

AquaGO! Assistant Training Guide

The AquaGO! Assistant program allows volunteer coaches to support AquaGO! program delivery **under the leadership** of a certified coach. It is also an opportunity for athletes to gain some experience in coaching before deciding to embark on the NCCP coach development pathway.

This step-by-step plan has been developed to guide clubs in preparing their AquaGO! Assistants. BC Artistic Swimming will work directly with clubs to complete the training on an as needed basis.

AquaGO! Assistant Eligibility:

- Any age eligible athlete or volunteer registered and in good standing with BC Artistic Swimming for the current season.
- AquaGO! Assistants must be at least 13 years old.

AquaGO! Assistant Training Requirements:

**See Volunteer Coach Infographic on our [website](#).*

- 2-hour online training led by a BCAS AquaGO! Assistant Learning Facilitator.
- Online quiz – completed during the 2-hour training.
- 90 minute in-water training led by a Competition Introduction certified (or higher) coach. This instructor can be appointed by the club.
- Completion of the NCCP Rule of Two module.
- Making Ethical Decisions Training (recommended – not required).

Club step-by-step process:

When a club is ready to train AquaGO! Assistants (volunteers), the following steps should occur:

- Club representative contacts BCAS's Director of Sport (dos@bcartisticswimming.ca) to set up a time for their club's 2-hour online training. During this initial communication, the club should inform BCAS of three preferred dates and times.
- BCAS will assign a Learning Facilitator with every effort made to accommodate the requested date and time.
- The club will be invoiced \$100 to cover the cost of the learning facilitator. Clubs can determine if they will charge a fee for participants to take the training or if they will cover the cost of the training for all participants.
- Online training is led by the BCAS Learning Facilitator.
- Once the online training is complete, the club must inform BCAS of the certified club coach who will be leading the 90-minute in-water session with the trainees.

6. BCAS will set up a 15-minute meeting with the certified coach to go over the materials and requirements of the training.
7. Once the in-water training is complete, the club must:
 - ✿ Provide each participant with a Certificate of Completion (template provided by BCAS).
 - ✿ Inform BCAS of the names of the volunteers who completed the training.
 - ✿ Submit the AquaGO! Assistant Self-Evaluation Forms to BCAS.
 - ✿ Register the AquaGO! Assistant in the CAS e-Reg System as volunteers.
8. Before a volunteer can begin helping in an AquaGO! or recreation program, they must ensure they have met all of the requirements outlined on our Volunteer Coach infographic found on our [website](#).

A volunteer coach must **NEVER** be alone with any participants and must always be **under the guidance, supervision, and leadership of a certified coach**. The club will be provided with an evaluation template that they are encouraged to complete after each session with their volunteers.

Contact:

For questions or clarification, please contact Director of Sport, Tanya Magee (dos@bcartisticswimming.ca).

