

Halifax Rowing Club

Job Posting: Learn-to-Row/PARA Instructors

About Halifax Rowing Club:

Halifax Rowing Club (HRC / the Club) is located on the historic and beautiful North West Arm. HRC brings together people who enjoy the competitive sport of rowing and rowing as a lifelong health and fitness activity. The purpose of the Club is to provide recreational and competitive rowing in our community and to encourage participation in the sport. We offer programs designed for beginner, intermediate and advanced rowers interested in fun, fitness, recreation and/or competition. Our competitive rowers race in regattas in Nova Scotia, New Brunswick, Prince Edward Island, Quebec, Ontario and Northeastern U.S.A. Interested recreational rowers may also compete in many regattas throughout the rowing season.

HRC believes in principles of inclusion and assisting people be active in sport. We have a long established PARA program that encourages both competition and rowing for life.

Position Overview:

HRC's Learn-to-Row (LTR)/PARA Instructors will be responsible for instructing adult and junior learn-to-row classes, as well as coach PARA rowers.

Specific Responsibilities:

- Teach HRC's adult and junior Learn-to-Row classes
- Ensure students are provided with high quality, enjoyable instruction
- Ensure students understand and can demonstrate knowledge / techniques related to:
 - HRC's and general rowing safety rules, policies and procedures
 - Boat and equipment terminology
 - Boat and equipment handling
 - Stroke techniques and body mechanics
 - Ability to follow the instructions of a coach and/or coxswain.
- Coach the PARA rowers and learn to adapt their training plans and equipment for their specific needs of the individual.
- Work closely with the Head Coach and Coach to develop workout plans and appropriate goals for each individual rowers.
- To be present at the club at least 10 minutes before the start of an assigned Learn-to-Row class, and for at least 10 minutes after the end of the class.
- Be able to work the entire assigned LTR session.
- To communicate with the Club's Head Coach to ensure that any issues or concerns are addressed and rectified.
- Ensure that Learn-to-Row students and all other rowers adhere to all safety guidelines on and off the water.
- Works with Board and designates to promote the sport of rowing within the community and Nova Scotia
- Works with Board and designates to actively recruit participants for our various programs.
- Additional duties as assigned by the Club's Head Coach, or the Board.

Qualifications:

- Certified RCA Learn-to-Row Instructor or willingness & ability to complete RCA LTR workshop and evaluation process
- Prior experience as a Learn-to-Row Instructor would be an asset
- Boat operator's card
- Current qualifications in First Aid and CPR before starting employment at HRC
- Excellent interpersonal skills
- Friendly, enthusiastic, an avid rower and promoter of rowing as a lifelong fitness activity
- Excellent organizational skills

Applicants must be between the ages of 15 and 30 years old

Work Schedule:

Up to 30 hours/ week (see Note 1 & Note 2) for 12 weeks pending funding
May, 2020 to August, 2020

Note 1 - The hours may vary from week to week based on program schedule

Note 2 - The total hours per week may vary depending if HRC does not receive job grants to help fund these positions.

Criminal Record Check:

If requested to do so, applicants for this position must, at their own expense, provide a Criminal Record Check.

For those living in the Halifax Regional Municipality please see: <http://www.backcheck.net/halifax/>

For those living outside of this area please see: <https://www.mybackcheck.com/Public/Login.aspx>

If you are interested in this position please email your resume to rowing@halifaxrowing.ca no later than March 14th, 2020.