SNOWSPORT SCOTLAND

Snowsport Scotland Performance Coach Award

Performance Coach

AWARD SUMMARY

The Performance Coach Award consists of 10 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 three days in length and is typically completed over a long weekend or two consecutive weekends. The pre-course distance learning material is provided 1-2 weeks in advance.

Module 1 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 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 – which means that section of the qualification is completed; or
- Deferred Pass – which means that sections of the qualification requires more work, which will be set out in your development plan and you will be supported in achieving through your post-course mentor.

The candidate gains their qualification on attending the training, passing the assessment elements (personal skiing and coach assessment) and then completing and submitting their logbook. To gain a coaching license to use their qualification, the candidate must then complete the other elements of module 10 as listed in Table One below.

The Performance Coach license permits coaches to deliver unsupervised performance coaching sessions for skiers who are beginners through to proficient skiers in controlled, off road, and artificial environments.

There is an On Snow Conversion Course to extend the Performance Coach's remit to coaching on snow. Details of the On Snow Conversion Course can be found on our website.

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Table 1 Module Aims and Learning Outcomes

#	Module	Aim of module	Learning outcome	Method
1	Personal Skiing	Be a proficient cross-country skier on track skis or on roller skis with efficient, flowing, and rhythmical technique.	• Meets the Nordic Proficiency Award level 4 Core Outcomes • Meets the Nordic Proficiency Award level 4 Classic Outcomes • the Nordic Proficiency Award level 4 Skate Outcomes	Verified - Day or ½ day with area assessor. This can be organised before or after coaching course attendance.
2	Long Term Athlete Development (LTAD)	Knowledge and understanding of how the **sport**scotland LTAD model has been adopted in Snowsport Scotland.	• Be able to list 3 different types of coaching for 7 stages of the LTAD. • Be able to list 4 different types of learner experience for 7 stages of the LTAD.	Pre-course Distance / Course
3	Coaching Process	Know, understand, and demonstrate the use of 3 styles of coaching with learners / athletes.	• Be able to apply 3 of these 4 coaching styles: o Active o EDICT o Bit – part – bit o Individual analysis • Be able to explain why the style was task appropriate.	Course (Pre-course Distance - background reading on styles, coaching and relating activities to goals)

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#	Module	Aim of module	Learning outcome	Method
4	Training	Understanding the principles of endurance and interval training.	• Utilise the 80:20 rule in a week-long training plan. • Be able to give an example of a long and a short interval training session and the targeted benefits of each.	Pre-course Distance / Course
5	Risk assessment	Refresh the need to assess risk of activity and be able to complete risk assessment in an appropriate setting for the remit of a Performance Coach.	• Be able to identify and mitigate the risks of for a 1-hour ski coaching session.	Pre-course Distance / Course
6	Racing	Understand types and disciplines of cross-country ski racing.	• Able to calculate an individual's FIS age and state the FIS age groupings. • State appropriate race distances based on age and stage. • Be able to list the elite level competitions and the hierarchy of events in cross-country skiing.	Pre-course Distance / Course
7	Waxes / Waxing ON SNOW ONLY	Understanding of snow and planning waxing	• Be able to clean and glide wax snow skis. • Be able to select kick wax based on snow conditions.	Pre-course Distance

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#	Module	Aim of module	Learning outcome	Method
8	Nutrition / Anti-Doping	Overview of connection and needs of coach to help athletes maintain healthy approach to sport and nutrition. *See also Module 10e.*	• 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
9	Technical Analysis	An understanding of common technical faults and how to identify them.	• Identify 2 common faults in classic. • Identify 2 common faults in skate.	Course
10	Development Plan	Agree a development plan with course tutor / mentor based on reflection on training course performance that shows how the licence credential requirements will be met.	• Logbook hours • First Aid • Child Protection • Snowsport Scotland Membership • Coach Clean	Post-course distance mentor support
10a	Logbook hours	Record hours coaching at relevant level.	• Log between 15 - 30 hours of coaching at Performance level	Distance
10b	First Aid	Have recognised First Aid certificate	• 2 Day Outdoor First Aid Course • https://snowsportscotland.org/first-aid-training/ [other providers available]	Distance – external provider

#	Module	Aim of module	Learning outcome	Method
10c	Child Protection	Be aware of child protection requirements, procedures, and best practices in sport.	• Have Recognised certificate from a 3 hour child protection course • https://learning.nspcc.org.uk/training/child-protection-safeguarding-sport [other providers available]	Distance – external provider
10d	Snowsport Scotland Membership	Understanding the SSS process for coach members.	• Have an active coaching membership on Snowsport Scotland's Sportlomo	Distance
10e	Coach Clean	Understand the role and responsibilities of coaches in delivering clean sport.	• Hold a UKAD coach clean award • https://www.ukad.org.uk/coach-clean	Distance – external provider

Version Tracking

Update Date	Version	Updated By	Changes Made
February 22	00	Pathway Coach	Document Created