



Foundation Coach

The Foundation Coach provides an entry level course for parents and club members who are new to coaching. The course aims to provide coaches with the knowledge and skills needed to coach nippers in a surf club environment using a **games sense approach**. It covers the three general principles of surf sports; swim, beach and board. The Foundation Coach is the first stage of the Surf life Saving Australia's coaching pathway.

Course Information

Course Format:	<ul style="list-style-type: none">• Online: ASC General Coaching Principles course• Online: Introduction to surf coach theory• Practical: 1 day workshop and assessment
Target Participants:	Any Surf Life Saving member who are interested in entering the coaching pathway, age managers, nippers parents, existing coaching with no formal training
Course Eligibility:	<ul style="list-style-type: none">• 16 years +• Working with children check• SLSA membership

Course Modules

1. ASC General Coaching Principles
2. Introduction to surf sports coaching
3. Understanding your athletes
4. Developing your athletes skills

Accreditation Timeframe:

Accreditation Timeframe: 4 years

Outcomes

At the completion of this course coaches will be able to:

1. Understand the role, legal obligations and ethical responsibilities of a Foundation Coach
2. Identify risks associated with board, beach and swim activities and apply principles of risk management related to surf sports coaching
3. Prepare a surf sports coaching session plan
4. Select coaching methods and activities appropriate to participant needs and characteristics
5. Safely conduct a surf sport coaching session, ensuring fun, learning and maximum participation through games and activities
6. Utilise a range of communication skills and behaviour management strategies to help participants learn basic skills and tactics
7. Develop strategies to build effective working relationships with parents, surf sports officials and club/event administrators
8. Review coaching session and own performance to identify improvements

For all course bookings please contact your state centre.