



the tony blair sports foundation

Level 2 Certificate in Coaching Rowing

Who should go on this course?

The course is aimed at beginner coaches, focusing primarily on **how to coach** as well as the rowing specific knowledge of what to coach. Applicants must be 16 years or above and have some previous experience of rowing.

How many days will it take?

The Level 2 course consists of 36 hours of face-to-face tutoring and internal assessments. Following the course candidates will carry out 6 weeks of mentored coaching practice in their own club, followed by an assessment. Candidates are also asked to do some pre-course reading and self-analysis.

What will I learn?

The course is based around development in the following areas;

- Safe and Professional Behaviour
- Communication
- Planning and Reviewing
- Sequential Activity

What will I be able to do?

A Level 2 Certificate Holder is qualified to prepare for, deliver and review coaching sessions.

How much will it cost?

£175 per person*

*This fee is 50% of the usual course fee of £350 per person

NB In order to take the UKCC Level 2, Candidates must also be, or become, a British Rowing member and are required to register with ROWHOW (£10) to access course resources. Please note that everyone coaching rowing needs to ensure that they have appropriate third party liability insurance. If you are a current registered individual member of British Rowing third party liability insurance is included as a benefit of membership but you should check the wording on the British Rowing website to ensure your circumstances are covered.

