**MODULE 1: A SNAPSHOT OF A GOOD COACH**

**LEARNING OUTCOME**
At the end of this module: ‘I know what I need to do to meet the needs of those I coach’.

The primary aim of the module is to provide a snapshot of a good coach including roles and responsibilities and the coaching pathway.

**CONTENT**

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<th>What does a coach do?</th>
<th>What does a coach need to know?</th>
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<td>• Roles of the coach for competition and participation and skills required</td>
<td>• Sport structure in Australia – understanding the bigger picture and implications for coaching:</td>
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| • Range of coaching styles for different situations and individuals (direct to indirect) |   – local and regional bodies  
   – club, state and national sport organisations  
   – sport policies (eg/ member protection, junior sport frameworks) |
| • Limitations to the role that the coach is able to play in injury management if they are not trained in first aid or providing nutrition advice | • Legal responsibilities of a coach: |
| • Understanding the coaches role in relation to others: AASC regional coordinators, school staff, club administrators and other coaches |   – anti discrimination  
   – public liability and duty of care  
   – negligence  
   – insurance  
   – child protection  
   – mandatory reporting  
   – privacy and confidentiality. |
| • Opportunities for coaches to have a positive impact on participants | • Risk management principles: |
| |   – relevant activity specific safety requirements (including personal protective equipment)  
   – injury prevention  
   – risk identification and hazard control  
   – risk minimisation  
   – medical conditions and clearances  
   – safety requirements for spectators and support personnel  
   – adequate supervision and ratios  
   – keeping accurate records, including emergency contact details, medical conditions and injury or accident reports  
   – emergency incident procedures. |
| | • Coach safety and protection: |
| |   – not being alone with participants  
   – appropriate physical contact  
   – insurance. |
### How should a coach behave?

- Personal qualities, presentation and passion
- Ethical responsibilities:
  - your organisation’s code of behaviour for coaches and the relevant components of the member protection policy
  - the requirements of your organisation’s specific policies (e.g. junior sport, inclusion)
  - being inclusive and balanced in your approach
  - treating participants with integrity, respect and empathy
  - drugs in sport issues including:
    - ASC Anti-Doping policy
    - the coach as a role model regarding social drug use
    - ethical and health issues regarding the use of drugs in sport.
- Personal values vs. community values

### Where can coaches go for more information?

- Sourcing information on coaching in your sport
- Coaching pathways - NCAS, NSO role, AASC
- AASC Program and objectives and transition from AASC to club sport
- Who to contact to maintain your coaching accreditation or AASC registration
- Professional development opportunities and resources to develop coaching skills