

Coaching Courses Overview, Pricing and FAQ's Document



Course Overview and Pricing Table

Course	Pre-requisites	Overview of Content	Price per candidate	Number of days for course	Course candidate min/max numbers
Level 1 Coach Core modules	Over 16, no previous experience required	Board, swim ski, beach discipline knowledge and skills to deliver FUNdamental skill development and grade 1-2 skill award levels. Also includes level 1, communication, fitness, Lifesaver pathway, health and safety, behaviour management, environment and safeguarding	£130	2	10-20
Board specific module	Over 16, Level 1 completed	Discipline specific knowledge & skills to deliver up to grade 3 skill awards for Board	£65	1	10-20
Ski specific module	Over 16, Level 1 completed	Discipline specific knowledge & skills to deliver up to grade 3 skill award for Ski	£65	1	10-20
Level 2 Coach Core modules (including surf swimming)	Over 18, Level 1 completed	Discipline specific knowledge & skills to deliver up to grade 3 skill award for Surf Swimming. Includes Sport Psychology and goal setting, physiology, planning, session organisation and management, evaluation, continued coach development, mentoring.	£130	2	10-20
Coach Educator	Over 18, Completed SLSGB coaching course since 2006, excellent communication, high level of delivery and experience, PTTLs qualified or above, available for at least 4 weekends a year to deliver courses.	To deliver coaching courses within regional remit or national arena as available. May be only level 1 or discipline specific or level 2 or all of the above. Requires keen enthusiastic individuals that potential candidates can place confidence in. Paid delivery for courses available to successful candidates.	POA	Typically 2 days supervised delivery. Dependent on individual experience and ability.	

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Coaching Course FAQ's

What are the aims of the SLSGB coaching qualifications?

The SLSGB Coaching Structure aims are to:

1. Develop coaches who are able to practice competently and safely
2. Develop a full range of generic and transferable knowledge/skills for coaching to individual needs
3. Develop coaches who understand surf life saving and discipline specific needs
4. Develop a structure where coaches learn skills in order of significance to performance. (The knowledge gained at higher levels is expected to result in smaller refinements in performance)
5. Develop a mentoring system for coaches
6. Encourage autonomy and accountability
7. Develop a path for continued professional development
8. Develop enquiring coaches who wish to further best practice for surf life saving sport.

I am not a lifesaving competitor, nor am I a skilled waterman/woman; can I still become a coach?

Yes, you can go onto the coaching programme at level 1 to improve your knowledge and skills to help others at your club. You do not need to be able to undertake activities well yourself to be a good coach. Some of the most successful Olympic Swimming coaches haven't been able to swim themselves.

I have undertaken a lot of life saving in my time; do I really need to do a coaching course to help people?

It is not compulsory for you to become a coach to help people in the water, although it is good practice. Being a qualified lifeguard enables you to watch people in the water. Being a coach provides you with a wider depth of skills and knowledge to optimally support individuals according to their needs and develop great watermen and women to save and enhance individual lives. Sessions cannot be advertised as being coached unless you have completed a coaching qualification.

I am a lifeguard instructor; will I gain anything from doing a coaching course?

Yes, the coaching course focuses on development of the individual's water skills, fitness and tactics rather than how to pick up a patient, perform resuscitation or gain first aid knowledge. The roles are quite different, but complement each other, perfectly.

How do I organise a course?

Ask SLSGB to begin the admin procedure with you and forward a course host pack to get the ball rolling.

How do I register for a course as an individual?

Notify the SLSGB office of your intention to undertake a course. They will register you onto a suitable course or place you on a waiting list for notification when a suitable date becomes available.

Is there more detailed information available regarding the course?

Yes, ask the SLSGB office or search for the course syllabus document.

Do I have to do an assessment?

You may attend the course and not complete the assessment for the purpose of gaining knowledge, but without assessment it will not be possible to become qualified.

What format does the assessment take?

The details of assessment are in the course syllabus and course assessment information documents. Typically, courses have short answer workbook activities that you complete in your own time and an assessed coaching session on the beach/in the water.

Is the assessment tough?

The assessment is dependent upon a competency assessment, that you can practice before the day to ensure it is as easy as possible for you on the day. The assessor checks to ensure that you can evidence that you are competent enough to deliver your role effectively and safely against a number of criteria.