Book for verification)

<u>Practical experience</u>	Date	Verification

<u>Personal development</u>	Date	Verification

NOTE:

- Please return this form, along with a signed Code of Ethics Agreement Form to **coaching@rowingaustralia.com.au** or **Rowing Australia: Coach Education, PO Box 7147, Yarralumla ACT 2600, or fax 02 6281 3910**
- Payment of \$40.00 (for 4 years) must be made for accreditation to be processed.

PREFERRED METHOD OF PAYMENT:

CASH PAYMENT CHEQUE VISA MASTERCARD \$40.00

CARD No _____

EXPIRY DATE:/..... **CVV:**

CARDHOLDER NAME:

Coach Re-Accreditation Point Allocations

PRACTICAL COACHING		Rowing Coach LEVEL			
Specific Tasks	Learn to Row Coach (Level 1)	Level 2 Coach	Level 3 Coach	Level 4 Coach	
- coach crew to compete in any regatta	5	NA	NA	NA	
- coach crew to Head of River	5	5	5	NA	
- coach crew to compete at State Championships	5	5	5	5	
- coach crew to compete at National Championships	10	10	10	10	
- coach crew to compete at International Regatta	NA	NA	15	15	
- coach an athlete 12 months prior to that athlete's inclusion in any of the following teams/squads:					
State (junior, youth, senior)	5	5	5	5	
National (junior, U23, senior)	10	10	10	10	
- participate in an approved rowing specific seminar	5	5	5	5	
- participate in a state/national coaches conference	10	10	10	10	
- Supervisor for Learn to Row Coach Practical hours	5	5	5	5	
- Supervisor for Club/School Coach Practical hours	NA	5	5	5	
- Supervisor for Performance Coach Practical hours	NA	NA	10	10	
- Supervisor for High Performance Coach Practical hours	NA	NA	NA	10	
- work with a coach mentor	5	10	10	15	
- attend development camps	NA	5	5	5	
Club/school	NA	5	5	5	
State level	NA	10	10	10	
National level	NA	NA	10	10	
International level	10	10	10	10	
- evaluation session by an RA approved, qualified assessor (review "on water" coaching or training programme)	5	5	5	5	
- coach a minimum of 100 hours per year	10	10	10	10	
Subtotal point for last four years.....					
Practical Coaching Points required	10	20	30	40	
PERSONAL DEVELOPMENT		Rowing Coach LEVEL			
	1	2	3	4	
- lecture/workshops approved by state association or RA attend	5	5	5	5	
present	10	10	15	15	
- prepare paper for RA website or other publications	5	5	10	10	
- attend officiating course	5	10	10	NA	
- self-evaluation of coaching via video analysis – signed by an accredited coach as mentor	10	10	10	10	
- present or lecture at:					
Level 1 course/update seminar	5	5	5	5	
Level 2 course/update seminar	NA	10	10	10	
Level 3 workshop	NA	NA	10	10	
Non Specific Tasks					
- Aust Sports Medicine Federation courses					
Awareness	5	5	5	5	
Sports Trainer Level 1	10	10	10	10	
Sports Trainer Level 2	NA	NA	15	15	
- Aust Strength & Conditioning Association courses					
Level 1	10	10	10	NA	
Level 2	15	15	15	15	
- Approved Basic First Aid course	5	5	5	5	
- Approved Senior first aid course	10	10	10	10	
- Approved Tertiary Course	10	10	10	10	
- Approved Non-tertiary course	5	5	5	5	
Subtotal point for last four years.....					
Personal Development Points required	10	20	30	40	



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Coach's Code of Ethics Agreement Form

for registration or re-registration to the
National Rowing Coaching Accreditation Scheme (NRCAS)

Please return this form to: **coaching@rowingaustralia.com.au** or **Rowing Australia: Coach Education, PO Box 7147, Yarralumla ACT 2600** or fax 02 6281 3910

I, _____ of _____
Full Name Address

_____ Telephone contact
Address cont.

am seeking accreditation / re-accreditation (please circle) for the following Rowing Australia qualification:

Level: _____

I agree to the following Coaching Accreditation Agreement terms:

I agree and acknowledge that:

1. I have read, understand and agree to be bound by and comply with the [Rowing Australia Policies](#), including but not limited to the [National Integrity Framework](#) and [Anti-Doping Policy](#), and the [Coach's Code of Ethics](#).
2. Failure to comply with these policies may result in disciplinary action, including but not limited to de-registration from the National Rowing Coaching Accreditation Scheme.
3. Rowing Australia may also take provisional action pending a criminal, disciplinary or regulatory investigation or proceeding including, for example, temporary suspension of coaching accreditation, in accordance with the [National Integrity Framework](#).

Please refer to the *Harassment-free Sport Guidelines* available from Sport Australia if you require more information on harassment issues.

Signature: _____

Date: ____/____/____

The Coach's Code of Ethics must appear on the other side of the Coach's Code of Ethics Agreement Form.

Coach's code of ethics

<p>1. Respect the rights, dignity and worth of every human being.</p>	<ul style="list-style-type: none"> • Within the context of the activity, treat everyone equally regardless of sex, disability, ethnic origin or religion.
<p>2. Ensure the athlete's time spent with you is a positive experience.</p>	<ul style="list-style-type: none"> • All athletes are deserving of equal attention and opportunities.
<p>3. Treat each athlete as an individual.</p>	<ul style="list-style-type: none"> • Respect the talent, developmental stage and goals of each individual athlete. • Help each athlete reach their full potential.
<p>4. Be fair, considerate and honest with athletes.</p>	
<p>5. Be professional and accept responsibility for your actions.</p>	<ul style="list-style-type: none"> • Language, manner, punctuality, preparation and presentation should display high standards. • Display control, respect, dignity and professionalism to all involved with the sport - this includes opponents, coaches, officials, administrators, the media, parents and spectators. • Encourage your athletes to demonstrate the same qualities.
<p>6. Make a commitment to providing a quality service to your athletes.</p>	<ul style="list-style-type: none"> • Maintain or improve your current NRCAS accreditation. • Seek continual improvement through performance appraisal and ongoing coach education. • Provide a training program which is planned and sequential. • Maintain appropriate records.
<p>7. Operate within the rules and spirit of your sport.</p>	<ul style="list-style-type: none"> • The guidelines of national and international bodies governing your sport should be followed. Please contact your sport for a copy of its rule book, constitution, by-laws, relevant policies, e.g. Anti-doping Policy, selection procedures etc. • Coaches should educate their athletes on drugs in sport issues in consultation with Sport Integrity Australia (SIA).
<p>8. Any physical contact with athletes should be:</p> <ul style="list-style-type: none"> • appropriate to the situation. • necessary for the athlete's skill development 	
<p>9. Refrain from any form of personal abuse towards your athletes.</p>	<ul style="list-style-type: none"> • This includes verbal, physical and emotional abuse. • Be alert to any forms of abuse directed towards your athletes from other sources whilst they are in your care.
<p>10. Refrain from any form of harassment towards your athletes.</p>	<ul style="list-style-type: none"> • This includes sexual and racial harassment, racial vilification and harassment on the grounds of disability. • You should not only refrain from initiating a relationship with an athlete but should also discourage any attempt by an athlete to initiate a sexual relationship with you, explaining the ethical basis of your refusal.

<p>11. Provide a safe environment for training and competition.</p>	<ul style="list-style-type: none"> • Ensure equipment and facilities meet safety standards. • Equipment, rules, training and the environment need to be appropriate for the age and ability of the athletes.
<p>12. Show concern and caution towards sick and injured athletes.</p>	<ul style="list-style-type: none"> • Provide a modified training program where appropriate. • Allow further participation in training and competition only when appropriate. • Encourage athletes to seek medical advice when required. • Maintain the same interest and support towards sick and injured athletes.
<p>13. Be a positive role model for your sport and athletes.</p>	