



## AOCRA COACHES RULES



AOCRA coaches are bound to:

1. Conduct a risk assessment before each session and consider the weather and water conditions, their paddlers' capabilities, and any other factors, which may positively or negatively affect the safety and enjoyment of those in their care.
2. Ensure a safe training and racing environment for all members, taking note of each member's skill level and abilities.
3. Provide appropriate training methods as to advance a member's skill level and enjoyment in the sport.
4. Ensure that all members are abiding by the AOCRA requirements while training and racing, providing education and guidance when required.
5. Provide training programs, which may run for a week, season or the entire year and make it available for all members to peruse. Each training session recorded (either in paper or digital form) detailing the following items -
  - a) time and date;
  - b) attending paddlers;
  - c) weather conditions;
  - d) type and duration of the session;
  - e) any incidents or injuries;
6. Ensure that race crews are chosen using selection criteria that is fair, justifiable, unbiased, transparent, and consistent. This selection criterion is to be made available for all club members.
7. Ensure that appropriate coaching qualifications are maintained.
8. In circumstances where a club may lose their coach or not have a coach for a period, a qualified outrigger coach from the Zone, or another club may provide oversight in collaboration with experienced paddlers from the club of training sessions and safety requirements so training may continue.
9. AOCRA club coaches may conduct interclub training sessions following all the requirements of the club's head coach. These sessions are for developing coach and paddler skills, education and guidance and may include preparation for regatta events. Interclub training sessions are not events and do not attract fees.