

Snowsport Scotland Performance Coach Award Foundation Coach

AWARD SUMMARY

The Foundation Coach Award consists of 7 modules that are assessed and / or achieved through a mix of pre-course distance learning, on course learning and assessment, and post-course mentor support.

The coaching course is one and a half days in length and is typically completed over one weekend, with the pre-course distance learning material provided 1-2 weeks in advance.

Module 6 assesses personal skiing, which is an additional half day assessment. This can be done on the same day as the course if arranged in advance with the course tutor. However, it is more likely that this will be assessed by a Regional Assessor either in advance or sometime after the weekend of the coaching course.

At the end of the coaching course, candidates are assigned an individual mentor. The mentor will work with the candidate to produce a *Development Plan*. The Development Plan will set out actions to fulfil the other credential requirements for gaining a coaching license.

A full list of the module aims and learning outcomes are set out in Table One below along with how the modules are delivered. Candidates will be assessed against the full course criteria. At the end of the course candidates will either receive a Pass, Deferred Pass or Re-train.

The Foundation Coach qualification permits coaches to deliver foundation skill sessions within a structured environment, on roller skis or on track skis. There is an On Snow Conversion Course to extend the Foundation Coach's remit to coaching on snow. Details of the On Snow Conversion Course can be found on our website.

Table 1 Module Aims and Learning Outcomes

#	Module	Aim of module	Learning outcome	Method
1	Long Term Athlete Development (LTAD)	Knowledge and understanding of sportscotland LTAD model.	<ul style="list-style-type: none"> • Be able to list the 4 phases and 7 stages of the LTAD. • Understand the role of the Foundation Coach in the LTAD stages 1 – 3. • Incorporate the foci of LTAD stages 1 - 3 in active coaching. 	Pre-course Distance / Course
2	Risk assessment	Understand the need to assess risk of activity and be able to complete risk assessment in a simple setting.	<ul style="list-style-type: none"> • Be able to identify and mitigate the risks for a 20 min ski coaching session. 	Pre-course Distance / Course
3	Coaching Process	Know, understand and demonstrate the use of two different styles of coaching and the difference instructing may bring to a group setting.	<ul style="list-style-type: none"> • Be able to apply Active coaching style. • Be able to apply EDICT coaching style. • Identify where the 2 styles may be appropriate in the LTAD. 	Course (Pre-course Distance - background reading on styles, Coaching and relating activities to goals)

4	Nutrition / Anti-Doping	Have an overview of the needs of the coach to help athletes maintain healthy approach to sport and nutrition.	<ul style="list-style-type: none"> ● List 4 main nutritional constituents of food. ● Able to explain the coach role in individual nutrition at the LTAD stages 1 – 3. 	Pre-course Distance
5	Active Coaching	Deliver both an Active coaching and an EDICT coaching session aimed at LTAD stage 2: “FUNdamentals”.	<ul style="list-style-type: none"> ● Produce a session plan and risk assessment for a FUNdamentals ski session. ● Deliver the planned session of approx. 20 mins. ● Deliver an EDICT style technique session of approx. 10 mins. ● Explain how different types of sessions fit in different types of groups that might be experienced by a foundation coach. 	Course

6	Personal Skiing	Able to perform classic and skate techniques with good coordination and balance and with reasonable weight transfer on roller ski & / or snow track skis.	<ul style="list-style-type: none"> ● Can complete a short and easy loop (track) in a variety of flat, uphill and downhill techniques with obvious changes between techniques in both classic and skate. ● Demonstrates over 30 to 50 metre recognisable, in relevant track conditions and reasonably balanced forms of: <ul style="list-style-type: none"> ○ Classic- diagonal stride; double pole; ○ Tuck; controlling snowplough and stop; snowplough turn; step turn; ○ Skate- Skate 1; Skate 2; Skate 3; Free skate. 	Verified - Day or ½ day with area assessor. This can be organised before or after coaching course attendance.
7	Development Plan	Agree a development plan with the course tutor / mentor showing how the licence credential requirements will be met.	<ul style="list-style-type: none"> ● Logbook hours ● First Aid ● Child Protection ● Snowsport Scotland Membership 	Post-course distance mentor support

7a	Logbook hours	Record hours coaching at relevant level.	<ul style="list-style-type: none"> Log 15 hours of coaching at Foundation level 	Distance
7b	First Aid	Have recognised First Aid certificate.	<ul style="list-style-type: none"> 2 Day First Aid Course 	Distance – external provider
7c	Child protection	Be aware of child protection requirements, procedures and best practices in sport.	<ul style="list-style-type: none"> Have Recognised certificate from a 3 hour child protection course 	Distance – external provider
7d	Snowsport Scotland Membership	Understanding the SSS process for coach members.	<ul style="list-style-type: none"> Have an active coaching membership on Snowsport Scotland's Sportlomo 	Distance
Option 1	Coach Clean course	Not required for Foundation level license, but good to do.	<ul style="list-style-type: none"> Hold a UKAD coach clean award 	Distance – external provider