



Western Cape Rowing Association of Coaches

ROWING COACHES ACCREDITATION SCHEME

COURSE INFORMATION AND APPLICATION DOCUMENTATION



Western Cape Rowing Association of Coaches

*“PROVIDING PROFESSIONAL DEVELOPMENT AND
TRAINING OF ROWING COACHES IN THE WESTERN CAPE”*

The **Western Cape Rowing Association of Coaches** (WCRAC) was recently established as the provincial coordinator of rowing coaching activities in the Western Cape. Apart from coordinating the **RowSA National Coaching Accreditation Scheme**, the association aims to **improve the sport of rowing** in the Western Cape through the improvement of coaching competency. WCRAC will coordinate **forums and lectures** that draw from expertise from inside and outside the Western Cape and will be a collective voice for coaches to relevant bodies. WCRAC intends to make it as easy as possible for member coaches to grow in their personal skills, qualify and create a forum of like minded individuals who can exchange coaching ideas and methods.

Membership to WCRAC is achieved through completion and subsequent approval of the **membership application form** and the payment of an annual subscription membership fee. Membership will ensure involvement in the RowSA Education Programme.

It is the intention that the Western Cape will lead the way in having accredited coaches on our waters.

WCRAC and RowSA will be coordinating coaching courses for the Western Cape. Please note that the completion of the First Aid Course is a compulsory component to becoming a RowSA accredited coach.

THE RowSA ROWING EDUCATION UNIT - PROGRAMMES

RowSA has adopted an educational plan for the development of people wishing to focus on specific areas of specialisation within the RowSA family. Accordingly the RowSA Education Unit having obtained its guidance from the Department of Education; SAQA and the Sport Sector Education and Training Authority (SETA) – known as 'THETA' is coordinating a series of programmes through which RowSA will continue with its official accreditation programmes for:

- ❖ Rowing Administrators
- ❖ Coaching assistants
- ❖ Coaches, and
- ❖ Rowing officials

The structure of these well researched programmes follow International Standards and conform with similar programmes and material on offer by F I S A; Rowing Australia, Rowing Canada and The British ARA. Simultaneously people – (Particularly coaches) - are to be encouraged towards a

career in Sport Science – and will in future be able to draw from a variety of educational options which are to operate from the National Qualification Framework (NQF) of the Certificate level through to the Degree level. This will enable people to develop careers and a career path through the sport of Rowing.

ENTRY LEVEL PROGRAMMES and RowSA ACCREDITATION

Persons who are able to establish an **“RECORD of PRIOR LEARNING” – (R P L)** will be immediately eligible to apply for accreditation for the appropriate discipline/s which have been mentioned.

- ❖ It should be noted that all candidates for accreditation will continue to be assessed by a Theta approved assessor for a full twelve months post their application for accreditation.

All RowSA programmes of further education will in the first place require **newcomers - youths or adults** who wish to enter our sport in an “officials capacity” i.e. Coaches Assistant; Coach: Rowing Official or Administrator to conform to the following:

- ❖ Have acquired the age of 18 Years– and
- ❖ *People who have had **more than four years of continuous service** in one or more of three Rowing Official disciplines and who are able to substantiate their educational outcomes (i.e. Diploma or Degree in Physical Science or a similar record / TROA accreditation /FISA accreditation)*
- ❖ Who are either current and potential club leaders, coaches, officials and or administrators **with at least four years of continuous active service** in one or more of three disciplines which have been mentioned and

❖ **Will be required to undergo a six hour theoretical and practical assessment to establish an appropriate “RECORD of PRIOR LEARNING” – (R P L).**

- ❖ **For those people who are unable to provide an RPL and or who have had less than four years of continuous service – a second entry level programme exists through the RowSA entry level programme entitled “SO, THIS IS ROWING!” AN INTRODUCTION -** which is a sixteen hour course run over one and half day’s

These first two steps are foundational to all further steps of the RowSA education programme and we want to encourage all current and future rowing officials to attend one of the regionally based courses which have been planned to run and will be notified on the website

Thirdly for persons who have completed the aforementioned entry level course/s
the pathway is then open course to proceed to:

“The RowSA - LEVEL ONE COACHES COURSE”

(A twenty-four hour course run over two and half day’s)

A series of workshops will continue to be delivered through out South Africa by competent RowSA personnel who will share their collective experience in presenting material which will be used for the purpose of embedding knowledge through:

- ✚ Participation
- ✚ Demonstration
- ✚ Discussion with all participants

❖ **PLEASE NOTE THAT THE COURSE OUTLINEES ARE AVAILABLE ON RowSA Website**