



## Level 1 Coastal Coxes Course

British Rowing, in conjunction with the CPGA and CRA, have developed a course for coxes operating in estuary/coastal environments. The course covers key areas such as safety, launching/landing, steering/manoeuvring, and commands/communication.

This course provides a certificate of competence in generic coxing skills. The certificate is not a formal qualification, however it can be used within a club to provide evidence of general coxing competency, to supplement the club's own specific training.

The course is made up of a series of theory and practical sessions, amounting to approximately 16 hours, spread over a series of evening and weekend sessions. This will be followed by an assessment day a few weeks after the main course dates.

A number of tutors from around the region have been trained to deliver the course, and they will be arranging dates over the coming weeks and months. Dates of courses which have been organised so far are listed opposite.

Details about specific courses (including those listed opposite, and further courses to be arranged) will be circulated separately to clubs within the relevant CPGA area.

### Course Dates 2010

Falmouth – February (dates tbc)

Contact – Esther Oldrieve - [metheven@hotmail.com](mailto:metheven@hotmail.com)

Devoran/Mylor – March 2<sup>nd</sup>/9<sup>th</sup>/13<sup>th</sup>/14<sup>th</sup>

Contact: Rob Grose - [gdauidrobert@aol.com](mailto:gdauidrobert@aol.com)

John Bray - [johnbray@metronet.co.uk](mailto:johnbray@metronet.co.uk)

St Austell – January 25<sup>th</sup>/28<sup>th</sup>, February 1<sup>st</sup>/4<sup>th</sup>/6<sup>th</sup>/13<sup>th</sup>

Contact: Tristan Netherton -

[tristan.netherton@microtest.co.uk](mailto:tristan.netherton@microtest.co.uk)

Saltash – February 20<sup>th</sup>/21<sup>st</sup>/27<sup>th</sup>/28<sup>th</sup>

Contact: Nicola Davy - [nicolajdavey@hotmail.co.uk](mailto:nicolajdavey@hotmail.co.uk)

Tamar/Tavy – March 13<sup>th</sup>/14<sup>th</sup>

Contact: Carolyn Dawe - [carolyndawe347@btinternet.com](mailto:carolyndawe347@btinternet.com)

Weymouth – January 20<sup>th</sup>/27<sup>th</sup>, February 7<sup>th</sup>/10<sup>th</sup>

Contact: Wendy Pearce - [wendyduff@talktalk.net](mailto:wendyduff@talktalk.net)

Steve Vince - [Dee.Barron@colemaninsurance.co.uk](mailto:Dee.Barron@colemaninsurance.co.uk)

For further information please contact either Tom Pattichis ([tom.pattichis@britishrowing.org](mailto:tom.pattichis@britishrowing.org)), or

alternatively the contact listed below the workshop which you wish to enquire about.