

Coach Participant Ratios

Introduction

Many sports have outlined specific coach/participant ratios, and requests are made to the ARA for the same information. The ARA is keen to protect participants, coaches and helpers, and to provide advice on best practice.

Position statement

The coach/participant ratio should be ascertained by the coach for each session, based on a risk assessment of the factors outlined below. The ARA will not state a specific ratio, to avoid coaches being forced to accept a ratio they feel is unsafe on any particular day.

Factors to consider

Participants

- Number - individual, group
- Ages - young, adolescent, adult, old
- Ability level - beginner, improver, advanced
- Learning potential - learning difficulty, senior, young
- Range of ability, age, learning - wide range, narrow range

Coach

- Qualification - Dry Instructor, Level 2, Level 3, Level 4, Level 5, IA, Bronze, Silver, Gold
- Experience - none, some, lots

Helpers

- Number - none, some, lots
- Level - inexperienced, experienced, apprenticed
- Qualification - none, Dry Instructor, Level 2, Level 3, Level 4, Level 5, IA, Bronze, Silver, Gold, Equity training, Welfare training

Boats

- Size - 1x, 2x, 4x, 8x, 2-, 2+, 4-, 4+, 8+, other
- Stability - stable, unstable

Facilities

- Coach transport method - foot, coxing, rowing/sculling, bike, launch, car, other

Environment

- Shape - straight, bendy, indoor
- Length - pool, lake, canal, river, coast
- Stream - still, fast, tidal, coastal
- Wind - strength, direction
- Weather - warm, cold, dry, wet
- Light - daylight, night, visibility
- Other users - tourists, commercial, other sports
- Time of year - winter, spring, summer, autumn
- Time of day - high, low, mid tide