SINGAPORE DRAGON BOAT ASSOCIATION

COACHING STRUCTURE

Basic Helm Award
(Personal Skills Level 1)

Duration: 18 hours Theory and Practical (including question and answer session) (3 days)

Pre-requisite: 1 year experience as a dragon boat crew.

Requirement: The successful candidate is required to complete a 6-month attachment with a dragon boat crew as a Helm (non-competitive) before Helm Award.

Recreational Coaching Course
(Non-Competitive Instruction)

Duration: 15 hours Theory and Practical (including written test assessment) (2 days).

Pre-requisite: 2 years dragon boat experience as a crew. Pass the Basic Helm Award (Personal Skills Level1).

Requirement: The successful candidate is required to complete a 6-month attachment with a dragon boat crew as a non-competitive instructor and helm.

Advanced Helm Award (Racing Helm)
(Personal Skills Level 2)

Duration: 18 hours Theory and Practical with a written test assessment (2 days).

Pre-requisite: Basic Helm Award.

Requirement: The successful candidate is required to complete a 6-month attachment as a helm with a competitive crew and present a logbook before award of certificate.

Level 1 Technical Coaching Award

Duration: Theory 9 hours; Practical 15 hours with a written assessment on theoretical aspects covered.

Pre-requisite: Basic Helm Award, Recreational Coaching Certificate, SSC NCAP Level 1 & Standard First Aid Course Award.

Requirement: The successful candidate is required to complete a 1-year attachment with a racing crew before award of Level 1 Technical Coaching Certificate.

Level 2 Technical Coaching Award

Duration: Theory 9 hours; Practical 15 hours with a written assessment on advanced theoretical aspects covered.

Pre-requisites: Advanced Helm Award or Level 1 Technical Coaching Award; SSC NCAP Level 2 & register with the NROC.

Requirement: The successful candidate s required to complete a 1-year attachment with a dragon crew which competes in races regularly before award of level 2 certificate.

Level 3 Technical Coaching Award

Duration: Theory 9 hours; Practical 15 hours with a written assessment on scientific advancement on coaching techniques

Pre-requisites: Level 2 Technical Coaching Award; SSC NCAP Level 3.

Requirement: The successful candidate is required to coach a dragon boat racing crew up to the national level.