



AN BÓTHAR FADA, GAILLIMH, ÉIRE.

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091-564 400 | LOCALL: 1890 420 202



NATIONAL COACHING AWARDS

Level 1: Candidate Portfolio



Candidate Name: _____

Tutor Name: _____

Course Date: _____

Is é Sábháilteacht Uisce na hÉireann an
comhlacht deonach reachtúil a bhfuil oideachas an
phobail faoi uisce sábháilteacht mar príomhaidhm aige.

Water Safety Ireland is the statutory voluntary body established to promote water safety in Ireland.
REGISTERED CHARITY CHY16289

Candidate Portfolio

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Page 3 -	Outline key items to be considered for the following: <ul style="list-style-type: none"> • NOP for indoor venue • NOP for outdoor venue • EAP for a minor incident • EAP for a major incident.
Page 4 -	What are your coaching values? What might participants expect from you as a coach?
Page 5 -	Give two examples of each of the following types of question – Closed, Open, Direct and Indirect? Give an example of when each type may be used?
Page 6 -	Give three reasons why an understanding of the Scientific Principles in water are important? Give one examples of how these apply to life saving sport swimming and craft events?
Page 7 -	List 5 foods high in each of the following : Carbohydrates, Fats and Proteins How will you, as a coach, promote positive hydration and nutrition habits to your participants?
Page 8 -	What should a training session achieve? What will a balanced training session contain?
Page 9 -	Design a 15 minute warm for participants who are (i) 10 years of age and (ii) who are 16 years of age.
Pages 10 to 22 -	4x Blank Session Plan templates and Blank Evaluation templates.
Page 23, 24 and 25 -	Copy of continuous assessment form for reference.



Personal Details

Name: _____

Number: _____

Email: _____

Postal Address: _____

County: _____

Briefly outline your coaching experience to date:

[illegible]

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EAP's and NOP's

Outline 5 key items to be considered for each of the following:

NOP for indoor venue:

NOP for outdoor venue:

EAP for a minor incident:

EAP for a major incident:

[illegible]

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Questioning Athletes

Give an example of each of the following types of questions and when they might be used:

Open:

Closed:

Direct:

Indirect:



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Carbohydrates:

[illegible]



10 years of age:

[illegible]

16 years of age:

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Life Saving Sport Session Plan- Background Information

Coaches Name: _____

Date: _____

Indoor / Outdoor (description):

Venue Name:

Number of Athletes: _____

Age Range: _____

Background Information (special needs, ability etc):

Water Depth/Conditions: _____

Available Help: _____

Safety Arrangements:

Equipment Required:

Session Aims :

Session Objectives:

Life Saving Sport - Session Template

	Activity	Coaching Points	Time
Warm Up			
Main Set			
Sub Set			
Recovery Cool Down			

Session Evaluation

What aims and objectives were achieved?

What adjustments were made, if any?

What did the participants learn?

What did you do well?

Where can you improve?

What feedback did you receive from others (participants, peers, significant others)?

Outline 3 areas for self-improvement:



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Outline 3 areas for self-improvement:

WSI - Life Saving Sport - Level 1/2 Coaching Award Continuous Assessment Sheet

Candidate's Name: _____

Date: _____

Pool / Beach (Circle relevant one)

Venue: _____

	Session 1	Session 2	External Examiner	Final Outcome (Pass / Fail)	Comments
Safety					
Explanations					
Demonstrations					
Practices					
Coaching Points					
Faults / Corrections					
Class Organisation					
Engagement					
Class Enjoyment					
Class Improvement					
Coaching Position					
Class Discipline					
Manner					
Communication /Voice					
Dress					
Session Plan					
Use of Available Help.					
Candidate's Personal Rating(Not required)					

Marking Guidelines: 1 = Unacceptable; 2 = Improvement Needed; 3 = Acceptable; 4 = Good
Candidates will fail the final practical assessment if they receive 1 mark of 1 or 3 marks of 2.
Reasons for awarding any marks of 1 or 2 must be noted.

I confirm that I have assessed the above named candidate and have discussed the result with him / her.

Signature of Course Tutor: _____

Signature of Candidate: _____

Signature of External Examiner / Assessor: _____

Guidance Notes

Safety: Did the candidate ensure the teaching area was free from obstructions? Was the group organised in a manner that decreased the possibility of collisions with equipment, features or other candidates? Were the training / skill development sets being used appropriate and safe?

Was the depth of water suitable for the activities taking place? Was the equipment being used appropriate and safe? Were written and unwritten rules outlined and enforced? Were faults with equipment and / or the training environment reported? Does the candidate ensure there is access to an appropriate piece of safety equipment / support? Did the candidate show an awareness of relevant hygiene requirements within the training environment?

Explanations: Were they clear and appropriate? Could the training group hear what was being said? Were explanations short and to the point?

Demonstrations: Were demonstrations given at appropriate times during the session? Were they correct? Were participants able to clearly observe the demonstration?

Practices: Did the candidate use practices which were progressive and appropriate? Were they suitable for the participants' stage of development? Were fun activities used to increase enjoyment and further the participants' learning and training experience?

Coaching Points: Did the candidate use correct coaching points throughout the lesson? Were they appropriate to the participants' stage of development?

Faults and Corrections: Did the candidate observe and correct common skill faults? Was the timing of these corrections appropriate?

Group Organisation: Did the candidate organise all group activities in a manner which ensured maximum participation rates and safety for all? Was the space available for the session used in an efficient manner?

Group Involvement: Were the coaching group engaged and involved throughout? Were activities designed to create a group atmosphere?

Group Enjoyment: Did the candidate ensure the participants had an enjoyable experience? Were the participants engaged throughout? Were appropriate fun activities used to develop skills and add to enjoyment? Did the candidate's manner add contribute to an enjoyable experience?

Group Improvement: Did the coaching group show an improvement in the skills outlined as the key objectives at the end of the coaching session?

Teaching Position: Did the Coach adopt a position which ensured clear visibility of the full group? Were all of the participants able to see the coach at all times during the session? Did the coach make good and effective use of the space available? Did the coach remain standing throughout the lesson? Was the coaching position suitable to accommodate those with special needs?

Group Discipline: Did the candidate ensure appropriate and safe behaviour of the coaching group throughout the session? Were relevant rules highlighted when necessary? Did the candidate show an understanding of the code of conduct for Life Saving Sport Coaches? Was the training group organised to ensure safety throughout? Were entries and exits controlled?

Coaches Manner: Did the candidate address participants by their first names? Was the relationship appropriate and in line with best practice? Did the candidate engage with the participants? Did the coach invite feedback from the participants?

Communication / Voice: Could the coach be heard throughout? Did the candidate check if the participants could hear at various times during the session? Did the candidate ensure his/ her instructions were being understood by those with special needs?

Dress: Was the candidate dressed appropriately for the session environment? Did the candidate display a neat and tidy image? Were there any distractions for the participants eg logos, large items of jewellery?

Session Plan: Does the candidate have evidence of planning? Was background information with regard to the participants sought and considered? Were training sets/drills progressive and appropriate? Were appropriate coaching points used? Were demonstrations included throughout the lesson? Was efficient use made of available space and equipment? Did the plan display an understanding of the participants' stage of development? Were fun activities included to develop skills? Did the lesson have balance and variety?

Use of Available Help: Does the coach use available assistance to enhance the training/ learning experience

Candidates' Personal Rating (1-10): Candidates may be asked to give their session a personal score from 1 to 10. This will form the basis for further discussion and evaluation only and is an optional element of the assessment form.