

Level 1 Assistant Coach

Minimum Age at Assessment:	16 years
Minimum Guided Learning Hours:	8 GLH (Plus 10 assistant coaching hours)
Pre-Requisites:	Be an existing member of SLSGB
Validity:	2 years from the date of assessment - thereafter completion of a SLSGB Coach Update every two years
Continuous Professional Development (CPD):	Submission of 10 hours of SLSGB Coaching Activity on an annual basis
Trained By:	SLSGB Level 2 Coach, SLSGB Coach Trainer
Assessed By:	SLSGB Level 2 Coach, SLSGB Coach Trainer
Assessment Fee:	£80
Units to be taken in order to achieve this Award:	Introduction to Coaching Coaching Fundamentals Preparing, delivering and evaluating coaching activities Safeguarding Aquatic Safety Management
Award Aims:	
This award will provide the learner with an introduction to the knowledge, skills and understanding of safe and ethical coaching principles in a Surf Life Saving Environment. It will equip the learner with the knowledge and skills needed to actively support a more senior coach (Level 2 or equivalent) in the delivery of pre-prepared sessions within a Surf Life Saving Environment.	
Award Learning outcomes:	
<ol style="list-style-type: none"> 1. Demonstrate an understanding and knowledge of the roles, responsibilities, skills and techniques of a Surf Life Saving Sports coach and how to apply them whilst working under the supervision of a more experienced coach. 2. Explain the principles of coaching and demonstrate how to prepare and maintain an equitable and safe coaching environment 3. Demonstrate the principles of preparing, delivering and evaluating coaching session, including the preparation of equipment, facilities and participants, and supporting participant behaviour and performance 4. Demonstrate an understanding of basic guidelines of safeguarding and to provide children and young people with the best possible experience and opportunities in Surf Life Saving 5. Demonstrate an understanding of the basic principles of good practice set by the Health and Safety Executive 	
Assessment Process:	
<p>This course is Coach/Trainer Assessed</p> <p>Learners will be assessed using a variety of assessment methods. These are inclusive of, but not limited to:</p> <ul style="list-style-type: none"> ➤ Observation of practice ➤ Questioning (written and oral) ➤ Online Tests ➤ Professional Discuss 	

AWARD SPECIFICATION



Typical format of delivery:	
One x 8 hour days (9am-5pm)	
Supporting Information:	
Guidance:	<ul style="list-style-type: none">➤ This Level 1 unit will combine theory and practical activities (land based)➤ Candidate is required to complete course workbook throughout the course➤ Candidate is then required to log 10 hours CPD annually in their training log or online via MIS
Resources Available:	<ul style="list-style-type: none">➤ Level 1 Coaching Workbook➤ Level 1 Coaching Unit Outcome forms➤ Evaluation Forms
MIS (Membership Information System) Access:	Not Applicable
Online Learning Environment (OLE):	<ul style="list-style-type: none">➤ You will be sent access to the SLSGB OLE on registration and payment for the course, you will then be required to complete the Safeguarding and Aquatic Safety Management tests prior to attendance on the course
Recognition of Prior Learning (RPL):	<ul style="list-style-type: none">➤ If you hold a Level 1 Coaching qualification for any other sport or governing body you can apply for recognition of prior learning which costs £30. Please download the Level 1 Coach RPL form from the Education Section of the SLSGB website.
Progression:	Once you have logged 10 hours CPD as a Level 1 Assistant Coach you could progress to complete the additional units needed to become a Level 2 Lead Coach for SLSGB.