



Cleveland Rowing Foundation

CQL Level 1 Pathway

Becoming a Coach at Cleveland Rowing Foundation (CRF)

Are you interested in expanding your involvement in rowing by passing your knowledge on to developing rowers? Have you considered what it would be like to guide a crew of scholastic, collegiate, adult or community rowers to a better understanding of the sport of rowing? Do you think you have the time, tenacity, patience and knowledge that it takes to become a great rowing coach?

The Cleveland Rowing Foundation and Western Reserve Rowing Association provide generous financial incentives for rowers who also serve as coaches.

The Coach Training Program detailed below is designed to ensure that coaches develop the skills, experience and judgement necessary to safely instruct crews on and off the water.

CQL Level 1 Certification Process

All steps below are required unless otherwise noted. Steps may be completed in any order, except it is recommended that the Written Safety Test be completed first and the On-Water Evaluation completed last.

Step	Requirement	Notes / How to Complete
1	Pass Written Safety Test	- Recommended to be completed before proceeding with other certification requirements. - Study the Safety Manual and complete a Practice Test. - When ready, email safety@clevelandrows.org to schedule your in-person written exam.
2	ODNR Boater Safety Course	Required if born on or after 1/1/1982 - Complete the Ohio Department of Natural Resources Boater Safety Course and record completion information on your Safety Status Application.
3	Attend Launch Operation Briefing	Covers launch operation, safety equipment, and emergency procedures.

4	CPR / AED / First Aid Certification	- Current certification is required. Online or in-person courses are accepted. - Add certification details to your Safety Status Application.
5	On-Water Training	- Complete on-water training with a CQL Level 3 or member of the Safety Committee. - For assistance scheduling, email safety@clevelandrows.org
6	US Rowing Membership	Ensure your membership is active and add Cleveland Rowing Foundation to Your Organizations.
7	Background Check	Check with Your Organization for Requirements and Process
8	US Rowing Safe Sport Training	Access and complete the training by logging into your USRowing profile and selecting the Safesport training course.
9	Ride-Alongs / Mentored Coaching Sessions	Recommended, not required. Observe experienced coaches and gain additional coaching perspectives. - Scheduling is coordinated directly between coaches. If you need help being matched with coaches, contact rowingdirector@clevelandrows.org.
10	Pass On-Water Evaluation	- Review the On-Water Evaluation Requirements - Email safety@clevelandrows.org to schedule - Your evaluator will inform you of the result at the conclusion of the evaluation.
11	Complete Safety Status Application	- Include CPR/First Aid and Boaters Education certificates - Obtain recommendation of Head Coach or Safety Committee Member - Submit your Safety Status Application to Safety@clevelandrows.org
12	Complete US Rowing Level 1 Coaching Course	If required by your organization, complete the USRowing Coaching Course Certification *Please note you need 3 CEC's per year to maintain your USRowing Level1 certification.