

FISA Coaching Framework

Coaching Courses – Coaches Roles

Level	Coaching Roles
Level 1 – Beginner Coach	Plans, delivers and reviews basic coaching sessions (both in training and in competition) from a previously defined programme of activity and can adapt this for the individual rower. Basic Level of knowledge, competence and decision making to deliver the primary functions of coaching. Able to operate independently. Supports the engagement of pre-coaches
Level 2 – Basic Coach	Plans, delivers and reviews coaching sessions over a season, and sometimes part of a wider programme. Extended level of knowledge, competence and decision making. Supports the engagement and development of pre-coaches and coaching assistants.
Level 3 – Intermediate Coach	Plans, delivers, leads and evaluates coaching sessions and seasons. Extended and integrated knowledge, competence and decision making to deliver the primary functions and to mentor others. Works independently and plays a leading role in the structure of the programme.
Level 4 – Master/Head Coach	Oversees and contributes to the delivery, review and evaluation of programmes over seasons in medium –to large-scale contexts, underpinned by innovation and research. Specialist and integrated level of knowledge and competence, recognised as an expert with highly developed decision-making skills. Often involved in designing and overseeing management structures and development programmes for other coaches.
Level 5 – Mentor Coach	Is an experienced Head Coach and is a mentor for other coaches in (developing) rowing countries.

