



Short Track Speed Skating coaching accreditation

Aims and objectives

Level 1 Short Track coaches will:

1. Improve the quality of beginner speed skating programs by greater participation, skill development and the enjoyment of beginner participants.
2. Assist in the provision of high quality instruction in the beginner speed skating programs.
3. Assist in the preparation and organisation of beginner speed skating programs at both club and state levels.
4. Follow the program set out in the AIRA junior development/badge levels system and conduct badge tests when required.

More specifically, Short Track Level 1 coaches will:

1. Acquire the essential knowledge contained within the Level 1 coaching manuals and associated ISU rule books.
2. Instruct in the basic skills required for Short Track speed skating and ensure that each skater has an optimal learning environment.
3. Ensure that fun is a part of the learning experience.
4. Be able to organise skaters into groups of equal ability and commence a session within 5 minutes of session start.

Speed Skating Course Content

To be eligible for this course, you must have completed 5 hours of practice coaching **plus** pass the Level 1 General Principles course. See *Speed Skating Course prerequisites* on page 2 for details.

The formal part of the course consists of the following modules and totals about 14 hours. The approximate time allocated to each module is shown below. (Time taken will depend on the number attending the course.) These modules have accompanying notes for your reference.

The practical side of the course will, in general, be held on ice and, where possible, will be combined with the 30 hours of practical coaching practice that you need.

Content	Time in hours (Actual times will depend on the number of participants)
Equipment - off ice	
Theory and demonstration	1 ¼ hours
Class practical work	¾
Video analysis - off ice	1
Basic Principles	
Theory - off ice	1
Practical	3
Coaching Beginners	
Theory - off ice	1
Practical	Included with Basic Principles practical time.
Games	
Theory - off ice	½
Practical	1¾
Lesson Planning	
Theory - off ice	1
Practical	1
Rules	
Theory - off ice	1¼
Practical	1
Wrap-up	¼

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The Skating Course is accompanied by an exam paper which you can do at home following the course. It is marked by the course conductor.

Speed Skating Course prerequisites

Before you can attend the Speed Skating Course:

- You must complete the Level 1 General Principles course. There are three ways you can do this course:
 1. Online via the Australian Sports Commission website. This course is free. Learn more from: <https://learning.ausport.gov.au/jPortal/default.aspx>
 2. Via correspondence through NSW Sport and Recreation. Cost \$55 with 12 weeks to complete. For information visit http://www.dsr.nsw.gov.au/training/train_coach.asp
 3. Face to face at a Course run by NSW Sport and Recreation. These are run regularly over two evenings (6.00-9.00) and cost \$88. For information visit http://www.dsr.nsw.gov.au/training/train_coach.asp
- You must have completed a minimum of 5 coaching hours under the tutelage of a recognized "master" coach.
- You are required to pay for attendance at the course prior to commencement. The course fees will include compulsory texts and other course costs such as payment for course presenter, hire of facilities, etc. The cost is not known at this present time.
- You must be 17 years of age or older on the date that the course requirements are completed.

Coaching practice

To ensure that all potential and accredited coaches meet a minimum code of coaching standard, you must complete:

- Thirty (30) hours of practice coaching over one season, that is, between February to December.

How to keep your coaching accreditation up to date

Once you have your accreditation, at whatever level, you must continue to keep your skills up to date. This is what you need and following, in *Credit point scale for accreditation updating*, is a list of the ways you can gain points.

- Level I**
 - Complete another Level I Course **or**
 - Achieve Level II accreditation **or**
 - Attain 25 credit points over a 4 year period with a minimum of 5 points per year.
- Level II**
 - Complete another level II Course **or**
 - Achieve Level III Accreditation **or**
 - Attain 50 credit points over a 4 year period with a minimum of 10 points per year.
- Level III**
 - Attain 100 credit points over a 4 year period with a minimum of 15 points per year.

Credit point scale for accreditation updating

A. Attend courses

• State workshops/camp or seminar	2 points per half day
• Complete a massage course	8 points
• Complete Sports Medicine Australia Sports Trainers Course	8 points
• Complete Senior First Aid Course	8 points
• Complete Officials/referees course	4 points
• ISU/ARI course	20 points
• Attend accreditation to same level (in another sport)	Full requirement

B. Lecture at...

• Level 1 course (per lecture)	3 points
• State workshops/camp or seminar (per half day)	2 points
• National Level II course	20 points
• ISU/AIRI course	20 points

C. Produce athlete (i.e. as coach for preceding 12 months)

• State squad/team	3 points
• National Development Squad	6 points
• National Senior Squad	8 points
• Australian Junior Team Representative	12 points
• Australian Senior Team Representative	12 points
• OWI Squad	12 points
• Top 16 World Ranking	12 points
• Olympic/World medallist	12 points

D. Other

• Work with a designated Master Coach	5 points
• Australian Sports Commission organised event	5 points
• Sports Medicine Australia Sports Trainers Course	5 points
• State Team Coach	5 points
• Other National Team Coach	12 points
• Representative National Team Coach at Olympics or World Championships	20 points
• Coach for a minimum of 20 hours per year	2 points
• Coach at a State run Skating School for a minimum of 8 weeks	2 points

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