



## Coach Level 1 Outline

**This award is for students intending to instruct without supervision at club level.**

- Candidates must be 18 years or over when registered for the course.
- Be recommended by their Association and possess the necessary technical knowledge in Aikido and hold a minimum grade of 1 Kyu
- Attend a Level 1 Coach course, approved by the BAA, which will comprise a minimum of 12 hours (with a minimum of 9 hours theory)
- Successful assessment of a twenty-minute period of peer coaching.
- Candidates must obtain Professional Indemnity insurance cover prior to commencement of coaching.

### **The course will cover the following topics**

- The Function and role of the board in relation to associations.
- The Functions of the Coach
- The Responsibilities of the Coach
- The Principles of Teaching and Learning
- Coaching Methods
- Coaching Children
- Child Protection
- Improving Technique
- How the body Works
- Principles of Training
- Planning and Practice
- Risk Assessment and Emergency Procedures
- Prevention and Rehabilitation of Injury
- Equity in Sport

An approved Coach Tutor will make an assessment of coaching capability. Assessment will take place throughout the course during both the theoretical and practical sessions. Candidates will be expected to bring an outline of their personal coaching experience

### **Assessment Criteria: The candidate must demonstrate**

- Application of current coaching theory
- Effective Communication
- Safety and Duty of Care
- Lesson structure and progression
- Relevance of content to ability level.



Candidates must hold professional Indemnity Insurance through the approved provider

### **First Aid**

First Aid is not a mandatory requirement. However all coaches carry a “Duty of Care” for all students under their supervision and the Board highly recommends that all coaches have an externally validated HSE approved First Aid award. For example

- St Johns First Aid at Work
- St John’s Lifesaver Plus
- St Andrew’s Ambulance Association Standard Certificate
- British Red Cross Standard First Aid Certificate
- Qualified Paramedic Status

First Aid qualifications should be assessed and candidates awarded a certificate of competence and not just a certificate of attendance.

### **CRB Check**

It is mandatory for all Coaches to successfully complete the CRB checking process.

Upon satisfying these requirements and having a satisfactory assessment from the coach tutor, application may be made through the BAA Executive Committee for recognition as Coach Level 1

Certificates of competence will be issued by the Association.