

## FAQ'S (FREQUENTLY ASKED QUESTIONS)

### What qualifications will help me run Learn 2 Row sessions?

- Formal Coach Education (Session Coach Course)
- Informal Coach Education – Cold Water Immersion and Hypothermia
- Informal Coach Education – Risk Assessment Basics
- PVG/Safeguarding
- Scottish Rowing Coaching Blueprint

### What do coaches need to know?

- Rowing terminology (See: L2R Rowing Terminology Index)
- Club safety policy, rules of the waterway etc.
- Club 'Learn 2 Row' course aim – getting rowers ready for squads, providing fun experience, generating revenue, etc.
- Dates, times, numbers of participants and helpers/coaches available for each session
- Coaching rota
- Knowledge on the type of rowing being offered – sculling, sweep, crew boats etc.
- Safety equipment required (launch, bike, megaphone, capsized recovery tools etc.)
- Coaching delivery method – within the boat, with experienced rowers in boat, from the bank, from a launch etc.
- Emergency action plan including emergency contact details of participants and who to contact from club and/or emergency services.
- Facility and equipment access – the boats and oars available to use (See: L2R Equipment Inventory), toilets and changing room locations, fire escape plan etc.
- Awareness and understanding of basic session planning e.g., session 1 = how to lift the boat, get in and out and basic terminology (See: Checklist of Competencies)
- How to make the course enjoyable for participants – through competitions, etc.
- All coaches (on 'Learn 2 Row' or those taking the rowers into squads after course) aware of overall club aim e.g., technical goals, squad culture, club values etc.
- How to avoid volunteer burn out

Contact Workforce Development Manager, Andy Barton at [andy.barton@scottish-rowing.org.uk](mailto:andy.barton@scottish-rowing.org.uk) for more information on formal coach education and the Scottish Rowing 'Coaching Blueprint'.

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