

RCA Learn to Row Coach Education Pathway

The Learn to Row course is a two-day workshop offered over one weekend. After taking the course you will possess the knowledge needed to safely introduce people of all ages to rowing. The workshop includes modules which cover:

- Rowing Canada Aviron and The New NCCP
- Roles and Responsibilities
- Analyze Performance - The Rowing Stroke
- Safety, Risk Management, and The Emergency Action Plan
- Plan A - Learn To Row Lesson
- Teach A - Learn To Row Lesson
- Teaching and Learning
- Adaptive Rowing
- Modifying the Learn To Row Program to meet my club needs
- Rigging

Following completion of the workshop, you will be a Trained Learn to Row Coach. In order to be certified, you must complete the evaluation process.

For more information on the Learn to Row pathway or to register for an upcoming workshop please email the [ARA Office](#).