

## Level 2 Lead Coach

<b>Minimum Age at Assessment:</b>	18 years of age
<b>Minimum Guided Learning Hours:</b>	16 GLH (Plus an additional 10 hours under the supervision of a Mentor after the course has taken place)
<b>Pre-Requisites:</b>	<ul style="list-style-type: none"> <li>• Member of SLSGB</li> <li>• Holds a SLSGB Level 1 Coaching Award and logged at least 10 hours of delivery</li> </ul>
<b>Validity:</b>	2 years from the date of assessment - thereafter completion of a SLSGB Coach Update every two years
<b>Continuous Professional Development (CPD):</b>	Submission of 10 hours of SLSGB Coaching Activity on an annual basis
<b>Trained By:</b>	SLSGB Coach Trainer
<b>Assessed By:</b>	SLSGB Coaching Trainer
<b>Assessment Fee:</b>	£130
<b>Units to be taken in order to achieve this Award:</b>	<ul style="list-style-type: none"> <li>• Coaching Fundamentals</li> <li>• Preparing, Delivering and Evaluating a series of coaching sessions</li> <li>• Safe and Equitable Coaching</li> <li>• Health and Lifestyle</li> <li>• Developing Performance</li> <li>• Safeguarding</li> <li>• Aquatic Safety Management</li> </ul>
<b>Award Aims:</b>	
This award will give learners the opportunity to demonstrate the knowledge and skills required to act as a Level 2 Lead Coach for SLSGB training sessions.	
<b>Award Learning outcomes:</b>	
By the end of this course all learners will be able to: <ul style="list-style-type: none"> <li>• Explain the principles of coaching</li> <li>• Demonstrate their ability to prepare, deliver and evaluate a series of coaching sessions</li> <li>• Explain how to maintain a safe and equitable coaching environment</li> <li>• Explain basic nutrition and hydration principles, physical conditioning and mental preparation for sport</li> <li>• Describe the principles of skills development that can impact on coaching sessions</li> <li>• Describe how to safeguard members of the club and SLSGB</li> <li>• Describe good practice principles in relation to running safe session in an aquatic environment</li> </ul>	
<b>Assessment Process:</b>	
Candidates on this course will usually be assessed by the Coach Trainer that delivered their training, to include; <ul style="list-style-type: none"> <li>• 15 minute micro-coach in a discipline of your choice</li> <li>• Log of 10 hours as a Level 2 Lead Coach under the supervision of a qualified mentor</li> <li>• Completion of Level 2 Course Workbook and Assessment Workbook</li> <li>• Successful completion of Online tests</li> </ul>	
<b>Typical format of delivery:</b>	
This is a two day classroom based course (although practical may also be included in the water at the discretion of the Tutor) followed by 10 hours of logged lead coach activity under the supervision of a Mentor.	

# SLSGB AWARD SPECIFICATION



Supporting Information:	
Guidance:	<ul style="list-style-type: none"><li>• This Level 2 Course will combine theory and practical activities (land based)</li><li>• Candidate is required to complete course workbook throughout the course</li><li>• Candidate is then required to log 10 hours CPD annually in their training log or online via MIS</li></ul>
Resources Available:	<ul style="list-style-type: none"><li>➤ SLSGB Level 2 Coaching Pathway Guide</li><li>➤ SLSGB Level 2 Workbook and Assessment Workbook</li><li>➤ SLSGB National Safety Guide</li><li>➤ SLSGB Coaching and Training toolkit</li></ul>
MIS (Membership Information System) Access:	Not Applicable
Online Learning Environment (OLE):	<ul style="list-style-type: none"><li>➤ 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</li></ul>
Recognition of Prior Learning (RPL):	<ul style="list-style-type: none"><li>➤ If you hold a Level 2 Coaching qualification for any other sport or governing body you can apply for recognition of prior learning which costs £30. Please download the Level 2 Coach RPL form from the Education Section of the SLSGB website.</li></ul>
Progression:	Once you have logged 10 hours CPD as a Level 2 Assistant Coach you could improve discipline specific knowledge and complete some of the SLSGB discipline workshops or apply to become an SLSGB Coach Trainer.