

LMRC LTR Coaches Duties

Note: keep these instructions in the 'Learn to Row Folder' in kitchen.

GENERAL:

We encourage ALL members to assist in coaching Learn to Row / Novices – experienced rowers (preferably accredited) are selected as Duty Coaches, other rowers are asked to assist with coaching crews either as coxswains, in tinnies, or from the shore / ergometer.

YOU WILL LEARN MORE ABOUT YOUR OWN ROWING by assisting others so don't get too worried – Duty Coaches and the Committee will help Assistant Coaches, the focus is on ensuring safety of people and equipment, and providing guidance on technique & proper “boatmanship” NOT RACING!

ALL members are expected to check the various rosters and be organised to assist by the allotted time – YOU are required to organise a replacement in sufficient time if unable to attend per roster.

Key requirements are listed below, Duty Coaches are responsible but may delegate as required.

Accept any reasonable offers of assistance - we have some very good people who are happy to help those on roster, and our LTR people will benefit from the extra support!

ALL 'LEARN TO ROW' PEOPLE:

- MUST to have completed the first section of the new Learn to Row / Membership Application Form and paid prior to their first LTR session – blank copies are held in the “Learn to Row Folder”, completed copies are retained in the folder for reference once processed by Treasurer.
- MUST sign-on to the LTR Log Sheet before the start of EVERY subsequent LTR session so that we have a record for insurance and tracking purposes, the Log Sheet is in the LTR Folder.
- MUST BE SHOWN the Coaching Roster - reinforce to them NO LTR Coaching on Regattas.
- Whilst there is some flexibility, LTR programmes expire after 3 sessions – they do not have to be consecutive Sundays. If NOT seeking membership application, LTR people exceeding three (3) sessions will be asked to pay again or cease attendance. Discuss issues with Committee.

ALL NOVICES (e.g. Saturday sessions) MUST BE financial (rowing) members.

Duty Coach (Lead Coach)	(Assistant) Coaches
<p>Prior to 8.00AM start:</p> <ul style="list-style-type: none"> • Confirm Coaches • Ensure 'Tinnie' & 'Trainer' boats are booked (boats based on weight & skill). • Assign Coaches & LTR's into appropriate groups – age / experience, fitness, etc. • Ensure 1st time LTR's complete Form • Ensure ALL LTR's complete Log Sheet • Collect money from 1st time LTR people, issue receipt, and place money and Form in an envelope in Treasurer's Tin. (Treasurer returns to LTR Folder). 	<p>Prior to 8.00AM start:</p> <ul style="list-style-type: none"> • Check-in with Duty Coach – help as required. • Check boats are booked / assigned – ensure one "Tinnie" is on the foreshore (for emergency use). • Help LTR's to complete Form and/or Log Sheet & collect money & forms, complete receipts, etc. as asked by the Duty Coach. • Utilise the Ergometer & Rowing Technique 'Boards' for 1st time LTR's. • Ensure LTR's understand correct handling & set-up of boats & equipment BEFORE attempting to move / use – incl. to & from foreshore/slings, etc.
<ul style="list-style-type: none"> • Ensure Coaches provide handling & set-up instruction – shed-slings-water & return. • Ensure all are safely on the water! • Ensure “Rules of the Road” compliance & safety of crews and boats. • Monitor other Coaches & LTR Crews 	<ul style="list-style-type: none"> • Ensure safety of your crew & boats / equipment – return to shore if concerned • Provide instruction & monitor to ensure OK. • Stay with your assigned crew. • Comply with “Rules of the Road” (on Board) • Enjoy – both you and your crew!
<ul style="list-style-type: none"> • Ensure boats and equipment are washed & returned safely to correct location. • Check all OK – any questions / issues. 	<ul style="list-style-type: none"> • Instruct & assist your crews to wash and return boats & equipment safely & correctly. • Check your crew is OK – questions / issues.