

## **Job Description for Regional Skills Coach Open Water**

### **Role and Expectation Outline**

**TITLE:** Regional Skills Coach Open Water

**REPORTS TO:** Regional Head Coach Open Water

**RENUMERATION:** £160 flat fee (Inclusive of travel and subsistence)

**DURATION:** 2 camp days, 1 day regional coach conference

#### **PURPOSE**

The overall purpose of the Regional Skills Coach Open Water is to:

- Provide professional coaching related services within the context of the delivery of the Swim England London Region Open Water Development Camp (SELROWDC).
- Assist with the delivery, and evaluation of the programme (2x1 camp days)
- Provide professional advice to athletes around training, competitions, such as; self-regulation, injuries, recovery, life style, nutrition and race preparation.
- Deliver all duties in accordance with the programme objectives and briefings.

#### **LOCATION**

- Various locations as required.

#### **KEY RESPONSIBILITIES**

- Liaise with the Regional Head Coach Open Water to ensure an understanding of the aims and objectives of the camp.
- Be prepared to deliver specific and agreed parts of the camp as required which are relevant to the maturation level of selected/grouped athletes and meet appropriate programme objectives.
- Assist with the delivery of all parts of the camp.
- Assist in the athlete race preparation and recovery which may include transponder attachments, Vaseline usage, hydration monitoring, warm up, assisting with wetsuit fitting/adjustment, basic medical assistance, etc.
- Liaise with home coaches regarding any issues with the swimmers, including injuries, illness.
- Make a positive contribution as required to education, land based activities, nutrition.
- Attend discussion and debate within the context of the days to ensure an opportunity for learning and development of all staff and athletes.
- Assist with athlete profiling/testing ensuring collection of required data as required.
- Feedback on any specific performance issues or injuries to the home coach.

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### ***Following Programme Activities***

- Feedback on any specific performance issues or injuries to the home coach.
- Be available to coaches who assisted in the delivery of the programme to further discuss elements of the camp as required to ensure the ongoing development of the workforce.
- Give written feed back to the home coach on each of their attending swimmers.

### **PERSON SPECIFICATION**

- Swim England Senior Swimming Coach Certificate (UKCC/ASA Level 3 Coaching Swimming/or equivalent) preferred and/or The ASA Level 2 award in British Open Water Swimming, but Swimming Coach (UKCCASA/level 2) with proven high level of open water experience and knowledge would be considered.
- Must possess a valid DBS certificate
- Must have a good understanding of Normal operating procedures of Open Water sessions in a non-pool environment for all venues used.
- Must understand Emergency action Plans of Open Water sessions in a non-pool environment for all venues used.
- Must be able to complete Risk assessments for open water activities for swimmers training and competing in a non-pool environments including lakes, reservoirs, rivers and seas.
- The ability to set priorities and work flexibly to meet outcomes required in a dynamic environment.
- Experience of international and domestic swimming competitions and training.
- Excellent interpersonal skills (with swimmers and staff).
- High levels of motivation and dedication.