

Northern Rowing Council

Coach Education Report -February 3.02.20

Regional Courses

- UKCC Level 3 has run at Durham University with 3 attendees from the region.
- UKCC Level 2 has run at Tyne Amateur Rowing Club with 11 attendees from the region.
- UKCC Level 2 S+C has run at Newcastle University with 7 attendees from the region.
- Women's Training Days continue to run with next two dates in March and June.
- High Performance Parenting Workshop Scheduled to run
- UKAD Clean Sport – Dates to follow once venue has been confirmed

Staff

- Ray Dominy will join the coach education team as a tutor once her training is complete.

Diploma in Sporting Excellence

- Diploma continues to run with all participants meeting the deadlines and completing work to a high standard.
- Applications will open for the next cohort in the summer for September 2020 enrolment.

National

- **Coaching Awards** Nominations close on **16th February**.
<https://www.britishrowing.org/events/british-rowing-awards/categories/>
- **Update from Gary Harris** - During the past year, the main focus has been on improving the delivery of courses. Perse has been looking at the Level 3 content and there is an opportunity to review other courses. There is a new Strength and Conditioning Course which has been piloted once. It is similar to the previous one but does not have a written exam. Gary spends a lot of time dealing with requests for special requirements. These are mainly requesting extensions; reasons range from material being lost in the post to medical or family problems. Virtually all are granted. There will be some changes to the qualifications framework in April. These are not expected to be major and there will be continuity of the current courses. 1st4 Sport have had funding cuts and a lot of changes in their organisation. It is becoming part of Coachwise (the trading arm of UK Coaching) again. 1st4Sport own the qualifications but British Rowing owns the content. The qualifications are reviewed every few years but we can revise the content at any time.
- **FISA Conference** The recent conference had a session on Welfare and Duty of Care. They have appointed a Lead Safeguarding Officer. Minority groups in rowing, elite, para, LGBT, are most at risk. Most abusers are volunteers

involved in a number of sports. They are also worried about historic abuse cases. There was also a session on retaining rowers in the sport. Tracy presented on Culture in Clubs. There is a need to get a balance between competitive and recreational rowing and to find a way to keep those who have attended L2R courses. Many clubs have a culture that is too competitive and this does not attract recreational rowers.

- **Junior Conference** Most of the attendees were from clubs rather than schools. A full list of workshops can be found at:

<https://www.britishrowing.org/wp-content/uploads/2019/09/British-Rowing-Junior-Coaches-Conference-Presentation-and-workshop-info-v.2.pdf>

Workshops included:

The training environment and their effects on programmes - Mark Wilkinson of the Windsor Boys School described how the school had managed to develop successful rowing despite many practical issues.

Mental Health: Managing the stress bucket - This included the problems experienced by lone coaches and the need to create networks to provide support.

Challenging the Status Quo - Rachel and Perse presented their Level 4 research which aims to push the boundaries and improve current practice in rowing coaching.

Making the Coach/Parent/Athlete triangle work for everyone - Eira Parry of HP Parenting (<https://hpparenting.co.uk/>) provided tips on avoiding unnecessary conflict with parents and facilitating the athlete to reach their potential.

Volunteer Strategy The first phase of the project, the survey, has closed and Marieke and Annie are completing a series of interviews with a cross section of volunteers. There was a good response to the survey and initial findings are due to be published by the end of the year.

Initial results show that:

- the majority of volunteers are over 45
- 30% of volunteers are retired
- 94.2% are very or fairly satisfied with their volunteering ins rowing experience

Volunteers would like recognition from participants and club committee members most.