**Athletics Canada RJTW Marking Rubric – Portfolio Review**

Community Sport

Outcome: Provide Support to Athletes in Training

Leader evaluated through:

* Submission of an Emergency Action Plan
* Submission of an adapted RJTW practice plan

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Criteria | **Not Sufficient**(1) | Needs Improvement **(2)** | **Meets AC Standards** **(3)** | **Exceeds AC Standards** **(4)** |
| Emergency Action Plan (EAP)\*\* | * The emergency action plan is not in writing, but may include very basic elements like location of a telephone or cellular phone. * Leader does **not** present an emergency action plan | N/A | * The location of telephones and emergency telephone numbers. * Specific directions to reach the activity site, which may include a map or a list of key instructions * Location of medical profiles for each athlete under the leader’s care. * Location of a fully stocked first aid kit. * Designated charge person and call person with roles and responsibilities. * Leader is able to present an emergency action plan with **five** of the following critical elements. | N/A |

\*\*Key Information in the EAP includes the following:

1. Locations of telephones are identified (cell or land lines)

2. Emergency telephone numbers are listed;

3. Location of medical profile for each athlete under the leader’s care is identified

4. Location of fully-stocked first-aid kit is identified

5. Advance “call person” and “control person” are designated

6. Directions to reach the activity site are provided.

**Athletics Canada RJTW Marking Rubric – Portfolio Review**

Community Sport

Outcome: Plan a practice

Leader evaluated through:

* Submission of an Emergency Action Plan
* Submission of an adapted RJTW practice plan

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Criteria | **Not Sufficient**(1) | Needs Improvement **(2)** | **Meets AC Standards** **(3)** | **Exceeds AC Standards** **(4)** |
| Practice logistics, structure and goals | * Leader presents a written practice plan that lacks purpose and direction. | * Leader presents a written practice plan that identifies a practice goal but it is not consistent with AC LTAD or the developmental stage of the athletes * Leader presents a written practice plan that is missing a major practice element (warm up, main workout and cool down) | * Leader presents a written practice plan that identifies a practice goal and is consistent with AC LTAD and the developmental stage of the athletes * Leader presents a written practice plan that encompasses an appropriate warm up, main workout and cool down | As in 3 plus   * Leader can identify where the practice falls into the seasonal plan * Leader provides appropriate rationale for the choice of practice goals |
| Appropriate practice activities | * Leader does not present a written plan | * Leader presents a written practice plan that incorporates skill and training elements that are not consistent with AC LTAD principles * Skill elements are out of sequence and/or not progressive. * Leader’s written plan is missing certain elements of a well managed practice | * Leader presents a written practice plan that incorporates skill and training elements consistent with AC LTAD principles * Skill elements are progressive and developmentally appropriate * Leader’s written plan indicates that the group will be well managed | As in 3 plus   * Leader produces various practice plans depending on developmental age |