



Western Region Coaching September Newsletter

Coaching Coordinator Meeting

- There will be a mandatory coaching coordinator meeting on Monday September 25th from 7-9pm in Room 202 at RIM Park in Waterloo.
- Every association needs to send at least one representative to this meeting.

Code of Conduct Form

- Every team must provide a completed Bench Staff Code of Conduct form signed by all members of your bench staff included on your TRF.
- These forms should be emailed to me at coachwrra@wrra.ca
- The form can be found at <http://ontario-ringette.com/wp-content/uploads/2017/05/C-F-01.pdf>

Bench Staff Requirements

- All information on bench staff requirements can be found under Items 3 and 4 of the Coaching Section of the ORA Operating Manual at <http://ontario-ringette.com/wp-content/uploads/2017/08/5.-Coaching-Development-06-2017.pdf>, as an overview:
- Managers – must complete the Emodule on the Ringette Canada Coaching site to qualify to be on a teams' bench as a Manager
- Trainers – must complete the Standard First Aid and CPR course (Red Cross or St. Johns) to qualify to be on a team's bench as a trainer. Health Care Professionals such as a doctor, nurse, paramedic, fireman also qualify. Note that a change has been made and trainers no longer need any further training such as CSI or HTCP in order to qualify.
- Coaches – In order to help coaches understand the qualifications needed for each age and division the ORA has created Coaching Pathways which outline all qualification requirements needed by age and division. This information will be available on the ORA website in the coming weeks.

Bench Staff Substitutions

All Bench Staff substitutions must be approved by the ORA office prior to the applicable sanctioned event. This form can now be completed online to make things much simpler.

- Online form – <http://ontario-ringette.com/members-resources/administration/forms-and-appendices/membership-services-forms/c-f-02-bench-staff-substitution-form/>
- Hard Copy Form - <http://ontario-ringette.com/wp-content/uploads/2017/08/C-F-02.pdf>

Coaching Registration

Coaches now have two options to register.

- Team Specific – TRF Registration as usual
- Non Team Specific – Independent Coach Registration is now offered whereby coaches that are not registered with a specific team this season can register with the ORA and substitute with any team upon approval. <http://ontario-ringette.com/wp-content/uploads/2017/09/C-F-03-Independent-Bench-Staff-Registration-Form.pdf>

Coaching Clinics

- Both CI and CSI clinics have already been set up around the Region and those planning to coach and in need of qualifications can begin to go online and register.
- For a complete list of clinics please check out Ringette Canada Coaching site https://www.coachingringette.ca/index.php?province=ON&new_year=2017&home_section=Coarse+Listing&page=330.
- Note that all CSI clinics are just one day and all CI clinics are two days over the weekend.
- Coaches must register via the Ringette Canada Coaching site in order to attend a clinic. To register for either clinic log on to the Ringette Canada Coaching site. Once logged into your profile First, complete the Coach Initiation Emodule. If you have previously completed the Introduction to Coaching or complete the CSI clinic prior to 2015 you are not required to complete this Emodule. Second, complete the corresponding online Coaching Workbook and Third, select clinic to attend to complete the registration process
- For more information on registering for clinics please check out the ORA website at <http://ontario-ringette.com/the-people/coaches/coaching-clinics/>

Making Ethical Decisions (MED)

- What is the Making Ethical Decision (MED) Requirements and what do I need to do? <http://ontario-ringette.com/the-people/coaches/med-for-coaches/>

Professional Development

- What is Professional Development and what do I need to do? <http://ontario-ringette.com/the-people/coaches/professional-development/>

Available PD Opportunities

- Coach Initiation in Sport module is now offered by the Coaching Association of Canada and will officially replace the Ringette Introduction to Coaching Course. The module takes approximately 1 hour to complete. You can find it <http://coach.ca/coach-initiation-in-sport-s17259>. Coaches who complete the module, who do not require it (already have completed NCCP coaching courses) will receive PD points.
- As part of the Responsible Coaching Movement, Ringette Canada now has a partnership with the Respect in Sport group. Coaches can complete the Respect in Sport training through a Ringette Canada customized portal for activity leaders. Completion of the online training module is eligible for professional development points towards their NCCP maintenance of certification. This information can be found at <https://coachingringette.ca/index.php?page=375>

- Making Headway emodule requirement – In order to gain knowledge on concussions NCCP offers the Making Headway emodule on the NCCP website at <https://www.coachingringette.ca/index.php?page=364> .
- Other free clinics being offered around the Region. To register for these clinics please go to links included.
 - 1) Understanding the Skills Matrix – Why do we do it?
<https://docs.google.com/forms/d/e/1FAIpQLScHTj-G4y-iODzTv8ECWxtK9bj7PICZ9BmG1I6wqohk11SLEA/viewform>
 - 2) Those are the Rules – Closing the Gap between Coaches and Officials!
https://docs.google.com/forms/d/e/1FAIpQLSeL6MaGM167XNoStiWZm2iHQZzQaKX9E5KIX0M_anJto5-tGw/viewform
 - 3) Building a Practice Plan – How to best utilize your ice!
https://docs.google.com/forms/d/e/1FAIpQLSfrCcDtXGcJcNbch9zzN1gcXfgWQFxoWLZJZyJaQDdtlcR1Q/viewform?usp=sf_link
- We are also working on a number of other clinics to be rolled out this season.
- Coach Ontario also offers a number of courses if you are interested. For a course calendar on these courses please check out their website at <http://www.coachesontario.ca/nccp-training/course-calendar/>
- In addition to taking courses coaches can receive PD points through Active Coaching. For more details see the the ORA website at <http://ontario-ringette.com/wp-content/uploads/2017/08/Active-Coaching.pdf>
- Coaches can also receive PD points through self-directed learning. For more details on this and what is accepted please take a look at the ORA website at <http://ontario-ringette.com/wp-content/uploads/2017/08/Self-Directed-Learning.pdf>

RC Directives

This year in order for U16AA and U19AA coaches to attend the Canadian Ringette Championships Ringette Canada has mandated that coaches must complete the following:

- Respect in Sport <http://ontario-ringette.com/wp-content/uploads/2017/08/Respect-in-Sport.pdf>
- Competition Development Course Requirement <http://ontario-ringette.com/wp-content/uploads/2017/08/MEMO-Comp-Dev-training-for-CRC-coaches.pdf>

Quest For Gold

There is an opportunity for coaches to receive funding for courses that they take through Quest for Gold. For more details please check out link at <http://coachesontario.ca/qfg/>

Fair Ice Policy

- Do you have questions about the Fair Ice Policy? Please review the policy included in the Sport Development section of the ORA Operating Manual. <http://ontario-ringette.com/wp-content/uploads/2017/08/4.-Sport-Development-06-2017.pdf>
- Coaches who are not following the fair ice policy are subject to penalties as per the attached memo <https://www.ontario-ringette.com/wp-content/uploads/2016/11/Notice-to-the-Members-Fair-Ice-Policy.pdf>

Transgender Policy

The ORA is currently working on a Transgender Policy and more information will be provided once completed.

Concussion Policy

The ORA has spent significant time on creating a new ORA Policy with respect to concussions. The Recommendations made to the board and presented at the ORA AGM can be found at <http://ontario-ringette.com/wp-content/uploads/2017/07/ORA-Concussion-Committee-Final-Recommendations.pdf>.

The final policy will be available in the next couple weeks once approved by the Board at their next meeting. In addition a recommendation has been made to make it mandatory for all bench staff to complete the Making Headway eModule as part of this new policy and we wait to see if this recommendation is approved. More details on both the ORA concussion policy and the Making Headway eModule will follow in the next couple of weeks. In order to complete the free Making Headway eModule please follow the link at <https://www.coachingringette.ca/index.php?page=364>.

As part of this new mandate, it is important that all bench staff, parents and athletes educate themselves on concussions. Please find information that can better help you understand the impact of concussions and what to do if a possible concussion is suspected.

- More info can be found at <http://www.parachutecanada.org/injury-topics/item/concussion>. Parachute is a National Charitable Organization dedicated to Preventing Injuries and provides significant resources and information on Concussions
- Canadian Guideline on Concussion in Sport - http://www.parachutecanada.org/downloads/injurytopics/Canadian_Guideline_on_Concussion_in_Sport-Parachute.pdf
- Concussion Basic - http://www.parachutecanada.org/downloads/resources/Concussion_Basics.pdf
- Concussion Resources for Parents - <http://horizon.parachutecanada.org/en/collection/parent-resources-for-concussion/>
- Concussion Guidelines for Parents and Caregivers - <http://horizon.parachutecanada.org/wp-content/uploads/2014/10/Concussion-Parents-Caregivers.pdf>
- Concussion Resources for Coaches and Athletes - <http://horizon.parachutecanada.org/en/collection/sports-community-resources-for-concussion/>
- Concussion Guidelines for Coaches and Trainers - <http://horizon.parachutecanada.org/wp-content/uploads/2014/10/Concussion-Coaches.pdf>
- Concussion Guidelines for Athletes - <http://horizon.parachutecanada.org/wp-content/uploads/2014/10/Concussion-Athletes.pdf>
- Concussion Guidelines Return to Sport - <http://horizon.parachutecanada.org/wp-content/uploads/2014/10/Concussion-Athletes.pdf>
- Concussion Assessment Tool (SCAT5) - <http://horizon.parachutecanada.org/en/article/child-sport-concussion-assessment-tool-child-scat5/>

Do you have questions? Please check out the ORA Coaching FAQ's to see if your question is answered there

<http://ontario-ringette.com/the-people/coaches/coaching-faqs/>

If you have any questions please contact John Mezenberg at coachwrra@wrra.ca