

VOPS A4.06.2024



Call for Applications Rowing Coach Siggiewi Rowing Club

Applications are invited for a Rowing Coach (pull-time, hourly basis) with Siggiewi Rowing Club to work as part of the VOPS project A4.06.2024 “Inclusive Rowing for a Healthier Self and Society”. This project has been funded through the Voluntary Organisations Project Scheme managed by the Malta Council for the Voluntary Sector supported by the Ministry for Inclusion and the Voluntary Sector.

The appointment will be on a definite basis, subject to satisfactory performance, for the period Sunday 1st December 2024 to Friday 28 February 2025 with approximately 6-12 hours per week for maximum total of 147 hours. Coach will be remunerated at the rate of €15 per hour inclusive of any applicable taxes upon presentation of invoice. A fiscal receipt must be provided upon payment.

Candidates will normally be required to have:

- (i) Relevant sports coaching qualification (MQF Level 4) or a degree which includes a specialisation in physical education issued by a reputable institution such as the University of Malta;
- (ii) Experience in indoor rowing and/or coastal rowing demonstrated by participation in races sanctioned by World Rowing (e.g. World Championships) or World Rowing affiliated entities (e.g. British Rowing or Italian Rowing Federation);
- (iii) Experience in coaching of athletes with physical disability, including indoor / on-water para rowing.

The appointee will be required to perform coaching (both on-water and indoor), boat handling and any other duties that may be required in relation to the “Inclusive Rowing for a Healthier Self and Society” VOPS project including recruitment and screening of potential end users.

Applications should be received by **Friday, 29 November 2024 noon** on siggiewi.rowing@gmail.com.

Late applications will not be considered.

**Call for Applications
Rowing Coach
Siggiewi Rowing Club**

Further Information

The Club (Employer)

Siggiewi Rowing Club (SRC), a registered Voluntary Organisation (VO/2036) and sports entity (SM/C/315) is an all-inclusive sports club established with the objective of bringing together individuals of all ages and abilities and professionally guide them in their personal journey for a better, healthier and more fulfilling life through the sport of rowing. Another objective of the Club is to provide a “safe home”, both physically and emotionally, for a very diverse mix of athletes, para athletes, and athletes with intellectual disability, all ages (kids to 60+) and genders. Some of our members row to compete/excel, others to self-improve, for rehab, to help them find a better equilibrium in life, or on a purely recreational basis.

Our training sessions are designed to accommodate everyone, something which resulted to be most fruitful: we are proud to say that we have a diverse community and practically all of our land training sessions, held at Dar tal-Providenza gym, include, among others, a number of athletes with physical disability. Club works with a science-educational based approach which focuses on mentoring, coaching, training and technique to produce better athletes/individuals from every aspect.

We prioritize long-term benefits e.g. health, inclusion, life skills, values, personal development, physical and emotional well-being over short-term gains: this is what defines us.

The Project

This project is designed address some of the still unresolved issues related to Malta's health and disability sectors by providing a setup that can permit changes in one's lifestyle to ensure healthier lives and promoting well-being of ALL individuals, particularly those who can benefit the most, both physically and psychologically.

More specifically, project will make on-water rowing practised in a safe setting accessible to a wide variety of people including:

- (i) physically/visually impaired individuals who benefit from the perspective of inclusion, a means to a healthier self, or as prospective competitive athletes;
- (ii) individuals with health/medical conditions (e.g. obesity, diabetes, etc.) who benefit from being physically active through an inclusive / enjoyable / friendly non-impact non-weight bearing full-body sport practised outside in small groups, possibly as part of their medical treatment/rehabilitation.

On-water coastal-rowing workouts will be carried out in small groups in one of Malta's most enchanting open-air spaces - the harbour and the neighbouring sea. These sliding-seat rowing workouts are known to be non-impact and non-weight bearing, executable at a wide-range of user-defined levels of intensity. This means that such workouts are of tremendous benefits to various sub-group of individuals.

Note that, for safety reasons, on-water sessions should be preceded whenever possible by land sessions.

Project addresses an important *lacuna* that, although sports and physical activity are known to be beneficial for all, in Malta training protocols offered in most sports entities are designed solely for competitive athletes rather than vehicles for inclusion and a healthy self. Special populations having health, mobility and/or stamina issues due to medical reasons, obesity, disability, age, etc. find such settings intimidating / unwelcoming / unsuitable.

Project is based on the well-researched and scientifically proven immense benefits to mental/physical/social wellbeing accompanying rowing practised OUTSIDE/ON-WATER (significantly superior and more inclusive to indoor training) INCLUSIVELY, WITH/ALONGSIDE CLUB ATHLETES. Apart from educational and outreach initiatives, this project seeks to purchase FISA-standard very safe/stable/wide coastal-rowing sliding-seat boats and promote their regular use as a vehicle to true inclusion and better health for everyone.

This project, concept and initiative has the potential to be of benefit in a meaningful manner to various special populations represented by various VOs and other entities. Thus, SRC aims to work and cooperate with such VOs as these can help promote this project and its concept within their respective communities to maximise reach and provide a mechanism to receive feedback to self-improve. VOs that will be contacted/involved include:

- (i) VOs active in sports and disability, namely the Malta Paralympic Committee (VO/ 1616), the national entity entrusted with the development and administration of sports for the physically impaired. SRC has extensive experience working with para/visually impaired athletes and is one of the leading national sports clubs involved in para sport. It recognizes that some para athletes want to be pushed to their limits to be able to compete at the highest level, other look at sport from an inclusion perspective;
- (ii) Medical, health and health promotion VOs, such as Malta Association of Public Health Medicine (VO/0750), Malta Obesity Association (VO/1556) and Malta College of Family Doctors (VO/0973) who can promote the concept of using exercise as an alternative or complimentary therapy (known as "prescribed exercise as therapy"), something is relatively new for Malta, but much researched, tried and tested overseas;
- (iii) VOs active for the promotion of social well-being such as the Malta Trust Foundation (VO/1763).

Although this project will have as a focus the use of sports for health and disability, including disabled young people or people, young and old, who stand to benefit significantly from doing sport as part of their medical treatment/rehab, we will branch out to make sure to achieve inclusion in a meaningful manner and be more empowered to make a positive contribution to the lives of non main-stream individuals who may feel marginalized, lonely and excluded from sports and other activities which make us feel strong and empowered, active and human. Additional targeted users will be females and migrants, LGBTIQ+, older people who are generally left out from all sports and other marginalized minorities within our daily lives or within the sports communities. Our Club operates zero tolerance on hate speech, racism, exclusion, etc. and has in place mechanisms to take disciplinary actions should the need arise.

Project will concurrently embark on an educational, promotional and awareness campaign through the use modern tools such as social media channels; more traditional methods such as TV/radio/newspapers; as well as through other VOs not only to create awareness of the importance and benefits of physical activity and sports, but to showcase the beauty of this process, the tangible improvements that are made.

Siggiewi Rowing Club is an Equal Opportunity employer.
Malta, 20 November 2024