



# Making Sense of the new **BCA Minimum Coach Standards**

## *Frequently Asked Questions and Solutions*

### **Why Do Coaches Need to Be Trained?**

We all know the impact that a coach can have on an athlete, so BC Athletics is committed to ensuring that every athlete has a trained Coach. Since coaches are the backbone of BC Athletics athlete development (great coaches build great athletes!) we are excited to take a step towards ensuring safe and positive learning environments that support the long term development of our athletes.

### **Why Require NCCP Training?**

The National Coaching Certification Program (NCCP) provides a framework and an agreed upon set of standards for all sports in Canada. Although no standardized national system can be perfect for everyone we feel that the NCCP is an excellent framework to build coaching skills upon. It is an internationally recognized program that ensures 100,000's of coaches across the country, have all met an agreed upon set of standards for all sports in Canada.

NCCP courses provide the framework (or skeleton) for a coach to then build upon with professional development opportunities such as mentorship, conferences, or workshops (like adding meat to the skeleton).

### **A Coach Membership has its Privileges:**

- Coach Liability Insurance
- Sport Accident/Injury Insurance coverage
- Athletics Canada coach membership
- Exclusive access to grants and bursaries
- Exclusive access to professional development opportunities
- Special members only rates for courses, clinics, and conferences
- Endorsement of your club by BC Athletics (when all coaches are trained)
- An opportunity to receive provincial recognition of your coaching accomplishments
- A voice as a coach at the AGM
- Required for accreditation at National Championships
- Required for all Team BC Staff Coaches
- Plus it's a great way to show you support for your Provincial Sport Organization!

### **What defines a Coach?**

Loosely, a coach is the person who designs and implements a training program for an athlete or group of athletes. A head coach or event coach might also design the training program and an assistant coach or coaches may implement or assist in implementing the program. Basically, if the person is telling the athlete what to do or how to do it – they are coaching.

Parents who are supervising the athletes, setting up equipment, or assisting with an event (timing runners, raking pits, putting up bars, retrieving implements, taking measurements) would not necessarily be coaches – they might be volunteers. Again, if the person is not telling the athlete what to do (in an athletic context) or how to do it, then they are a volunteer. It would be advised for all volunteers to have associate memberships and from a liability perspective it would be prudent to ensure that there is at least one trained coach on site at all time (and strongly suggested to have at least one certified coach on site at all times.)

Please note that volunteers should not be giving athletic advice, much like parents in the stands should not be telling athletes what to do. Since they are hands on volunteers it would open them up for litigation as the associate membership does NOT include coach liability insurance. However, BC Athletics is currently working with Athletics Canada to create a short 4-6 hour course (Parent Primer) directed to help entice or transition parents from a volunteer role into a coaching role

### BCA's Coaching Education Continuum for Clubs:

One of the keys to education is getting the right information at the right time. This is one of the backbones for BCA's Proposed Coaching Education Continuum for Clubs. The other key is that we remember very little of what we see/hear, a bit more when we actually do something, but we remember almost all of it when we have to learn it well enough to teach others. Specifically, when athletes coach others, they are forced to remember the basics, they are looking at the skills from a different perspective, and in turn it often makes them better athletes.

Therefore, here is the coaching education continuum that we suggest for clubs:

- High School athletes take RJTW and help with Track Rascals and/or JD's
- University age athletes take Sport Coach and help with JDs, youth, and/or summer camps
- National team athletes take Club Coach or Road Running Instructor Course and help with youth, juniors, camps, and at local schools

In order to help clubs reduce costs BC Athletics also has created the following courses and suggestions:

- Each club should have 1 Certified Learning Facilitator who can deliver RJTW at no cost to their members (other than the cost of the manuals)
- BCA is introducing this year a special Varsity Athlete Sport Coach course that is at a reduced rate and includes Level 1 Officials Training
- BCA will continue to offer a National Team Athlete Club Coach course each year or on demand

### Terminology Translator:

Term	Explanation
NCCP	National Coaching Certification Program – Coordinated through the Coaching Association of Canada <a href="http://www.coach.ca/">http://www.coach.ca/</a>
The Locker	The website that holds the coaching transcripts for every coach, in every sport in Canada. <a href="https://thelocker.coach.ca/account/login">https://thelocker.coach.ca/account/login</a>
Level 1	Now called Sport Coach (for Track and Field) or Road Running Instructor
Level 2	Now called Club Coach
Level 3	Now called Performance Coach
Level 4 and 5	Remain Level 4 and 5
Theory and Technical	Now are combined into 1 weekend course (usually 19 hours) <a href="http://www.bcathletics.org/Education/Sub/upcoming-courses-pro-d-sessions/250/">http://www.bcathletics.org/Education/Sub/upcoming-courses-pro-d-sessions/250/</a>
Practical Hours Sheet	Now requires an evaluation <a href="http://www.bcathletics.org/Education/Sub/certification-explained/246/">http://www.bcathletics.org/Education/Sub/certification-explained/246/</a>
Context	Age group or performance level of your athletes
In- Training	When a coach has completed some of the required training for a context
Trained	When a coach has completed all required training for a context
Certified	When a coach has completed all evaluation requirements for a context