

AusDBF provide online eLearning modules as part of Coach, Sweep, Race officials accreditation schemes.

The courses, modules available via the AusDBF LMS are periodically reviewed with new courses – modules being uploaded when they become available.

If you have any queries regarding the current AusDBF LMS courses and modules or if you identify any opportunities for additional modules, you feel would be beneficial to the Dragon Boat Community, please contact LMS Support on [lmssupport@ausdbf.com.au](mailto:lmssupport@ausdbf.com.au)

Thank you for your ongoing contribution to our great sport of Dragon Boat racing.

By participating in continuing education, you are upskilling yourself plus enhancing the skill sets of the athletes you work with.

### **AusDBF National Sweep Accreditation Scheme (ANSAS) - Prerequisite online eLearning modules**

All Sweeps seeking initial accreditation or who are seeking Re-Accreditation are required to complete and pass various modules in the AusDBF Learning Management System (LMS).

Details on how to access, register, enrol in courses and complete modules can be found at the following link on the AusDBF website <https://www.ausdbf.com.au/ausdbf-courses/ausdbf-learning-management-system/>

Any queries regarding the LMS or required modules for Sweeps please contact LMS support on [lmssupport@ausdbf.com.au](mailto:lmssupport@ausdbf.com.au)

**ANSAS – The following modules are prerequisite requirements for all Sweeps seeking accreditation or seeking Re-Accreditation.**

	<b>Course Name</b> Courses are listed on the right side of screen via the Home page on the LMS	<b>Module Name</b>	<b>Required for ANSAS Accreditation</b>	<b>Required for ANSAS Re-Accreditation</b>
1	<a href="#">AusDBF Diversity &amp; Inclusion Course</a>	DIB1 - Cultivating Diversity, Inclusion, & Belonging for Dragon Boat activities.	✓	✓
2	AusDBF Rules of Racing - Coaches & Sweeps	AusDBF Rules of Racing - Coaches & Sweeps	✓	✓
3	<a href="#">ANSAS Sweep Accreditation eLearning</a>	Athlete Safety for Sweeps	✓	✓
4	<a href="#">ANSAS Sweep Accreditation eLearning</a>	AusDBF Sweep Guidelines	✓	✓

**ANSAS – As part of Sweeps continuing education you can also complete any / all the following courses & modules.**

	<b>Course Name</b>	<b>Module Name</b>
1	AusDBF People Management eLearning	PM01 Leadership Styles to Influence Dragon Boat Activities
2	AusDBF People Management eLearning	PM02 The Four Stages of Team Development
3	AusDBF People Management eLearning	PM03 - How Great Dragon Boat Leaders Solve Opportunities
4	AusDBF People Management eLearning	PM04 - Create an Envable Dragon Boat Team Culture
5	AusDBF People Management eLearning	PM05 - Effective Dragon Boat Community Feedback Strategies
6	AusDBF People Management eLearning	PM06 - Resolving Dragon Boat Community Conflict

7	<a href="#">AusDBF Health &amp; Wellness eLearning</a>	H&W01 AusDBF Health and Wellness
8	<a href="#">AusDBF Health &amp; Wellness eLearning</a>	H&W02 - Impostor Syndrome: What It Is and How to Overcome It
9	<a href="#">AusDBF Health &amp; Wellness eLearning</a>	H&W03.1 The Basics of Managing Stress
10	<a href="#">AusDBF Health &amp; Wellness eLearning</a>	H&W03.2 Good Stress? Embracing Eustress to Improve Your Life
11	<a href="#">AusDBF Health &amp; Wellness eLearning</a>	H&W03.3 - 7 Go-to Strategies to Tame Stress
12	<a href="#">AusDBF Health &amp; Wellness eLearning</a>	H&W03.4 Dealing with Stress, Pressure, and Burnout
13	<a href="#">AusDBF Health &amp; Wellness eLearning</a>	H&W03.5 Beating Burnout: Spot the Symptoms and Take Action
14	<b>AusDBF Athlete Performance</b>	<p>Endurance. Featuring Alex Hutchinson.</p> <p>Alex Hutchinson works thru the following topics relating to Endurance:</p> <ul style="list-style-type: none"> <li>• Introduction</li> <li>• Limits Are an Illusions</li> <li>• Trick Yourself</li> <li>• Talk to Yourself</li> <li>• Tune into Your Body and Mind</li> <li>• Rest Your Mind</li> <li>• Make Pain your Friend</li> <li>• Worry Less About Eating and Drinking</li> <li>• Believe You Can</li> <li>• Final Thoughts</li> </ul>
15	<b>ANCAS Coaching eLearning – Level 2 course</b>	<p>The ANCAS Level 2 course contains modules related to the following body systems that you may find useful for your continuing education:</p> <ul style="list-style-type: none"> <li>• The Human Body</li> <li>• Skeletal System</li> <li>• Cardiovascular System</li> <li>• Respiratory System</li> <li>• Muscular System</li> <li>• Muscle Memory</li> <li>• Carbohydrates – Glucose Metabolism</li> <li>• Sports Psychology</li> </ul>
16	<b>ANCAS Coaching eLearning – Level 3 course</b>	<p>The ANCAS Level 3 course contains modules related to the following body systems that you may find useful for your continuing education:</p> <ul style="list-style-type: none"> <li>• Lymphatic System</li> <li>• Endocrine System</li> <li>• Nervous System</li> <li>• Bio Energetic System</li> </ul>
	<p>Once again thank you for your ongoing contribution to our great sport of Dragon Boat racing. By participating in continuing education, you are upskilling yourself plus enhancing the skill sets of the athletes you work with.</p>	