

ROLE OF THE COACH

CCDBC requests that coaches who are supported by the club to undertake a coaching course commit to at least 12 months of coaching with the club.

What coaching is all about:

To assist paddlers to improve their paddling technique coaches must play many roles. They must, for example:

- Pass on information
- Motivate their paddlers
- Advise and counsel them
- Plan their training schedule

To function effectively in these and many other roles, the coach must be able to:

- Plan and prepare
- Conduct sessions
- Monitor/review
- Evaluate adapt
- **Provide mentorship** and support to trainee and new coaches

Plan and Prepare

The coach needs to be able to plan and prepare training sessions appropriate to the needs of the paddlers. They also need to be able to organise both human and physical resources appropriate to the needs of training and competition.

Conduct

Coaches must organise and conduct training sessions appropriate to the needs of the athletes or recreational paddlers with whom they deal. They must facilitate the learning of fundamental skills and tactics of the sport while communicating effectively with their charges and others involved in the sport.

Monitor/Review

Coaches must observe and assess the paddlers' performance and provide appropriate feedback on this performance. Activities need to be adjusted to suit individual/team needs while still ensuring their safety. They need to know how to manage emergency situations.

Adapt

Having evaluated their performance, coaches need to identify and then implement changes or modifications to their coaching behaviour.

Coaches Code of Ethics

The role of the coach has broadened even more recently, and there are several ethical issues they need to deal with e.g., drugs in sport, harassment, and respect for officials. The ASC has introduced a Coaches Code of Ethics which provides behavioural standards for coaches. Coaches are required to sign on the Code of Ethics as part of their NCAS registration.

- Respect the rights, dignity and worth of every human being
- Ensure the athlete's time spent with you is a positive experience
- Treat each athlete as an individual
- Be fair, considerate and honest with athletes
- Be professional and accept responsibility for your actions
- Make a commitment to providing a quality service to your athletes
- Operate within the spirit of your sport.