**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

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| 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.

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Community Sport

Outcome: Plan a practice

Leader evaluated through:

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

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| 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
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| 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
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