

UK Snowsports

LEVEL 2 PERFORMANCE COACH

Level 2 performance coaches demonstrate a sound understanding of the sport and sufficient information and experience necessary to introduce skiers to racing, to provide foundations for further learning and to take skiers forwards developing their skill and versatility. The award is intended for use *only* at artificial ski slopes within the UK.

A level 2 performance coach is authorized to operate at a local artificial ski centre, working with skiers ranging from complete novice to expert skiers and are ready to become more *specialized* in their development. These ski centres may be operated by clubs, local government or the private sector.

The Level 2 performance coach will possess a sound understanding of both skiing and coaching skills, and will have wide professional knowledge. It is not necessary for level 2 coach to have detailed knowledge and experience in all of the areas of competence listed in this document. However it is expected, that candidates will be able to sufficient competency and knowledge in all of these areas to allow them to operate with ski racers at *all* levels on artificial ski slopes. In addition, it is expected that candidates will be able to demonstrate a *significant* level of skill within the skiing and teaching roles.

Level 2 Training Course

This is a *training* course delivered at a local level by an appropriately qualified tutor.

In order to attend a level 2 training course candidates must

- Be at least 18 years old.
- Be a qualified Level 1 Coach, or a BASI level 1 Instructor, or be an experienced racer with less than 80 seed points.
- Be registered with the HNGB Coaching Scheme.

The course will last for a minimum of 21 hours [or 3 days]. It may be delivered in a single block, or a series of shorter sessions.



The course will cover:

- The candidates' own personal ski performance (core form skiing)
- The understanding of both technical and teaching issues in race coaching
- Foundation training
- Skiing games and tasks
- Basic course setting
- Goal setting
- Profiling
- Learning and teaching styles
- Observation and feedback
- Psychology

Working towards accreditation

At the end of their level 2 training course candidates will be given an action plan which will assist in their personal and professional development. In addition to working on any points identified in their action plan candidates will be required to:

- Complete a *minimum* of 20 hours workplace training under the guidance of a suitable mentor
- Be registered with the UK Coaching scheme
- Hold a current first aid certificate
- Hold an current CRB check

Upon successful completion of the course and the 20 hours coaching programme, candidates should have their log book pages signed off by the ski club head coach and ski club chairman.



LEVEL 3 PERFORMANCE COACH

Level 3 performance coach should demonstrate a solid understanding of the fundamentals to performance coaching and be able to plan, implement and analyse long term development programs.

A level 3 coach is authorised to operate within a club or centre environment, this needs to be under the planning and control of a club/centre Head Coach. The skiers can be ranging from novice to FIS racing.

The level 3 Coach is designed specifically for those who work with young skiers on a regular basis. It will provide information which will enable the coach to carry out his/her coaching role within a coaching programme more effectively. The training aims to ensure that children in their charge engage in safe purposeful practices which will develop skiing performance in addition to enhancing the personal development of the skiers.

Level 3 Training & Assessment Course

This is a training and assessment course that is delivered in an alpine environment by an appropriately qualified tutor.

The course lasts for 6 days and is assessed on continue assessment.

The three main areas the course will cover are:

1. Personal skiing performance
2. Performance Coaching
3. Course setting

Entry Requirements

- Be at least 18 years of age.
- Hold level 2 performance coach or foreign equivalent (*).
- Be able to ski parallel skiing on steep red slopes.
- Be registered member of the HNGB Coaching Scheme

(* Members of the HN's and British Alpine Ski Teams are exempt from formal entry qualification requirements)



Level 3 Accreditation

Assessment is continual during the six days of the course. Course participants will be expected to demonstrate an understanding of the material covered during the course and be able to assimilate this material into a practical context. The course Tutor will provide ongoing feedback during the course concerning participant's performance. On completion of the course the Tutor will conduct individual course review with each participant.

They will be required to:

- Hold a current first aid certificate
- Hold a current CRB check

Skiing Level 3

Their skiing must demonstrate a clear picture to athletes especially in drills and free skiing. They must be capable of skiing at high speed but with control and the correct posture.

The level 3 coach will be able to

- Linked carved turns on a red run in both SL and GS
- Be able to demonstrate the fundamental drills needed for young athletes
- Be able to show the correct line in a GS course
- Maintain a balance and appropriate posture through out a series of turns.

Coaching Level 3

Level 3 performance coach needs to have a clear understanding of the performance pathway for athletes and to do the following

- Be able to plan a training session
- Be able to deliver a clear and concise training session
- Be able to observe, evaluate and diagnosis performance
- Be able to prescribe coaching intervention and feedback

Course Setting level 3

A Level 3 coaches need to demonstrate a clear understanding of course setting principles and rules. They must understand:

- the safety considerations when setting a training course.
- of how different courses can be used to train different skills
- the ability to manipulate the variable to meet the athletes needs



Underpinning Knowledge

Lectures Topics Covered on course

- Course content and structure
- Planning a training session
- Turn Model
- Skill analysis
- Role/responsibilities of the coach
- Mental training
- Communication



LEVEL 4 PERFORMANCE COACH

Level 4 performance coach is a very experienced coach with highly developed coaching skills and who can design, implement and evaluate the process and outcomes of athlete and coach programmes within a club or centre.

A level 4 performance coach is authorised to be in charge of a club/centre coaching programmes.

The level 4 Performance Coach is designed specifically for those who work with young skiers on a regular basis and / or in charge of running a program as Head coach. It will provide information which will enable the coach to carry out his/her role within a club or ski slope more effectively. The training aims to ensure that children and coaches in their charge engage in safe purposeful practices which will develop skiing performance in addition to enhancing the personal development of the skiers.

Level 4 Training Course

This is a training course that is delivered in an alpine environment by an appropriately qualified tutor.

The course lasts for 10 days

The three main areas the course will cover are:

- Personal skiing performance
- Performance Coaching
- Course setting
- Managing a programme and other coaches

Entry Requirements

- Be at least 21 years of age.
- Hold level 3 performance coach or foreign equivalent.
- Be registered member of a HNGB Coaching Scheme

Level 4 Assessment & Accreditation

On completion of the training course the candidate will be required to carry out the following tasks and be assessed in the work place.

Tasks to be completed:

- Minimum 5 day placement with national team
- Set a course at a FIS race



- Be a referee at a FIS race
- Minimum 20 logged hours coaching

Work place assessment & Portfolio

The assessor will come and see the candidate once they have completed the training course and the tasks above. They will need to demonstrate within the working environment the skills learnt on the training course and be able to show the ability to plan, deliver and evaluate a programme. This will be documented in a portfolio

They will also be required to:

- Hold a current first aid certificate
- Hold a current CRB check

Skiing Level 4

Their skiing must demonstrate a clear picture to athletes especially in drills, free skiing and within a course. They must be capable of skiing at high speed but with control and the correct posture.

The level 4 coach will be able to

- Linked carved turns within a GS course
- Be able to demonstrate the fundamental drills needed for young athletes
- Be able to demonstrate the correct line in a GS course
- Maintain a balance and appropriate posture throughout a series of turns.

Coaching Level 4

Level 4 performance coach needs to have a clear understanding of the performance pathway for athletes and to do the following

- Be able to use different teaching styles and feedback as required
- Be able to plan a week / seasonal programme
- Be able to set clear goals which are evaluated continually
- Be able to observe, evaluate and diagnosis athlete and coaches performance
- Be able to prescribe coaching intervention and feedback

Course Setting level 4

A Level 4 coaches needs to demonstrate a clear ability to set courses. They must be able to:

- Set on a variety of terrain
- Set full race courses in SL and GS



- Understand the progressions involved with course setting
- Have a good understanding of speed events and the safety considerations

Underpinning Knowledge

Lectures Topics Covered on course

- Course content and structure
- Turn Model
- Skill analysis/ Coaching intervention
- Risk Management/ Scenarios
- Seasonal Programming
- Strength & Conditioning
- Biomechanics
- Mental management and applied sport psychology
- Insight profiling

