



## Halifax Rowing Club

### Job Posting: Rowing Coach

#### **About Halifax Rowing Club:**

Halifax Rowing Club (HRC) 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:**

Under the direction of the HRC Head Coach, HRC's Rowing Coaches will be responsible for coaching to rowers in HRC's junior and adult Fitness, 1<sup>st</sup> Year, Para-Rowing and Competitive programs.

#### **Specific Responsibilities:**

- To coach HRC's junior and adult rowing programs including:
  - Fitness – which is designed for rowers of any age who are, primarily, interested in rowing as a recreational / fitness activity for life.
  - 1st Year – which is designed for new rowers.
  - Competitive – which is designed for rowers who are interested in competing at local and national regattas.
  - Para-Rowing – which is designed for rowers with physical limitations or rowers who are rehabilitating from an injury.
- Provide a high level of instruction and coaching to all participants in HRC's rowing programs
- With the support of the Club's Head Coach, identify group, crew and individual training objectives (fitness, fun, competition, etc.) and develop training plans to allow each group, specific crews, and individual participants to meet these objectives
- Work to develop and enhance rowing technique and skills for all program participants
- Regularly check-in with program participants to identify opportunities to continuously improve the content and delivery of HRC's rowing programs
- Ensure that all rowers are made to feel welcome by answering questions and addressing member requests, organizing crews and individual members, allocating shells and ensuring they are safely moved to / from the water, etc.
- Use the crew planning tool (Doodle Poll) and ensure that this information is communicated to appropriate rowers via email.
- Greet club members and help coaches organize and get crews onto the water as smoothly and efficiently as possible.
- Assist with Learn-to-Row classes as required and as directed by the Head Coach.
- Follow all Club's safety rules and procedures.
- Ensure that all rowers follow the Club's safety rules and procedures, handle equipment in a safe method, clean equipment as required, understand the correct on-water flow pattern, and follow instructions from coaches and coxes.
- To communicate with the Club's Head Coach to ensure that any issues or concerns are addressed and rectified.
- Assist with special-needs rowers through adaptations to equipment or training programs, this may include PARA rowers, rehabilitating-from-an-injury rowers, or senior rowers.
- Greet members of the community who are looking for information about rowing, HRC, and our rowing programs and promote rowing as a competitive sport and as a lifelong activity.
- Works with Board and designates to help develop community outreach programs to local schools, minority groups, newcomers to Canada, and the community-at-large to introduce them to the sport of rowing.

- Works with Board and designates to actively recruit participants for our various programs.

### **Qualifications:**

- RCA Learn-to-Row trained and willingness to complete evaluation process, if applicant has not already
- RCA Coach Trained or willingness to complete RCA Coach Workshop #1 & #2 and the RCA Coach evaluation process
- Prior experience as a rowing coach working with both junior and adult rowers
- Experience as a high level, competitive rower is desirable
- 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 competitive sport and as a lifelong fitness activity
- Strong organizational skills
- Applicants must be between the ages of 15 and 30 years old

### **Work Schedule:**

- Up to 35 hours/week (see Note 1 & 2) for 16 weeks pending funding
- Work hours are split between early mornings and afternoons/evenings on weekdays and weekends
- May to August, with the possibility of a Board-approved extension beyond the end of August for a specified period of time; these extensions may consist of reduced weekly work hours

**Note 1** - Hours may vary from week to week, Rowing Coaches may be scheduled to work during regattas at the direction of the Head Coach

**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).

### **Criminal Record Check:**

- If requested to do so, applicants for this position must, at their own expense, provide a Criminal Record Check.
  - o For those living in the Halifax Regional Municipality please see: <http://www.backcheck.net/halifax/>
  - o 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](mailto:rowing@halifaxrowing.ca) no later than March 17<sup>th</sup>, 2019.