

# Surf Life Saving Association of Wales

Award ~ Introduction to Coaching ( ITC )

Level ~ 1

Pre-requisite ~ Age 16+

Member of SLSA Wales

Contents ~

Sportscoach UK

- Safeguarding & Protecting Children
- Coaching Children and Young People

Surf Lifesaving

- Surf Swimming
- Malibu Board
- Surf Ski
- Beach
- Stillwater
- Surf Officials
- IRB

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Award ~ Club Coach ( CC )

Level ~ 2

Pre-requisite ~ Age 18+

Member of SLSA Wales  
ITC

Contents ~

Sportscoach UK

- How to Coach Disabled People in Sport
- Introduction to Long Term Athlete Development

Surf Lifesaving any two three-hour modules covering both theory and practical, from

- Surf Swimming
- Malibu Board
- Surf Ski
- Beach
- Stillwater
- IRB

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Award ~ Regional Coach ( RC )

Level ~ 3

Pre-requisite ~ Age 20+

Member of SLSA Wales  
CC

Contents ~

Sportscoach UK

- Equity in your Coaching
- An Introduction to the Fundamentals of Movement

Surf Lifesaving any two three-hour modules covering both theory and practical, from

- Surf Swimming
- Malibu Board

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- Surf Ski
- Beach
- Stillwater
- IRB

But not repeating those selected for Level 2.

Conduct a 45-minute practical coaching session on one of the six surf sports disciplines.

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Award ~ National Coach ( NC )

Level ~ 4

Pre-requisite ~ Age 22+  
Member of SLSA Wales  
RC

Contents ~ Sportscoach UK

- Analysing your Coaching
- Planning and Periodisation

Surf Lifesaving any one three-hour module covering both theory and practical, from

- Surf Swimming
- Malibu Board
- Surf Ski
- Beach
- Stillwater
- IRB

but not repeating those selected for Level 2 & 3

Conduct a 90-minute practical coaching session on one of the six surf sports disciplines, but not repeating the one selected for Level 3

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Additional requirements ~

1. Minimum of four competitors to be 'coached' during practical sessions
2. A written lesson plan covering the practical session must be presented to the Assessor
3. A scheme of work covering six practical sessions must be presented to the Assessor
4. Coaches wishing to obtain the IRB module, must also hold current IRB Driver Award

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Who can deliver and assess ~

Coaching Award	Trainer / Assessor
Introduction to Coaching ( ITC )	Club Coach ( CC )
Club Coach ( CC )	Regional Coach ( RC )
Regional Coach ( RC )	National Coach ( NC )
National Coach ( NC )	Advanced Practitioner (AP)

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**Advanced Practitioner (AP)** ~ One for each of the Surf Sports disciplines, will be selected by invitation only, but would have demonstrated AP statues in their chosen sport by winning Gold Medals in the Welsh Open Water Championships, medalled in the British Open Water Championships and represented either

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Wales or Great Britain in International recognised competition. Good communication skills are also essential for this prestige appointment.

