

Level 1: Foundation Coach Award Syllabus

The Foundation Coach Award is designed to enable coaches to be more effective in coaching the delivery of the fundamental movement skills of climbing. Foundation Coaches will usually be concerned with the stimulating delivery of a single session to a group of individuals. They will often be assisting a Development Coach who will set the learning outcomes for the session, as part of a longer term progression, course, or scheme

Minimum age at registration and training: 16 years of age

Minimum age at assessment: 17 years of age

Candidates must be able to demonstrate competence in the following areas:

1 COACHING

1.1 Coaching behaviours

- a. Demonstrate a basic knowledge of learning styles
- b. Demonstrate an ability to adapt coaching style to meet individual needs

1.2 Planning

- a. Check the underlying aims and objectives of the event
- b. Demonstrate preparation to deal with changing circumstances in a session e.g. client ability, wall availability
- c. Be aware of and comply with current legislation regarding children and vulnerable persons
- d. Contribute effectively to session planning within a coaching team

1.3 Preparing and concluding

- a. Brief individuals and the group appropriately
- b. Issue appropriate rock climbing equipment and check correct fitting and use
- c. Store equipment appropriately after each session

1.4 Managing

- a. Demonstrate an ability to work under the direction of a supervising coach
- b. Show an awareness of group management strategies and techniques
- c. Demonstrate an understanding of how to avoid common problems
- d. Manage individual and group needs effectively

1.5 Sporting Values

- a. Help develop a positive attitude towards climbing and lifelong participation

1.6 Movement Skills

- a. Explain, demonstrate and evaluate the key climbing movement principles
- b. Identify and apply appropriate games and tasks to develop the FUNdamentals of climbing movement

1.7 Physiology

- a. Demonstrate an understanding of warming up and injury avoidance techniques

2 REFLECTIVE PRACTICE

2.1 Giving feedback

- a. Show and understanding of the role of feedback for participants by
 - i. Demonstrating an awareness of when to give feedback
 - ii. Providing appropriate feedback for participants and reports to the supervising coach

2.2 Evaluating

- a. Show an understanding for the reasons for evaluating a session
- b. Evaluate the success of a session by:
 - i. Assessing the appropriateness of the session aims and objectives, and the activities used to achieve them
 - ii. Contribute effectively to a session review with the coaching team, including self-evaluation

3 TECHNICAL COMPETENCE

3.1 Equipment

- a. Identify equipment suitable for personal and group use at any given climbing wall
- b. Demonstrate the ability to use climbing wall equipment appropriately
- c. Demonstrate a basic understanding of the use and limitations of different types of surface, hold, safety mats and anchors
- d. Show a basic understanding of the safety chain

3.2 Belaying

- a. Connect self and others to the rope for belaying (and swap order)
- b. Choice and fit of suitable harnesses
- c. Use belay systems effectively
- d. Hold fall and control lowers
- e. Supervise others belaying

3.3 The climbing wall environment

- a. Show an awareness of both general and locally important rules and regulations, and demonstrate an ability to obtain and comply with this information
- b. Demonstrate an awareness of responsibilities to the general public, including other facility users and the wider climbing community
- c. Be aware of the hazards presented to other site users by the actions of a group, and act in such a way that these are minimised