

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

What does a coach do?	<ul style="list-style-type: none">• Roles of the coach for competition and participation and skills required• Range of coaching styles for different situations and individuals (direct to indirect)• 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• Understanding the coaches role in relation to others: AASC regional coordinators, school staff, club administrators and other coaches• Opportunities for coaches to have a positive impact on participants
What does a coach need to know?	<ul style="list-style-type: none">• Sport structure in Australia – understanding the bigger picture and implications for coaching:<ul style="list-style-type: none">– local and regional bodies– club, state and national sport organisations– sport policies (eg/ member protection, junior sport frameworks)• Legal responsibilities of a coach:<ul style="list-style-type: none">– anti discrimination– public liability and duty of care– negligence– insurance– child protection– mandatory reporting– privacy and confidentiality.• Risk management principles:<ul style="list-style-type: none">– 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:<ul style="list-style-type: none">– not being alone with participants– appropriate physical contact– insurance.

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

How should a coach behave?	<ul style="list-style-type: none">• Personal qualities, presentation and passion• Ethical responsibilities:<ul style="list-style-type: none">– 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 (eg/ junior sport, inclusion)– being inclusive and balanced in your approach– treating participants with integrity, respect and empathy– drugs in sport issues including:<ul style="list-style-type: none">○ 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?	<ul style="list-style-type: none">• 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