

scottishathletics 

COURSES & WORKSHOPS 2015-16



jogscotland 

COURSE / WORKSHOP	DESCRIPTION	WHO?	PREREQUISITES & PROGRESSION
<p>First Aid</p>	<p>6 hour workshop</p> <p>Athletics specific first aid certificate delivered by Safeaid Ltd.</p> <p>Safeaid Training in Glasgow is a FAIB Approved First Aid Training Company providing FAIB Approved First Aid Courses in Glasgow and throughout Scotland.</p> <p>First Aid courses are delivered by experienced professional instructors who will provide you with a tailor-made First Aid Course to meet the needs of your club.</p> <p>All our First Aid instructors have a vast knowledge of First Aid and have experience of working and delivering first aid courses in Glasgow and beyond.</p> <p>First Aid is also an important life skill, and all our first aid courses are open to the public who just want to learn how to save a life.</p> <p>http://www.safeaid.org.uk/index.php</p>	<p>Volunteers working in clubs and at athletics venues.</p> <p>scottishathletics have entered into an agreement, where athletics clubs can access a full course for £275, plus travel expenses. This allows up to 20 volunteers to attend and qualify in First Aid</p> <p>Contact -http://www.safeaid.org.uk/contact.php</p>	<p>None</p>
<p>Safeguarding & Protecting Children</p>	<p>3 hour workshop</p> <p>This three-hour workshop is suitable for coaches and volunteers who may come into contact with children.</p> <p>The workshop explores the code of conduct for those in contact with children and provides basic information on recognising child abuse and responding to concerns. It is recommended that all coaches and volunteers attend.</p> <p>Courses - http://www.sportscotland.org.uk/events/index http://www.children1st.org.uk/what-we-do/our-services/search-our-services/safeguarding-in-sport/</p>	<p>All club volunteers undertaking regulated work within a club environment.</p> <p>This course is recommended for all volunteers who are completing 'Regulated Work'.</p> <p>Scottishathletics strongly recommends this training for all volunteers</p> <p>FAQ's on Safeguarding and Protecting Children - http://www.children1st.org.uk/what-we-do/our-services/search-our-services/safeguarding-in-sport/about-safeguarding-in-sport/frequently-asked-questions/child-protection-faqs/</p>	<p>None</p>



COURSE / WORKSHOP	DESCRIPTION	WHO?	PREREQUISITES & PROGRESSION
<p>Teachers & Schools Training</p>	<p>3 hour or 6 hour workshop</p> <p>This workshop can either be for Primary or Secondary, not a mix of both.</p> <p>Primary RJT teaching athletics</p> <p>The New Run, Jump, Throw resource has been designed to place running, jumping and throwing at the heart of school physical education and to support teachers in delivering athletics activities in an inclusive, exciting and engaging manner.</p> <p>Run, Jump, Throw embraces a child's natural desire to move.</p> <p>The resource focuses upon running, jumping and throwing, the building blocks of athletics, which in turn underpin nearly all other sports and physical activities. Within this resource teachers will find three Teaching Sections covering the main stages of development: ages 5 - 7 years, ages 7 - 9 years and ages 9 - 12 years.</p> <p>Within each of the three Teaching Sections teachers will find:</p> <ul style="list-style-type: none"> • Two examples of Schemes of Work • Two blocks of six-week Lesson Plans • Over 20 Activity Cards covering progressions of running, jumping and throwing activities <p>In addition teachers will find information on How to Measure a pupil's progression and improvement and a series of Support Cards (including Pupil Cards, Top Tip Inclusion Cards, Team Relays and Timed Runs information cards).</p> <p>Secondary Schools</p> <p>The aim of this certificated workshop is to provide teachers and others working in secondary schools with the knowledge, skills and confidence to deliver enjoyable and engaging running, jumping and throwing lessons that focus on maximum participation, increasing understanding and skill acquisition based upon high quality technical models.</p>	<p>Teachers and teaching staff with a remit that includes physical education.</p> <p>Any teacher with an interest in PE and delivering PE to pupils across the school curriculum.</p> <p>Each local authority has been allocated one free workshop.</p>	<p>Additional Workshops:-</p> <p>2 hour workshop - £250 (not recommended, too short a time for quality delivery)</p> <p>3 hour workshop - £300</p> <p>6 hour workshop - £450</p> <p>In addition to the additional course costs there will be a charge of £30 per Run, Jump and Throw manual handed out on course to teaching staff. (Primary courses only)</p> <p>RJT manuals can be purchased for £30 per copy plus P&P</p> <p>UKA in partnership with the Home Countries are developing a new resource for Secondary School staff, this should be available early 2016,</p> <p>scottishathletics recommend the Athletics 365 resource for teaching staff who wish to expand their knowledge in all athletics events, both technically and progressions.</p>

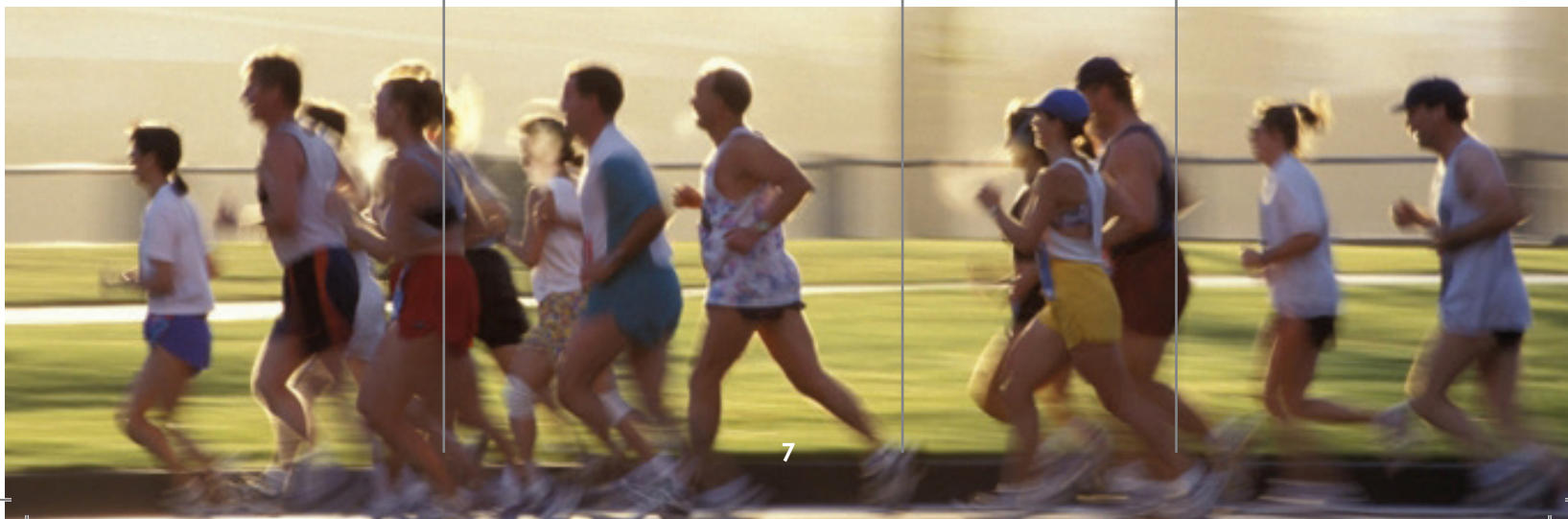
COURSE / WORKSHOP	DESCRIPTION	WHO?	PREREQUISITES & PROGRESSION
Teachers & Schools Training cont'd	<p>Based upon the Elevating Athletics Secondary resource, the course demonstrates progression across all age groups in generic running, jumping and throwing activities. It is based upon safe and inclusive teaching methodology, which focuses on developing competency in the execution of athletics specific skills.</p> <p>The additional programmes and resources available to support delivery, measurement and assessment, citizenship and problem solving are signposted and inclusion of all children and ongoing steps into competition are highlighted.</p> <p>Bespoke Teacher CPD</p> <p>scottishathletics offers opportunities to schools for 'bespoke' programmes of teacher support for schools with particular athletics requirements and for those where the majority of teachers may have already attended the Elevating Athletics workshops in the past.</p>		
Disability Adapted Sporthall	<p>2-3 hour workshop -</p> <p>Sporthall is specifically for young people from the age of 4-12 to try athletics type activities to improve their ABC's (Agility, Balance & Co-Ordination) in a safe and enjoyable environment using specialised indoor soft brightly coloured equipment.</p> <p>The workshop is designed to give an introduction on how to adapt the activities for young people with all types of disabilities. It will be delivered in a practical manner.</p> <p>Resources:- Hard copy of the adapted cards.</p>	<p>14 years +</p> <p>Teachers and teaching staff with a remit that includes physical education.</p> <p>Active Schools Co-Ordinators, Classroom Assistants, Volunteers, Leaders and Coaching Assistants who want to increase their knowledge of how to adapt activities for children with disabilities.</p>	<p>No prior qualification or experience needed.</p> <p>Cost - 3 hour workshop - £250</p> <p>Includes all resource and scottishathletics Certificate of attendance.</p>
Disability Coaching - Wheelchair Racing	<p>4 hour workshop</p> <p>This is an introductory workshop designed to give participants the basic knowledge in wheelchair racing, and help them get athletes started. It will help in identifying potential athletes, selection of specific equipment, chair set up, pushing technique, training and loadings. It will be delivered in a classroom and practical manner with participants having the chance to see and speak with athletes and have a go in a chair.</p> <p>Resources:- Hand out on chair set-up and pushing technique.</p>	<p>16 years +</p> <p>Coaches and volunteers who are interested in working with wheelchair athletes and getting them started.</p>	<p>Some knowledge of coaching and athletics is beneficial for all volunteers.</p> <p>Cost - 4 hour workshop - £50 per head</p> <p>Progression -</p> <p>Mentoring from head Wheelchair Coach Ian.Mirfin@scottishathletics.org.uk</p>

COURSE / WORKSHOP	DESCRIPTION	WHO?	PREREQUISITES & PROGRESSION
<p>Disability - Inclusive Athletics</p>	<p>This workshop is designed to increase participant's knowledge of working with athletes with a disability. It will give participants a better understanding of Inclusion by using the Inclusion Model and Steps.</p> <p>General information on the different disability groups will be delivered as well as coaching points and simplifying classification.</p> <p>The practical sessions, will cover the basics in Guided Running, Race Running, Seated Throws and Wheelchair Racing.</p> <p>Resources - Inclusive Athletics booklet</p>	<p>3 hour Workshop - 16 years +</p> <p>For coaches working in clubs who have athletes with a disability.</p> <p>The workshop can be run in a club on a night that suits the club.</p> <p>The workshop can also be delivered to a number of clubs via a partnership or local authority area.</p>	<p>16 years +</p> <p>Coaches how have started their coaching journey and wish to know more about adaptation of events and Inclusion of athletes with a disability.</p> <p>Cost - £500</p> <p>Progression - Mentoring</p>
<p>Disability Inclusion Training - Athletics (DIT)</p>	<p>UK-DIT - Athletics -</p> <p>This course is designed to increase participant's knowledge on how to integrate athletes with a disability into training sessions.</p> <p>The focus will be on ability rather than disability. The best methods of communication and delivering good practice and supporting the inclusion of disabled people in Athletics.</p>	<p>6 hour Course -16 years +</p> <p>Coaches, volunteers, Active School co-Ordinators and Teachers.</p> <p>Can be run over 2 nights if preferred.</p>	<p>People who want to increase their knowledge about adaptation of events and Inclusion of athletes with a disability.</p>



COURSE / WORKSHOP	DESCRIPTION	WHO?	PREREQUISITES & PROGRESSION
<p>Leading Athletics</p>	<p>3 hour workshop</p> <p>Based on the Run, Jump and Throw concept, this workshop will give volunteers the basic knowledge of athletics and leadership. It must be stressed that this is not a qualification, although it is certificated.</p> <p>The workshop is designed to give an introduction to leading athletics activities for young / developing athletes. It aims to provide the theory of delivery whilst offering the attendee opportunities to lead activities from a range of task cards (which form part of the resource available following the workshop).</p> <p>The practical sessions are initially tutor led, however as much opportunity as possible should be given throughout the workshop for attendees to experience the key elements of leading for themselves. Volunteers will be given a resource to use in the club or school setting that has detailed Task Cards that they should use under the supervision of a fully qualified coach.</p> <p>Will be delivered in clubs/ schools at a time pre-arranged by the organisation. Delivered in one 3 hour workshop.</p> <p>Resources: - Hard copy of the task cards and lesson plans. Age and Stage resource where appropriate, see workshop for A&S</p>	<p>14 years +</p> <p>Parents and athletes with limited or no knowledge of athletics and coaching.</p> <p>This is an introduction to athletics and can be delivered in clubs to potential or future coaches.</p> <p>The workshop will allow clubs to train new volunteers, prior to putting them through a Coaching Assistant course. It will allow volunteers an opportunity to explore leading and give the clubs a chance to see if the volunteer is suitable to take the step into coaching.</p> <p>Volunteers will be expected to deliver part of the session/ task card on course.</p> <p>Volunteers should also be able to take part in the sessions, where appropriate.</p>	<p>Volunteers should be volunteering in the local club or be engaged in local authority programmes.</p> <p>There must be a suitable supervising coach in both instances.</p> <p>No prior qualification/ certificate needed.</p> <p>£300 per course, including all resources, up to 25 volunteers</p> <p>Progression to Coaching Assistant and or Age and Stage workshop</p>

COURSE / WORKSHOP	DESCRIPTION	WHO?	PREREQUISITES & PROGRESSION
<p>jogscotland Jog Leader</p>	<p>One day course</p> <p>This course is designed for people who enjoy recreational running and want to encourage others to get involved.</p> <p>The course is divided into theory and practical sessions, which provide the knowledge and skill to lead groups of walkers and/or joggers. The classroom based sessions involve presentations, interactive group exercises, discussions and feedback while the practical ones deal with leading beginners and mixed ability jogging groups. The practical sessions are initially tutor led, however all attendees are given opportunities to experience leading a group during the course.</p> <p>For more information contact the central jogscotland office on 0131 539 7341 or email ann.davidson@scottishathletics.org.uk</p> <p>Resources - Jog Leader manual - Hi-vis Jog Leader bib</p>	<p>16 years +</p>	<p>16 years minimum</p> <p>No experience of leading or coaching is required but a genuine enthusiasm for recreational running and getting people more active through jogging and running is essential</p> <p>Course fee - £85</p> <p>Jog Leader Update sessions are offered to qualified Jog Leaders to allow them to refresh and develop their skills.</p> <p>These sessions last 3 hours and generally take place in the evening</p> <p>Progression to Coach in Running Fitness (CiRF)</p>



COURSE / WORKSHOP

Coaching Assistant



DESCRIPTION

The Coaching Assistant Award is the first step on the coaching ladder if the candidate has elected not to attend the Athletics Leader Award.

The Coaching Assistant Award provides prospective coaches with an introduction to coaching athletics via a range of run, jump and throw skills and activities. To support the multi event approach for developing athletes, Coaching Assistants will be expected to deliver a range of sessions that develop running, jumping and throwing skills.

The course is focused on the initial stages of the athlete development pathway -

- **Fundamentals:** multiple sports experience with rapid skill development potential.
- **Foundation:** exposure to a wide range of athletics experience covering run, jump and throw activities.
- **Event Group Development -**focus on a range of events within an event group, i.e. sprints, jumps to develop all round event group specific conditioning.

The Coaching Assistant Award does not focus on specific athletics events such as javelin, triple jump or steeplechase. Instead it identifies the core principles that enable an athlete to effectively run, jump and throw. This then establishes a sound base for all future athletic activities both in training and competition.

The course duration is two days and will usually be run over one weekend. There is no assessment element.

A Coaching Assistant license will be awarded to successful attendees on completion.

WHO?

16 years +

This is a pilot at present, but it is hoped to have this course open to this age group permanently.

The Coaching Assistant Award is for those working with athletes up to the Event Group Development stage (see the [Athlete Development Pathway for details](#)) and is aimed particularly at adults, athletes, ex-athletes and parents.

The course is recommended for those that have decided to embark on the coaching pathway and forms the first step in their commitment to that process.

All NEW future applicants for UKA coach education courses will need to complete the Coaching Assistant Award to progress through the system.

It is important to note that this is not a course about individual athletics events.

For example - Coaching Assistants will not learn how to develop pole vaulting but will be introduced to the movement and mechanical principles of running, jumping and throwing as the basis for success in all athletics events.

The Award covers the core coaching skills of demonstration, observation & analysis and feedback.

PREREQUISITES & PROGRESSION

16 years minimum

Anyone wishing to attend a Coaching Assistant Award will need to complete an application form and sign up to the terms and conditions of being a Coaching Assistant.

Forms should be submitted to the education administrator at [scottishathletics](#).

All applications must be accompanied by a photograph, which will appear, on the licence.

Prospective Coaching Assistants need to complete a PVG Disclosure, where they will be engaged in working with young people (Under 18 years) or Protected Adults.

PVG Disclosure checks are not transferable between sports and other organisations therefore **scottishathletics** must have a new check made. **The PVG itself is free for club volunteers.**

Prior to attending the course, prospective Coaching assistants are required to complete six pre- course tasks. There is an expectation that these tasks will have been completed.

This induction process (which also requires the help of the Supervising Coach) should take no more than four hours to complete.

Those registering on the course are strongly advised to book a few weeks in advance of course date, to allow sufficient time to complete the pre-course requirements. The induction pack and pre-course material can be downloaded [HERE](#).

Full Link -<http://ucoach.com/qualifications/coaching-assistant-award/>

Cost - £150 per volunteer

Progression to Athletics Coach or Coach in Running Fitness

COURSE / WORKSHOP

Athletics Coach



DESCRIPTION

The Athletics Coach (AC) programme is designed for those who want to get involved in coaching athletes in track and field athletics. This programme advocates a multi-event approach in the development of athletes and covers the Foundation stage of athlete development.

Coaches who opt for this pathway will be expected to develop their technical knowledge and expertise across a range of events in relation to running, jumping and throwing activities; this will form the basis of a strong training and competition base regardless of the event-specific choice later in the athlete's development.

During the programme, candidates will be asked to consider, plan for and adapt training to meet the needs of individuals who have a range of abilities, experiences and fundamental movement skills regardless of their chronological age.

The AC programme is a six month development process to becoming qualified and licensed as a UKA Athletics Coach, however, once underway, applicants have up to one year to complete all elements.

The taught part of the course is three days in duration, however, this should be viewed as part of a longer developmental process which will ultimately lead to a coach being licensed to coach unassisted.

Candidates embarking on this course must do so in the knowledge that it will require an investment in their time to complete the work necessary for success at the assessment stage. The induction process, home study, supported practice periods, planning, delivering and evaluating training and preparation for assessment all form an integral part of the programme.

WHO?

Coaches must be 18 or over to embark on the Athletics' Coach programme.

The programme is for those working with athletes in the Foundation to Event Group Development stages and all applicants should be actively involved with groups and have access to foundation stage athletes a minimum of twice a week for a period of at least eight consecutive weeks.

Coaches will need to profile the athletes they work with in addition to their development as part of the assessment element of the programme. Candidates should have a minimum of an old UKA Level 1 award or a new Coaching Assistant award plus three months minimum practical experience of coaching after the completion of the award. Candidates without this prior experience will have applications rejected.

PREREQUISITES & PROGRESSION

Anyone wishing to attend the Athletics Coach AC programme will need to complete an application form and sign up to the terms and conditions of being a Coach. Forms should be submitted to **scottishathletics**.

In addition to the application to be licensed, Coaches require a current PVG Disclosure; where they will be engaged in working with young people (Under 18 years) or Protected Adults.

PVG Disclosure checks are not transferable between sports and other organisations therefore **scottishathletics** must have a new check made. The PVG itself is free for club volunteers.

Once candidates have registered for the AC programme they should access www.uCoach.com to view resources relating to the qualification and the Coach role.

Prior to attending day one of the course the pre-course tasks should be completed. Candidates should begin work on this documentation as soon as they have booked onto the programme and it must be completed in the two weeks leading up to the first day of the course.

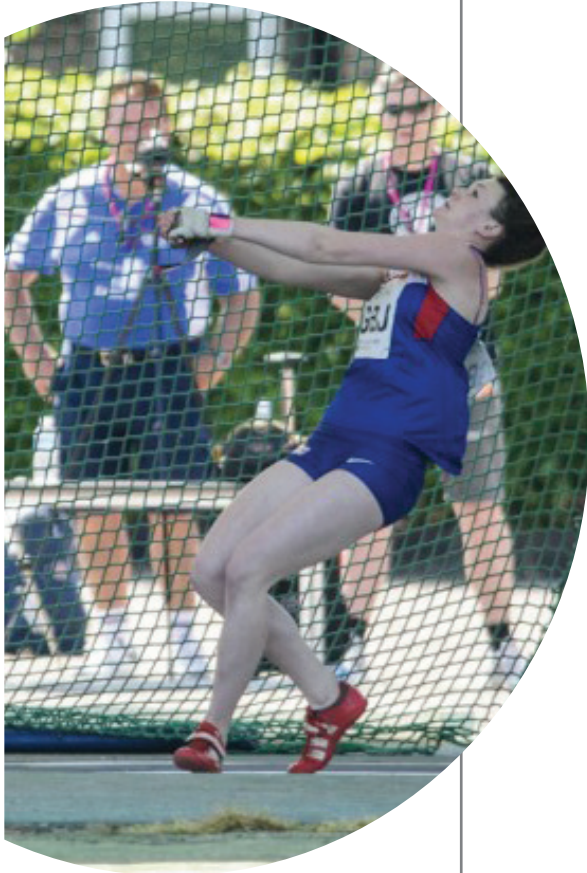
Candidates will be at a disadvantage if they have not completed this pre-course preparation as tutors are unable to spend time reviewing subject areas that have not been addressed though pre-course study.

Throughout this qualification individuals will be required to work in conjunction with a Support Coach. This role is vital in each candidate's individual success on the qualification.

This course does not cover Triple Jump, Discus, Hammer, Pole Vault. These are covered through the additional modules, [see below](#).

COURSE / WORKSHOP

Athletics Coach cont'd



DESCRIPTION

WHO?

PREREQUISITES & PROGRESSION

To become qualified each coach is required to complete the following: -

1. Attend all 4 days
2. Online Diary, 3 workbooks
3. Online Knowledge Test
4. Observed Practical Assessment (day4)

All 4 days are set and linked, additional £30 charge will be applicable for each change of date/day.

scottishathletics in partnership with **sports**scotland are offering a 70% discount upfront to all coaches who can meet the following criteria: -

1. Be a coach in an affiliated club
2. Supported by their club
3. Identified a support coach
4. Complete all areas of the course*

*Failure to complete the course will result in the coach being asked to pay the subsidy to **scottishathletics**.

Cost - £120 per coach (£400 if not meeting the criteria above)

[Progression to Event Group Modules and or Add-on Modules \(Hammer, Steeplechase, Wheelchair Racing, Pole Vault and Children's Coach\)](#)

COURSE / WORKSHOP	DESCRIPTION	WHO?	PREREQUISITES & PROGRESSION
<p>Athletics Coach - Additional Modules</p>	<p>UKA have recently launched the new Athletics Coach Modules that are aimed at complementing the 7 core events that are covered on the Athletics Coach course. These new Modules are offered as an online learning resource so that eligible coaches can now further progress their own development opportunities within the Athletics Coach role.</p> <p>The Modules that are available include Pole Vault, Triple Jump, Hammer, Discus and Wheelchair Racing and are being developed utilising the collective knowledge of event specialists from around the World.</p> <p>This means the new Coach Education Modules covering Athletics Coach are free of charge as we go to print.</p> <p>Now, coaches in the UK can continue to access the best possible resource and information here on uCoach (the website dedicated to coaching content and resource) as well as the online education qualification, simply in exchange for providing us with ongoing feedback on the new modules.</p> <p>UKA are proud to be able to offer this part of the coach education structure free of charge - something not many sports will be in a position to do. With athletics playing such a vital part in the Olympics and Paralympics, it is an ideal opportunity for us to build on the legacy of the Games.</p> <p>Any coach who has achieved the Athletics Coach Qualification in the current structure or is a minimum level 2 coach (except CIA) under the previous structure is eligible to study these online modules.</p> <p>The Athletics Coach Modules available include -</p> <ul style="list-style-type: none"> • Pole Vault • Triple Jump • Hammer • Discus • Wheelchair Racing 	<p>All coaches that have completed the UKA Athletics Coach or UKA Level 2 or above.</p> <p>All coaches must hold an up to date PVG Disclosure to access all online qualifications.</p>	<p>Pole Vault, Hammer and Discus have an additional Safety Assessment attached to the modules, given the additional risk of injury involved in coaching these events.</p> <p>The Safety Assessments will be delivered annually in partnership with the Event Group Coach Integration days, see below.</p> <p>Triple Jump and wheelchair Racing will be added to your portal and qualifications the day following your completion.</p> <p>In order to progress to the Event Group in Jumps, all coaches must complete both the Pole Vault and Triple Jump modules</p> <p>In order to progress to the Event Group in Throws, all coaches must complete the Hammer and Discus modules.</p>

COURSE / WORKSHOP

Coach in Running Fitness

DESCRIPTION

The Coach in Running Fitness (CiRF) programme is designed for those who want to get involved in coaching runners over the age of 12 who take part in non track based activities e.g. road, fell, cross country or multi terrain events.

The CiRF award provides coaches with an introduction to coaching knowledge and skills relating to running. During the programme candidates will be asked to consider the needs of individuals who have a range of fundamental movement skills regardless of their chronological age. CiRF coaches will work with runners of all abilities and interests, including those new to the sport, returning to the sport or competitive runners.

The CiRF programme will take a minimum of six months to complete, however, once underway, applicants have up to one year to complete all elements.

Please note that the CiRF programme is not designed for coaches who want to work with runners taking part in track based endurance events such as 800m - 10,000m or steeplechase.

WHO?

Coaches must be 18 or over to embark on the CiRF programme. The qualification is primarily for those working with runners up to and including the event group development stage.

All applicants must be active leaders or coaches who have completed as a minimum a Level 1, Jog Leader* or Coaching Assistant course.

CiRF is about the broad application to non-track based endurance running events rather than specific events or distances. If you want to coach middle and long distance ON TRACK you should take the Athletics Coach award.

*Jog Leaders should have been delivering to a group for 12 months prior to accessing the CiRF and a support coach is essential in all cases.

PREREQUISITES & PROGRESSION

Anyone wishing to attend the CiRF programme will need to complete an application form and sign up to the terms and conditions of being a Coach. Forms should be submitted to **scottishathletics**.

Coaches also need to hold a current PVG Disclosure, where they will be engaged in working with young people (Under 18 years) or Protected Adults.

PVG Disclosure checks are not transferable between sports and other organisations therefore **scottishathletics** must have a new check made. The PVG itself is free for club volunteers.

Once candidates have registered for the CiRF programme they should access www.uCoach.com to view resources relating to the qualification and the Coach role.

Prior to attending day one of the course the pre-course tasks should be completed. Candidates should begin work on this documentation as soon as they have booked onto the course and it must be completed in the two weeks leading up to the first day of the course.

Candidates will be at a disadvantage if they have not completed this pre-course preparation as tutors are unable to spend time reviewing subject areas that have not been addressed through pre-course study.

Throughout this qualification individuals will be required to work in conjunction with a Support Coach. This role is vital in each candidate's individual success on the qualification.



COURSE / WORKSHOP

Coach in Running Fitness cont'd



DESCRIPTION

WHO?

PREREQUISITES & PROGRESSION

To become qualified each coach is required to complete the following: -

1. Attend all days
2. Online Diary, 3 workbooks
3. Online Knowledge Test
4. Observed Practical Assessment

All 4 days are set and linked, additional £30 charge will be applicable for each change of date/ day.

scottishathletics in partnership with **sportscotland** are offering a 70% discount upfront to all coaches who can meet the following criteria: -

1. Be a coach in an affiliated club
2. Supported by their club
3. Identified a support coach
4. Complete all areas of the course*

*Failure to complete the course will result in the coach being asked to pay the subsidy to **scottishathletics**.

Cost - £120 per coach (£400 if not meeting the criteria above)

Progression to Event Group Coach, Endurance.

COURSE / WORKSHOP

Event Group



DESCRIPTION

The Event Group Coach (EGC) programme is designed to provide licensed athletics coaches with a greater understanding and awareness of the issues involved with coaching athletes at the Event Group Development stage of the athlete development pathway.

The course is currently available with content aimed at each of the four event group areas - sprints and hurdles, jumps, throws and endurance. In the future this will be expanded to include combined events and wheelchair racing.

Coaches who undertake this course will develop their technical knowledge and expertise across the individual events that make up each of the event areas: -

- Sprints and Hurdles: Short and Long Sprints and Hurdles
- Jumps: Long Jump, Triple Jump, High Jump and Pole Vault
- Throws: Shot Putt, Discus, Javelin and Hammer
- Endurance: Middle/Long Distance, Steeplechase, Race Walking

During the programme, candidates will be asked to consider, plan for and adapt training to meet the needs of individuals who have a range of abilities, experiences and fundamental movement skills regardless of their chronological age.

The EGC programme has three components to it:

1. An online learning component, which coaches can work their way through at their own pace. A thorough understanding of all the information presented online will ensure all candidates are at the same level and can get the most out of the second part of the programme. To ensure all candidates study the material a short multiple choice test must be completed online at the end of every module.
2. A single integration day during which coaches will come together to discuss how to integrate the information they have studied online into a training plan for an athlete at the event group development stage of the athlete development pathway.
3. Candidates embarking on this course must do so in the knowledge that it will require a significant investment in terms of time to complete the online learning component. However, with the exception of the multiple choice tests at the end of every module of the online component there is no assessment of actual coaching practice during this award.

WHO?

The Event Group Coach programme is for those coaches working with athletes at the Event Group development stage (typically 15-19 years old) and all applicants should be actively involved with groups and have access to event group development stage athletes to get the most out of the programme.

PREREQUISITES & PROGRESSION

Candidates should have a minimum of an old UKA Level 2 award in any discipline except Children in Athletics or a new Athletics Coach award. Candidates who do not have the required pre-requisite qualifications will have their applications rejected.

JUMPS

All coaches must complete the add-on modules for triple jump and pole vault* prior to trying to log in to the EGC Jumps.

THROWS

All coaches must complete the add-on modules for hammer* and discus* prior to trying to log in to the EGC Throws

Hammer, discus and pole vault require an additional practical safety assessment.

A FULL LIST OF ELIGIBLE AWARDS ARE AVAILABLE IN [THE EVENT GROUP FAQ](#).

*Once all online sections have been completed the coaches will have to attend an Accreditation Day to complete the course.

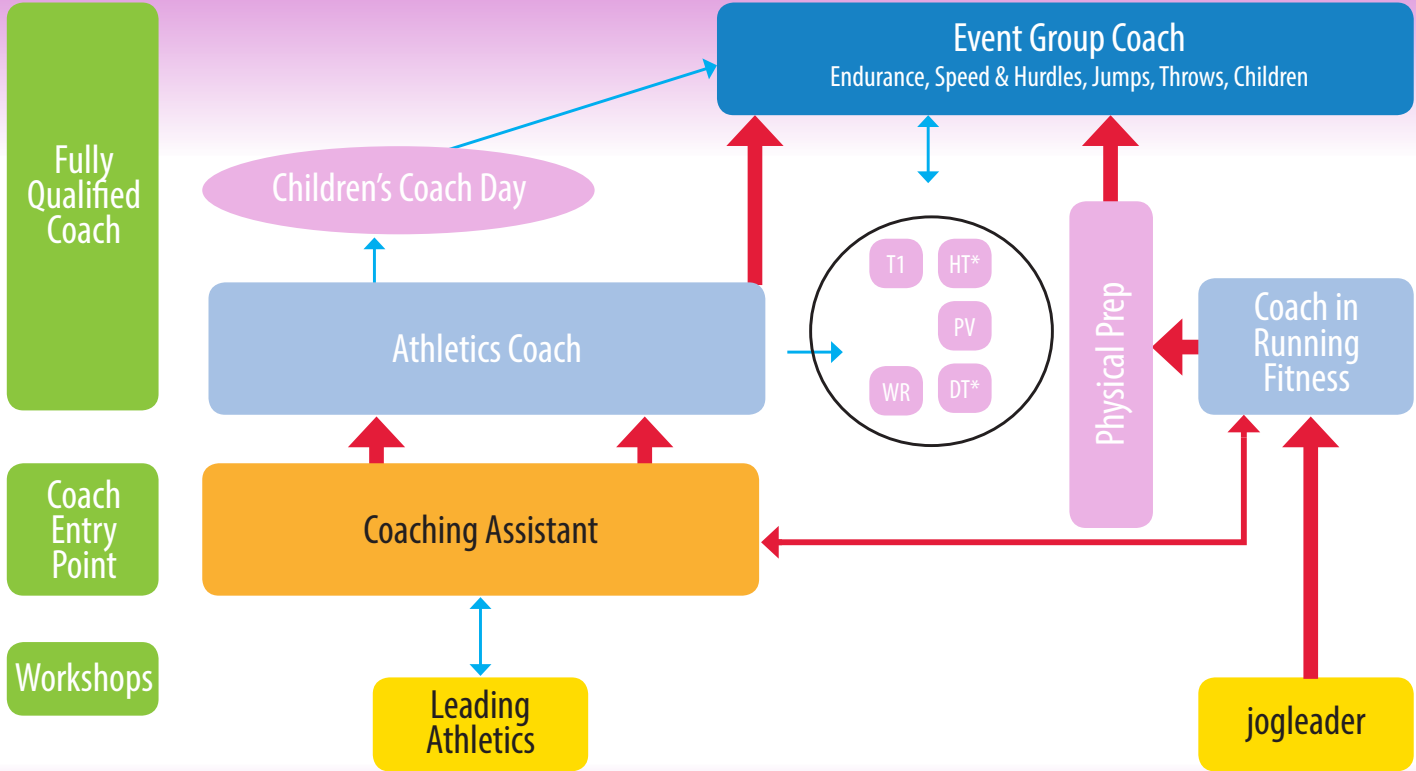
Cost - £75.00 per Event Group Qualification

Accreditation day - £75.00

Fundamentals

Foundation

Event Group



Event Group Coach

Endurance, Speed & Hurdles, Jumps, Throws, Children

Children's Coach Day

Athletics Coach

T1

HT*

PV

WR

DT*

Physical Prep

Coach in Running Fitness

Coaching Assistant

Leading Athletics

jogleader

Fully Qualified Coach

Coach Entry Point

Workshops



scottishathletics 

www.scottishathletics.org.uk

jogscotland 

www.jogscotland.org.uk