



## 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 sport of rowing and who want to learn. 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 row in regattas in Nova Scotia, New Brunswick, Quebec, Ontario and Northeastern U.S.A. Interested recreational rowers may also compete in many regattas throughout the rowing season. HRC also offers a Para-Rowing program for rowers with disabilities.

#### **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.
- 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, 2019 to August, 2019

**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.

Halifax Rowing Club is committed to fostering an environment grounded in diversity and inclusiveness. The club prioritizes applications from Aboriginal people, new immigrants, persons with a disability, racially visible minority, and all candidates who would contribute to the diversity of our community, if they are qualified for the position(s).

If you are interested in this position please email your resume to [rowing@halifaxrowing.ca](mailto:rowing@halifaxrowing.ca) no later than March 17<sup>th</sup>, 2019.